At this time of year, we often see and hear geese flying in their beautiful V-formations, and perhaps share a quiet wish that we might follow them to warmer shores! The aerodynamic benefits of the V-formation are well known — the front goose presses forward into the wind, while those behind are able to gain some shelter and so use less energy. The lead goose changes every so often and can then gain the benefit of reduced drag. It all comes down to teamwork! By sharing roles, the geese make good progress and get to their sunny, warm goal!

And teamwork is the stuff that makes the School of Optometry and Vision Science tick, whether that is in the Clinic, in the research lab, in the administrative offices, or in the student body. I’m proud to see the many examples of collaboration and teamwork in the School that combine to produce great doctors of optometry, excellent clinical service and novel research results.

It has been a great year so far — the School is well on the way to making our vision for a new clinic a reality. With a deadline for renovation completion now set for 2017, there is a real sense of urgency. Working with the University, we aim to submit the necessary proposal documents for approval in January, and we are now developing the plans needed to sustain the operation of the School during this period of renewal. While the Optometry Clinic is being renovated, we will need to ensure that the needs of our patients and students are secured, and this can only be achieved through collective effort.
Our clinic renovation is just phase one of a much larger initiative that we are calling our “Be Visionary” project; a $25 million investment in the program, implemented in three phases, that will transform optometric education for generations to come. An essential element of Be Visionary is curriculum renewal.

Over the last few years, the School has been working to make the adjustments needed in the course to keep the Doctor of Optometry program at the forefront of the changes in Canadian optometric practice. I’m excited to share with you that we are close to submitting our curriculum renewal documents to the University for approval, and it is exciting to reach the finishing stages of that project.

As these important changes are happening, we are also faced with a renewal of faculty and staff members, as many of those who helped form and shape the program retire. Most recently, this includes Dr. Ann Plotkin and Anne Weber. I would like to take this opportunity to thank them for their long and illustrious service to the School and wish them all the best in their retirements. As you can appreciate, with retirements come new faces and the School is now completing a faculty search process to hire two new faculty members. This process should be finished during the winter, and we look forward to welcoming our new faculty in the summer of 2016.

If we look ahead, in 2017 the School is anticipating our 50th anniversary, since establishing itself at the University of Waterloo in 1967. We are planning to celebrate the event — as a School for Canada, we hope that these events will allow us all, as a profession, to celebrate the achievements and changes that have occurred over that time. 2017 is also a significant year for Canada, as we mark the 150th anniversary of Canadian Confederation, so it looks like it will be a year to remember!

Teamwork is what carries us forward as a School, and as a profession. Over the last year, progress has been made across the nation in developing and supporting the role of optometrists in the healthcare system, and we can all look forward to further progress in the years ahead as we work together. We in the School want to say thank you for the support received from you all as our alumni and colleagues, and we look forward to continuing that teamwork in the years to come. Together we can make a difference!

Paul Murphy, FCOptm, PhD, FAOO, FBCLA, FEAOO
The University of Waterloo has an excellent optometry and vision science program, which is exemplified by its outstanding annual presence at the American Academy of Optometry meetings. With faculty and alumni highlighted as speakers, faculty and students presenting posters, promoting residencies and hosting a reception, it’s fair to say that you could see Waterloo everywhere you went.

The School is proud to have a tremendous compliment of exceptional students, faculty, staff and alumni whose efforts are regularly recognized by colleagues and the profession. We are fortunate to have such wonderful people with extraordinary talent!

## Academy’s 2015 Award Recipients

- **Kaylee Wood** — Johnson & Johnson Vision Care, Inc., Award of Excellence in Contact Lens Patient Care
  Recognizes outstanding 4th year student clinicians who have demonstrated excellence in contact lens patient care during their optometric education.

- **Wylie Tan** and **Morgan Welburn** — VSP/FYiDoctors/AOF Practice Excellence Scholarship
  Recipients have demonstrated excellence in delivering primary eye care services to clinical patients as well as academic performance. Students have demonstrated a commitment to enter the independent practice of optometry.

- **William Ngo** — American Academy of Optometry Ezell Fellow
  Each Fellow is chosen for their exemplary research progress toward trying to answer a range of questions in front of the optometric healthcare sector. Ngo graduated with an OD from Waterloo in 2011 and is pursuing his PhD, now working with the CCLR. His research focus is “Contemporary diagnosis and management of dry eye.”

