A homeless moment

BY DALE BARBOUR
The Bulletin

Being homeless isn’t just about sleeping outside. The four Asper School of Business students who took part in the national 5 Days for the Homeless campaign knew that going in.

But by sleeping outside University Centre every night between March 15 and March 20, Blaire Hamilton, Jeff Lloyd, Kelsey Noakes and Nico Villanueva, and the team of Asper Students who helped run the campaign behind the scenes, managed to focus the attention of Winnipeggers on the challenges that real homeless people face. They also raised nearly $12,000 which will go towards Resource Assistance for Youth (RaY), a community-based social service organization committed to helping at-risk youth and young adults find a way back from the street.

“I didn’t have any idea about the homeless issue in Winnipeg before this,” Lloyd said. But when the 5 Days for the Homeless program was being launched he decided he wanted to do his part. “The stats and facts I heard piqued my interest. It seemed a great way to get out and do something, sleep out here, talk to people, get a different perspective, and give up the comforts I was used to.”

See CAMPAIGN/P. 2

Tech boost for U of M

The University of Manitoba will build a new facility to house some of the most powerful computers in Canada, thanks to the $2.1 million it received from the Federal Government.

Lynne Yelich, Minister of State for Western Economic Diversification, announced funding, made through the Western Diversification Program, of a High Performance Computing (HPC) facility at a press conference this month.

“Advances in science and technology are essential to strengthen the competitiveness of Canada’s economy,” said Yelich. “By investing in projects like the High Performance Computing facility, the Government is doing its part to ensure that Canada is well positioned for success in today’s global economy.”

The funding will be used to construct a special facility at the University of Manitoba’s Fort Garry Campus to house the HPC technology, which will become part of the Western Canada Research Computing Grid, a regional HPC consortium, and will contribute to Canada’s national HPC infrastructure.

(HPC) is an integrated computing environment used for solving large-scale computational demanding problems in science, engineering, and business. Newly emerging areas of HPC applications include medical sciences, transportation, financial operations, and advanced human-computer interface such as virtual reality.

“The University of Manitoba is thrilled to be home to the new High Performance Computing facility,” said president David Barnard. “We take our role as a research, education and innovation leader in the community very seriously. This new facility is further proof of that commitment.”

Western Economic Diversification Canada, in partnership with the provinces, industry associations, and communities, promotes the development and diversification of the western economy, coordinates federal economic activities in the West and represents the interests of western Canadians in national decision-making.
In The News

University of Manitoba members are always making news – demonstrating the university’s impact on the community. Here’s a look at the stories and headlines that show how U of M faculty and staff impact the world around them.

Eat your peas

March 22, 2009

NBC Chicago, Telegraph UK, CCTV, Forbes, Indago, and many others

A study led by University of Manitoba researchers has found that proteins from garden peas may help fight high blood pressure and kidney disease. The study is the first reporting of a natural food product relieving symptoms of kidney disease.

Manitobans in space

March 17, 2009

Winnipeg Free Press, Winnipeg Sun, Portage Daily Graphic, CJOB

When the Canadian Space Agency announced the 16-finalists for their astronaut program, three Manitobans were on the list, including Alysson Hindle, a University of Manitoba graduate, and Keith Wilson, a student in the U of M’s Faculty of Medicine.

Arctic ice expertise

March 20 and 23, 2009

Toronto Star, GlobalPost

As climate change continues to make headlines around the world, University of Manitoba climate researcher David Barber continues to be in the media. Barber is one of the world’s leading experts on Arctic sea ice and has commented in several recent articles about diminishing sea ice and the potentially harmful effects on Arctic communities and wildlife.

Free Press launches archives

March 15, 2009

Winnipeg Free Press

When the Winnipeg Free Press announced that they were launching a searchable online archive of their newspapers dating back to 1874, it was only natural that they speak to someone who knows a thing or two about online archives, Brian Huhner, acting head of the University of Manitoba’s Archives & Special Collections.

Headline News

Where else has the U of M been making news? Here’s a look at just a few of our headlines over the past few weeks.

- “No extra credit for criminals.” Maclean’s, March 13, 2009. Included comments from David Deutscher, a criminal law professor at the University of Manitoba.
- “U. of Manitoba Researchers Publish Open-Source Handbook on Educational Technology.” The Wired Campus, March 19, 2009. Examines the work of Peter Tinekeberger and George Siemens, the director and associate director of research and development at the University of Manitoba’s Learning Technologies Centre.

From Page 1

Certainly the weather gave them that opportunity. "At night you kind of hunker down with all the blankets, but you have to wake up and readjust your blankets during the night, so you end up, you don’t really sleep well," Hamilton said. "So you’re tired the rest of the day and you can’t really concentrate."
In other respects, the students had a pretty easy ride, with plenty of people willing to chip in and buy them food throughout the week.
“Some people thought we’re doing is fake and there were other people that were for it,” Lloyd said. In fact, there were several of those debates that filtered back to Lloyd and the others. But they had no problem with that.
“Even conversations like that get people talking, hopefully from there they talk about the real issues,” Lloyd said.
Throughout the week there were special events to raise awareness about the experiences of the homeless, including a trip by the Asper students to meet with youth at RaY.
“They shared their stories to give us a perspective on what it’s really like as opposed to what we’ve been doing which is really just the base of what living on the street can really be like,” Lloyd said. “It really is quite a humbling experience.”
“There is no one definition of a homeless person,” Noakes said. “All different sorts of people become homeless, and there can be a wide variety of situations that lead to it, additions, mental ill health, or physical or sexual abuse.”
Sometimes, they didn’t have to leave the campus to hear those stories.

Campaign had real impact

Just in talking to people, we’ve met people who were on the streets and now they’re in law school, but they always ask friends, who don’t have a home, to stay with them in the winter. And there have even been students staying in study carrels and different buildings,” Noakes said.
RaY executive director Kelly Holmes said she was thrilled with the effort the students made to raise awareness of social issues that are happening in Winnipeg right now.
And while a five days huddled outside couldn’t really capture the experience faced by the homeless, Holmes said it meant something to her and to the homeless people that have been helped by RaY that the students made the effort.
“They’re putting in an effort to raise awareness,” Holmes said. “They’re not trying to pretend that they’re homeless. They’re going through an experience and while they have parameters of safety that a street kid wouldn’t have, they’ve had enough experience just in terms of the climate, the sleeplessness, the cold, the clothes, the look.”

