



# News to You

## Health Promotion: Establishing Means, Motive & Opportunity

*"The fundamental conditions and resources for health are peace, shelter, education, food, income, a stable eco-system, sustainable resources, social justice and equity." This excerpt from the Ottawa Charter for Health Promotion—the document generated by the first International Conference on Health Promotion, hosted by Canada in 1986 and attended by representatives of 38 countries—clearly declares that health is far more than the mere equivalent of an absence of disease.*

In the groundbreaking Lalonde Report of 1974, Canada was the first country to put forth the position that environment and lifestyle are determinants of health, in tandem with the traditional notions of biology and a biology-based health care system. Factors such as where you live and how you live were newly recognized as contributors to overall health. However, despite these insights into health, people still generally think of health in terms of the clinical and curative systems that serve to maintain biological equilibrium.

In a recent Maclean's interview, federal Health Minister Allan Rock, commented, "For the first couple of years I was minister, my main preoccupation was on the medicare system, on health care itself. But I've started talking about wellness in recent months." This wider view of health embraces the psychological, economic, geographic, and myriad other aspects of life that ultimately mitigate people's control over their health. Health promotion, then, involves substantially more than encouraging the pursuit of physiological health; it encompasses the many paths used to secure, maintain, and enhance health, and reaches into numerous areas: regulation of harmful emissions, affordable housing, welfare benefits, public education, universal health care, prevention programs, adequate policing, reasonable levels of taxation, and so on.

The Ottawa Charter For Health Promotion states that health promotion must advocate ways of making conditions favourable to health, enable people to reach optimal levels of health, and mediate among differing societal interests to

ensure that healthful alternatives predominate. In essence, to be effective, health promotion—like good mystery fiction—must incorporate the means, motive, and opportunity.

The Faculty of Applied Health Sciences is uniquely suited to pursue the study and advancement of health and health promotion. AHS's collective purpose is to prevent illness and injury while optimizing health and physical ability through innovative educational and research efforts. To that end, the current AHS research projects study such diverse topics as:

- **An assessment system** to integrate all levels of health care and monitor patients as they move through the community and institutional hospital-based care system. Now that electronic technology has made it easier for health-care professionals to exchange information, there is a need for reliable, universal methods of recording patient data to ensure that it is comparable across venues. AHS faculty are developing and testing standardized assessment tools to ensure consistency in patient records and enable comprehensive sharing of the information across health-care sectors.

- **An inpatient smoking cessation program** involving behaviour modification. In a study similar to one completed by Stanford University, smokers who have been hospitalized are given the opportunity to participate in a randomized clinical trial of a minimal or intensive contact smoking cessation program. The intensive contact program involves education and counselling during hospitalization by a specially trained nurse, and seven follow-up phone calls after discharge. Hospitalization provides an optimal time to offer a program because patients are not allowed to smoke in-hospital (and will go through their worst withdrawal) and they are removed from cues to smoke.

- **A biomechanical evaluation** of forces acting on the back in automotive industry workers and potential low back injury prevention strategies. To prevent low back injuries and minimize the related disability when these injuries occur, the biomechanical (physical) and psychosocial risk factors must be reliably quantified, the biomechanical exposures must be altered, and the workplace changes must be made acceptable to all of the stakeholders. Throughout the past six years, the Ergonomics Initiative has identified the risk factors for low back injury, developed measurement tools, and studied the effects of ergonomic interventions in the automotive industry.

- **An international time-use study** examining the impact of time pressure and family life. At one time promised more leisure, most people now face greater problems of time management and live under the impression they have less time and are more rushed than ever before. Approximately half of Americans and Canadians report they are experiencing high or moderate levels of stress and a phenomenon called 'time famine.' Over a three-year study, AHS researchers will examine this phenomenon and specifically, the relationships between time pressure, psychological stress, lifestyle and health.

A more comprehensive definition of health, together with an acknowledgment of the need for policymakers and individuals to view health as resource, has necessarily altered the way that health promotion is approached. UW's Applied Health Sciences is a world leader in furthering the understanding of the components of health and in devising strategies to ensure its realization.

**Take stock of your health and read the latest News to You. In this issue we take a look at health promotion AHS-style with features on alums, profs, recent research and happenings in Applied Health Sciences.**

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## Dean's Update

*This issue of News to You arrives at the beginning of a new year and millennium. At this time of the year, it is typical to celebrate what has been accomplished and to plan for the opportunities of the future.*

As you know, the theme that guides many of our research activities is "quality of life." It is important to translate research into practice so that the benefits will accrue to as many people as possible. Not surprisingly, this applied research typically has a strong foundation in basic research conducted years before.

Our celebration this year reflects a "coming of age" as it applies to the promotion of an enhanced quality of life. In each Department within our Faculty of Applied Health Sciences there are outstanding researchers and educators who have contributed substantially to the strong reputation we have in health promotion. Frequently, these scholars have been profiled in News to You. Research areas include gait, balance and fear of falling in the elderly; enhancing mobility and quality of life for residents in long-term care facilities; diabetes management; effective management of leisure time; smoking prevention in youth, ...and the list goes on.

What seems initially like extensive diversity in research is really a collective strength when we seek financial donors for the Faculty. There is such an impressive track record of relevant health promotion activities that a compelling case can readily be made for investment in this Faculty. The remarkable case in point is the magnificent gift of \$2.5 million from Lyle S. Hallman to support and advance the health promotion activities that we think are crucial for this millennium. We are also mindful and grateful for other donors like Ken Murray and Ron Schlegel who sustain us with their wisdom, time and financial resources. I'm optimistic that such gifts will leverage even more donors who will see that their investments pay dividends in terms of strong education and enhanced health benefits for Canadians.



Applied Health Sciences will further advance its health promotion activities with the support of a \$2.5 million donation from local businessman Lyle S. Hallman (pictured left, with Minister of Health Elizabeth Witmer, and Dean Mike Sharratt)

I have made reference to our celebration of what your Faculty has accomplished and is known for at this point in time. It has certainly attracted the attention of thoughtful and caring donors. The future looks even brighter with the probability of four or five new faculty joining us in the coming year. In addition, we will be cultivating a new initiative in Health Informatics. It is an area of great interest to our new president, David Johnston, who has an appointment in our Faculty, and has already opened doors of opportunity for us.

In closing, you can be very proud of the degree you obtained from your Department within the Faculty of Applied Health Sciences at the University of Waterloo. We are doing everything possible to raise the stock of your degree even further. With your help, we will continue to provide quality education and respond to the opportunities of this new millennium.

## Major Gift from Lyle Hallman Advances UW Health Research

*"Our health-care system is already stretched to the limit. A few years from now, Canada is going to have a much larger population of seniors. We need to support research now so these people—and younger Canadians, too—know how to stay active and healthy."*

— LYLE S. HALLMAN

**Targeting his money towards health and health care is not new for Lyle Hallman.**

The acknowledged leadership in health promotion research and development within the Faculty of Applied Health Sciences was a key factor in Mr. Hallman's decision to fund a new institute and professorship aimed at improving the health and lives of Canadians. The \$1.5-million Lyle S. Hallman Institute for Health Promotion will focus on advanced health research and service to the community, while the \$1-million Lyle S. Hallman Professor in Health Promotion will provide the academic and community leadership that is vital to finding new ways to promote healthy living. The Hallman Professor in Health Promotion will evaluate the effectiveness of health promotion programs in altering human behaviour and stimulate new research on lifestyle management initiatives within the Institute.

Hallman believes that we all share the responsibility for our health and wellbeing, and appreciates the Faculty's leading role. "People also need to learn to take care of themselves," says Hallman. "The programs and research going on in UW's Faculty of Applied Health Sciences are focused on that."

# Kenneth Murray's Vision Enhances Research in Aging



*Kenneth Murray, founder of UW's Alzheimer Research and Education Program, marked his 75th birthday with a \$100,000 donation to further research in aging. The gift furnishes a scholarship endowment named for his daughters, Susan Pearce and Leslie Harwood. His initial gift to the Faculty in 1994 established the Murray Applied Health Research Endowment fund, which has funded co-op student placements located at long-term care facilities.*

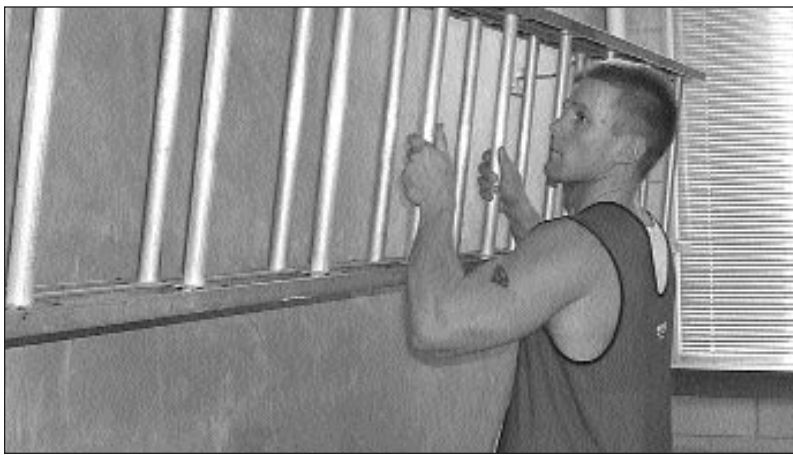
The Murray Alzheimer Research and Education Program (MAREP, as the program has been recently renamed to honour Murray) is a major project of the Centre for Applied Health Research, within the Faculty of Applied Health Sciences. After the death of Murray's wife, Helen, he approached UW officials with a vision—to bring together scholars who would be dedicated to developing quality care for persons with Alzheimer's disease and related dementias. The mandate was to take research 'off the shelf,' by evaluating existing models of care and developing new knowledge and practices for the direct benefit of patients and caregivers.

The latest initiative, known as the Susan Pearce and Leslie Harwood Ontario Graduate Scholarships in Sciences and Technology, will be awarded to graduate students involved in research areas associated with aging, such as nutrition, gait, balance, and neuroscience. The endowment will yield two \$15,000 annual scholarships for the next eight years—directly, and via matching funds provided through the Ontario government's Graduate Scholarships in Science and Technology program.

Murray has played a prominent role on many fronts. He has been a dynamic spokesperson and effective lobbyist. He has been instrumental in establishing partnerships with six innovation centres across Ontario, including nursing homes, homes for the aged, and private psychiatric hospitals. The centres serve as demonstration sites for new knowledge and models of care development through the UW program. Murray's fundraising efforts have also led to more than \$1.5 million in support. "My motivation for initiating MAREP was a desire to enhance the quality of life of all persons afflicted with and affected by this disease while the search for the cause and cure continues," Murray says.