- **Austin Roorda** — Garland W. Clay Award
  Presented to the author or authors of the manuscript published in Optometry and Vision Science that has been most widely cited in the world of scientific literature in the preceding five years. Roorda is currently a faculty member at Berkley but graduated with his PhD from Waterloo in 1996. His supervisors were Professors Bill Bobier and Melanie Campbell.

Vision Science graduate students who received travel fellowships:

- **Vivek Labhishetty** — Vision Care Institute Travel Award
- **Lacey Haines** — Student Travel Fellowship with poster presentation
- **Stephanie Britton** — American Academy of Optometry Travel Scholarship

## Canadian School’s Alumni and Friends Reception

At this year’s Academy, we also hosted the First Canadian School’s Alumni and Friends Reception, a joint event between the University of Waterloo and l’Université de Montréal. It was a huge success and thank you to all who came. We look forward to hosting it again next year but will ensure to have a bigger room!

**We hope to see you there.**
We have set a goal to raise $5 million in support of this ambitious transformational initiative. To be implemented in phases, the Be Visionary project will fundamentally transform the program for generations to come.

As the only English-language School of Optometry and Vision Science in Canada, the University of Waterloo has a great responsibility to prepare our graduates to safeguard, manage and treat the vision care needs of Canadians.

To meet the demands of optometry as an evolving profession, our program must Be Visionary in how we educate our student.

To do this, the School has embarked on a $25 million institutional transformation, which involves the most significant growth to our educational program and facilities in over forty years.

Our Be Visionary project will expand the curriculum and increase our scope in both the classroom and clinical setting to create new educational and research opportunities.

Can you see what comes next?

We have set a goal to raise $5 million in support of this ambitious transformational initiative. To be implemented in phases, the Be Visionary project will fundamentally transform the program for generations to come.

What will this include?

New curriculum
Our Optometry Doctoral (OD) program will be restructured to focus on the needs of current vision care practices.

Changes will include introducing innovative labs that will use the latest technologies, and integrating new practical clinical training opportunities for students earlier in the program.

Clinic transformation
A restructure of our thirty-three thousand square foot Clinic to improve operations, and create a teaching and patient care environment that better mirrors modern private practice.

With clinical spaces primarily on the first floor; we will amalgamate separate clinics, add new teaching pods, develop an imaging suite, and enhance the dispensary.
**Expanded teaching and research**

Embrace new teaching technologies by adding an OD Simulator Suite, develop partnerships with ophthalmology in the School, and create a dedicated research space to expand clinical research.

**Advanced training and outreach**

We will grow our residency program for advanced clinical training, create enriched Canadian externships, and expand our outreach program in underserviced communities.

**A sense of urgency**

This is a time of unprecedented growth and need at the School of Optometry and Vision Science.

We are currently moving forward with plans to have the clinic transformation phase completed by 2017.

The complete restructure of the clinical facilities are pivotal to our ability to implement a new curriculum and will help propel us in innovative directions in teaching and research.

To move forward with this $25 million project, it will be critical that we collaborate and work together, seeking funding from government, the university, alumni and corporate partners.

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**Our fundraising goal is $5M in support of this ambitious transformational initiative.**

**Be Visionary** and please consider making a gift today!

Together we can transform optometric education and vision care for Canadians.

In recognition, we would be pleased to discuss ways to acknowledge your support. This may include one of our many naming opportunities such as naming an exam room or clinic teaching pod.

We are asking you to **Be Visionary** and help make a difference today by investing in the future of optometry! Make a gift online ecommunity.uwaterloo.ca/giving.

---

**Yes, I can help**

I/we wish to support excellence in education at the School of Optometry and Vision Science by supporting the Be Visionary campaign.

**Name**

**Mailing Address**

**Phone**

**Email**

**Gift/Pledge Amount:** $

**Pledge Period:** _______ years  **Start Date:** _______

**METHOD OF PAYMENT**

☐ I/we would like to make a one-time gift of $

☐ I/we would like to pledge $

and wish to pay in instalments of $

Please send me reminders:

☐ Yearly ☐ Semi-annually

☐ Quarterly ☐ Monthly

☐ CHEQUE (Payable to: School of Optometry and Vision Science)

☐ Post-dated cheques

(Please attach all cheques to pledge form)

☐ CREDIT CARD

☐ VISA  ☐ MasterCard  ☐ American Express

☐ You may use this credit card for all pledge instalments.