From left, Asper School of Business students Nico Villanueva, Blaire Hamilton, Kelsey Noakes and Jeff Lloyd were living outside last week as part of the national 5 Days for the Homeless campaign.

The Bulletin March 26, 2009
Students win with green dream

City planning group proposes reworking existing urban environments

From eco-friendly land development to green infrastructure networks, Canadian students have big ideas to improve urban sustainability.

This month TD Friends of the Environment Foundation (TD FEF) announced the winners of the second annual $100,000 Go Green Challenge, a national competition that invited university and college teams of two or more students to submit any project containing an idea or proposal that would have a positive environmental impact on a community.

The winners included University of Manitoba city planning students Chris Baker, Kaelie Wiseman and Richard Mahé who with the help of faculty supporter David van Vliet submitted a proposal called New Ways to Look at Old Spaces: A Vision for Green Infrastructure Networks.

Participation in this year’s contest more than doubled last year’s with essays from 182 teams representing 460 students from 52 schools across the country.

The other three winning teams hailed from Lakehead University, University of New Brunswick and University of Waterloo. Each team receives a $25,000 cash prize.

“Canadian students have planted the seeds for change by rising to the challenge to share their big ideas to improve environmental sustainability,” says Mary Desjardins, executive director, TD Friends of the Environment Foundation.

“The overwhelming response exceeded our expectations and we commend Canadian students for their commitment to making a positive impact on the environment.”

Members of the $100,000 TD FEF Go Green Challenge judging panel were: Glen Murray, CEO Canadian Urban Institute; Brock Carlton, CEO, Federation of Canadian Municipalities; Dr. Vicky Sharpe, president and CEO, Sustainable Development Technology Canada; and Jesse Row, director, Sustainable Communities Group, Pembina Institute. Together they selected the winning four teams based on creativity, originality, viability and the positive impact the submission would have on the livability of Canadian communities.

“It was a real challenge to choose only four winning ideas this year,” says Sharpe.

“The submissions were well-written and strategic, and included plans for innovative projects such as residential energy-efficient loans and green-guided tours. Based on the quality of the entries and number of submissions, environmental sustainability is clearly a key priority for many Canadian students.”

“Ask university and college students to write a 4,000-word essay over and above their existing workload is like taking on a new job with no pay; so to see participation in our contest more than double is an accomplishment we’re really proud of,” adds Desjardins.

The synopsis for the U of M project:

New Ways to Look at Old Spaces: A Vision for Green Infrastructure Networks, University of Manitoba

Issues of sustainability, once on the lower end of municipal priorities, are now being recognized as critical components in how city planning decisions are being made. Many planning and design initiatives currently focus on the expansion of urban centres in a more sustainable manner, rather than on ways to make existing urban areas more sustainable. This team developed a plan to implement citywide networks of green infrastructure that build on the unique characteristics of the existing infrastructure corridors, which would result in increased levels of urban sustainability.

For more information on the TD FEF $100,000 Go Green Challenge winners and their submissions, please visit www.tdcanadatrust.com/gogreen.

Strengthening Aboriginal education

On March 12, the University of Manitoba received a donation from the Manitoba Métis Federation (MMF) to support a unique program that educates Aboriginal students at the doctoral level.

“We are proud that our university is able to offer this unique program for Aboriginal students,” says president David Chartrand. The latest donation from the Manitoba Métis Federation (MMF) and other donors, the University of Manitoba will be able to offer more graduate fellowships and scholarships to support a unique program that educates Aboriginal students at the doctoral level.

Aboriginal people must be represented in all walks of life and all levels of education,” says Kirkness. “The PhD Studies for Aboriginal Scholars program goes a long way in addressing a serious gap.”

The program, which was launched in collaboration with the Faculty of Graduate Studies in 2007, supports students academically, financially and personally, with special emphasis on needs specific to First Nations, Inuit and Métis people. Once students are admitted, they can be funded more holistically for students who are inner-city kids of under-served or privileged families.

Giving the kids a more positive experience may encourage a better oral health regimen at home, Stockton said.

"Many of these kids come from difficult backgrounds," he said. “The more we can do for them now will only help them later in life.”

The Variety program provides oral health care for elementary students in 15 inner-city schools in the Winnipeg School Division.

One of Manitoba’s longest running service clubs is pitching in to help create a brighter and more colourful oral health experience for inner-city children. The Kinsmen Club of Winnipeg has come forward with a donation for hundreds of colouring books that will be given to the children following their oral health visit to the University of Manitoba’s dental clinic on the Bannatyne Campus.

“We had been looking for something to help improve the experience for the hundreds of children who participate in our outreach program,” said Lawrence Stockton, associate dean (clinical). The Kinsmen Club has donated $2,000 to the Faculty of Dentistry, who in turn, acquired over 600 colouring books. Each child will receive a colouring book at the end of their oral health appointment. The idea is to help make the experience as positive as possible for the children, most of whom are inner-city kids of under-served or under-privileged families.

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The Bulletin March 26, 2009

U of M people are reaching for the stars

BY CHRIS REID For The Bulletin

Shooting for the stars
Some look to the stars for their dreams. For one University of Manitoba graduate who dreams of sailing the stars, that dream is close to reality.

Alyson Hindle has been short-listed from over 5,000 applicants to join Canada’s Astronaut Corps. Hindle, the only woman to make the short-list, is a veterinary specialist and animal researcher at the University of British Columbia. In May, two finalists will be selected to join Canada’s Astronaut Corps.

Hindle received her BSc (Hons) from the University of Manitoba in 2000. Two years later, she earned her MSc. She credits her time at the U of M for sparking her interest in becoming an astronaut.

“I was required to take an animal physiology course during undergrad,” said Hindle. “To be honest, I was not looking at the course, I was just loving the class. My experience helped to define my interest in understanding how physiology works in the face of environmental challenges.

Because I spent 6 years at U of M and finished two degrees, it’s a large part of both the scientist and the person I’ve become,” Hindle added. “I even did some collaborative research at U of M during my PhD. When I left Manitoba I definitely realized the quality of the education I received, in both depth and breadth.”

She is looking forward to the challenge of training to become an astronaut. But the path to get one of the two final spots isn’t a short one, nor is it an easy one. Hindle first applied to become an astronaut in May 2008.

“Since then, the campaign has been narrowing the field using just about every technique at their disposal: resumes, medical screening, interviews; and aptitude tests. There is still some way to go in the process, but the end is finally approaching after almost a year,” she said.

