MESSAGE FROM THE DIRECTOR

THE INSTITUTE HAS EXPERIENCED QUITE EXCITING TIMES since the Spring issue of the newsletter. Since that time, the Faculty has moved ahead with the hiring of two new Faculty members (Dr. Amanda Johnson, from University of Waterloo, and Dr. Ted Norman from Memorial University), and discussions are ongoing for moving ahead in 2011 with hires in various research areas, to complement those already in the Institute and Faculty. Dr. Cheryl Glazebrook from McMaster will be joining us as a contingent research professor. Also since the Spring issue, we have had the pleasure of welcoming Nicole Dunn to the Institute as our new Associate Director (Administration), and Jennifer Iskierski as the Institute receptionist.

Some of the most exciting news from the Institute concerns the recognition of the work done by our affiliates from sources outside the University. Dr. Gord Giesbrecht continues to educate the public on surviving water accidents – in September, televised segments of the Discovery Channel’s Daily Planet and CBC’s The Mercer Report dealt with the proper way to exit a submerged vehicle. Also in September, Dr. Elizabeth Ready was interviewed on CTV News discussing the benefits of integrating physical activity into the health care system, and the potential role of kinesiologists in moving this forward. At the end of September, Dr. Russell Field traveled to Toronto to be a major impetus in the Canadian Sport Film Festival, and echoes of this event were heard in Winnipeg (as of November 26) in the form of a Winnipeg edition. Dr. Todd Duhamel was appointed to the Canadian Association of Cardiac Rehabilitation Committee in September, and was awarded grants from Heart and Stroke Manitoba and the Manitoba Health Research Council. As well, Dr. Leisha Strachan discussed her research concerning children’s experiences in Mini-U on CBC Radio’s Up To Speed program in August, and CJOB’s Research Report in July.

Dr. Jennifer Mactavish was awarded the Dr. & Mrs. D.R. Campbell Outreach Award (given to a U of M staff member who has shared their professional and scholarly experience through years of community service), and former FKRM Dean Dr. Henry Janzen was honoured with a Dean Emeritus designation (with both awards presented at Convocation ceremonies in June). Dr. Jennifer Mactavish also “teamed up” with Dr. Melanie Gregg (Department of Kinesiology and Applied Health, University of Winnipeg) to successfully apply for an Establishment Grant – worth $90,000 over the next three years – from the Manitoba Health Research Council. Congratulations also go out to Dr. Mactavish for her appointment as Associate Dean of the Faculty of Graduate Studies.

It hasn’t been a bad few months for yours truly, either. Dr. Phillip Gardiner was part of a research team from the University of Western Ontario that was awarded a $ 2.5 million grant to examine neural health and physical activity, and was also appointed to the Chair of the Advisory Board for the Institute of Musculoskeletal Health and Arthritis (IMHA), one of the 13 institutes of the Canadian Institutes of Health Research (CIHR).

Our students continue to win awards for their presentations at conferences. Since May 2010, prizes have been awarded to Dana Kolach (M.Sc. Student, advisor: Dr. Michelle Porter), Riley Epp (a trainee in Dr. Todd Duhamel’s research program), and Lindsey Woodrow (M.Sc. student, advisor Dr. Phillip Gardiner).

Yours truly will be on research leave from January 1 to June 30 of 2011, during which time the Institute will be in the capable (and cold?) hands of Dr. Gordon Giesbrecht. Have a great Christmas break!

Dr. Phillip Gardiner
Director, Health, Leisure & Human Performance Research Institute
Arrivals

The Health, Leisure & Human Performance Research Institute welcomed a number of new members over the last few months, including:

Nicole Dunn
Associate Director (Administration)
Health, Leisure & Human Performance Research Institute

An alumna of the Faculty of Kinesiology and Recreation Management, Nicole earned her Bachelor of Recreation Studies degree (from the then-named Faculty of Physical Education and Recreation Studies) in 1993. She also earned her Bachelor of Arts degree from the U of M in 1991, and her Master of Arts degree from the University of Georgia’s Department of Recreation and Leisure Studies in 1995. Her most recent job was as Project Manager for the St.-Boniface Research Centre (where she was seconded to the Faculty of Nursing), but in past years, Nicole has also served as a Research Associate for the HLHPRI, during which time she served as Program Coordinator for the Wellness Institute Services Evaluation Research (WISER) program, and as a Research Director at the Wellness Institute.