**Card Number**

**CVV**

**Expire Date**

**Signature**

**Date**

Please detach and return this form to:

Andrea Carthew, Associate Director, Advancement School of Optometry and Vision Science University of Waterloo, 200 University Ave. West Waterloo, ON  N2L 3G1

Donate online » uwaterloo.ca/support

Charitable Registration Number: 11926 0685 RR0001
EXPANDING BORDERS

Volunteer Optometric Services to Humanity (VOSH)

Students taking their skills to those without access to eye care

BY DAPHNE LAU (President, VOSH Waterloo)

A young boy in Peru is tested for reading glasses.
The fall semester is a busy time of the year for students at the University of Waterloo, School of Optometry and Vision Science. Here you'll find fresh-faced first year students looking a bit nervous but eager to learn, second year students diligently practicing their clinical techniques, third year students donning their white coats and entering the clinic, and seasoned fourth year students ready to face the world. But as we carry on with our busy lives at school and at work, we often fail to realize that around 15% of the world’s population is unable to learn and work effectively because they cannot see clearly. Shockingly, almost one billion people worldwide do not have access to glasses.

The Waterloo chapter of Volunteer Optometric Services to Humanity (VOSH) is committed to providing sustainable eye care to those in need but who cannot afford nor obtain it. Every year, VOSH Waterloo partners up with VOSH groups around North America to organize international optometric mission trips for their students. This unique experience not only touches the lives of countless patients, it allows students to learn invaluable skills and grow as future optometrists.

Third year student and VOSH executive Neesha Patel said,

“Doing this mission trip I gained a lot from the experience. Not only did I strengthen my skills in optometry but also got to explore the natural beauty of Peru.”

This summer, VOSH Waterloo partnered up with VOSH Santa Cruz and sent ten students each to Romania and Peru. During these missions, the teams collectively screened approximately 3,000 patients at each site. Many from this astounding number of patients were also provided with donated prescription glasses, sunglasses, or referred for sight-saving surgeries.

Since their establishment in 2007, VOSH Waterloo has been actively organizing fundraisers and volunteer events around the school. All proceeds go towards mission-related objectives such as funding for equipment that is necessary for vision screenings. One such event that is held every year is Lensometry Day, where students are taught how to neutralize donated glasses. The labeled glasses are then packaged in preparation to be shipped to mission sites where they will eventually be distributed to patients in need.

Be sure to stay on the look out for some upcoming VOSH fundraising events. Bring your appetite! Every Monday, pizza days are held in the main foyer during the lunch hour. Do you have something you want to say to that special someone? In February, VOSH Waterloo will be holding their annual Candygram sale. Test your luck! At the end of the school year, they will be hosting a silent auction at EyeBall. To learn more about the group or donate to our next VOSH trip, please contact us: waterloo.vosh@uwaterloo.ca.

“Doing this mission trip I gained a lot from the experience. Not only did I strengthen my skills in optometry but also got to explore the natural beauty of Peru.”
Looking at an athlete’s skill, not their impairment

With visually impaired athletes competing in everything from cycling to judo at the 2015 Parapan Am Games in Toronto, spectators may wonder how organizers keep the competition fair for all athletes.

How do athletes know they are competing against others who share a similar visual impairment? How important, for example, are certain types of vision for each sport?

University of Waterloo Professor Kristine Dalton is working with the International Paralympic Committee (IPC) to help develop new sport-specific visual classification systems for competitors.

Dalton, a professor and optometrist in the School of Optometry and Vision Science, is collecting data from elite Parapan Am athletes to help develop a new classification system that she hopes will level the playing field for visually impaired athletes.

“We want to see athletes win because they’re the best athletes, not because their impairment is greater or lesser than the impairments of their competitors” says Dalton, who established Waterloo’s Sports Vision Clinic. “The aim of this classification research is to minimize the impact of the impairment on the outcome of competition.”
Updating the old classification codes using new research

Currently, visually impaired athletes are classified into three groups based on a medical definition of legal blindness produced by the World Health Organization in the 1970s. However, Dalton says there’s a need to determine what visual skills are important for winning in each individual sport.

“You want the classes to be fair and specific for the sport and know where to draw the lines between groups or classes, because we don’t really know how vision impacts the performance,” she says.

For example, in running events on the track, athletes need to have the ability to judge depth, to see where their opponents are on the track, as well as good peripheral vision to stay in their lanes.

“Right now, we don’t know if it’s better for a runner to have normal peripheral vision and poor visual acuity or good visual acuity with restricted peripheral vision (tunnel vision); once we figure out if there is an advantage to have one condition over another, we will be able to define new classification groups for fair competition,” she says.

A sports-specific functional vision classification should help enhance the competition at the games.