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## Open Door to the Community: Fitness and Nutrition Services



*We all know that being fit is an important component of lifestyle but you may be surprised at how many peoples' jobs depend on their fitness level.*

The health of a business is often tied to the health of its employees. Employee physical fitness can play a large role in issues related to the functioning and financial status of a business. The companies involved with Fitness and Nutrition Services want to bring the importance of being physically active to their employees, often paying or subsidizing staff to have a complete fitness evaluation and personal training session to get them started on a fitness program.

Housed in the Lyle S. Hallman Institute for Health Promotion, Fitness and Nutrition Services is one of the best facilities in Canada for one-on-one fitness testing and training. Much of the unit's state-of-the-art equipment, e.g. gas analysis available for cardiovascular fitness, is not available in other facilities. With a mandate to link research and clinical expertise with individuals and organizations in the community, the certified personnel are involved with research activities, clinical services, and educational programs.

The current client list of Fitness and Nutrition Services includes not only elite and recreational athletes, but also employees from local businesses, Fire Fighting and Canadian Armed Forces applicants, and other individual members from the community. Clients come for myriad reasons: to find out what they need to work on, to learn how to implement a safe training program, to pit themselves against a standard for comparison, or maybe to find out if what they are currently doing is appropriate. Fitness and Nutrition Services also serves as a resource for the National Swim Training Centre based in Waterloo, providing workshops for team coaches and the athletes on fitness testing and training techniques, and completing some fitness assessments on athletes.

Fitness and Nutrition Services is also currently part of a Workers Safety Insurance Board (WSIB) funded research project partnered with several industrial groups. Led by Kinesiology professor Stu McGill, this long term study is looking specifically at the link between fitness characteristics and the risk of occupational back injury.

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

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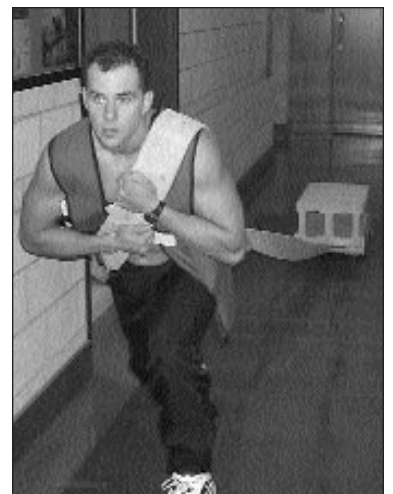
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## A Day in the Life of... Lesley Beneteau, Health '96

*Program Manager, The Change Foundation, Toronto, Ontario*

**The Change Foundation is a unique organization in health care which has an interesting vantage point from which to study and assist the industry. What attracted you to The Foundation?**

The Change Foundation was created and endowed by the Ontario Hospital Association to promote, support and improve health and health care delivery by bringing new knowledge and innovation into health care. For me, it has been a wonderful opportunity for developing a "big picture" understanding of the system, while having a direct impact on its evolution. I am a proponent of change and of applying technology tools to improve efficiency and quality of health care delivery—together you can develop creative solutions for process improvements, knowledge sharing and creation, and collaborative learning. The Foundation views change as a positive force in health care; something that I really appreciated the need for throughout my various co-op experiences with different organizations in the industry. Also, we are one of the few organizations who get to work with a diverse group of stakeholders: health care researchers, managers and practitioners, educators, policy makers, and government and private sector health care representatives.

**With a small staff of 3 people and such a broad range of strategic activities at the Foundation, your role as Program Manager is rather diverse. What do you enjoy most about your role there?**

Exactly that - the diversity of activities in which I engage. In addition to managing our development projects and grants program on a daily basis, I have created and am implementing the marketing and communications plan for the Foundation including our web site—[www.changefoundation.com](http://www.changefoundation.com). I continue to promote the use of email and the web as our primary method

to engage our stakeholders. In addition, I have the chance to work on a number of committees that expose me to new health care issues, involve me in business development discussions, and provide me with networking opportunities. Most importantly, the Foundation, too, is constantly changing. This I enjoy. The flexibility of the organization and the philosophy of our President and the Board to be fluid and forward-thinking creates a work environment which is ever-changing and offers constant new opportunities.

**The Change Foundation has a commitment to understanding the impact of change in health care. How, in turn, does The Change Foundation help health care providers tackle these challenges of change?**

The Foundation has undertaken a number of research studies that have revealed the impact of the incredible amount of health care restructuring in recent years. We use our research findings to determine how to manage and support the system more effectively, and then develop projects and programs that respond to the expressed needs. For example, in 1998 we created The Change Exchange—a web site that offers a "virtual" meeting place for health care managers and change leaders. It includes over 1 700 pages of information: diagnostic exercises, case studies, and discussion and debate areas on every aspect of change and restructuring imaginable. I have also enlisted a growing number of subscribers to an electronic network, allowing us to better communicate with our stakeholders and share with them our research and resources. Communication, I feel, is the most important function to effectively support and manage change, especially in a knowledge and people-focused industry like health care.

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## Lowering the Risk of Cancer

*"Regular physical activity is associated with a decrease in colon cancer," explains Health Studies professor Laurie Hoffman-Goetz.*

Cancer is a diverse group of more than 100 diseases, each characterized by different risk factors, different prognoses, and different treatments. Weight and high fat foods are risk factors for some of the adult cancers. Since physically active people tend to be leaner and to consume more high-fiber foods, fruit, vegetables, whole grain—and fewer fatty foods—they may have a reduced risk of cancer.

Specifically, higher levels of physical activity lower the risk of developing colon cancer and colon adenomas, the tiny tumors thought to be precursors of cancer. Colorectal cancer is a common

cancer and ranked as number four (after lung, breast and prostate) in terms of estimated incidence in Canada in 1999. How exactly does physical activity block its development? Researchers hypothesize that exercise may increase the motility of the large intestine and decrease the transit time of fecal matter through the digestive tract. That, in turn, limits the exposure of the cells of the colon to potentially carcinogenic compounds.

A number of studies also suggest a modest protective effect of exercise in adolescence, as well as in adulthood, for risk of later occurrence of breast

cancer. For example, a recent U.S. study using data from the Nurses Health Study found that women who engage in moderate to vigorous physical activity for 7 or more hours per week had about a 20% reduction in risk relative to women who were physically active for less than 1 hour per week. Although researchers do not know precisely how physical activity reduces breast cancer risk, a number of mechanisms have been put forward including reductions in lifetime cumulative exposure to ovarian hormones and to insulin-like growth factor, and the enhancement of natural immune surveillance against cancer cells. Far less is known about the association between physical activity and the risk for other cancers, although this is an area of ongoing scientific research and public health discussion.



thelatest

**Health Studies and Gerontology.** Psychology and Kinesiology are teaming up to offer a new behavioural neurosciences PhD program. Starting in September 2000, the program will see the collaboration and sharing among researchers in psychomotor behaviour, biohealth, biomechanics, and clinical psychology.

**Recognized for her time** spent helping children, Health Studies student Julie Kim was awarded the President's Circle award for Volunteerism. Julie can often be found at Sick Children's or Bloorview Hospitals providing support to severely ill children and their parents, along with those undergoing treatment, and helping children with special needs participate in activities.

**Grad Studies Post-it:** A team of masters and PhD Health Studies and Gerontology students finished second overall at the National Evaluation Case Competition in Ottawa on Feb. 23, 1999. The competition was designed to test teams' abilities to review and critique a case study based on a real federal government program, and develop recommendations for action.

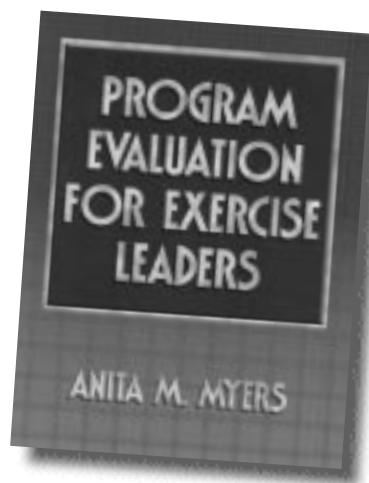
## Making the case for program evaluation...

*Whether to justify developing new programs or to argue for continued or additional funding for existing programs, all programs require information to help make better decisions, improve services and enhance quality of care.*

**B**ased on years of teaching program evaluation to AHS students as well as continuing education workshops for health professionals, Health Studies and Gerontology professor, Anita Myers outlines step-by-step guidelines for health program evaluation in a book entitled, Program Evaluation For Exercise Leaders.

Try a couple of tips from her book, to help you get the evaluation process started:

- Make a list of questions of what you would like to know about your program and your participants. Consider how this information might help you make decisions about modifying current recruitment, targeting or delivery efforts.
- Identify the stakeholders of your program. List the types of things each stakeholder group might want to know about the program.
- Consider developing a logic model to link program activities and objectives.
- Consider conducting focus groups to obtain input from prospective clients and feedback from current clients.



Myers A. 1999. Program Evaluation for Exercise Leaders. Champaign, IL: Human Kinetics. (ISBN # 0-88011-709-5. Paperback. 168 pp)

## Ask a Prof...



**Paul McDonald**  
PhD '97 Waterloo

### What's the best way to help a family member or friend to quit smoking?

It's natural to be concerned when someone smokes. The media is filled with articles about the dangers of smoking. However, every smoker has their own set of reasons for smoking (or quitting). Many smokers know that smoking is bad for their health but do not realize how it affects them. Hence, ask your friend or loved one to take a moment to objectively consider the pros and cons of quitting. If defensive, it's a sign that, despite our best intentions, our approach isn't working and we need to try something different. Previous unsuccessful quit attempts may have led to a feeling of demoralization. Nagging them to quit will make them feel worse (and increase their resolve to smoke). Appreciate that smoking provides some benefits to smokers. For example, it may give them an emotional boost or help relieve stress. Ask your friend or family member to help you understand their reasons for smoking and their concerns about quitting. Rather than making demands or ultimatums, state your concern for their well-being and your desire to support them. Offer to help think of ways to achieve the benefits of smoking without having to smoke. Offer to help find ways to overcome concerns about quitting. Ask them to respect your right not to be exposed to Environment Tobacco Smoke and negotiate ways this can be done. State your understanding that quitting smoking is very hard and that it may take practice and time. State your belief they have what it takes to be successful. Remind them of other difficult obstacles they have overcome. Emphasize that it is their smoking you have concerns about, not them as a person. Finally, help them celebrate the big and small steps along the way to successful quitting.