Jennifer Iskierski
Office Assistant
Health, Leisure & Human Performance Research Institute

A recent transplant from British Columbia, Jennifer doubles as both an arrival and a departure. (She joined the HLHPRI team in the fall of 2010, but has since moved on to a new position with the Faculty of Medicine.)

Dr. Cheryl Glazebrook
Assistant Professor
Faculty of Kinesiology and Recreation Management

Coming to us from the Faculty of Physical Education and Health at the University of Toronto, Dr. Glazebrook is the successful candidate for FKRM’s most recent contingent position. Prior to entering the M.Sc. (Physical Therapy) program at the University of Toronto, she completed her Ph.D. in Kinesiology at McMaster University, where her dissertation focused on how individuals with Autism Spectrum Disorders perform reaching movements. Broadly speaking, Dr. Glazebrook’s research focuses on developing an understanding of how individuals with intact and damaged nervous systems use perceptual information to control movement.

Maureen Rodrigue
Assistant to the Director (Retired)
Health, Leisure & Human Performance Research Institute

Maureen first became involved with the Institute in 1992, while still a graduate student in the U of M’s Department of Family Studies. A friend suggested she’d make a good candidate for a three-month appointment as a research assistant on a project dealing with aging, and while she initially said no – “I was trying to finish my thesis,” she recalls – she later reconsidered, and the appointment paved the way for a series of similar collaborations over the next three years.

In 1995, she was named Assistant to the Director of the Institute, a position she’d hold for the next 15 years. She remembers the Institute operating on a much smaller scale in those days (putting the annual research funding at under $500,000, compared to the millions of dollars awarded today), and credits two key events with putting the HLHPRI on the map.

Departures

Members of the HLHPRI recently bid farewell to longtime friend and colleague Maureen Rodrigue, who has served as Assistant to the Director of the Institute since 1995.

“Of the defining moments was when the Institute – or rather, the Faculty and the Institute – were awarded the Tier 1 Research Chair,” she says. “That was a hugely significant event recognizing the hard work of all the research affiliates. You have to have a very strong research program for the University to say, ‘We’ll take one of our research chairs and award it to your faculty.’”

Similarly, Maureen feels the decision to provide office and lab space to graduate students contributed to the strong sense of collaboration that still exists today.

“Before, (grad students) weren’t actually in the Institute, they were on the periphery,” she recalls. “I think that has changed the whole dynamic of the Institute. It’s an acknowledgment of the really strong relationship between research and academics.”

Though she’s not much for looking backwards, Maureen – who retired in April 2010 – says there are elements of the Institute she’ll miss.

“It’s a lot of energy and dedication and hard-working people, who still manage to have some form of balance, and can still have fun,” she says.

As for the future of the HLHPRI, she feels it’s crucial to continue fostering partnerships between the Institute and the Faculty.

“That way, you have a very holistic approach to health, and that’s one of the things our Faculty does really well,” she explains.

“But without that really strong research presence, I don’t think we’d have the opportunities coming our way that we do now.”
**AWARDS AND ACHIEVEMENTS**

**Conference Presentations**

**Dr. Todd Duhamel:** “Preventing the cardiovascular complications of diabetes using exercise.” University of Western Ontario webinar series. Nov. 24, 2010.


**Dr. Russell Field:** “Who invited you? Party crashers or unwelcome guests: The legacy of social protest at the 2010 Winter Olympics.” 10th International Symposium for Olympic Research, University of Western Ontario. October 2010.

**Dr. Phillip Gardiner:** “Neural adaptations to exercise training.” International Graduate Course in Exercise Physiology, Concordia University, Montreal. Oct. 25-29, 2010.

**Dr. Phillip Gardiner:** “Exercise neuroscience: The autobahn with speedbumps.” President’s Tutorial Keynote Lecture, Annual Meeting of the Canadian Society for Exercise Physiology, Toronto. Nov. 3-5, 2010.


**Dr. Sarah Teetzel:** “Explorations of a doping culture in Canadian university athletics.” (With Charlene Weaving.) Body enhancements and (il)legal drugs in sport and exercise, University of Copenhagen. Nov. 10-12, 2010.

**Dr. Sarah Teetzel:** “Contradictory values and rules: The case of Olympic sports.” Feminism, Science and Values: The International Association of Women in Philosophy Conference 2010 at the University of Western Ontario.