Redefining the static eye exam for athletes who don’t stand still

In addition to using traditional testing methods, Dalton and her team are introducing new vision tests like a dynamic visual acuity chart, where the letters athletes are trying to read move around.

“We want the classification to represent the movements the athletes do,” says Dalton. “Pretty quickly you realize the visual demands for each sport, like shooting, football, running a marathon and judo, are all very different.”

The vision tests she will help develop need to be short, portable and easy to implement if they are going to be used in large international competitions around the world. She plans on looking at a large variety of tests and then choosing which ones most accurately represent the visual demands of individual sports.

Her research is in collaboration with the IPC research team at the University of Amsterdam, which hosts one of three IPC classification research and development centres around the world specializing in the visually impaired criteria for the new IPC Classification Code.

Professor Susan Leat and Associate Professor Ben Thompson, also from Waterloo’s School of Optometry and Vision Science, are involved in the project.

Dalton plans to continue her research this winter, learning more about vision and its importance for alpine skiing and snowboarding athletes.

The Paralympic sport movement has grown since the original games were held for veterans after the Second World War. The 2015 Toronto Parapan Am Games are the largest Parapan Am competition to date and ran from August 7th to August 15th.
Vision test gives insight into the effect of prenatal exposure to recreational drugs

BY VICTORIA VAN CAPPELEN

Children exposed to marijuana in the womb show a significant improvement in their ability to track moving objects at age four, according to new vision research. But researchers are warning that the results do not mean marijuana has a beneficial effect on foetal development.

The study from the University of Waterloo, University of Auckland, and Brown University appears in the journal Scientific Reports: nature.com/articles/srep16921

“We were surprised with this initial finding,” said Ben Thompson, a professor in Waterloo’s School of Optometry and Vision Science in the Faculty of Science. “It shows that marijuana and alcohol can have quite an impact on a fundamental aspect of the visual processing happening in our brains. But despite the apparently beneficial impact of marijuana on the development of the brain’s visual system, other research shows its use can actually impair the brain development of unborn children.”

The researchers tested higher-level visual processing in a group of four year-old children who were exposed to different combinations of marijuana, alcohol, methyl amphetamines, or nicotine while in the womb, compared with a non-exposed control group. Drug exposure was confirmed objectively by analyzing each baby’s meconium.

Results showed exposure to marijuana improved global motion perception, a measure of processing within the brain’s dorsal visual
pathway which is responsible for motion processing and visual-motor control. In contrast, exposure to alcohol had a negative effect. Nicotine and methamphetamine had no effect on vision compared with the control group.

This is the first time researchers have shown opposing effects of drug exposure on children’s visual development. Their conclusions suggest that health professionals could counteract the negative effects of drug use in pregnancy. But they caution this is a preliminary result of a much more comprehensive study.

“We don’t know how widespread this effect is on other parts of the brain’s visual processing areas,” said Thompson. “The dorsal area is the first area we test because it’s the most vulnerable to risk factors during early development.”

Thompson, and his colleagues at the University of Auckland, modified a global motion perception test for use with young children as a quantitative means to measure dorsal pathway performance. The test measures the child’s ability to track a group of moving dots together across a screen despite the presence of randomly moving dots. The percentage of randomly moving dots is increased until the child can no longer tell which way the dots are moving.

Thompson is currently developing a semi-automated objective motion processing test that can be used across different age groups that may help to track early brain development problems.

“The advantage with this type of vision testing is that performance can be measured precisely,” said Professor Thompson. “In the future we hope to be able to incorporate brain imaging with the global motion perception test to understand how and why these drugs are interacting with the visual parts of our brains.”

The children were part of the international IDEAL (Infant Development, Environment and Lifestyle) study, which looked at the effects of prenatal drug and alcohol use on a range of motor and cognitive skills.

COMMUNITY

Congratulations Optometry Rack Pack!

Fundraising for the Canadian Breast Cancer Foundation

BY MICHELLE STEENBAKKERS

The 2015 Optometry Rack Pack team completed the “CIBC Run for the Cure” on Sunday October 4, 2015 to support the Canadian Breast Cancer Foundation. In their third year as a team, there were over 35 “Rack Pack” members including optometry faculty, staff and students — as well as family and friends — who walked or ran the 1km/5km race at Conestoga College, Doon Campus in Kitchener. The Rack Pack was honoured with the Post-Secondary Team Challenge Award for the institution with the most funds raised.