## Postcard from Zambia

Eva Lam, Health '97

*"Ever been chased by hippos on the Mighty Zambesi River?"*

*For over a year I participated in an internship, sponsored by the Canadian International Development Agency (CIDA), involved with malaria research at a rural hospital in Zambia. To my pleasant surprise, I was able to apply a lot of the academic knowledge that I had acquired at Waterloo. I helped organize, administer and document a new rapid malaria diagnostic test study for over 500 subjects. Finger pricking children to collect test blood was one of the larger obstacles I faced. Research at its finest! My work also included wrapping up the previous malaria season's projects. Away from research, I assisted in the hospital lab, nutrition centre, visited villages with the public health team, watched some surgeries and even had the opportunity to write an article on malaria for a Danish NGO magazine.*

*Ever been chased by hippos on the Mighty Zambesi River? Well, I'd have to put that on my list of other trip highlights, along with viewing Victoria Falls, going on Safari, riding in a chicken bus, jogging with my dog, and the friendships I made with the Nationals and the Expiates. I even managed to trek Europe before returning home. As fascinating and exciting as all this was, it took me a while to adjust to the culture, the limited resources and the isolation. With time I realized that I could not change Zambia to accept me, rather I had to change my attitude to accept Zambia.*

*I will definitely go back. There is a phrase for people that have been to Africa, "Once you've been to Africa, it's in your blood." It is surely in mine!*



## newfaces

**PAUL MCDONALD**  
ASSISTANT PROFESSOR

After completing his masters degree in Clinical Psychology at the University of Western Ontario, Paul returned to UW to complete his PhD in Health Studies. Following brief stops in Windsor and Saskatoon, Paul joined the Department as an Assistant Professor in September 1998. His current research compares various self-help and telephone-based interventions to assist adult and adolescent smokers to quit smoking; examines factors related to smoking prevention and cessation in schools; and aids the development of methods to identify and disseminate best practices for tobacco control. Paul is currently a member of a variety of national and international expert panels on tobacco cessation.

## A Day in the Life of... Brian Farrance, Kin '74, MSc '82

*Certified Athletic Therapist, Canadian Figure Skating Association; Pedorthist, Brian Farrance Orthotics, Prince George, British Columbia*



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**What did you, entering Kinesiology 25 years ago, expect to have as a career?**

My career grew out of a hobby. I didn't make the football team as a kicker in high school. I wanted to be part of the sport scene, so the head of physical education paid for my Cramer Sport Injury correspondence course and a first aid course. From Grade 11 on, I was the high school therapist and football trainer.

I went to UW because they accepted me. I figured I would be a medical doctor, but grades sort of got in the way. I worked for Pat Bishop as a student trainer during my undergrad years from '69-'74. I was an RA and a TA and taught sports med labs on co-op work terms. After graduating, I worked as an RA and then went to teacher's college. I taught for two years in Pine Point, NWT and then entered the UW Master's program in exercise physiology.

I was about to quit the MSc program when Brian Gastaldi, the UW head therapist at the time, took a job at UVic and I tried to fill his shoes. Not an easy job but an excellent opportunity. A year or two later, I became a Certified Athletic Therapist, and I finished my Master's

degree, with thanks to my very patient supervisor and friend, Dr. Mike Houston. In 1989, I became a full-time member of the kinesiology department and even took a short-lived stab at a PhD.

I later became a Certified Pedorthist, as many of my past students have done. I operate Brian Farrance Orthotics in a Prince George, BC office, where my wife, Dr. Janet Ames, practises sports medicine. We also have a sport physio-therapist in our group, Sport Med North.

Over the years, I have been very lucky to have been a therapist at five Canada Games, a World Track and Field Championship, the Pan American Games in Cuba, and Dive Canada in Vancouver. Janet has been a member of the Canadian Olympic medical team in Norway and she was the Chief Medical Officer for Canada at the Nagano Olympics. She is now the head physician for the Canadian Figure Skating Association and I am one of the two therapists who travel internationally with our skaters. We went to Helsinki in 1998 for the Worlds and are going to be in Nice, France this March, as well as at nationals in Calgary.

**You spent 9 years as the Head Athletic Therapist at UW and taught the practical skills of injury management to countless Kin students. Describe one of your most memorable moments.**

Some of my best moments were seeing students handle fairly serious injuries on the field and do a terrific job. Pacing up and down on the sidelines, watching them work, could also be called some of my worst times. I wanted to get out there, but couldn't, as undermining the students' confidence and abilities would not have been the correct thing to do.

**Name three Canadian athletes whom you admire and respect for their contributions.**

Some people who have really impressed me are, Pierre Harvey, formerly a world class member of our Canadian cross country ski team, and Shae-Lyn Bourne and Victor Kraatz, the Canadian ice dancing champions who carry on with a smile and are genuinely nice people in a sport where, even if you are the best, do your best, and deserve to win, you often don't.

## Keeping Ahead of Head Injury in Sport

*Brett Lindros, Pat LaFontaine, Geoff Courtnall  
—three professional athletes who no longer play their  
chosen games. Concussion—long thought  
to be nothing more than having your  
'bell rung'—ended their athletic careers.*

**A**ssessment tools have brought to light how debilitating the effects of sport-induced concussion can be and an increased awareness has prompted investigation into programs to enhance safety in sport and leisure settings, where little existed before.

In a program developed by Drs. Eric Roy and Lorie Saxby, neuropsychologists with UW's Neurobehavioural Assessment Unit, a study is underway to not only document the prevalence of concussion but also the conditions under which it occurs. Similar to a program currently being conducted in the NHL, information is being collected from local Junior 'A' hockey players (Kitchener Rangers), before injury, using a battery of standardized behavioural and neuropsychometric procedures and tests to quantify brain-mediated functions. This program has recently been adapted for use in assessing players on the UW varsity hockey team. Drs. Paula Dimeck, Trevor Hall, and Eric Roy are directing this program. A grant from the Ontario Brain Injury Association is financing Dr. Roy's production of a videotape for coaches and players to outline prevention, return-to-play guidelines, and assessment of the effects of concussion.

Frequently, a physical examination does not tell the whole story with concussion; the injury can occur without an actual blow to the head. Typically, neurological assessment is done after an injury. With a pre-injury assessment, a baseline reference of information can be established for comparing post-injury performance. If a player suffers a concussion, he can be retested on the same measures and a comparison may be made between pre- and post-head injury neurobehavioural functioning. The neuropsychological assessment assists in rehabilitation planning and determining their ability to resume normal activities—such as work, school, and driving—as well as in determining the readiness and safety of the injured player to return to the game.





**Dwight Silvera, Kin '98**, recently won the 1998 Canada Trust Harry Jerome Scholarship in recognition of his volunteer work in Thailand, where he helped people with leprosy, strokes, and spinal cord injuries.

**Anatomy is now a required** first year course for Kin students. In a substantial revision to the curriculum, Kin courses have been re-ordered, renamed and revamped allowing students to take more Kinesiology courses sooner in the program.

**Of the 124 students** graduating from Kinesiology in 1998, thirty-nine (31%) went on to further education. Programs of choice...graduate studies, chiropractic, medicine, education, occupational therapy and naturopathic medicine.

**After years of coaching AAA minor hockey**, retired prof Pat Bishop has assumed the purple and gold of the Laurier Golden Hawks as assistant hockey coach.

**Grad Studies Post-it:** Mark Carpenter received the Alumni Gold Medal at the UW Fall '98 convocation. Awarded to only one candidate annually, this University-wide commendation recognized Mark's exceptional accomplishments in course work and research throughout his Masters program. Mark's MSc thesis contained four separate research studies and has resulted in numerous publications and presentations worldwide.

## Notes from professor Stu McGill on designing a low back exercise plan:

- 1 Evidence shows that low back exercises are most beneficial when performed daily.
- 2 Don't exercise the low back while in pain, especially when doing weight training.
- 3 A low back program should include a general exercise component like walking.
- 4 Your spine is more easily injured shortly after rising from bed; avoid full spinal motions for an hour or so.
- 5 More repetition of less demanding exercises will help with both strength and endurance.
- 6 Endurance has been shown to be more beneficial than strength to reduce back troubles.
- 7 Ideal exercises for low back health will vary for each individual. Training objectives should be identified (e.g. to reduce the risk of injury, to optimize general health and fitness, to maximize athletic performance) and appropriate exercises chosen.

- 8 Stick with the program. Changes may not occur for three months in some people.

From the Low Back Pain Special Series: Physical Therapy Volume 78 Number 7 July 1998



## Ask a Prof...



**Jay Thomson**  
PhD '70 Waterloo

### What creates the difference in strength from one person to another, assuming they're the same size?

To answer this, we have to look at some of its terms more closely. By "size" I'm assuming that the two people are of the same height and weight. Even then, one may have long arms and legs, etc. the other shorter. Differences in moment (lever) arms and simple physics might account for the strength differences or, one is more muscular and the other fatter. Of course, it is the muscles that give strength.

So how do muscles produce force? They shorten by making connections

between the contractile proteins, myosin and actin. In the resting state there are few connections, but when the muscle is activated, part of the myosin attaches to the actin and a shape change causes the actin and myosin to slide, across one another, to produce shortening. This in turn produces a force on the muscle attachments to bones, over the joints, causing movement. The connections are "cross-bridges" and they go through a cycle of attaching, altering shape, releasing. The greater number of cross bridges, the greater the force produced. The quicker they cycle, the more force is produced in a short period of time—power. The stronger person has more cross-bridges by having a larger muscle cross sectional area from strength training. Therefore anatomical differences may account for differences in strength.

Olympic lifters produce power—a lot of force in a short time showing dynamic work or strength. Muscle organization accounts for some differences in strength. The contractile proteins with their cross-bridges are found organized into fibres and various numbers of fibres bound into muscles. These muscle fibres have two families with different properties: the fast twitch fibres shorten more rapidly than the slow twitch ones. Perhaps our stronger lifter may have been given more fast twitch fibres at birth. The stronger muscles develop more power—another anatomical reason.

Now for the last and maybe the most important factor, we must return to what turns on the muscle to contract or be activated in the first place—the motor nerves. Assume each person has same size muscles and same fibre composition. One may recruit more of the available pool of fibres (with cross-bridges) and more of the larger fibres which tend to be the fast twitch kind. Lastly the stronger person might be able to cycle more cross-bridges faster by coordinating the firing of the nerves. These are functional differences which are normally called skill. Strength increases early in training are due to skill changes before the muscle architecture changes occur at all.

So, assuming two people are the same size, one can be stronger because he/she can make more cross-bridges active, cycle them faster by neural means, have a genetic predisposition for dynamic work and build more cross sectional area by training to achieve bigger muscles.

## Exercise and the Power of Positive Thinking

### Coping with Indecision and Inaction: Positive-thinking strategies

- Think about the immediate, positive outcomes you expect to get...anticipate having increased energy, feeling better, feeling more awake and alert, improving weight loss/maintenance, decreasing stress, etc.

### Positive-behaviour strategies

- Do something specific to help make the behaviour happen... practice time-management, meet someone to exercise with, do other activities/ exercises to substitute for missed exercise, arrange transportation, find a babysitter, etc.