**Dr. Sarah Teetzel:** “Breaking sport rules that ought to be broken.” 38th Annual Meeting of the International Association for the Philosophy of Sport, in Rome, Italy. Sept. 15-19, 2010.

**Dr. Sarah Teetzel:** Minimum and maximum age limits for competing at the Olympic games: An analysis and proposal for change.” 10th International Symposium for Olympic Research, University of Western Ontario. Oct 28-30, 2010.

Congratulations go out to Dr. Phillip Gardiner – Director of the Health, Leisure & Human Performance Research Institute, and Associate Dean (Research) of the Faculty of Kinesiology and Recreation Management – on a recently-announced Canadian Institutes of Health Research (CIHR) team grant in Physical Activity, Mobility and Neural Health.

The grant, awarded in July 2010 and worth approximately $2.5 million over the next five years, will allow Dr. Gardiner and his team (led by Dr. Kevin Shoemaker, University of Western Ontario) to investigate the effects of vascular disease on the health of nerves that control muscle function.

*At left: Dr. Phillip Gardiner (left) chats with the Hon. Leona Aglukkaq, Minister of Health (centre) and Dr. Kevin Shoemaker (right), following a funding announcement in Vancouver on July 26, 2010.*

**Making the Case for Primary Prevention: An Economic Analysis of Risk Factors in Manitoba**

In September 2010, HLHPRI affiliate Dr. Elizabeth Ready (shown, at right) and Michelle Nelson, Ph.D. candidate, helped draw attention to the need for increased primary prevention initiatives in Manitoba, through the release of a report – dubbed “The Cost of Apathy” – which placed a $4.7-billion value on the long term cost of smoking, obesity and physical inactivity in the province. The report, entitled *Making the Case for Primary Prevention: An Economic Analysis of Risk Factors in Manitoba*, was funded by the Heart and Stroke Foundation of Manitoba, the Alliance for the Prevention of Chronic Disease, CancerCare Manitoba, and Health in Common. (Ready and Nelson co-chaired the Steering Committee.)

Among the report’s findings is the suggestion that a 1% to 2% reduction in risk factors per year could save the Manitoba economy up to $3.5 billion in direct and indirect health care costs, while reducing deadly chronic diseases such as heart disease, stroke and cancer by as much as 50%.

To read the report in full, see [www.heartandstroke.mb.ca/EconomicAnalysis](http://www.heartandstroke.mb.ca/EconomicAnalysis)
It’s said those who don’t learn from history are doomed to repeat it.

Thankfully, that’s not a fate that’s likely to befall students of Dr. Russell Field, a recent addition to the Faculty of Kinesiology and Recreation Management (FKRM), and one of the newest affiliates of the Health, Leisure & Human Performance Research Institute (HLHPRI).

A former Toronto resident, Field has for years been studying the history of sport and physical activity, and has recently narrowed the focus of his research to global sporting events that challenge the dominant idea of how sport is organized.

“I want my students to question the way the world is around them – to begin to recognize social structures as they are, but not necessarily that they must be that way,” says Field.

“And (I want them) to be open to thinking about the processes that have must be that way,” says Field.

One of Field’s recently-completed research projects was a study of spectator demographics and behaviour at hockey games in the 1920s and 1930s, at two of the best-known venues in North America: Toronto’s Maple Leaf Gardens and New York’s Madison Square Garden.

That research, set to be published in book form within the next year, uncovered a number of interesting trends relating to how hockey crowds have evolved over the decades, among them the fact that venue owners once tried positioning hockey as a pastime for the well-heeled.

“The guys who built Maple Leaf Gardens wanted to make it equivalent to a night out at the theatre, and when Madison Square Garden opened, someone at the time compared it to a night at the Metropolitan Opera House,” says Field.

“One of the thoughts was if they made it respectable enough for women, it would be respectable by default. But there was also an economic rationale articulated – that if they made it respectable enough for women, they’d sell two tickets, because the thought was that a woman wouldn’t come alone.”

More recently, Field has turned his attention to two sporting events that challenge the status quo. The first, a 1963 event called the Games of the New Emerging Forces (GANEO), was an attempt by the Indonesian government to bring together the countries of the non-aligned world (newly-decolonized countries in Asia, Africa and Latin America), outside the parameters of the Olympic Games.