The Optometry Rack Pack raised over $7,200 through various events this year — such as the “500 Cupcakes Challenge” and the “Think Pink Jewellery Sale.” Team members and supporters of the team dressed in pink on Friday, October 2, 2015 for the School’s annual “Pink Ribbon Day.” The second year optometry class impressed us with almost their entire class wearing pink!

We’d like to thank everyone at the University of Waterloo, School of Optometry and Vision Science, and our friends and family, for supporting such a great cause. The Run for the Cure was inspiring to all who attended — so be ready to tie up your laces for next year’s event. Way to go, team!”
School of Optometry and Vision Science
Primary Care Externship Program

BY MARILYN SMITH

The School of Optometry and Vision Science (UWOVS) Primary Care Externship Program (PCE) runs throughout the fourth academic year of optometry education. Students are expected to have at least two experiences in a private practice rotation over one fourth year term. The PCE program has been in place for over fifteen years. If you are interested in offering your practice as a PCE site, please contact Marilyn Smith: marilyn.smith@uwaterloo.ca

“Sites of Excellence” is a new and exciting addition to the program as of April 2016! We are looking for Optometry Doctors (OD) in full scope, high-tech practices that embrace the role of mentor and wish to be available on a continuing basis as a PCE supervisor. Sites of Excellence should offer a variety of patient care including all age groups and eye care practices.

Primary Care Externship Program overview

» One term of fourth year Optometry (fifteen weeks in Spring/Fall, fourteen weeks in Winter)
» Minimum of two PCE experiences (usually seven or eight weeks in duration)
» Canadian Optometry Practice with licensed Canadian OD as supervisor
» More than one OD may be a supervisor in the practice
» Extern must complete full Optometric Visual Assessment (OVA) care for a minimum of ten patients per week
» All aspects of practice management preferred (spectacles, contact lens, pre-testing, special testing, full eye exam, administration, etc.)
» Supervisor is available for consultation, reviews each exam and releases patient findings

Expectations of all PCE Supervising ODs:

» There is no financial remuneration for the PCE supervisor or the School of Optometry and Vision Science externship student

In addition to the expectations above a “Site of Excellence” OD Supervisor would:

» Offer at least four out of six PCE rotation dates in the 2016/17 academic year
» Be therapeutics certified
» Be a member of the Canadian Association of Optometrists and their provincial association
» Employ current Canadian Certified Optometric Assistants (CCOA) as staff members
» Have a full scope primary care optometric practice
» Offer extern a full line of equipment to be able to complete a minimum of ten OVAs per week on their own
» Have current ophthalmic technologies, equipment and special testing
» Take an active mentorship role in the education of the UWOS extern
» Encourage extern to investigate interesting cases and encourage follow up patient care, discuss cases and involve students in cases of interest
» Formally evaluate extern at midpoint of rotation and on final day with constructive feedback and comments, and submit to UWOVS

Benefit to the “Sites of Excellence” OD supervisor

» Taking an active mentorship role in the education of future Canadian optometrists
» UWOVS Clinical Instructor
» Yearly plaque of recognition from UWOVS
» Reduced Continuing Education (CE) fees at UWOVS
» CE credit in some provinces
» CAO recognition in the Canadian Journal of Optometry/Revue canadienne d’optométrie

Thank you for your interest in the education of our future Canadian optometrists. Your involvement and interest in the Primary Care Externship program is most appreciated! If you would like to offer your practice to the class of 2016/17 as a PCE site, please contact Marilyn Smith (marilyn.smith@uwaterloo.ca) if you have any further questions!

Dates of PCE 2016/17

» April 25 – June 10/June 13 – August 5, 2016
» August 29 – October 14/October 17 – December 9, 2016
» January 2 – February 17/February 20 – April 7, 2017
Centre for Sight Enhancement welcomes further collaboration with CNIB

BY TAMMY LABRECHE

Thanks to a collaborative effort with the CNIB, the Centre for Sight Enhancement/Low Vision Clinic is offering independent travel instruction on-site. Deborah Lashbrook, an Orientation and Mobility (O&M) Specialist with CNIB, will be providing training for low vision patients one day each month at the Optometry Clinics of the University of Waterloo, School of Optometry and Vision Science. This partnership will enable patients to have timely access to these essential services. Deborah earned her BA from Waterloo-Renison in Social Development Studies. She is also a certified O&M specialist through the Association for Education and Rehabilitation for the Blind and Visually Impaired (AER). Having taught at the W. Ross Macdonald School for the Blind for 28 years, she brings a wealth of experience to the team. Deb is delighted to give back to her University and she is looking forward to empowering patients to rediscover their independence and pursue their goals.
Ann Plotkin

BY TAMMY LABRECHE

After thirty-one wonderful years, Ann Plotkin, Clinical Professor and Director of the Centre for Sight Enhancement, retired on December 31, 2015. The School of Optometry and Vision Science will miss a prominent and compassionate clinician and internationally esteemed leader in low vision, a knowledgeable and respected teacher, researcher and valued mentor.