Inactivity is now recognized as one of the four major risk factors for heart disease. The benefits - both physical and psychological - of regular activity have been long been recognized. But, despite the evidence, many people never experience the benefits because they do not stick to their exercise programs. Like many lifestyle change behaviours, the initial decision is well intentioned. However, the motivation to exercise as planned, becomes a daily debate.

In a study conducted earlier this year, Drs. Larry Brawley and Nancy Gyurcsik, (PhD Kin '99), found that when it comes to exercising, people who are positive thinkers fare better than those who are negative thinkers. They discovered that all the participants in a structured seven-week fitness program had both negative and positive thoughts towards exercise. Coping with negative thoughts, such as, being too tired, not motivated or too busy, was the key to adhering to the program.

When coping with the negative thoughts, the exercisers used positive-thinking and/or positive-behaviour strategies to help motivate themselves to get beyond negative thoughts and the struggle of indecision. Not only were the coping strategies important but individuals had to have the confidence in the effectiveness of their coping abilities to overcome the negative thoughts. When people believe in their coping abilities, they use their coping strategies.





## A Day in the Life of... Charlie Johnstone, Rec '90

*President, QUATTRO Communications Inc.; Executive Director, Molson IndyFest; Director of Marketing, Communications and Sponsorships, Beaches International Jazz Festival; Executive Board Member, Toronto Festival Alliance*

**Your company is responsible for special event management of several large events in Toronto, the Molson Indyfest and the Beaches International Jazz Festival, which happen in July. How do you manage to plan and organize for events of this scale?**

Within a span of 17 days every July, QUATTRO Communications Inc. successfully manages two of the largest festivals held every summer in Toronto. Needless to say, successful management of events of this magnitude is based on enormous amounts of planning, strategic analysis, budgeting and staffing. Starting in September, upon completion of thorough post-event evaluations, we develop a clear vision of each events' specific and measurable goals and objectives.

Though simple in theory, developing a strategy consistent with the thoughts and expectations of sponsors, promoters, Board of Trustees and the City of Toronto, often takes significantly longer than expected and involves a delicate balance in an attempt to satisfy all partners. Upon completion of the event strategy in mid-November, the actual hiring process begins. Surprisingly for many, these events are completely and competently managed by a staff of only five people. Typically, graduate students from Sports and Event Marketing programs are hired on a contract basis. In fact, a Recreation '99 graduate from UW was part of the team this past summer.

Evaluating, developing and executing strategic sponsorship plans for the Beaches International Jazz Festival for the past two seasons has been an inter-

esting process in the development of QUATTRO. However, it is through our role with the Molson IndyFest that we are really able to distinguish ourselves. Since taking over the responsibilities as Executive Director of Molson IndyFest in 1996, we have been fortunate enough to witness enormous growth in the popularity of motorsports and greater acceptance from the community.

**As the largest festival associated with an auto race in North America, the Molson Indyfest events attract more than 85,000 people over a span of 8 days. What are some of these events and why are they important?**

Designed to raise community involvement and excitement in the Molson Indy in conjunction with raising money for the cause of children's charities, Molson IndyFest has evolved from four events raising \$100,000 to the largest festival involved with the CART Championship Series anywhere in the world. Molson IndyFest '99 presented ten events in seven days generating \$400,000 for children's charities, hosted 85,000 participants, and received over 30 million media impressions!

Although each event has its highlights, my favorite event consistently would be the Drivers' VIP Party. Held annually at Wayne Gretzky's, this sold-out event has become the "hottest ticket in town" as fans want to mingle amongst the drivers and celebrities in attendance. In 1998 we were pleased to host 15 CART drivers including Michael Andretti, Paul Tracy and Greg Moore, television personalities Jason Priestley and Eric Braedan, and sports stars Roger Clemens, Tie Domi

and Reggie Jackson. With a guest list like that, it's no wonder the event sells out every year.

**During your career you've had the opportunity to work with many of the elite international auto racers. How did you get involved with special event management and auto racing?**

In my second year of Rec at Waterloo, I was fortunate to find a co-op job as a Summer Representative with Molson Breweries. Completely unaware of many aspects of motorsports, it was my responsibility to tour Ontario promoting Molson's involvement in racing. Following that first summer, I was offered the Campus Representative job for Molson. I continued to work as a Summer Representative throughout university and, upon graduation, was fortunate to be offered a position as Sales Representative in Toronto. Although I thoroughly enjoyed the job, I wanted to evolve and develop a broader base of experience in Sport & Event Marketing. In 1994, I was offered a position of Director, Sales, Canada for another sports promotional agency involved with the NHL, CFL, and Toronto Blue Jays. Then, 18 months later, I decided to combine my event management skills learned at Molson with the recently acquired promotional skills and started my own business. I sold my house to cover the start-up costs and started looking for new business. Fortunately contracts involving Soccer Canada, General Motors, Olympic athlete representation and others were quickly followed by the Molson IndyFest.

digest

## Make that Shopping List

*Why is it that we often go shopping only to buy things we didn't intend to buy?*

*Why does shopping often become an exercise in spending money we didn't plan to spend?*

Research by Rec professor Ron McCarville and Colleen Bee encountered two conditions which consistently conspired against our best intentions to exercise control while shopping. First, we know that consumers approach shopping with what can best be described as an open mind. They scan the shopping environment for points of interest (often called the Point of Purchase or POP), for indications of value. They then make on-the-spot assessments leading to unplanned purchasing. We all make impulse purchases but the extent of our impulsive purchasing might come as a bit of a surprise. One recent study found that four out of five purchase decisions are made while the shopper is in the store.

Secondly, advertisers have discovered the power of in-store displays and other POP efforts in guiding and directing impulse shopping. They know that products placed at eye level demand

attention; that products highlighted in end of aisle displays seem that much more interesting; that price discounts render a product more noteworthy. They know that approximately one in four consumers will buy unplanned items because of in-store displays, one in three as a result of free samples and demonstrations, and one in two because of price promotions.

Have you ever wondered why common products like milk or bread are always located at the rear of the store? Merchants locate products as far from the entrance as possible so that everyone seeking such staples must negotiate a minefield of POP displays. They know all too well that few of us can resist them. Next time you go shopping, watch for POP efforts to encourage impulse purchases. Ask yourself why you've just tossed that item in your basket. Was that purchase part of a plan or the result of an impulse?





**Recognized for her numerous athletic** achievements while running for UW's Cross Country and Track & Field teams, Patti Moore, Rec '84, was inducted into the UW Athletics Hall of Fame at the February 1999 ceremony.

**Teaming-up**, Recreation and Leisure Studies and Geography are co-sponsors of a public lecture series entitled, *Tourism: People, Places & Products*. The series features experts from Canada and abroad discussing current issues in tourism.

**Winner of the 1999 Ken Shields TSN Award**, Mano Watsa, Rec '99, is currently playing for the Athletes in Action basketball team out of Ohio. The national award, recognizing Mano's outstanding achievement in basketball, academics and community involvement was presented at the CIAU Basketball Championships in Halifax last March.

**Who was the originator of "flow"?** One of the world's foremost experts on creativity, psychologist Mihaly Csikszentmihalyi, was this year's Hagey Lecturer. His talk, *Optimal Experience and the Quality of Life*, was co-sponsored by Applied Health Sciences and the Dept. of Psychology.

## How is Canadian Tourism Doing?

**VERY WELL, THANK YOU!**

*1998 was a record year for Canadian tourism and 1999 looked even better. For the first time in over 10 years, more Americans visited Canada than Canadians visited the U.S.*



Second quarter results for 1999 showed international tourism expenditures up 10.7%. Tourism businesses also continue to create jobs; for example, employment in water transportation was up 10.5%.

Stephen Smith, from UW's Recreation and Leisure Studies Department, is currently Chair of the Research Committee of the Canadian Tourism Commission (CTC), an organization working to improve the competitiveness of Canadian tourism and promoter of Canada as an international destination. Developing better tools to measure how Canada competes internationally is a goal of the CTC Research Committee. The Committee has made some remarkable advances in improving tourism statistics. In fact, Canada's tourism statistics are now the best in the world. A major contributing factor has been the ability of the Research Committee to forge partnerships with agencies such as Statistics Canada, Revenue Canada, and provincial tourism ministries to support the census, surveys, and border-crossing data collection that feed into the collection of tourism statistics.

Why are we doing so well? Steve credits all this to the high-flying U.S. economy, the low-flying loonie, Open Skies, and strong sales efforts by CTC staff. And whatever 2000 brings, the CTC Research Committee will be the ones to measure it.

## Ask a Prof...



**Dr. Mark Havitz**  
PhD Texas A&M

### What makes leisure activities meaningful?

Most people could, if asked, provide a list of their favourite activities. And many of us could also name people whom we would classify as being "really into music" or as car buffs, dedicated runners, avid golfers, and so forth. A large body of literature has recently developed related to the phenomenon of ego involvement: what makes certain activities so "involving" for some people and how stable is their involvement over time.

Is a dedicated runner who trains regularly more likely to experience a state of flow or experience it more often, than say someone who only runs occasionally? Though it seems likely that both ego involvement and flow are related, they have never been simultaneously examined in a single study. It is difficult to adequately conceptualize and measure both phenomena. Roger Mannell and I are currently analysing some experiential sampling method (ESM) data which were collected in the midst of people's daily life experiences. We then "match" their responses with ego involvement data that was collected from the same people three to four months later.

Our data suggest that ego involvement does indeed influence various aspects of psychological involvement such as mood states and task awareness. People with high levels of ego involvement are more likely to experience flow than are people who are not highly ego involved. They are most likely to report "good" moods and they were better able to focus on the task at hand. This relationship is influenced, especially in perceived leisure contexts, by situational involvement. Situational factors are important because, for example, even a highly ego involved runner may experience very different feelings when running solo on a sunny day, than running solo on a cold rainy day, or competing with a friend in a 5k race.

## Looked Around Your Aerobics Class Lately?

*Social comparison theory suggests that humans are compelled to compare themselves with others. Does this happen in exercise classes? Does participation in an aerobics class have positive or negative effects on self-image?*

In a study of 190 undergraduate women, the issue of whether body image inhibits young women's participation in aerobic classes was investigated by Recreation grad student, Jody Frederick and supervisor Dr. Sue Shaw. Using surveys and in-depth interviews with an 11 student subsample, the data showed that body image did not seem to prevent participation but it did constrain the enjoyment of the activity. Clothing and the competition over appearance and body weight were the main concerns. Young women may participate in order to improve their body images, but the social comparison that occurs, as well as the social context of the classes, can sometimes lead to more negative rather than positive self attitudes.



## Handle with Care?

is a dramatic presentation based on a research study from Toronto-Sunnybrook Regional Cancer Centre. Women around the province told researchers what it is like to live with metastatic breast cancer: cancer that has spread beyond the breast to other parts of the body and for which there is treatment but no cure. The script dramatizes (often with humour) miscommunications with doctors, frustrations with family members and the kid-glove treatment women often receive.