“It was opposed by the international sporting community because it allowed the participation of communist China, who had seceded from the international Olympic movement due to debates over Taiwan,” Field explains. “This event was very tied to Cold War politics, but it was also about politics – not in the First or Second World War – but in the non-aligned world, or what we now know as the Third World.”

Politics also play a role in a more contemporary equivalent: The VIVA World Cup, a soccer tournament that’s billed as an alternative to the FIFA World Cup, with membership comprised of nations that feel unrecognized by the international soccer community.

Last summer, while the rest of the world was gripped by FIFA fever, Field was on the Maltese island of Gozo, attending and observing the fourth annual VIVA event.

“Some of the event organizers wanted nothing to do with politics. For them, it’s about sport and giving groups the opportunity to play soccer,” says Field, who’s also the founder and director of the Canadian Sport Film Festival (which screened this year in both Toronto and Winnipeg; see below for more information).

“For some of the groups – especially Kurdistan and Occitania – this was very much a political exercise. Not surprisingly, they were also the two teams most determined to win. For other groups, it was a chance to demonstrate a sense of culture. And for others, it was a chance to just have a kickabout.”

To learn more about Dr. Field’s research, visit his profile at www.umanitoba.ca/faculties/kinrec/about/field.html

### Canadian Sport Film Festival

The inaugural Winnipeg edition of the Canadian Sport Film Festival took place Nov. 26, 2010, with a pair of screenings at the Manitoba Museum.

The festival is the brainchild of HLHPRI affiliate Dr. Russell Field (see above), who’s been staging a larger version in Toronto since 2008.

He says the aim of the local offshoot was to highlight the role that sport and dance play in shaping our communities.

“We always just wanted to show good films,” Field told Uptown magazine in November.

“But we’re also looking for films that use the subject of sport broadly, and perhaps go beyond it as a subject. In programming the fest, we define sport pretty broadly, ourselves.”

Field says he tailored this year’s lineup to resonate with local audiences, incorporating the documentary short Inuit High Kick – a study of an Inuit athlete performing the titular action in slow motion – and featurette Arctic Hip Hop, which explores how dance workshops help to strengthen bonds between teenagers in remote Northern communities.

Other entries on this year’s schedule included Pond Hockey, a love letter to the time-honoured tradition of outdoor “puck” matches; Tin Town, which sheds a light on some of the more controversial aspects of the 2010 World Cup in South Africa; and Night Work: A Sawchuk Poem, an adaptation of the narrative long poem by Randall Maggs.

For more information about the Canadian Sport Film Festival, see www.sportfilmfestival.ca
Dr. Michelle Porter
Professor,
Faculty of Kinesiology and Recreation Management

Research Affiliations
- Health, Leisure & Human Performance Research Institute, University of Manitoba
- Centre on Aging, University of Manitoba

Given her affinity for research involving older adults — in particular, the effects of aging on physical activity and neuromuscular functions — it’s not surprising to learn that Dr. Michelle Porter has made that a focus of her studies from a fairly young age.

Nor is it surprising to learn that — while working with them in a research capacity over the course of several decades — Porter has also developed an affinity for older adults, themselves.

“One of the things I’ve learned is that older adults are great to work with,” says Porter, an affiliate of the Health, Leisure & Human Performance Research Institute, and a professor with the University of Manitoba’s Faculty of Kinesiology and Recreation Management.

“They’re very conscientious about the projects they’re involved in, and they’re very committed to the work, and extremely appreciative. Which isn’t always necessarily the case with, say, a younger elite athlete.”

A former elite athlete herself (in middle distance running and track and field), Porter earned her undergraduate degree at Laurentian University, where she’d initially planned to become a Phys. Ed. teacher, but realized early on she was far more interested in research work involving physical activity and aging.

At the time, she was volunteering as a recreation program exercise class leader at a nearby nursing home, which partially explains the shift in interest. But Porter says she was also intrigued by the lack of aging-related information that existed at the time, which she attributes largely to differences in demographics and social attitudes.

“In the 1980s, there really wasn’t much research that had been done on physical activity and aging,” says Porter. “Obviously a phenomenal amount has been done since then.”