Current medical student Keith Wilson also made the short-list, but was eliminated from the competition on March 22.

Board sets spending guidelines for 2009-2010

The Board of Governors approved its new code of conduct at its March 17 meeting. The code is to ensure public confidence in aspects of the Board and in particular sets out the responsibilities of members in carrying out their duties. Board members are expected to read over the code of conduct each year and file a declaration with the university secretary indicating that they have read, understand, and agree to abide by the terms and spirit of the code of conduct.

At its March 17 regular meeting the Board of Governors authorized interim spending guidelines based on 98 per cent of the current 2008-2009 budget from April 1 until the Board approves the 2009-2010 operating budget. The university’s fiscal picture should be a lot clearer this week when the province is expected to announce the base operating grant increases for universities in the province. As it stands the university requires a 10.9 per cent ($28.3 million) grant increase from the province or a combination of grant increase and tuition increase to maintain its 2008-2009 programming levels.

ROOM AND BOARD

The Board approved a 3.5 per cent room rate increase for 2009-2010 for the Arthur V. Mauro Residence, Mary Speedy Hall, Tache Hall and University College. The increase takes into account that salaries will increase by 2.5 per cent plus annual step increases, while utility costs are also expected to increase between 3 and 5 per cent.

The Board also approved a 7 per cent increase in the Specialty and Standard meal plans. Even at that level of increase the university will be challenged to keep pace with food costs that are expected to increase by 7.4 per cent overall and that packaging and disposables are also expected to increase in cost.

INFRASTRUCTURE FUNDING

The University of Manitoba is working with the province of Manitoba to tap into the $2 billion infrastructure fund announced in the 2009 federal budget. The funds are earmarked to go towards projects in universities and colleges that can be completed within the next two years.

CODE OF CONDUCT

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POLICIES AND REFERENDA

The Board approved a new biotechnology safety policy and an updated violent or threatening behaviour policy. It also confirmed the student referenda results from the School of Dental Hygiene where students voted to renew the university’s agreement with the Council of Dental Students in 2009-10.

PEACE AND CONFLICT STUDIES

The Board approved a proposal for a joint master’s program in peace and conflict studies as recommended by Senate.

Marks of Achievement

Earned some recognition or an award? The Bulletin wants to celebrate with you. Please e-mail information about your Marks of Achievement to bulletin@umanitoba.ca. Feel free to include a picture of yourself. We’ll need a 200 dpi jpeg image. If you would like to chat about the details or picture, please call 474-8111.

Advertise in the Bulletin

For details call 474 8111

Last chance to nominate a co-worker

Last chance! The March 27 deadline for submitting nominations for the Awards of Excellence is rapidly approaching. So if you work with a support staff member or team whose contributions are exceptional, then please act now to nominate them for one of the four awards of excellence: President’s Award, Leadership Award, Service Award and Team Award.

You can get started with your nomination by going to: umanitoba.ca/admin/human_resources/lsawards/nominate.html. If you have questions or comments please contact Mark O’Riley at learning & development services at 474-9124.
Smartpark plans to build on water

No one can accuse us of not being able to think outside the box. In fact, if we could we’d build right over top of the box.

But since we can’t, the University of Manitoba is doing the next best thing by building its newest addition to Smartpark over a retention pond.

Work on the new 25,000-square foot building kicked off this spring and is set to wrap up by December. It will house RTDS Technologies Inc. and TransGrid Solutions Inc.

But the novelty of constructing the building on stilts over the Smartpark retention pond caught the attention of the Winnipeg Free Press and warranted full-page attention in the March 9 edition of the paper.

As Smartpark president Alan Simms explained to the paper, “We were originally looking at building a facility on the west side of the pond. And then one day we thought, ‘Why couldn’t we build it over the pond?’”

RTDS Technologies, which was looking for more space anyway, bought the land.

“Now we look back at it and wonder if we could we’d build right over top of the pond. We’ve never been able to think outside the box. In fact, if we could we’d build right over top of the box.”

Cibinel Architects Ltd. has the task of making the novel building a reality.

George Cibinel told the Free Press that the end result will be more like a pier than bridge over the water. Windows and reflective walls will help the building appear to float over the water, while a pattern of dots and markings will help birds spot the building when they’re dropping in for a drink in the pond.

Smartpark is a 100-acre research and technology park located on the western side of the U of M’s Fort Garry campus. Smartpark Development Corp. is in the midst of developing the second phase of the park.

Be The Difference slate wins UMSU election

There will be some familiar faces when the University of Manitoba Students’ Union 2009-2010 executive members take up their positions this spring.

Sid Rashid will settle into the president’s chair after working as vice-president external last year while Mitch Tripple will serve another term as vice president advocacy.

Rashid and Tripple were both members of the Be The Difference Slate in the election, which was held March 4 to 6.

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“I believe the higher turn-out is due to a number of reasons, including a more engaged student body over previous years and a highly intense race between two full executive slates,” Sopotiuk said.

Joining Tripple and Rashid will be Jonny Chandrasena, vice president internal, Alanna Makinson, vice president external, and Leah Rose, vice president student services.

The Campus Change slate included Adam Cousins, president, Geoff Reguly, vice president internal, Lindsay Salmon, vice president advocacy, Jackson Duong, vice president external, and Young Jung, vice president student services.

The community representatives will include Aaron Thompson, LGBT, Gabriel Pelletier, disabilities, Kelsey Dandnault, women’s, and Anna Celestya-Gary, Aboriginal.

GRADUATE STUDENT ASSOCIATION ELECTIONS

The Graduate Student Association also held its election this spring. The 2009-2010 executive will include Abas Sabouni, president, Peter Nawrot, vice president academic, Trish Kelley, vice president internal, Mohamed Moustafa, vice president external, Meaghan Labine, vice president health science, Amir Hissein Birjandi, senator, Majid Ostadrahimi, senator, and Arman Vahedi, senator.

THE SANOFI AVENTIS/HEART AND STROKE FOUNDATION OF MANITOBA AWARD IN CARDIOLOGY

The objective behind the establishment of this award is to stimulate and support excellence in research and scholarly activity in the discipline of Cardiology at the University of Manitoba.

Eligibility: Cardiology residents within the division of cardiology in the Faculty of Medicine, University of Manitoba who are currently in their residency training. The clinical research training will normally be conducted within Manitoba.

Award Amount: One annual award with a value in the amount of $10,000.