Jan Livingston, a 1973 Recreation and Leisure Studies graduate, has metastatic breast cancer and is one of the actors involved in the production. She says that "doing the show is a healthy outlet in an otherwise grim situation." As she has travelled the province, she has seen first hand how the audiences respond with caring and an appreciation of the complexities of the disease. "People are always surprised by the humour in the show. It is a relief to know that it is ok to laugh."

Handle with Care? has recently received funding for a national tour starting this January. The show will be travelling throughout the province this fall.

For further information contact Fran Turner at (416) 480-6100, ext. 1565 or e-mail Jan at living@bconnex.net

## Making a Difference

A special thank you to alumni, professors, staff, students, parents, and friends who have supported and who continue to support the Faculty of Applied Health Sciences through our financial contributions. Over the past year, 755 alumni donated over \$68,000 to projects, awards, and equipment within the Faculty. The results of this generosity can be seen in action across the Faculty and beyond.

### Broadening Horizons...



#### *AHSEF Applied Health Sciences Endowment Fund*

#### *Gaby Sabados and Ratsamy Pathammavong*

In 1998, two Health Studies students left the classroom behind to embark on Canadian Crossroads International exchanges, allowing them to gain first-hand knowledge of health-related issues in other global settings. Ratsamy Pathammavong was stationed in India assisting at various health clinics while Gaby Sabados, pictured here monitoring a young patient following surgery, traveled in to Ghana, West Africa putting her skills to work in settings such as Dunkwa Government Hospital.



"Africa is no longer just a word to me; it's faces, friends, and experiences," says Gaby. "In Ghana, I was able to assist with labour and delivery, which confirmed my desire to pursue a career in midwifery. This type of opportunity would not have been possible in Canada."

The exchanges were partially funded by AHSEF, the Applied Health Sciences Endowment Fund. Applied Health Sciences students have been contributing to the Fund since 1995 through a voluntary contribution each term they are on campus. The interest of the fund supports various equipment programs or other initiatives that serve to enhance student life at Waterloo.



### Opening Doors...



#### *Faculty of Applied Health Sciences Graduate Entrance Scholarship (PhD)*

#### *Charlene Shannon*

"I chose to pursue a PhD out of a desire for a career as an academic — a career which will allow me to pursue my two passions - teaching, and doing research that can make a difference in people's lives," says Charlene Shannon, PhD candidate in Recreation and Leisure Studies. Charlene's interest in graduate studies began with a desire to research the role of leisure in the lives of women with breast cancer. "We have found that women who have had breast cancer experience changes to their leisure as their priorities change," explains

Charlene. "Their leisure becomes more purposeful in nature, and they tend to seek out and participate in more 'health-promoting' activities and behaviours." Since graduating with her Masters degree in the fall of '98, Charlene's research on the topic has been the subject of presentations at the Canadian Congress on Leisure Research, the National Recreation and Park Association Conference (U.S.), and at The World Conference on Breast Cancer.

## Paving the Way...

Faculty of Applied Health Sciences

Upper Year Scholarship

Nathaniel Dufresne



It was an interest in musculoskeletal disorders and low back injuries in industry that led Nathaniel Dufresne, 4th year Kinesiology Co-op, towards a specialization in ergonomics and the field of human-centred design. Nat has spent the last four months working in the faculty's Ergonomics Resource Centre as an ergonomics research assistant, testing and developing a new risk assessment tool for a large automotive manufacturer.

Here in the picture, Nat demonstrates the lab's pneumatic lift assist, one of the devices used to help students study the role of equipment design in maximizing productivity and minimizing the risk of injury. "My undergraduate thesis is investigating the musculoskeletal strain on the lower back and upper extremities while operating material handling devices," says Nat. "This research is a follow-up study on work already carried out in industry and should shed some light on the potential merits and/or shortcomings associated with using these devices."

## Setting Examples...

Mark Forster Memorial Award

Jodi Hawley



"Setting goals, working hard, making sacrifices, and committing yourself to excellence"—just some of the "Keys to Success" Jodi Hawley discussed with elementary and secondary school students during her time as a member of UW Athletics' Team-Up outreach program. Throughout her years at UW, Jodi herself exercised these principles, dividing her time as a member of the UW women's varsity basketball team and Team-Up program, while achieving Academic All-Canadian Honours in the Kinesiology program.

"Without the scholarship assistance provided by the university during my studies at Waterloo," says Jodi, "I may not have had the time to get involved in great projects like the Team-Up program."

Following her graduation from Kinesiology in 1998, Jodi chose to continue her studies, and is currently pursuing her Masters degree in Applied Exercise Physiology at the University of Calgary.

### HEALTH STUDIES AND GERONTOLOGY YEAR ONE SCHOLARSHIPS

Mona Awad	Natalia Lobach	Laura Parizeau
Harshna Patel	Jeffrey Szymr	

### HEALTH STUDIES AND GERONTOLOGY UPPER YEAR SCHOLARSHIPS

Natalie Baine	Jessica Biederman	Tanya Guenther
Anne Guevremont	Regan Klatt	Chetana Kulkarni
Amy MacArthur	Ramona Mahtani	Huyen Nguyen
Quoc Minh Nguyen	Christina Porcellato	Maja Segedi
Sandra Tschoepe		

### HEALTH STUDIES AND GERONTOLOGY DEPARTMENTAL AWARDS

Sarah Wilson	<i>Lois Matthews Scholarship</i>
Larissa Popov	<i>Health Studies and Gerontology Entrance Scholarship</i>
Anne Richardson	<i>Marion J. Todd Memorial Award</i>
Lianne Merchant	<i>Michael Gellner Memorial Scholarship</i>
Tanis Fretter	<i>Murray Endowment Fund</i>
Martha Freiburger	<i>Waterloo County Special Scholarship</i>
Stephanie Schmidt	<i>Waterloo County Special Scholarship</i>

### KINESIOLOGY ENTRANCE SCHOLARSHIPS

Rachel Bredin	Lori Brubacher	Deanna Devitt
Hillary Farr	Benjamin Klinck	Christena Linton

### KINESIOLOGY UPPER YEAR SCHOLARSHIPS

Allan Bell	Nathaniel Dufresne	Karen Ellis
Sylvan Fain	Joanne Fernandes	Rachel Freeman
Janis Higgins	Roberta Hood	Blair Klinck
Huu Le	Karine Lortie	David Lounsbury
Kellie Parks	Gerhard Peysar	Sarah Preater
Nadia Roberts	Graham Slater	Amanda Taylor
Andrew Van Houwelingen		

### KINESIOLOGY DEPARTMENTAL AWARDS

Lora Giangregorio	<i>Andrea Fraser Memorial Award</i>
Mark Eys	<i>Andrea Fraser Memorial Award</i>
Paulina De La Campa	<i>Don Hayes Memorial Award</i>
Kellie Parks	<i>Don Hayes Memorial Award</i>
Dwight Silvera	<i>Don Hayes Memorial Award</i>
Michael Carney	<i>Kate Kenny Memorial Award</i>
Janis Higgins	<i>Lois Matthews Scholarship</i>
Jodi Hawley	<i>Mark Forster Memorial Award</i>
Lee Doug-June Ro	<i>Michael Gellner Memorial Scholarship</i>
Rebecca Chauvin	<i>Murray Endowment Fund</i>
Justine Yau	<i>University of Waterloo Alumni Scholarship</i>

### RECREATION AND LEISURE STUDIES DEPARTMENTAL AWARDS

Renée Lopes	<i>Ron May Memorial</i>
Michael Roycroft	<i>Lois Matthews Scholarship</i>
Stephanie Newport	<i>University of Waterloo Alumni Scholarship</i>
Angela Loucks	<i>John Buchholzer Award</i>
Manohar Watsa	<i>Lani Carr Award</i>

### APPLIED HEALTH SCIENCES DEAN'S ENTRANCE SCHOLARSHIPS

Leandra Acevedo	Paula Brown	Ankur Gupta
Debra Hamilton	Adrienne Hol	Ian Katchin
Rhoda Lee	Vienna Ly	Kevin McLelland
Diana Paczesny	Rebecca Shuttleworth	Kathryn Sibley

## Walk this Way...

When you actually think about walking, you might actually stumble. Walking, or gait as researchers refer to it in the lab, is a complex action requiring little forethought but lots of neural activity. Why is it that we seem to be able to travel through the environment without flooding our brain with millions of details?

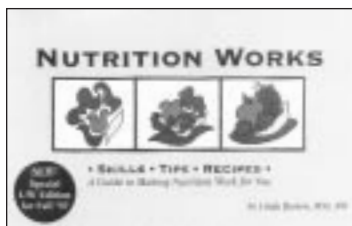
Our bodies have a 'hard-wired' system that has preprogrammed our nerves to signal our muscles to coordinate and make the proper sequence of movements. For walking, this means the right muscles contract in the right order, the appropriate amount and at the right time. What happens when the surface we are walking on suddenly changes? Drs. Jim Frank and Aftab Patla, from the Kinesiology Department, have been studying exactly how muscles can be expected to act whenever people see and step over an object, and why some of us have more difficulty than others. Taking their research one step further, they have geared up their Gait and Posture Lab to study how people adjust or recover their balance in response to a sudden, unexpected movement of the ground underneath their feet. In collaboration with a team from engineering, a machine has been developed for the lab with a floor which can be made to drop, twist

and also slide out from underneath a subject as they travel across it, mimicking the feeling of slipping on icy pavement. Naturally, safeguards are taken in the lab to prevent falls. The kinesiology pros are using the 'floor' to study the differences between young people and the elderly in the way in which the members of the groups go about maintaining or regaining their balance.

### HOW TO AVOID THAT PAINFUL FALL (MOVEMENT PREPAREDNESS):

- Be aware of the unevenness at the joins in the sidewalk. They are easy to trip on in poorly lit areas.
- At nighttime, take extra precautions, like slowing down or giving your eyes a chance to adjust, when suddenly moving from brightly lit to dark areas and vice versa.
- If you wear strong bifocals when you walk, be careful when you suddenly shift your focus between near and far objects
- After bending over, do not straighten up too quickly. The blood pressure in the brain can suddenly drop causing fainting.
- Avoid walking on wet or highly polished floors if wearing high heels.

## Good Food Fast



*Need an energy boost?  
Want to be sure you are  
getting the vitamins  
and minerals you need?  
Looking for something  
to satisfy that craving?  
Try these tasty  
'Quick & Easy Recipes'  
and enjoy the results!*

### TOMATO SPINACH SOUP WITH CHICKPEAS

Needing a winter warm up? Try this easy vegetarian soup and enjoy a tasty nutritious treat, and a good source of iron. Add fresh bread to round out the meal.

- 2 cups vegetable stock (e.g. OXO)
- 28 oz. can tomatoes \*
- 1 cup rotini pasta
- 19 oz. can chickpeas
- 2 cups chopped spinach

\* When you have them, you can add fresh tomatoes for a taste twist.