Porter pursued her graduate studies at the University of Toronto, where she sought out research projects involving aging. For her thesis, she measured bone density in post-menopausal Masters swimmers and runners aged 55 and over, which led her to a real-world stint at the University of Regina, where she performed athlete testing on provincial athletes.

Porter’s doctorate work at the University of Western Ontario found her focusing more and more on neuromuscular function. She later studied at Tufts University in Boston (where she worked out of the Jean Mayer USDA Human Nutrition Research Center on Aging, and the Tufts-New England Medical Center), before heading to Lund University in Sweden to study aging of muscle fibres.

Porter arrived at the University of Manitoba in 1998, continuing her studies in mobility and aging. For years now, she’s conducted research out of the Neuromuscular Performance and Aging Laboratory (recently re-named the Mobility and Aging Lab), and her most current project — a five-year longitudinal study examining the driving habits of motorists aged 70 and older — again finds her in familiar territory.

The nation-wide Candrive project (Canadian Driving Research Initiative for Vehicular Safety) seeks to provide physicians with the tools required to determine whether older adults are still fit for the road, by monitoring 1,000 older drivers from seven cities across Canada, via a device installed in their vehicles.

“The main goal of the project is to determine tests that could be used by physicians to decide who is fit to drive,” says Porter, one of the co-investigators on the project. (See Page 7 for a status update.)

“Physicians in most provinces are required by law to report those who are not medically fit to drive, but there’s a lot of controversy, and a lot of physicians are uncomfortable doing it. One of the reasons (why) is that physicians don’t necessarily have good ways of determining who should be sent on for further screening.”

Porter acknowledges a number of misconceptions still persist in relation to older drivers, most of which would have you believe they’re no longer capable of driving safely. But despite the stereotypes, current research shows it’s actually middle-aged drivers — as opposed to older adults, or even teenagers — who have the highest number of crashes.

(As Porter notes, this can be explained by virtue of the fact that middle-aged motorists drive more often and for greater distances. Younger and elderly drivers do account for higher numbers of crashes per miles driven.)

“Certainly the vast majority of older drivers are competent drivers,” says Porter.

“But we live in a fairly youth-centric world, where respect for our elders isn’t always par for the course.”

For more information about Dr. Porter’s research work, see her bio: http://www.umanitoba.ca/faculties/kinrec/about/porter.html

Porter (at right), with Candrive team members (from left) Satoru Nakagawa, Maureen Babb, Linda Johnson and Joanne Parsons.
Dr. Michael Campbell
Professor, Faculty of Kinesiology and Recreation Management

Research Affiliations
- International Association for Society and Natural Resources
- Parks & Recreation Association
- Parks & Protected Areas Research Forum of Manitoba
- Travel Manitoba Sustainable Tourism Industry Advisory Committee

He’s spent decades studying their impact on human populations, so it’s probably safe to assume Dr. Michael Campbell is smarter than the average bear.

But thanks to a recent research project involving tourism initiatives in Uganda, Campbell can also add mountain gorillas, endangered birds, and African bees to that list, as well.

Campbell — a longtime affiliate of the Health, Leisure & Human Performance Research Institute and a professor at the University of Manitoba’s Faculty of Kinesiology and Recreation Management — has devoted much of his life to studying the relationship between nature-based tourism and the environments in which such activities take place.

Not surprisingly, he’s always been an outdoors-type, though it wasn’t until he was doing his Masters’ research (on ice breakup in gravel-bedded rivers in the Yukon) that he first realized he could spin a career out of his passions.

“It really spurred a lot of my interest in parks and protected areas,” says Campbell, who spent three summers in the Yukon (two of them, on his own). “I learned I had a strong connection to natural environments and wildlife, and to the management thereof, which obviously includes managing people.”

Both elements of that equation — the relationship between wildlife and people — have factored into Campbell’s research work from the beginning, as they did when he began his Ph.D. studies on how geosciences were incorporated into national parks in Canada. By the time he took a position with FKRM in 1998, he’d moved on to a study of recreational hazards within Banff National Park, a site he still returns to with some frequency to teach his popular “Banff Course” (aka: REC 3450 — Parks and Protected Areas Planning and Management).

“Banff is really the goldfish bowl,” says Campbell, who currently sits on the Canadian Committee for Geoparks. “It’s always on display, so when something happens there it hits the press, so they have to consider all aspects of park management. They can’t just think of the ecosystem, they have to think about how it affects the general public, and what society’s attitudes might be, and how the press will react and even how politics might be involved.”