Ann completed her Doctor of Optometry degree from the Pennsylvania College of Optometry in 1983. Ann has since been an active member of the Centre for Sight Enhancement — a leading center in low vision research and clinical practise and the only Canadian low vision center to be accredited by the National Accreditation Council for Blind and Low Vision Services (NAC). Ann has most recently added to her impressive list of professional accomplishments through her service as a member of the NAC Board of Directors.

As head of the low vision clinic (twenty-three years) and Director of the Centre for Sight Enhancement (two years), she has helped shape the ideal model of practising low vision rehabilitation in Canada and has been a strong advocate for those with visual impairments. She has inspired many optometrists to follow in her footsteps through practising low vision rehabilitation.

Please join us in congratulating Ann on an accomplished career and wishing her happiness and good health through her retirement. We will miss her greatly but take comfort in knowing that she will continue to share her knowledge (and thoroughly answer our numerous questions) and above all else that her valued friendship will endure. We look forward to her future involvement in the clinic.

Anne Weber

BY MARILYN SMITH

Our beloved Anne Weber is moving on to a new adventure in life at the tender age of 62, after she retires from the School of Optometry and Vision Science (UWOVS). Anne joined the School of Optometry August 23, 1976. That is 39 years of time during which everyone that walked through these halls has interacted with Anne. Everyone knows her, whether it is because she diligently learns the names of every 1st year student that enters her labs, or participates in all the various social events with staff, faculty and graduate students.

Anne started working at UWOVS as a lab demonstrator in anatomy and physiology with Barb Sivak and Ross Beauchamp. She moved to optics, colour vision and perception within the first years of being at the School. There were only 2 grad students then, John Lovasik and John Rowel! The graduate student program has grown significantly and now grad students are employed as TAs within most lab courses. Anne taught every single one of them optics, and perception and colour vision over the years.

It is hard to imagine the School of Optometry and Vision Science without Anne, as everyone who has interacted with Anne will remember her bright smile and joy-filled demeanour. She has been a friend and colleague to so many. We wish you every happiness in your retirement Anne!
The Canadian Optometric Education Trust Fund (COETF) was created in 1976 by the members of the Canadian Association of Optometrists to assist programs in research, education and human resources development in the vision and eye care field in Canada.

Since inception, COETF have provided $1,916,413.00 in funding through its Annual Awards program to support students and faculty from Canada’s schools of optometry, as well as projects undertaken by independent practitioners or members of the public. Funding has been provided for:

- faculty development
- research and/or specialized education programs carried out by graduate students
- investigative projects

COETF received a total 37 applications for awards in 2015. Of those, 22 were granted at least partial funding for projects or research.

In an effort to recognize some of the projects and research being done by COETF award recipients, the Awards Committee will publish project reports in the Canadian Journal of Optometry (CJO) so that our members across the country can learn more about the high calibre of exciting optometric research that COETF supports.

Research and academic support are vital to the advancement of our profession. COETF provides important funding that supports this which is only possible through the generosity of our donors. For more information visit: www.canadahelps.org/en/charities/canadian-optometric-education-trust-fund

Congratulations to the 2015 COETF Awards recipients:

**School of Optometry and Vision Science, University of Waterloo**

ALHAASSAN, M. Stereopsis in Parkinson’s Disease Patients: A Pilot Study

BABU, R.J. Eye movements with amblyopia training: A nested study of the randomized clinical trial of a video game treatment of amblyopia

CHOW, A.H.Y. Examining the role of attention in amblyopia

CHRISTIAN, L.W. Modified CISS to assess symptoms in patients with accommodative dysfunction (Treatment response in accommodative insufficiency (TRAIn) study)

DALTON, K., HUTCHINGS, N., SIMPSON, T. Investigation of the validity and repeatability of a novel system designed for the measurement of dynamic visual acuity, part 2: low contrast and chromatic acuities

DANTAM, J. Pro-inflammatory cytokine expression in human corneal epithelial cells exposed to bacterial endotoxins