1. Combine vegetable stock and tomatoes, and bring to a boil.
2. Add rotini pasta and reduce to medium-low heat, simmering for 7 minutes.
3. Add chickpeas and spinach. Cover and cook for 3 minutes or until pasta is tender-firm.
4. Season with salt, pepper and hot pepper sauce if desired.

Serves 6.  
Nutrient analysis per serving: 210 kcal,  
41 g carbohydrate, 8 g protein, 2 g fat, 2 g fibre.



### CORN BREAD

Tastes great with soup or rice and beans, or on its own with jam. Yummm!

- 1-1/2 cups flour
- 1-1/2 cups cornmeal
- 1/4 cup sugar
- 1 tbsp. baking powder
- 1 tsp. baking soda
- 14 oz. can creamed corn
- 1 egg
- 1/4 cup vegetable oil
- 1/2 cup buttermilk



1. Mix together flour, cornmeal, sugar, baking powder and baking soda.
2. In a separate bowl, combine corn, egg, oil and buttermilk.
3. Combine dry and wet mixtures, and stir just until blended.
4. Bake in a greased 9" x 13" pan at 350° F for 25-30 minutes or until toothpick inserted in center comes away clean.

Serves 12.  
Nutrient analysis per piece: 222 kcal, 37 g carbohydrate,  
5 g protein, 6 g fat, 2 g fibre.

Tomato Spinach Soup with Chickpeas, and Corn Bread 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 Nutrition Services in Applied Health Sciences.

## Media Sends Mixed Message about Cancer

A recent review of 415 articles about cancer in four mass-market Canadian women's magazines over the years 1991-1997 revealed some interesting findings. Grad student Megan MacDonald, along with supervisor Laurie Hoffman-Goetz, from the Department of Health Studies and Gerontology, completed a quantitative review demonstrating some significant disparities between the media's emphasis on specific cancers and the actual occurrences of the disease.

Breast cancer was the topic of a disproportionate number of the articles: in 1997, articles dealing with breast cancer accounted for 44.4% of all stories mentioning cancer. This percentage was considerably higher than the percentage distribution of actual and estimated new cases of breast cancer in the same year. Articles on lung cancer accounted for 12.5% of stories in 1991 and only 7% of articles in 1997, even though the percentage of actual lung cancer deaths in women increased over that period. In addition, the four female gynecological

cancers were over-emphasized in proportion to their actual contributions as causes of cancer deaths.

Evidently, cancer coverage in Canadian women's magazines is not proportionate to cancer incidence. In their Canadian Journal of Public Health article, the researchers tentatively attribute the predominance of breast cancer articles to the influence of advocacy groups and editorial mandates.

While some cancers, such as breast cancer, have been dealt significant attention by the media, the researchers note the paucity of articles on lung cancer, which

accounted for an estimated 22% of cancer deaths among Canadian women in 1997. The fact that lung cancer is not associated specifically with women—the target audience of these magazines—may serve to explain the void.

These findings support the need for more partnerships between the media and cancer educators to help balance the dissemination of cancer information to Canadian women. The researchers note that overemphasizing one type of cancer in the media could influence risk perceptions and, perhaps, even cancer control behaviours.

# ALUMNI DAYTIMER

Getting together, re-connecting, catching-up...maybe with classmates, roommates, floormates, teammates...here are several documented gatherings of Applied Health Sciences alums.



In May '98, the first Co-op Recreation class had their 25th Reunion. With two thirds of the class in attendance, the group included:

**BACK** (L TO R) Bob Kienzle, Jan Livingston, Fred Galloway, Phil Bruckler, Barb Quarry, Rein Selles, Debbie Van Elslander, Jim Shuttleworth, Jim McKinlay, Dave Shaw

**MIDDLE** Sandi Smith, Uwe Sehmrau, Anne Larsen, Pat Blundy, Adrienne Gilbert

**FRONT** Janice Griffith, Marg Nash, Ken Neale, Stu Koch, Bryan Blain



A get-together hosted in Whistler, B.C., saw several of the Kin class of '82 (and an ES friend) meeting at mountainside.

**STANDING** Helen Kolberg (BES '81), Darcel (Moore) Moro, Liz (Starodub) Nestico

**SITTING** Nancy Gault, Kathy Cowper, Mignon (Yeatmen) de Leeuw



Floormates and classmates, the AHS'ers from Wild Wild West (Village 2 West B) celebrated 10 years together in 1998 and still get together annually.

**BACK** Tricia (Kistroff) Crow, Michelle Douglas-Mills

**MIDDLE** Shelly (Langille) Snow, Jennifer (Eddie) Farley

**FRONT** Katy Wong, Patti Turnbull, Deanna Boyce



With the sun shining down, the annual AHS **Homecoming Fun Run** once again drew alums from coast-to-coast back to campus. Here, Kin alums Mark Inman and Brian Farrance share stories and plans with Homecoming mascot Pounce de Lion.

## The 1998 FUN RUN Results

Winners in the various categories were:

**First Place Male:** Kevin Shields (16:50)

**First Place Female:** Rhonda Bell (19:37)

**First Place AHS Student Male:** Todd Bentley

**First Place AHS Student Female:** Martine Mientjes

**First Place AHS Faculty/Staff Female:** Sue Tupling

**First Place AHS Faculty/Staff Male:** Dave Northey

**First Place AHS Alumna:** Helen Snare

**First Place AHS Alumnus:** Stephen King

**Participation Challenge Cup:** Recreation & Leisure Studies



## How to Host Your Own AHS Alum Party:

### 1.

**FIND OLD FRIENDS.**

Check the AHS Electronic Directory ([www.ahs.uwaterloo.ca/alumni/](http://www.ahs.uwaterloo.ca/alumni/)) to see if the people you want to look up have registered their contact information, or contact Betty Bax. The person you are trying to reach can be contacted on your behalf and a message relayed.

### 2.

**DECIDE WHERE TO GET-TOGETHER.**

Use your imagination here. Are families involved? Homecoming at Waterloo in November is always an option. Want to relive Oktoberfest memories? Consult with your group.

### 3.

**MAKE ARRANGEMENTS.**

Book, pencil-in, confirm, do what needs to be done to make the event happen. Have some fun...pick a theme, re-live a famous party, collect photos and music from 'your time,' maybe go to a varsity game.

### 4.

**LET US KNOW HOW IT TURNED OUT!**

Send photos and stories to Alumni Services, Applied Health Sciences, University of Waterloo, Waterloo, ON N2L 3G1, or to [bax@healthy.uwaterloo.ca](mailto:bax@healthy.uwaterloo.ca)

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

### 1970's

**Connie (Brown) Morris, Rec '77**, e-mails, "I am still living in Oakville and teaching for the Peel District School Board, currently Grade 3. My son has just finished 1st year Forestry at Lakehead University, and my daughter is considering Kin or something similar for her university career next year, maybe at UW! I can't believe I am old enough myself to have kids in University, as my own fond memories are still so vivid! Paul and I bought a cottage outside of Owen Sound a couple of years ago, and it is our little paradise! I'd love to hear from the old Rec gang—especially the St. Paul's WWW and those from our Co-op class of '72!! Where are you?"

**Marion Joppe, Rec '76**, is a professor in the school of Hospitality and Tourism Management at Ryerson Polytechnic University.

Former basketball Warrior ('68-'73), **Tom Kieswetter, Kin '73**, has completed his 7th season as Warriors Men's Basketball Coach. Tom is also an Inter-University Athletic Coordinator within the UW Athletic Department, overseeing men's hockey, women's basketball, men's and women's rugby, and tennis. Prior to assuming the helm for the Warriors, Tom taught high school for 17 years with the Separate School Board in K-W. Tom's wife, Linda (Schueneman), Kin '75, is the Director of Individual Giving at UW. They have two children, Amanda (18yrs) and Matthew (16yrs). Tom's always on the lookout for young talented players and would welcome any hot recruiting tips.

**Shelleen (Ross) Vandermeij, Rec '79** is Executive Director/Corporate Services/Saskatchewan Environment and Resource Management for the Government of Saskatchewan.

**Marika (Kidner) McKenzie, Kin '73**, is a psychologist at the Vietnam Veterans Counselling Service in Casuarina, Northern Territory, Australia.

**Susan (Lamb) Mathieu, Rec '77** writes, "I'm still living in Halifax and managing the Economic Planning Group's (EPG) office in Atlantic Canada. We are just starting our 20th year in business, providing management consulting services in the tourism and hospitality sector. In my free time, I keep busy with local trails to trails development and, in the summer, sailing. If you're coming to Halifax, drop by." E-mail is smathieu@epgcanada.com.

**Greg Scerbak, Rec '77**, is the Director of Community & Protective Services for the City of Grande Prairie, Alberta and owner of three energetic dogs who are a handful! "I've moved from recreation/community services and urban land use planning/development to recreation/community services and fire, disaster services, police, bylaw and ambulance. My wife, Terry, and daughter, Andriana, still very much love Grande Prairie. It is a beautiful northern regional centre—lots of parks and facilities. My son James is now entering 4th year Recreation at the University of Alberta. If you're in

the area, come visit City Hall and we'll catch up."

**Rick Dominico, Kin '77**, is the Manager of Corporate Quality, Town of Markham, and owner of Wellness by Design, Inc., selling fitness appraisal and exercise equipment. You can contact Rick at rdominico@city.markham.on.ca.

Still running after all these years, **Jackie Frank, Kin '74**, is currently Vice Principal at Alpine P.S., and has been with the Waterloo District School Board for 15 years. Jackie and husband Jim, Kin '73, have picked up two teammates in the relay. Daughter, Jordan, 20, is in second year of Rec and Leisure Studies at Waterloo, and Joseph, 17, is in grade 12 at Waterloo Collegiate. After 6 years as Chair of Kin and a year's sabbatical, Jim grabs a new baton in January as Associate Dean of Graduate Studies for UW. As winter approaches, the Frank family trades their runners for skis with the view that "it's all downhill from here!"

### 1980's

After a successful 11-year career in Ergonomics at Dofasco Inc. and Ontario Hydro, **Dianne (Nielson) Sporcic, Kin '84**, took a voluntary separation package from Hydro upon learning she was expecting her 4th child. "I stay at home with Adrienne, 11; Robbie, 9; Julia, 5; and John, 3. For those of you who remember him, I did marry Dark (BMath'84). He's working at Information Builders Inc. in Toronto. Would love to hear from anyone who remembers me/us. My e-mail address is dianne\_sporcic@yahoo.com."