Since so much of Campbell’s research involves wildlife, it makes sense that early in his career he was tapped by the province’s Wildlife Branch to study public attitudes towards hunting and later bear hunting, in particular. He’s been involved in bear-related endeavors ever since, many of them involving the province’s bear management program, and the animals’ impact on neighbouring human populations.

“I’m actually working on a paper about bears right now!” he says. “I’m sure I’ll continue to be involved with them for years. I just find it fascinating, on both sides of the equation. On the one hand, how do we encourage people to behave in a manner that allows them to coexist peacefully with bears? And on the other, I’m also interested in how bears’ behaviour changes in relation to changing human behaviour.”

In recent years, Campbell’s research efforts have brought him face-to-face with some new forms of wildlife — namely, the gorillas (and birds, and bees) populating the mountainous regions of Uganda.

In 2005, he was awarded a $999,500 CIDA grant to develop a Masters degree program in tourism in collaboration with Makerere University and various wildlife and tourism-related partners in Uganda. In addition to the degree component, a key element of the project involves establishing community tourism initiatives around the national parks in Uganda.

As such, Campbell and his colleagues have helped Ugandan residents establish gorilla tourist camps, provided training as guides and interpreters (having identified new opportunities such as cave explorations and bird-watching expeditions), facilitated the sale of locally-made crafts, and even shown residents how to construct, harvest, manage and market beekeeping products.

“Uganda has identified (tourism) as a priority sector, so by creating local tourism expertise, they should be able to adapt their product to changing market demands,” says Campbell, who’d previously led research projects examining tourism initiatives on communities in Tanzania.

“The real key is to start generating income for the local population, so they in turn will support conservation initiatives.

“Like with the guided gorilla tours, the communities now realize they are making money because of the gorillas. So there’s an incentive not only to protect the gorillas, but also to begin growing the forest outward.”

For more information on Campbell’s research projects, see his bio: [http://www.umanitoba.ca/faculties/kinrec/grad_programs/about/campbell.html](http://www.umanitoba.ca/faculties/kinrec/grad_programs/about/campbell.html)
Dr. Gordon Giesbrecht caught up with an old friend this fall – and scored some national publicity for his research project, in the process – when CBC personality Rick Mercer stopped by Winnipeg to tape a segment for his show *The Mercer Report*.

On Sept. 14, 2010, Mercer joined Giesbrecht in demonstrating the proper way to escape a vehicle that’s submerged in water – a process that required both men to take a few plunges into an ice-cold pond outside Winnipeg.

The demo, one of several that Giesbrecht has staged in and around the city over the past year, was part of Operation ALIVE, a five-year study of 100 vehicle submersions – all of them conducted with human occupants inside.

So far, the project’s findings are best summarized by the following four-point strategy: Seatbelts, children, windows, and out.

“Undo your seatbelts immediately,” says Giesbrecht, who’d previously paired with Mercer for a segment on hypothermia years earlier. “If there are children in the car, get them free of their restraints and beside you. Get the window open or break it, whatever it takes. And then get out (of the window) as fast as you can.


### Candrive

**Canadian Driving Research Initiative for Vehicular Safety**

Funded by the Canadian Institute for Health Research, the *Candrive* project is a multi-disciplinary, longitudinal study in which 1,000 drivers, aged 70 or older, from seven different testing sites across Canada will be monitored for a period of five years.

In addition to having a device installed in their vehicle that monitors the length, location and frequency of their trips, those taking part in the study will be assessed once a year via a series of tests conducted at the HLHPRI’s Mobility and Aging Laboratory.

Here’s an update on the project’s current status, courtesy of co-investigator Dr. Michelle Porter:

**Winnipeg Site:**
- Enrollment began in August 2009, and local investigators reached their target enrollment of 125 in September 2010.
- Test subjects range in age from 70 to 89 years old.
- 69.9% of the test subjects are male.

**Driving Data**
- Porter’s lab is the lead site for collection of driving data.
- As of Oct. 25, 2010, her team had received over 1,400 files from the seven testing sites across Canada.
- Each file contained approximately 4,000 kilometres’ worth of data for the approximately four-month period.
- In total, investigators currently have over 5 million kilometres’ worth of driving data to analyze.
- The data collection phase will run until Fall 2013.