Deadline: April 17, 2009

Guidelines and application information can be obtained from:

The Office of the Associate Dean (Research)
Faculty of Medicine, University of Manitoba
Room A108 Chown Building, Bannatyne Campus
Tel: 204-789-3375 Fax: 204-789-3942
E-mail: reshsc@ms.umanitoba.ca
Web: umanitoba.ca/faculties/medicine/research/other_funding.html

Classified Ads

The Bulletin welcomes Classified Ads. The rate for ads is $5 for the first 45 words.

ST. MARY ANGLICAN CHURCH in Charleswood will be holding a GIANT GARAGE / RUMMAGE SALE on Friday, April 3 from 5 p.m. to 8 p.m. and Saturday, April 4 from 9 a.m. to 3 p.m. in the Parish Hall at 3830 Robin Boulevard at Haney (just over the Charleswood Bridge). There will be WHITE ELEPHANT TABLES, BOOK TABLES, A FISH POND FOR KIDS, as well as household items, clothing and other miscellaneous treasures for sale.

Pump up the Jam!

President David Barnard, left, and incoming University of Manitoba Students’ Union president Sid Rashid were among the volunteers helping the Chaplains’ Association make over 2,100 peanut butter and jam sandwiches for the Winnipeg’s Boys’ & Girls’ Clubs on March 11.
Adding bubbles to the food mix

Scanlon considers how “air” is a critical ingredient in the food we eat

Books by University Staff

BY DALE BARBOUR
The Bulletin

Sometimes the best ingredient in food is the part that isn’t there at all.

University of Manitoba food science professor Martin Scanlon takes a look at the science behind the aeration of foods in Bubbles in Food 2: Novelty, Health and Luxury, co-edited with University of Manchester professors Grant Campbell and Leo Pyle.

“People have been working with the structure of food for millennia,” Scanlon said. “We’re really saying, there’s all these disparate food products scattered out there, can we look at them from the point of view of air, which is not an ingredient technically, but which has such an important role to play in the development of the acceptability of that product.”

Bread is the classic example; it went from being an unleavened somewhat unpalatable product to a much more acceptable product just because of the air pockets created by the activities of yeast. That’s a case where a minor change in ingredients changed the entire taste of the food and had a profound influence on the history of civilization. But presentation can also have an impact.

Scanlon said over the counter sales of Guinness beer were lacklustre until the company came up with what’s known as the Guinness widget about 20 years ago. “It allows the can product to have the same sort of head. It literally transformed their sales overnight,” Scanlon said. “It won them major packaging awards, and was really quite an innovative invention done on the basis of trying to get more bubbles into the product so that the canned product looked like what you would see in bread is really dependent on the bubbles that are created in the dough,” Scanlon said. “The thing with dough is that it’s opaque so you can never tell what bubble-size distribution is.”

Scanlon, in partnership with fellow U of M physics and astronomy professor John Page, has used physics models to predict the bubble distribution from ultrasonic measurements, and they are now using x-ray tomography with mechanical engineering professor Raghavan Jayaraman to be able to see how those models hold up.

Answering questions like that impacts basic staples like bread. “If you get a loaf of bread and it has the right volume, but if you get big gaping holes in it and a massive doughy bit at the bottom, you as a consumer are going to say, ‘Something has gone wrong here’,” Scanlon said. “So it’s important to recognize that the air has to be distributed throughout that volume in the correct way, and that depends on the bubbles originally in the dough, otherwise consumers will say, ‘I’m not going to buy this product.’”

But bubbles also matter as the university attempts to create functional foods by adding healthful ingredients to conventional food.

“One of the things that we’ve been trying to do research-wise is to interact with people that load in healthy ingredients to create these foods, and try to figure out how to preserve the original aerated structure. Say you put a whole lot of flax seed into a muffin mix, if those flax seeds destroy the aerated structure that muffin is going to collapse on you and you’re going to get something that looks like and tastes like a hockey pack. So it doesn’t matter how healthy the product is, people are only going to buy it once,” Scanlon said.

While food scientists make up the majority of the over 25 contributors in the book, there are also people drawn from a wide range of other disciplines.

“We have a mathematician from New Zealand who is trying to predict how champagne bubbles will rise given a certain pressure originally in the bottle,” Scanlon said.

The book has its roots in the Bubbles in Food 2 conference, which was held in 2006 at Lake Windermere, England. Campbell, the lead editor on the project, organized the event on the ground, while Scanlon helped look after its promotion on the web and lined up reviewers for the book chapters. As the name implies the Lake Windermere-based conference was a follow up to the first Bubbles in Food conference held in 1998.

 Origins of Lung Disease and Allergy: Translating Research into Practice
2nd International Symposium of the Biology of Breathing Theme (Manitoba Institute of Child Health) in partnership with the CIHR National Training Program in Allergy and Asthma

Thursday & Friday, April 16-17, 2009
Theatre A, Bannatyne Campus, University of Manitoba
Register at: www.mich.ca

Thursday, April 16

Advances in Treatment of Persistent Pulmonary Hypertension of the Newborn
S Lakshminrusimha, U of Buffalo; R Jankov, Sunnybrook Research Institute; J Belik, Hospital for Sick Children

New Approaches to Detect and Treat Pediatric Lung Disease

Asthma Prevention: Changing the Outcome?
T To, Hospital for Sick Children; A Kozarysky, U of Alberta; P Forsythe, McMaster University

Trainee Posters with Refreshments

Conference Reception and Dinner Presentation:
A Becker, U of Manitoba – “Nuts & Bolts of the CHILD Study”
Terrace Fifty Five, Assiniboine Park, Seating limited
Register at: www.mich.ca

Friday, April 17, 2009

Stopping Asthma in its Tracks: Airway Remodeling & Hyperresponsiveness
J Solway, U of Chicago; L Janssen, McMaster University; R Gouesens, U of Groningen (Netherlands) & N Kenyon, U of California (Davis)

New Approaches to Treat Allergic Airway Inflammation & Hyperresponsiveness
R Newton, U of Calgary & E Hessel, Dynavas Technologies, CA

Registration Deadline: Friday April 3, 2009
Contact: Ms. Wanda Golding @ 204-789-3630 (wgolding@mich.ca)

Why did the egg cross the atrium?

Faculty of Architecture students were challenged to transport an egg from the second floor of the Engineering and Information Technology Complex to the ground. Patrick Ostryk and Kristen Trafiak used a series of ice filled sleeves to lower their egg to a waiting tub of water.
Bison squad rules Western Canada

Canada West Champs go on to fourth place at national championship

March was both friend and foe for the University of Manitoba Bison Women’s Hockey team. The team made history with their first ever Canada West Championship. They won 3-2 in triple overtime against the Alberta Pandas in the third and final game of the conference championship, March 15 to 15.