ERKELENS, I.M. The relationship between tonic and phasic vergence

HAINES, L. Optical coherence tomography imaging pre and post-corneal cross-linking surgery for corneal ectasia

HRYCHNAC, P., LABRECHE, T. Quality of life with macular degeneration: Perceptions of patients and optometrists

LABHISHEETY, V. Accomodation in myopia

MACIVOR, S., FURTADO, N., PROKOPICH, L. Comparison of intraocular pressure profiles in primary open angle glaucoma and healthy individuals

NGO, W. The effect of an eyelid warming device for the management of meibomian gland dysfunction

NGO, W. Ocular surface awareness of lid scrubs available for the management of demodex folliculorum

OMALI, N.B. Effect of steroids on meibomian gland epithelial cells in vitro

PHAN, C-M. FITC-lysozyme deposition on commercial contact lenses using an in vitro eye model

RAVEENDRAN, R.N. Eye movements in strabismus

ROSSY, J. Combined effects of benzalkonium chloride and UV-B on the bovine crystalline lens in vitro

WALther, H. Novel in vitro method to determine pre-lens tear break up time of hydrogel and silicone hydrogel contact lenses

WITTER LEARNING RESOURCE CENTRE (P. Stirling) Continuance of library information resources and services for Canadian optometrists

WON, G-J. The development of an antibody-drug conjugate to target and soften the crystalline lens in vivo
Congratulations to our 2015 Alumni of Honour Award winners! In July 2015 during the CAO Congress in Fredericton, NB, the School was pleased to announce our recipients.

What is exceptional about these outstanding individuals is their commitment to helping those in need through their charitable work as well as their leadership and ‘take charge’ attitude to advance education and new models for the delivery of eye care.

Please join us in celebrating their accomplishments and contributions to the profession, their communities and beyond!

History of the Alumni of Honour Award

The Biennial Alumni of Honour Awards were established to celebrate Waterloo alumni who stand out as leaders and supporters both in the profession and in their communities. Recipients are nominated by their peers and recognized for their contributions that have made a difference. There are now two categories:

» Alumni of Honour Award
» Young Alumni of Honour Award

The Alumni of Honour Awards are presented biennially during the Canadian Association of Optometrists Biennial Congress. The next awards will be given out in 2017 in Ottawa, Ontario. We know that there are many deserving alumni who we would like to honour so nominate a colleague today!

Alumni of Honour

Lillian Linton
CLASS OF 1984

Upon graduating with her OD in 1984, and after giving birth to twin daughters while in the program, Lillian Linton returned to New Brunswick to practice in her home town of Perth. There she joined six family doctors in a medical clinic.

In 1988, Linton became active on the New Brunswick Association of Optometrists council. She served as Secretary Treasurer for four years, and eventually became provincial president from 1994-1996. She was provincial president when New Brunswick received enabling legislation to prescribe Therapeutic Pharmaceutical Agents (TPA), becoming the second province in Canada to achieve this designation.

In 1992, Linton was appointed to the strategic long range planning committee of the Canadian Association of Optometrists (CAO). She also joined the National Public Education Committee, and served as chair for ten years.

Linton also sat on the CAO council for one year from 1999-2000, and as the CAO delegate for New Brunswick. Returning to the CAO in 2006, she served in all executive positions of the board, and became the CAO President from 2011-2013. She is also a proud member of Eye Recommend.

Outside of her profession, Linton has served on the New Brunswick Public School Board, and was Chair of Literacy New Brunswick Inc. She recently completed a nine year term on the Victoria Glen Manor Board, a local nursing home, serving as Chair of their new construction committee for a new 60 bed facility which recently opened.
Alumni of Honour

Ian Ulsifer
CLASS OF 1990

After graduating with his OD in 1990, Alan Ulsifer returned to Alberta and became one of the founders, and the managing partner of Northern Vision Centre.

In 2008, Ulsifer led the formation of FYidoctors, the largest merger in Canadian history and he is currently the CEO, President, and Chair. In recognition of his leadership in forming FYidoctors, he was awarded the Ernst and Young (EY) Emerging Entrepreneur Award for Western Canada in 2008. The company has grown dramatically, spanning coast to coast with over two hundred partners and one hundred franchise locations (through the acquisition of Vision Source Canada).

Ulsifer was named Canada’s Ernst and Young Entrepreneur of the Year in 2012; the first time in the history of these awards that an Emerging Entrepreneur has become a country winner. He currently serves as a judge in the national Ernst and Young program and has served as a “Master Coach” for country winners in the last two years at the EY World Entrepreneur event. Ulsifer has spoken in Canada and the US with diverse audiences and on many topics, the most recent topic being, “The Future of Eye Care in Canada”.