**Support**
- FKRM alum Glenys Smith (B.Sc.) continues to work for Porter’s lab, but is now located at the Monash University Accident Research Centre (MUARC), in Australia. MUARC has partnered with Candrive on the project; their study is called Ozcandrive.

### Operation ALIVE

**Automobile Submersion: Lessons in Vehicle Escape**

Below: The CBC’s Rick Mercer climbs out of a submerged vehicle outside Winnipeg, while taping a segment for *The Mercer Report* with HLHPRI’s Dr. Gordon Giesbrecht.
The Health, Leisure & Human Performance Research Institute is currently in the midst of another successful Seminar Series. Most recently, we welcomed Dr. Jessica Fraser-Thomas (shown, in white, with FKRM’s Dr. Leisha Strachan), an assistant professor from the School of Kinesiology and Health Science at York University. Dr. Fraser-Thomas’s current research interests are in youth sport, with a specific focus on dropouts, psychosocial influences, life skills development, mental skills training, and how youth sport contexts can be better designed to facilitate healthy physical and psychosocial development.

Below is a list of the Seminar Series presentations that have taken place since the last newsletter, as well as those scheduled to take place in the coming months.

**HLHPRI SEMINAR SERIES (2010-2011):**

**October 1, 2010**  
**Wendy M. Rodgers, Ph.D.**  
Professor, Faculty of Physical Education & Recreation  
University of Alberta  
“The role of social cognition in exercise and other health behaviour”

**October 18, 2010**  
**John Spence, Ph.D.**  
Associate Professor and Associate Dean (Research), Faculty of Physical Education & Recreation  
University of Alberta  
“Obesity and urban farms: Where you live and what you weigh ARE connected”

**November 10, 2010**  
**Michelle Porter, Ph.D.**  
Professor, Faculty of Kinesiology and Recreation Management  
University of Manitoba  
“The triumphs and challenges of carrying out a longitudinal study of older drivers – the CanDrive experience”

**November 22, 2010**  
**Jessica Fraser-Thomas, Ph.D.**  
Assistant Professor, School of Kinesiology and Health Science  
York University  
“Keep kids playing. Help them grow.”

**January 13, 2011**  
**Dean Kriellaars, Ph.D.**  
Assistant Professor, Faculty of Medicine  
University of Manitoba  
“Disability to ability: Physical literacy and participation”

**February 15, 2011**  
**Gord Giesbrecht, Ph.D.**  
Professor, Faculty of Kinesiology and Recreation Management, University of Manitoba  
“Get me outta here! Lifesaving conclusions from Operation ALIVE”

**March 3, 2011**  
**Kejian Xu, Ph.D.**  
Lecturer, China University of Geosciences (Beijing, China)  
“The Geoparks in China”

**March 22, 2011**  
**Gaylene Carpenter, Ed.D.**  
Professor Emerita, Arts and Administration  
University of Oregon  
“A study of leisure during adulthood, 1987-2011”

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**Media Mentions**

**Dr. Todd Duhamel**  
Seeing red over some Bull: Did energy drink flout Health Canada Rules?  
Winnipeg Free Press, Aug. 9, 2010  

**Dr. Sarah Teetzel**  
Who’s doping and why in Canadian varsity sports  
The Rob Breakenridge Show (Corus Entertainment Radio, AM 770 CHQR, Calgary), Aug. 9, 2010

**Dr. Elizabeth Ready**  
Economy of scale: Obesity and smoking to cost province $4.7B, study says  
Winnipeg Free Press, Sept. 15, 2010  

**Dr. Todd Duhamel**  
U.S. regulators warn about alcoholic energy drinks  
CTV News, Nov. 17, 2010  

**On the Horizon**

Together with the Centre on Aging, the HLHPRI will screen the film *Autumn Gold* on Mon., Feb 7, 2011, at 3:30 p.m. in Room 172, St. John’s College. Admission is free. The film, which screened recently as part of Dr. Russell Field’s Canadian Sport Film Festival, observes five veteran athletes (aged 80 to 100 years) as they prepare for track and field events at the World Masters Championships in 2009. The screening will be followed by a discussion moderated by Dr. Field. Please RSVP to [aging@cc.umanitoba.ca](mailto:aging@cc.umanitoba.ca).
MILESTONES

Dr. Henry Janzen, Dean Emeritus

For almost his entire life, he’s played a lead role in changing the landscape of physical education in Manitoba, serving tirelessly over the decades as a teacher, an administrator, and an activist.