Bison women’s hockey head coach Jon Kempe l hapily said after the historic team win, “This has been a special bunch of kids since day one this season. This result is something to be proud of and we need to soak it in tonight as it is a big accomplishment for our program. Our penalty kill was unbelievable as we killed all the penalties today and fed off that during the game. Our attitude was good throughout the game and I was happy on how we bounced back from the game two loss.”

In game three of the 2009 Canada West best-of-three series, Manitoba battled back twice from one goal deficits and rookie Nellie Minshull fired the series-winner at 5:29 of the third overtime period. “It was a spontaneous reaction as I whacked at the puck and persevered and it went in,” series game-winner and 2008-09 Canada West All-Rookie Team member Nellie Minshull exclaimed after the game.

“Our team is ‘so close’ and determined to do well that we believe in each other to push through to get the final result.”

The University of Manitoba has significantly enhanced its access to sophisticated, large-scale research facilities and to expertise in physical and life sciences.”

TRIUMF began in 1968 when three universities launched a local facility for intermediate-energy nuclear physics. TRIUMF has now grown to be a nationwide effort and the University of Manitoba, a longtime associate member, became a full member in the world-class institute this month. We are absolutely thrilled to have the University of Manitoba join the TRIUMF consortium as a full member,” said Feridun Hamdullahpur, chair, TRIUMF board of management. “It is a great affirmation of the value of this type of research and this type of shared endeavor. The Manitoba team brings great energy and enthusiasm to the laboratory along with some superb new initiatives for breakthrough discoveries.

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The University of Manitoba joins the seven existing member universities, as part of this national team, the University of Manitoba will help to set the priorities of the research program. As a member of the University, Manitoba has instant access to a network of international scientific leaders and decision-makers, cutting-edge research results and technology and highly skilled technical and engineering support.

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For Manitoba, it was the first conference championship series win after facing Alberta during the last five consecutive seasons and the team’s first two wins ever in Clare Drake Arena at the University of Alberta campus.

With the series win, Manitoba advanced to the six team 2009 CIS Championship held at St. Francis Xavier University in Antigonish, Nova Scotia from March 19 to 22, where they fought their way to a fourth place finish in the six team 2009 CIS Championship.

While they finished fourth, the team did push every one of their games into overtime or a shoot out.

At the 2009 CIS Championship, Manitoba was the third seed and lost 2-1 (OT) to the #1 seed McGill, defeated #5 seed St. FX 2-1 (SO) and then finished with a 3-2 (SO) loss against #4 seed Moncton in the bronze medal game during their fourth appearance at nationals.

In their fourth appearance at the CIS Nationals in the 12 year program’s history, the Bisons have now earned a bronze medal in 2008, 2007, and 2005 and a fourth place finish in 2009. Manitoba has a “5 overall record in the CIS National Championship.

For details call 474 8111

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Medical rounds are typically targeted at university staff and professionals directly involved in the medical field.

THURSDAY, MARCH 26

Immunology: Annual Graduate Student Research Presentations with Sajid Mahmood and Helen Muleme, Immunology Laboratory 604/605 Basic Medical Sciences Building, 12 p.m., Thursday, March 26.

Clinical Health Psychology. Current Issues in FASD in Canada by Jo Hanson, associate professor of psychology, Theatre PsycHealth Centre, 3 p.m., University of Saskatchewan, PX 236 Medical Sciences Building, 12 p.m., Thursday, March 26.

THURSDAY, MARCH 26

Immunology: Title TBA by Chee-Long Naw, Plant Cell Biology Laboratory, Canadian Blood Services, Winnipeg, Immunology Library 604/605 Basic Medical Sciences Building, 12 a.m., Thursday, March 31.

THURSDAY, APRIL 2

Immunology: Title TBA by Chee-Long Naw, Plant Cell Biology Laboratory, Canadian Blood Services, Winnipeg, Immunology Library 604/605 Basic Medical Sciences Building, 12 a.m., Thursday, March 31.

FRIDAY, MARCH 27

Community Health Sciences Colloquium Series, It’s a problem for other people, because I am seen as a nuisance: Hearing the Voices of People with Dementia by Ken Stieger Roger, assistant professor, department of family social sciences, Dr. Betty Havens Seminar Room R060 Medical Rehabilitation Building, 12 a.m., Friday, March 27.

MONDAY, MARCH 30

Infectious Diseases and Medical Microbiology, Modulation of host immune response by the anti-trypanosome compound Beren by Jude Uzonna, 540 Basic Medical Sciences Building, 9 a.m., Monday, March 30.

Medical Microbiology and Infectious Diseases Graduate Student Research Seminar, Gene expression of Mycobacterium ulcerans by Sujata De. Theatre A Basic Medical Sciences Building, 10:15 a.m., Monday, March 30.

The Centre on Aging/16th Annual Research Forum: keynote lecture, The Canadian Longitudinal Study on Aging (CLSIA), Understanding the Complexity of Aging and Health through Interdisciplinary Research by Parminder Raina, professor, department of clinical epidemiology & biostatistics, McMaster University, and lead principal investigator; Canadian Longitudinal Study on Aging, Theatre A, Basic Medical Sciences Building, Bannatyne campus, 12 p.m., Monday, March 30.

TUESDAY, MARCH 31

Annual J. P. Maclean Memorial Lecture. The Pathogenesis and Treatment of Diabetes in the 21st Century by Lawrence B.C. Chan, Theatre A Basic Medical Sciences Building, 8 a.m., Tuesday, March 31.

Brain Awareness Day Public Lecture, Rett syndrome: Increased recognition of a novel brain disorder in girls by SakkuBai Naidu, department of neurology and pediatrics, Johns Hopkins University, Samuel Cohen Auditorium, St Boniface Research Centre, 551 Tache Ave., 7 p.m., Wednesday, April 5.

THURSDAY, APRIL 9

Brain Awareness Day Research Seminar, Investigating Whether Altered Pro-Protein Convertase Activity May Contribute to Ovarian Cancer Formation by Mark Nachtigal, associate professor, Dalhousie University, departments of pharmacology and medicine, Canadian Cancer Society Research Scientist, Cancer Care Manitoba Lecture Theatre, ON2151 Health Sciences Centre, 675 McDermot Ave., 11 a.m., Thursday, April 9.