**Joe Kilby, Kin '87**, has just accepted a new position at Austin College in Sherman, TX as Offensive Football Coordinator and an instructor in the Exercise and Sport Sciences Department, leaving his position as instructor in Health, Physical Education & Recreation, and the Assistant Football Coach at Kansas Wesleyan University. Prior to life in Kansas, Joe coached high school football and football at Fort Hayes State U. in Texas, where he graduated with an MS in Athletic Administration in '98. Joe would love to hear from other classmates.

**Diane (Weir) Bekiroski, Kin '82**, is busy both winter and summer. She is the owner of Beechmount Pool Services and the Assistant Director of Chicopee Ski School, both in Kitchener.

**Paul Kostenuik, Kin '89**, writes..."I completed my PhD at McMaster (Medical Sciences, 1995), then headed for the sunshine of La Jolla, California for my first postdoctoral fellowship. My second Postdoc was at the University of California, San Francisco, working with NASA studying the effects of micro gravity and skeletal unloading on bone formation. In July of '98, I accepted a faculty position at Boston University, Dept. of Orthopedic Surgery. My research focuses on osteoporosis and fracture repair, and I give occasional lectures to students and surgical residents."

**Anna-Marie Wynski, Health '88**, graduated in May '98 with her Doctor of Medicine degree from McMaster University.

After more than a few years at UW, **Peter Kier, Kin '89, PhD '95**, left! He has since completed a Microsoft-funded postdoctoral fellowship at the U. of California (San Francisco/Berkeley) Ergonomics Program and has found his way to the Kinesiology & Health Science Program at York U. Now an Assistant Professor, Peter continues his research into the mechanisms of upper extremity work-related disorders. In spite of his VERY busy schedule, he is back to playing rugby and hockey, but still shuns beer unless offered or the mood strikes. He can be reached at York by phone (416) 736-2100 x 40085, or by e-mail: pjkeir@yorku.ca.

**Darcy Brioux, Rec '86**, writes, "I am currently working at the University of Toronto as Manager of Leadership Development in the Faculty of Physical Education and Health. I am married to Susan, an elementary school teacher and have a daughter, Jasmine, who turned 1 year old on December 28th, 1998. We are living in West Hill. Greetings and best wishes to all."

"I have changed addresses a lot since graduation, but hope to set some roots here," writes **Todd Coulter, Kin '89**, from Barrie, where he lives with wife Cindy and two beautiful kids - 4-year-old daughter, Cassidy, and 2-year-old son, Mitchell. "Like most people from my grad year, I have been rather nomadic since graduation, having played pro hockey in Germany to running a Student Employment Centre to my latest job of the last four years selling surgical instruments and suture."

**Sue Lodge, Rec '88**, works full-time as a Recreation Program Specialist with the City of Calgary, Parks and Recreation, as well as running her own business that offers First Aid and CPR training.

**Satinder Sahota, Kin '88**, is working for IBM in Toronto. She is a Project Manager responsible for delivering e.business Solutions to IBM customers. Satinder can be reached at ssahota@ca.ibm.com, or (416)385-4937.

### 1990's

**Joe Cascagnette, Rec '92**, didn't go far! He's working at UW in the Department of Athletics. "Great job! I still get to see Ron McCarville!" Joe has recently started a part-time business called Sports Repair Centre - business is booming. Joe is married to Allison, whom he met at Camp Waha, and they have two children Jacob and newborn Peter. "Still love Oktoberfest, Ziggy Zaggy!"

**Shari Duxbury, Kin '98**, is continuing her education in Occupational Therapy at Western and is looking forward to graduating this year.

**Cedric Liem, Health '97**, has worked in Risk Management at Canada Trust for 3 years as a SAS programmer/analyst. "CT was looking for a contract SAS programmer at the time, and it turned into a full-time position." But after learning capital allocation and operational risk management for 3 years, Cedric has decided to get back to his roots. As of September 1999, Cedric has been attending McMaster University, enrolled in their Health Services Management Co-op MBA program. His e-mail address is freshie@ionsys.com.

**Lynn (Hodge) Scholey, Kin '94**, completed her MSc (Kin) at McMaster in September '96 and got married to Chris Scholey in December. Together they live in London, Lynn working as a Community Outreach Kinesiologist for the Centre for Activity and Ageing and husband Chris is completing his PhD in Biology at UWO.

After graduating, **Frank Hamade, Kin '90**, set out on his around-the-world trip for almost a year, going to far-off destinations such as northern India, Nepal, Thailand, Borneo, Japan, Australia, and New Zealand to name a few. Frank cut his trip short to attend a Masters Program at McGill in Montreal. He has since lived in Ottawa, maintaining that the co-op lifestyle has been fixed into his system, as he bounces between jobs every 6 to 12 months. Frank manages to maintain sufficient income to accumulate the "toys" necessary for his pursuits in photography, mountain biking, whitewater kayaking, and canoe tripping. He definitely lives by the old adage "The one who dies with the most gear wins!"



A great big "Howdee" to Jackson Douglas Scott born Monday April 5, 1999. "He's awesome!" says new Mom and Dad, Tammy (Culver) and Jeff Scott, Kin '93. "He eats like his DADDY and sleeps like his MOMMY! I couldn't ask for a better combo!"

**Heather Kahle (St. Amand), Kin '93**, married Dave Kahle on June 6th, 1998. Dave and Heather met in May 1996 while on a hike up Mount Constitution (in and around the San Juan Islands).

After 5 years of marketing everything from museums to sandpaper, **Michelle Douglas-Mills, Rec '93**, has switched to education and returned to her roots in AHS as Recruitment and Publications Coordinator for the Faculty. "We're a UW family now," she says, with husband Brian, BES'93, and 3-year-old daughter Alexandra also spending their days on the campus.

**Hazel Baillie, Kin '94**, is back in Canada after a brief stint in Georgia, which is a beautiful state but very different culturally than Canada. She is currently working for the Safety Technical Services Dept. of Ontario Power Generation, doing industrial

hygiene work and some ergonomics. She can be reached at hazel.baillie@ontariopowergeneration.com

Taking her leisurely time, **Shelly Snow (Langille), Rec '93**, met Russell Snow, BSc '92, during Frosh Week, had their first date five years later, and finally tied the knot in May '97. They now live in Burlington with their canine offspring: a 1-year-old black lab named Casey. When she's not tossing frisbees (Casey's favourite snack), Shelly commutes to downtown T.O. where she works as Product Manager for NIKE Toronto.



**Kim (Barrieau) McKee, Rec '92**, and long-time boy friend Jamie McKee, moved to Germany in Fall '94 where Jamie played professional hockey and Kim helped out with the club's special events and promotions. They were married in August '95 (no, not at the Bomber!). After lots of travelling and Oktoberfesting, Jake arrived in September '96. The threesome came home to Canada in April '97. Kim returned to her roots at UW as the Promotions Coordinator in Athletics and has since moved on to Alumni and Development Officer at Renison College. Kim and Jamie bought their first house in Kitchener and invite all of their old friends to meet them at this year's Homecoming. E-mail Kim at kmckee@mc1adm.uwaterloo.ca.

**Kyla (Bagnall) Reimer, Kin '95**, and husband, Mike, are proud to announce the arrival of 'big guy', Cole Mitchell on February 12 '99. Kyla and Mike are busy teaching for Toronto area boards and loving life as new parents.

After graduating, **Dave McDougall, Rec '90**, and his wife, Diana, did a 6 month tour of Australia, New Zealand, and Hawaii. Upon return to Waterloo, he started as the Special Events Coordinator with the Federation of Students. After three years, lots of beers, and a daughter, Leigh, he became the Academic Services Officer for Recreation, and then Student Services Co-ordinator for AHS. After another three years and a son, Ross, he became an Alumni Officer with the Office of Development & Alumni Affairs where he meets and plans activities for alumni. Who knows where the next 3 years will take him, but more kids are not in the game plan. Old friends are encouraged to contact Dave at djmcdoug@uwaterloo.ca

\*cough\*\*cough\* Professor Fraser \*cough\*\* **Stuart Fraser, Kin'94**, is finishing up his PhD at the U. of Sunderland in the UK, "Then it's Dr. Gotts (as Sharon put it!) I've run a course on Ergonomics and Exercise, I even made up all the lectures and labs and everything. It was a great experience, and I think this University lark is for me. I also presented four papers at a conference in Florence; stressful,

certainly, but seeing Michelangelo's David and the city, as well as the food and wine, made it all worth it!"

**Michelle Gillis, Rec '92**, started a health fitness consulting company in '96 in Edmonton, Alberta, called Links for Life. Offering personal training, corporate seminars, and other lifestyle enhancing services, Michelle holds many national certifications in personal training, fitness instruction, and fitness assessment. "The business of health is a busy and fulfilling one. My time is divided between training clients, teaching classes, and public speaking engagements."

**Jennifer Allan, Rec MA '94**, travels Canada-wide in her new role in the Training & Employee Development department of Economical Insurance, Waterloo, ON. Jennifer conducts leadership and interpersonal skills workshops.

While working towards his PhD in Kinesiology, **Russ Tupling, MSc Kin '97**, submitted his proposal to **Sue Grant, MSc Kin '96**, for review. Following a short defence, approval was granted, and the two were joined in marriage July '98 on campus at Fed Hall. They can still be found roaming the halls of AHS. Sue is currently Student Services Coordinator for AHS, and Russ is completing his PhD. Their most recent collaboration: Olivia Tupling entered the world September 10th at a healthy 9 pounds.



**DeAnn Adams (Durrer), Rec '96**, was married to Darin Adams on May 15, 1999 in White Rock, BC. DeAnn is Recreational Therapist at Surrey Memorial Hospital in Extended Care and Acute Care, working with the Geriatric Assessment Team. DeAnn and Darin live on the beach in Sunny White Rock, and, after 3 years on the coast, she still has not learned to ski...

**Mike Watson, Kin '94**, has had three jobs since graduation. His most recent started in March '99 at State Farm Insurance as an Auto Claims Representative in Scarborough, Ontario.

**Debbie de Sa, Rec '96**, works full-time as a consultant in Public Relations for Trillium Corporate Communications, while still attending Ryerson part-time. "I am still using the information I learned at UW- however, only in my spare time."



**Jennifer Farley (Eddie), Kin '92**, worked in rehab for a year before attending Althouse at UW. Since then, she has taught in Lion's Head for four years and in Elora for one year. After 8 years of living in different cities, she and Bryan, BAsc '95, were married in Port Elgin in October '98. Presently, they are living in Aurora, and Jennifer is looking for another teaching job within respectable commuting distance. They can be reached by e-mail at [bryan.farley@sympatico.ca](mailto:bryan.farley@sympatico.ca).

In January '99, **Scotty Grein, Kin '96**, and new bride, Kari Hauck, Geography '96, moved to New Zealand. Kari accepted a teaching position and Scott is currently working in a gym doing fitness consulting and personal training. "Cool job. The people are great and, yes, they have heaps of sheep here!" Scotty continues to wave the Canadian flag at weekly (roller) hockey games.