So it’s no surprise that in June 2010, Dr. Henry Janzen – former Director and Dean of the Faculty of Kinesiology and Recreation Management – was honoured by the same institution from whence the majority of those changes were made possible.

Janzen, who over the course of his career has served as a coach, a director of athletics, and finally head of the U of M’s School of Physical Education, was honoured last spring with a Dean Emeritus designation during the University’s annual convocation ceremonies.

It was a fitting tribute, given that Janzen has served as a true leader in the fields of health, sport and recreation. Not only has he helped to reshape people’s attitudes towards healthy living (most recently, by fighting to have Phys. Ed. classes made mandatory in public schools until Grade 12), he has also ensured the people tasked with delivering those classes are qualified to make a lasting impression.

“To enjoy physical activity, you must experience something meaningful,” says Janzen. “That’s why there was always this cry, that we need qualified, prepared people who can teach physical education. And we also need time, because if you only have 20 minutes or an hour each week, it’s not enough time to learn a skill.

“We’re in a situation now where – as a profession – we’ve got the time, and we’ve got enough people who are professionally prepared. We hope that in the long run, we will be graduating physically educated children and adults, who will enjoy physical activity, and will do it for the rest of their lives — and have a richer life because of it.”

Born and raised in rural Manitoba, Janzen attended a one-room schoolhouse as a boy, and later experienced a bit of culture shock when his family moved to Winnipeg and he enrolled at Glenlawn Collegiate as a teen.

Dr. Henry Janzen (left); Dr. Jane Watkinson, Dean of FFKRM (centre); and Dr. Jennifer Maevtavish, Associate Dean of Graduate Studies (right), outside the University of Manitoba’s 2010 Convocation ceremony.

In particular, his concept of physical education – which up until that point had consisted mostly of recesses spent playing tag – changed drastically once he was exposed to the array of recreational opportunities available to him at the larger city high school.

Having played for the St. Vital Mustangs, Janzen tried out for the Winnipeg Blue Bombers after graduation, though it wasn’t until the following year that he landed a spot on the team. He played for seven years (during which time the squad racked up three Grey Cups) and eventually retired at the age of 25 to take his first positions with the U of M — as Director of Athletics, and a year later, as Head Coach of the Bison Football team.

Janzen was already familiar with academic life, having earned his degree in Physical Education (from the University of North Dakota, which is also where he met his wife) during his off-seasons with the Bombers. He took the U of M job in 1966, the same year the newly-created School of Physical Education began offering a three-year degree in Physical Education.

Janzen completed his doctorate while working as Athletic Director and football coach, and in 1978, became Dean of the School of Physical Education. During its first decade or so, the School had existed mostly as a preparatory unit for Phys. Ed. teachers, but over the years, it developed a research program delving into such areas as exercise physiology, biomechanics and sport psychology.

In 1982, the U of M’s School of Physical Education achieved Faculty status, based largely on the strength of its continued academic success.

“As our Faculty became bigger — in terms of both teaching and research — it evolved into offering more degree programs,” Janzen recalls. “And with our research program, we established a research institute (the Health, Leisure & Human Performance Research Institute), which helped us attract scholars in the field who wanted to come and do both teaching and research.”

Janzen fundraised tirelessly on behalf of the new Institute, attracting support from government, the private sector, and U of M donors, and eventually amassing an endowment fund worth $1.8 million.

Later in his career, Janzen raised funds for the creation of the Max Bell Centre, and — while the Faculty’s academic programs continued to flourish — championed the addition of children’s camps and the development of Mini-University, the Bison Athletic Therapy Clinic, Bison Sports, and campus recreation programs.

He also served for 24 years as a trustee with the Fort Garry School Division, which led directly to his becoming involved with the Healthy Kids, Healthy Futures Task Force — a provincial government initiative that finally made good on decades’ worth of recommendations suggesting physical education should be made mandatory in Manitoba schools.

“It’s hard to create changes in education ... and this was a huge, huge change,” says Janzen of the uphill battle faced by the task force, which was led by current Health Minister Theresa Oswald. “But there will always be that struggle and that challenge of how can you incorporate daily physical education, and still meet the academic needs of students. We proved it is possible.”