Immunology Annual Graduate Student Research Presentations with Samar Sayedhossein and Jyoti Balbair, Immunology Library 604/605 Basic Medical Sciences Building, 12 p.m., Thursday, April 9.

The Bulletin publishes events involving the university community.

E-mail events to barbourd@ms.umanitoba.ca or fax. 474 7651.

The deadline for the April 9 Bulletin is April 1 at 4:30 p.m.
Events Listing

Continued from Page 8

FRIDAY, APRIL 3

Arthur V. Mauro Centre for Peace and Justice Brown Bag Lectures.

Women, Tax Policy, and Justice by Lorna Turnbull, associate dean, LL.B. Program and associate professor, Faculty of Law; 252 St. Paul’s College, 12 p.m., Friday, April 3.

Mathematics. Role of Incidence Function in Vaccine-induced Backward Bifurcation in Some HIV Models by Oluwaseun Sharomi, 124 Machray Hall, 2:30 p.m., Friday, April 3.

Chemistry. Topic TBA by Justin Rak, Department of civil engineering, University of Manitoba, 539 Parker Building, 2:30 p.m., Friday, April 3.

Biological Sciences Seminar Series. Red-osier dogwood and salinity; how resistant is this cold-tolerant species? by Sylvie Renault, department of biological sciences.; Stewart-Hay Museum, Z201 Duff Roblin Building, 3 p.m., Friday, April 3.

Physics and Astronomy Colloquium. Finding Quantum Gravity by Arundhati Dasgupta, department of physics and astronomy, University of Lethbridge, 330 Allen Building, 3:30 p.m., Friday, April 3.

Monday, April 6


Psychology MA Oral Defense. Longitudinal and Cross-Sectional Associations of Obesity with Mental Disorders and Suicidality in the Baltimore Epidemiologic Catchment Area Follow-Up Study by Amber Mathur, P432 Duff Roblin Building, 1:30 p.m., Monday, April 6.

Tuesday, April 7

Entomology. Soil landscape variability: its causes, management, and potential impact on pests by Dave Lobb, soil science, 220 Animal Science/Entomology Building, 10 a.m., Tuesday, April 7.

Thursday, April 9

Psychology. Eyewitness identification evidence: Accuracy, confidence, and interpersonal metamemory by Stephen Lindsay, department of psychology, University of Victoria, P412 Duff Roblin Building, 3 p.m., Thursday, April 9.

Advanced Plant Science. A Study of Effectiveness of Resistance Genes Against Blackleg and Sclerotinia Transferred From Pae (Pisum sativum) to Canola (Brassica napus) by Ahad Baghery, PhD student in Plant Science, Sifton Lecture Theatre, 1:30 Agriculture Building, 3:30 p.m., Thursday, April 9.

Academic Job Opportunities

A full listing of employment opportunities at the University of Manitoba can be found at umanitoba.ca. The University of Manitoba encourages applications from qualified women and men, including members of visible minorities, Aboriginal peoples, and persons with disabilities. All qualified candidates are encouraged to apply; however Canadians and permanent residents will be given priority. Please include the position number when applying for openings at the university.

FACULTY OF ARTS

Department of Psychology

Position: Department head, five-year term at the rank of associate professor or professor commensurate with qualifications and experience

Start date: July 1, 2009

Application deadline: April 9, 2009

Position number: AAC 171

For information: Dr. Barry Ferguson, chair, psychology headship search advisory committee, dean’s office, Faculty of Arts, University of Manitoba, 310 Fletcher Argue Building, Winnipeg, MB, RST 2N2.

Department of Economics

Position: Department head, five-year term at the rank of associate professor or professor commensurate with qualifications and experience

Start date: begin January 1, 2010

Application deadline: April 13, 2009

Position number: CAP66 & 66727

For information: Dr. Janice Ristock, chair, economics headship search advisory committee, dean’s office, Faculty of Arts, University of Manitoba, 310 Fletcher Argue Building, Winnipeg, MB, RST 2N2.

School of Art shows off student work

You are invited to participate in the sixth University of Manitoba Libraries’ Food for Fines Program.

The program is organized with the University of Manitoba Students’ Union. From Monday, March 23, to Sunday, March 29, for each non-perishable food contribution you make, the Libraries will reduce your fines by $2 (to a maximum reduction of $20). The waiver applies only to existing fines, not to replacement or lost or damaged items. The food collected will be donated to the University of Manitoba Food Bank, which provides assistance to students in need.

Food donations will be accepted at all University of Manitoba Libraries’ circulation desks. To determine if you have a library fine, check My Library Account at umanitoba.ca/libraries.

For more information, contact Marina Webster at 474-5607 or the circulation desk at any U of M library.

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The University of Manitoba School of Art invites the public as well as family, friends of its students to the annual open house held 12 to 5 p.m., April 12.

Visitors to the Open House will be treated to a visual extravaganza as the school displays art created by its student body during this past academic year. Works by all students in all studio areas including ceramics, drawing, foundations, graphic design, painting, photography, printmaking, sculpture and video will be installed from floor to ceiling. Graduating students will also show their work in Gallery One One One in an exhibition that will run until April 24.

Open house sites include the school’s three buildings: the Fitzgerald Building (including the Annex), the Sculpture/Ceramics Building, and the Art Barn. Maps of the class display areas in the three buildings will be available at the FitzGerald Building, 55 Chancellors Circle.

Parking on Campus is free on Sunday with the exception of accessible and 24 hour reserve spots. Campus maps showing building locations and maps can be downloaded at the university website at umanitoba.ca/maps/.

Starting a business? Don’t know where to turn?

Get free information* from the L. Kerry Vickar Business Law Clinic at the Faculty of Law

The clinic is designed for entrepreneurs who require information regarding new business organizations: incorporation, partnership, sale of interests and non-profit.

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The Bulletin

March 26, 2009
Bringing Research to LIFE

In Brief

Heaman honoured

The Faculty of Nursing’s Maureen Heaman, alongside six other researchers from different universities, was awarded a research chair in New Perspectives in reputation for excellence in research, and to inadequate prenatal care among inner-city women in Vancouver on March 4 by CIHR’s Institutes of Health Research (CIHR).

“The chairs translate cutting-edge research into tools that can directly increase the profile of gender, sex and health research by the Canadian Institutes of Health Research (CIHR),” said Dr. Joanne Lawrence, Director of CIHR’s Institute of Gender and Health.