**Barbara Jo Green-Roads, Rec '93**, writes from down under: "I have been living in Australia since I graduated in 1993. I married an Australian (engineer) that I met when he was on study exchange at UW in 1991. I lived in Sydney when I first moved, but we now reside in Brisbane. I work in a small Aged Care Consulting firm and I am the Diversional Therapist (Rec Therapist). We consult with aged care facilities around Australia, but our major clients are all in Queensland. I would be keen to hear from any one coming "Down Under" or any mates from Class of '93!"

When not performing Admissions & Liaison Officer duties at Ryerson U., **Lisa Charie, Rec '96**, can be found de-stressing in boxing classes and playing volleyball and ultimate frisbee down at the Beaches in Toronto. "The beach is certainly the place to be!!!"

**Carl Butterworth, Kin '94**, is currently living and enjoying the weather on Vancouver Island in British Columbia. Carl has started up his own ergonomics consulting company ([www.ergonomicsinmotion.com](http://www.ergonomicsinmotion.com)), doing injury prevention for primary and secondary industry, with some offices thrown in for fun. The majority of his free time is taken up by mountain climbing and his dog Kaye.

**Diane Schuld, Rec '92**, married Hans Zundel August 25 '95. She has returned to her post as Recreation Director for the Village of McAdam, NB, part-time, after the birth of Nicololas Campbell Zundel on April 25th, 1998. Congrats, Diane! [mcadamrec@hotmail.com](mailto:mcadamrec@hotmail.com)

**Christine (Carlson) Murphy, Kin '96**, went to the College of Massage and Hydrotherapy after graduating. Now a Registered Massage Therapist, Christine works at Body Balance in Hinsdale, IL. On August 22, 1998, she married Sean Murphy (Science '96) and currently lives in Hinsdale, working as a RMT, while Sean attends National Chiropractic College (NCC).

**Sandy Berzins, Health, MSc '92**, has moved to Calgary and works both as the Executive Assistant to the President of the Calgary Regional Medical Staff Association and as an independent program evaluation research consultant.



**Steve and Deanna (Bérubé) Lavigne, Kin '94**, write that son, Adam, born April 22, 1998, "is growing like a weed and walks around the house like he owns it!" Deanna was Ergonomist at CAMI Automotive for the past 2 years, working on new program launches, and joined Steve in Huntsville in September to become a full-time mom with baby number two on the way. Steve has started a new job at Algonquin Automotive (with Al Willms, Kin '94) as an Operations Manager.

**Christina Colenutt, Rec MA '98**, has moved to Calgary and is working as a marketing research analyst for a consulting firm called The Advisory Group. The company was recently bought out by Telus Communications, making them a division of Telus Marketing Services. "I am really enjoying my job, which is definitely challenging."

**Dean Barnes, Rec '92**, married Brenda St. Denis, BA '92, in July 1996 and lives in Burlington, Ontario. After graduating, Dean completed his Bachelor of Education from the U. of Toronto and his Masters of Education from Queen's U. He is currently the Athletic Director and Head of Creative Arts and Physical and Health Education at Emery Collegiate Institute in Toronto.

**Tricia (Kristoff) Crow, Kin '92**, worked as a rehab consultant for 3 years, married Mike Crow in 1993, and now has 3 children: Michael and Richard, born January '97, and Geoffrey born in February '96. Trish and family moved to Bermuda in June '98. Time is spent now at the beach and volunteering at the Bermuda Aquarium, feeding fish, seals, turtles, and birds. Returning to the rehab industry, Trish is also involved in the rehabilitation of sick/injured/lost marine animals and their subsequent reintroduction to the wild.

After graduating from the Paramedic program at Algonquin College in Ottawa, **Matt Clements, Kin '97**, worked for a year part-time as a Level 1 Paramedic for Arnprior/Kanata Ambulance Services. Matt has continued to take an aeromedical course through Algonquin, allowing him to work on the various air ambulances in Ontario (fixed wing or on helicopters). He recently started a full-time job as Primary Care Flight Paramedic with the Canadian Helicopters in Kenora.

After a stint in Guest Relations at Blackcomb Ski Resort, **Jennifer Lennon, Rec '92**, traded her skis for snorkling gear and headed for warmer waters. In December 1997, she and her husband Shawn Vento exchanged rings on a beach in the Florida Keys. The two are currently enjoying life on the island of Curacao - off the coast of Venezuela—where Jennifer works as Athletic Director, coordinating an extensive program of varsity sports and extra-curricular activities at the island's International School.

"If you've ever been to the mountains, you can understand why we're all still here," writes **Dave Barnes, Rec '93**, from Cranbrook, BC. After graduation, Dave, **Fred Follitt, Rec '93**, and **Lori MacKay, Rec '93**, headed West. First stop was Canmore, followed by Banff in '95, Cranbrook in '97, then Kimberley in '98, where Dave and Lori have purchased their first house. En route, Lori and Dave tied the knot on May 18th, 1996. Dave's working life is at the College of the Rockies in Cranbrook running the day programming for the athletics department and coaching the women's volleyball team. In the summer months, he manages the student residence/hostel. Check out his athletics website at <http://www.cotr.bc.ca/REC/rec.HTM>. Lori is now working at the Canadian Mental Health Association in Cranbrook. She has played an integral part in the opening a Volunteer Training Centre. "Please e-mail us at [barnes@cotr.bc.ca](mailto:barnes@cotr.bc.ca) or [dbarnes@cyberlink.bc.ca](mailto:dbarnes@cyberlink.bc.ca), and let us know what you are up to."

Married August 16, 1997, **Gavin Morphet Kin '95**, and **Bhavisha (Shah), Health '95**, are currently residing in Toronto. Gavin recently graduated from Canadian Memorial Chiropractic College, and is looking into practice opportunities in the Mississauga area. Bhavisha is working as Marketing Manager for Microsoft Canada, and also keeping busy as she continues with the part-time MBA program at York. They are enjoying their first home and life in the big TO. Both would love to hear from their UW friends, and can be reached at [gmorphet@hotmail.com](mailto:gmorphet@hotmail.com).

After 6 years of teaching grades 5 and 6 in Waterloo, **Liesel Knaack, Rec '90**, writes "I took a leave to do a post-degree Program in Interactive Multimedia and Computers and a Masters of Education. I was very fortunate to meet some outstanding people who have opened up some doors I never thought were possible. While still on leave, I had the great fortune to be an Assistant Professor of Curriculum Methods in the Faculty of Ed. at Nipissing U. I loved it there...a fulfilling and stimulating job! I taught teachers how to do lessons, assessment, and evaluation techniques, as well as to be good communicators. In January, I returned to the classroom full-time (grade 6), took two university courses, wrote my Master's thesis (*How Parents and Children Make Informed Decisions About Educational Software*) got accepted into OISE (U of T) to do my PhD in Computers, and won two scholarships - whew! I hope to complete my doctorate work this upcoming year and eventually gain employment at the university level in a Faculty of Ed. It is interesting how far I have strayed from outdoor ed. and recreation, but I feel the co-op experience was a huge and valuable part of my education at Waterloo."

**Trish (Hawkins) Cislak, Rec '90**, has just completed an extended maternity leave from her gr. 5 class in Mississauga. Her husband Steve (married March '97) was thrilled with the arrival of Claire Victoria in March '98. Trish has been busy with major life events and is having fun playing house in North Toronto. She is also pleased that brother-in-law, Prof. Trevor Smith, has taken up residence in BMH, teaching Health Studies at UW. Note to Hooter and Carole - let's get together. E-mail us @ [cislas@tdsecurity.com](mailto:cislas@tdsecurity.com).

**Roderick Barras, Kin '98** writes from Paris, France. "After graduating and working in bit in Toronto, I moved to Paris, France in October, 1998, in hope of learning French, finding a job, and staying a while. I found a job with an IT consulting firm - no, it is not what I went to school for Mom - which suits me quite well. My French is coming along and it has almost been a year in the land of strong coffee and good wine - donc, on peut dire 'So far so good.' If anyone is travelling through Paris, drop me a line and we can prendre un café: [rbarras@yahoo.com](mailto:rbarras@yahoo.com)"

**Sue Hrischenko (Stella), Rec '92**, has returned to Waterloo after living in Whistler and Vancouver, BC, for 7 years. She married Bill Wyminga on July 5th, 1997. Having worked in Human Resources with Whistler Mountain Ski Corp, and with CP Hotels, Sue is taking some time off to be at home with their two boys Piet, born April 11, 1998, and Bowen, born August 6, 1999. She'd love to hear from classmates and friends: e-mail [wyminga@netcom.ca](mailto:wyminga@netcom.ca)

## Keep in Touch!

New Address or Career Information? News for the Grapevine? Want to tell us the tune that most reminds you of 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)

- My most embarrassing moment at U of Wloo would have to be the time I was "asked" to leave the Bombshelter due to my rowdy and drunken behaviour. Unfortunately, I was not drunk. I am a naturally happy and somewhat hyper individual and the music must have inspired some not-so-sober actions. We Reccers know how to have a good time, alcohol-induced or otherwise!! Not much has changed over the years!!
- My most embarrassing moment - It was my day to present in 4th year seminar with Fran Allard. My classmates began filing in awaiting my 'words of wisdom.' I dug into my knapsack to get my notes only to discover to my horror that I had forgotten them at home!
- Living in VI in second year: doing laundry downstairs, coming up enough flights to my floor, I took a shortcut through the washroom- but alas, wrong floor. I got to know a few guys a little too well!
- If you use this - please don't state our names!...Before we (insert fake name)

dated, we used to hang out together and with our group of friends, frequented bars and dance clubs in the area. One night I called 'him', and thinking he was playing a joke on me by disguising his voice, told 'him' to stop horsing around and to meet us at the bar. He continued to try and explain that he wasn't who I thought he was, and I continued name calling and finally said 'shut up and stop being a loser.' When the person on the other end got serious and told me that my friend had already left, I was startled and hung up right away. To this day, my father in law doesn't remember the nasty things I said nor that it was me on the other end of the phone - but some things are better left unsaid.

- Most embarrassing thing?...getting really sick after a night of cards and drinking for my birthday. Worst things was that I was sick at the Network all over another guy's jacket. We ran pretty quick that night. :> Aren't you glad you asked?
- While living in residence, I was telling my housemates over lunch this dream I had, which was weird b/c I almost never remember my dreams. It was about me being locked up in a room and I was banging on the door trying to get out. Everyone was laughing b/c it wasn't a dream: I had passed out the night before, they tied me up and locked me in the common room by wedging the door on the outside. Although nobody could explain how I got out and back into bed.

## editor'snote

FOR OUR NEXT ISSUE

*Maybe it was from Frosh Week, or a going-to-exam anthem, or a pub tune...What is the song that reminds you most of 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)  
We'll try to print everything...but, editing may happen.

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