Ulsifer has also been involved at the executive level of the Alberta Optometric Association, Rotary, the Alberta Freestyle Ski Association, and the Grande Prairie Chamber of Commerce. He also serves on the Optometry Giving Sight Global Development Board as its Chair and is involved in multiple other volunteer activities and for-profit boards.

Young Alumni of Honour

Michelle Steenbakkers
CLASS OF 2004

Following graduation from with her OD in 2004, Michelle Steenbakkers completed two residencies with the University of Houston. In 2006, Steenbakkers joined the Family Vision Clinic in Halifax and Dartmouth, Nova Scotia, and practiced there until 2010, when she returned to the University of Waterloo to work as an Associate Clinical Professor.

Steenbakkers has embraced an enthusiasm for research and continuing education. In addition to publishing articles in peer-reviewed journals, and presenting abstracts and papers at international conferences, she has written public interest articles. She has given numerous invited addresses across North America, covering a wide range of topics such as, “What to expect: Pregnancy and the Eye”, to interactive Grand Rounds, “Glaucoma: first impressions”. She has developed new teaching methods, including the production of several videos that provide instruction on clinical techniques, and a valuable online resource for parents regarding eye safety in children.

Steenbakkers is currently part of the Canadian Assessment of Competence in Optometry (CACO) Eligibility Re-establishment (CER) Panel, and is a certified reviewer for the Association of Regulatory Boards of Optometry’s Council on Optometric Practitioner Education (COPE). She serves on the Canadian Examiners in Optometry, Canadian Assessment of Competence in Optometry, National Item Validation Team, and is a national consultant for the Alcon Advisory Board.

Steenbakkers is also a regular contributor to this Newsletter. See her article on page 11 about her volunteer activities within the School of Optometry and Vision Science, as the creator and organizer of the “Optometry Rack Pack”, a fundraising team for the Canadian Breast Cancer Association.

Alumni Award nominations open for 2017

Tell us about an exceptional colleague who deserves the 2017 Alumni of Honour award. Submit details using our Alumni of Honour nomination form.

uwaterloo.ca/optometry-vision-science/alumni-and-friends/alumni-honour-nomination
Stay current through the Witer Learning Resource Centre

The University of Waterloo, School of Optometry and Vision Science, Witer Learning Resource Centre provides a range of free information services and resources for CAO members and our alumni (OD) due in part to a COETF grant.

» Free access to the following subscription-based online resources:
  - Wills Eye Manual
  - eTherapeutics+ (includes e-CPS)
  - Ocular Manual of Diagnosis and Therapy
  - Optometry and Vision Science (eJournal)

» Literature search support at your request

» In-person library borrowing privileges at the University of Waterloo, University of Guelph, and Wilfrid Laurier University

Email us for full details: wlrc@uwaterloo.ca

Resources and services contingent upon continued funding. Limitations apply — see full details at: uwwaterloo.ca/witer-learning-resource-centre/practising-optometrists

stay connected!

As many of you know, there is new Canadian anti-spam legislation which took effect on July 1, 2014.

We want to ensure that we are connecting with all of our valuable alumni and friends in the most effective way and as the School works toward expanding our online presence, there will be more opportunities for you to stay connected!

If you would like to receive emails from the School of Optometry and Vision Science about events, continuing education, alumni services (Witer Learning Resources) and news, please visit our website and complete the “Keep your alumni information up to date” form: uwwaterloo.ca/optometry-vision-science/alumni-and-friends

Or you may email Andrea Carthew at acarthew@uwaterloo.ca.

We are respectful of your information and are committed to only sending out emails with relevant information.

Thank you to all who have already filled out the form and indicated that you want to stay connected with the Waterloo School of Optometry and Vision Science!

» uwwaterloo.ca/optometry-vision-science/alumni-and-friends
A PROUD SUPPORTER OF CANADIAN OPTOMETRY
we’re going digital!

Starting with this issue, we will no longer be mailing printed versions of our School’s bi-annual newsletter. Fully accessible, and with a mobile-friendly interface, we hope this new platform provides a better way of connecting with you, the alumni and friends of the School of Optometry and Vision Science!

Further details can be found here: uwaterloo.ca/optometry-vision-science-newsletter/about

sign up to receive upcoming newsletters — uwaterloo.ca/optometry-vision-science/alumni-and-friends/#Optometry-Newsletter