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The program is intended for health researchers who have developed a reputation for excellence in research, and to support outstanding research programmes that enhance the health of Canadians.

Upcoming

Research Forum:
The Canadian Longitudinal Study on Aging

Monday, March 30, 2009
12:00 PM
Theatre A

Basic Medical Sciences Building
Bannatyne Campus

For more information:
Phone: (204) 474-9854

Speaker Series:
A Day in the Life of a Storm Chaser

By John Hanesiak
Wednesday, April 16, 2009
7:00 PM
Robert B. Schultz Lecture Theatre
St. John’s College

For more information:
Phone: (204) 474-9020

Building a better sandbag dike

BY SEAN MOORE

Civil engineers Ray Offman (left) and James Blatz study the performance of sandbag dike. To help monitor dikes, Blatz developed a sensor that can be placed in the bags.

How to build a sandbag dike, step one: learn how to build a sandbag dike. “I searched high and low and couldn’t find any scientific studies on sandbag behaviour, and yet they are used all over the place,” civil engineer James Blatz said. “Nobody could answer a fundamental question: how tall can you build them with the design we use? So we started to look at them and we’ve learned a tremendous amount.”

Funded by the Natural Sciences and Engineering Council of Canada (NSEC), Blatz and master’s student Ray Offman have studied sandbag dike performance under various conditions, from how they fare against waves to how they do when sitting on grass or snow covered surfaces.

As of press time, the City was indicating approximately 300 Winnipeg homes would require sandbag dikes to protect against the impeding flood water. But the dike-building blueprint the city has historically given to the public is not always appropriate, Blatz’s lab has found.

So the city has adopted their findings, one of which notes that the City’s old design is effective only up to five feet when built by the public (who build dikes like everyday folks, unlike engineers). Above five feet, the quality of constructions becomes increasingly important so trained supervisors need to watch over things.

Offman also found sandbag dikes perform worse when standing atop snow so, ideally, as much snow as possible should be removed before construction.

The lab also noticed that a dike shrinks when it comes into contact with water; an obvious finding perhaps, but nevertheless a previously unrecorded one. This happens because the woven plastic bags allow water in, which makes the sand wet and denser, so the structure drops in height. Knowing this, they re-wrote the rule of thumb: don’t add an arbiter per feet above the suspected water crest, rather take the dike’s height and add five per cent.

What is more, when Offman subjected the dikes to wave tests to observe their stability he saw, as the first wave hit, a sand plume form in front of the structure. The bags and water were cleaned beforehand, so the sand was being pulled out of the bags, thus weakening them.

In most sandbag dikes, a propylene sheet stretches behind these frontline bags, holding the water back. If these bags weaken too much, the plastic can become exposed and the water can pull it out, breaking the dike.

One solution Offman has tested as a proof-of-concept is a new, unwoven sandbag that stands up better to the pushing and pulling forces of waves and currents. He hopes to test it further.

Sandbag dikes are inherently risky, so it is critical to ensure that risk is monitored. Dikes are currently monitored for weaknesses by people who walk atop them. This is not ideal as problems begin as minuscule structural changes that can go overlooked. Or, the dike can move between examinations.

“The point is you don’t have a continuous monitoring system that tells you what’s going on. That’s what this is for,” Blatz said pointing at a grey rubber box that’s slightly larger than a hockey puck.

Working with the Technology Transfer Office (TTO), he has applied for a patent.

You can toss the sensors into the dike every so often and they provide continuous, wireless, feedback on the dike’s performance, allowing preventative action if a dike were to start failing.

Solving an aquatic mystery

BY SEAN MOORE

Western Canada has the highest concentration of saline lakes found anywhere in the world, but is all not well on this spangly landscape. Of the millions of lakes, some are disappearing, some are flooding, and some are turning climate history on its head.

“Most of us would say ‘so what?’ to this,” geological sciences’ Bill Last said. “But these lakes are saline and they’re closed basins so think of them as bathtubs; if you fill one up it will spill into another lake that may not be saline or may have a different salinity. So you’re affecting the ecological system. You’re affecting fisheries. And you’re affecting recreational uses.”

So why are some lakes getting shallower, while others have a trend towards deeper?

“It can’t be just climate change’s doing because how can you possibly have a shallower, while others have a trend towards deeper?

Western Canada has the highest concentration of saline lakes found anywhere in the world, but is all not well on this spangly landscape. Of the millions of lakes, some are disappearing, some are flooding, and some are turning climate history on its head.

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“It can’t be just climate change’s doing because how can you possibly have a shallower, while others have a trend towards deeper?

Adding to the mystery of all this: why do these stromatolites form in only a few Prairie lakes and not others with similar limnology and readily-available historical records. Even so, though, the data are based on only a few cores and some records that are only 150-odd years old. Enter the microcosm.

Detectives love informants and Last has a remarkable set: stromatolites, mounds formed in shallow water by algae and microbes. Their mineralogy and stable isotope composition tells Last the history of the lake’s chemistry and water levels in fine detail.

Here’s the catch, the ones they’ve found contain ikiate, a rare mineral that can only form in water 0 C and cooler; it is usually found only in saline Arctic environments, but Last and Fawn Ginn, a PhD student, were the first to report

ikiate in the Prairies. What this means is it was colder – at least in the Manitou lake area – 2,000 years ago than previous paleoclimate analyses suggests.

The implications of this are over my head,” Last said. “Everything we know suggests the temperature in Western Canada was generally consistent. To see this cold-water phase that lasted 500 to 600 years was a big surprise. I haven’t wrapped my mind around it yet from a hydrological standpoint. But from a global change standpoint, I think it means we have to start thinking about rapid climate change potentially affecting the Prairies.”

Adding to the mystery of all this: why do these stromatolites form in only a few Prairie lakes and not others with similar chemistries and limnology? Last and Ginn do not yet know.

Nevertheless, the stromatolites, by revealing history, are revealing clues in this whodunnit. Right now, Last suspects a lot of could-be culprits, from industry pulling water out of basins, to farmers draining swamps into lakes, to groundwater seeping in or out of basins.

“Whatever it is though, we’ll find the culprit.”

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What does fitness mean to you?

The benefits of active living go beyond just being physically fit

Meet The Dean

BY DAVE BARBOUR

The Playground is where children cut their teeth in the game of life. It’s where they make friends, learn to fit in, and have the opportunity to showcase their own talents.

Kinesiology and Recreation Management dean Jane Watkinson has spent a good portion of her life contemplating line on the playground and what it means for kids and adults.

“When I was an undergraduate student at McMaster University I was brought in as a student to programs where teachers were organizing Saturday activities for kids with disabilities or cognitive impairments. We were simply trying to help them learn skills so that they could do something physical whether it was run or play with a ball or whatever,” Watkinson said. “When I went off to do my PhD at Michigan State University I became much more interested in younger children’s playground skills and play skills. I found that parents were very concerned if they had children who couldn’t ride a bicycle and as a result were isolated from the things that kids in the neighbourhood did.”

“So often we assume that every child knows how to do those skills when in fact there are children that are lonely and isolated at a very early age because they don’t have those skills,” Watkinson said. “They are not able to hang upside down from their knees on the monkey bars or they’re so slow climbing the slide to the top that they always get tagged in a game of tag and then people don’t want them to play with them.”

“These are the things, I guess in a way I’ve spent my whole career working on: the recognition and the perception of being included,” Watkinson said. “It’s devastating for kids. Even when you talk to adults who perceive themselves to have been awkward when they were young, they were devastated by their inability to take part.”

Watkinson grew up in Thunder Bay and later Iroquois Falls, Ontario. She has five brothers and she grew up both involved in education, her father as a principal and her mother as a physical education instructor. There was never any doubt that she was going to go to university.

“We all went off to university and three of us actually became professors and department chairs and all that. Two became lawyers. The other brother lives in Winnipeg and is a medical investigator but more importantly an artist, landscape and portrait artist,” Watkinson said. There was some debate over what she would take at university. Apart from physical education, Watkinson focused her degree on French literature and she was interested in music – the piano in particular: while she didn’t pursue it at university she has never lost the interest.

“I go in spurts and starts. I’ll have a two or three month period where I’ll play four or five days a week and then I’ll abandon for a similar length of time,” Watkinson said.

From McMaster University, Watkinson went to complete her master’s degree at the University of Western Ontario and then to Michigan State University for her PhD.

After that she came to the University of Manitoba for a year in 1973-’74 as a lecturer and coach of the “Bisonettes” volleyball team before joining the University of Alberta where she would spend the next 32 years.

“The University of Alberta is a wonderful university, with a big graduate program, doctoral and masters program in physical education so I had an opportunity to work with wonderful colleagues who made huge contributions to the quality of my scholarship,” Watkinson said.

“There was freedom there to do new things and start new programs and we were able to establish a stream to prepare physical educators to work with kids with disabilities.”

While she focused her research on finding ways to help children socialize through physical activity, Watkinson also increasing found herself taking on administrative duties.

“People go into administrative work for lots of different reasons,” Watkinson said. “I liked people and I liked to work with them. But I didn’t have to abandon my work or scholarship. I had excellent colleagues and excellent graduate students.”

There is a trade off, of course, and being an administrator cut into the amount of scholarship Watkinson generated over her career. But it also had benefits.

“As an administrator I always like to ensure that these wonderful people around me were able to do the work they do and that’s how I was rewarded: seeing people do their work and seeing excellent students finish their degrees and make great contributions,” Watkinson said. It was exactly that challenge that pulled her to the University of Manitoba in 2007.

“I was ready to retire from the University of Alberta and go play golf,” Watkinson said. “But I felt I had one administrative contribution left in me and I knew there were things that I could bring from the University of Alberta to a smaller unit.” And, of course, she had never forgotten her own experience at the U of M.

“I always had a very important opportunity to work with wonderful people from the U of M, so I always had my eye on what was happening in this faculty,” Watkinson said. It doesn’t hurt that the family owns a cabin in Northern Ontario, just a short jaunt from Winnipeg.

Now that she’s here, Watkinson said one of her goals is to grow the Faculty of Kinesiology and Recreation Management’s graduate program.

“We have an excellent faculty here and individually very very good scholars and very good research programs,” Watkinson said. “I’d like to see the graduate program be developed, that means finding sustainable funding for it, valuing it, and recognizing the things that graduate students can bring to the whole faculty.”

This faculty doesn’t just have an academic responsibility. It has a responsibility to the whole university and the community through Bison Sports programs, active living and children’s programs,” Watkinson said. “Graduate students can help in the communication and growth and development of all of that.”

The faculty does have a doctoral program in partnership with other health science faculties on campus. It’s a small program, and it really needs more funding to allow it to soar.

“I do think there is a need for support for doctoral students and masters students in the natural sciences, engineering, and health sciences, all of which we contribute to in our faculty,” Watkinson said. “The support has not traditionally been as good in the social sciences and humanities and I’ve always been committed to putting bacon on the table for all graduate students regardless of the discipline in which they work.”

“So that is something I would like to see established in my own faculty, at least,” Watkinson said.

Of course, one of the main priorities for the faculty remains bolstering the health of the university community through programming and the broader community through research.

“There is strong strong evidence that physical activity is a major contributor to health and that inactivity is a major factor in the development of lifestyle related diseases, diabetes, anabolic disease, osteoporosis, obesity, and so on. Physical activity is very important to the health of Canadians,” Watkinson said.

“So I think we have a very important mission in terms of physical activity and prevention of lifestyle related diseases.”

The faculty is currently working with governments to invest in physical activity promotion as a way to prevent health problems, investment which we see returns in decreased health bills down the road.

The Faculty of Kinesiology and Recreation Management is also a partner in the effort to bring a new stadium to Winnipeg Blue Bombers to the Fort Garry campus. But while a stadium would add a valuable link between the university and the community, the world class wellness centre the faculty would add to the project would open doors for the faculty.

“Getting a world class wellness centre is the important part of this deal to us. We’re pretty much maxed out in terms of the gritty grotto and we’d like to see people above ground getting some vitamin D while they work out.”

Watkinson said she knows that getting a wellness centre is something that the faculty is going to have to work towards with a fundraising campaign and help from students.

“In a lot of universities across the country students are making contributions and in some cases even underwriting the costs of new recreation facilities. We want to look at some collaborative sharing of the costs of the new facilities. We would like to have a place that is a hub of activity that keeps people on campus in the evenings on the weekends. And we don’t want to build for the few students who can afford a large membership fee, we’d like it for everyone.”

“Sometimes people think of us as being concerned only with elite activities but my job is to work with everyone. All the inclusion of everyone,” Watkinson said. “We’re working on programs in remote communities, in the downtown and North End of Winnipeg where we are trying to encourage young kids to be involved in after school activities.”

The benefits of active living go beyond just being physically fit.