

# School of Health and Human Performance



## Alumni News

Spring 2003

### Doing What He Loves To Do

Shawn Stratton (BRec '98) has always had a passion for the outdoors but he never knew that this passion would eventually turn into a fulfilling and adventurous career.

His fondness for nature may have started as early as his childhood days. Growing up in Newfoundland, he joined the Scouts, something he credits as affecting his enthusiasm for leadership activities and nature. At that point in his life, however, he wasn't thinking about how this could parlay itself into an incredible job.

After high school, Stratton attended MUN but after a couple of years decided to transfer to Dal. He chose Dal because he thought professional sports marketing would be his career choice and Dal's Halifax location would be conducive to his participation in triathlon. His decision didn't disappoint him and, in fact, it had a great impact on his future.

Reflecting on his Dal days, Stratton says that a number of things he experienced formed his decision on which path to follow after graduation. One of these things included the guest speakers that came in to some of his courses. These people were definitely a motivating factor for him as he became inspired after listening to them speak about what they did and how they loved their jobs.

Stratton also says that he probably never would have chosen his current career path had it not been for Tony Richards and his adventure-based experiential education class. In this class, he was introduced to the National Outdoor Leadership School (NOLS) and Outward Bound, the latter being his choice for his internship.

Two other fond memories of his time at Dal include the orientation retreat and volunteering. Although these made for a busy first semester at Dal, the hands-on approach made for a great introduction to the program.



Stratton on the job

Since graduating from Dal, Stratton worked at a teen wilderness adventure program in San Francisco and other outdoor education organizations in Canada before landing his current job at the National Outdoor Leadership School (NOLS), which has its home base in Wyoming. In this position, he is a teacher of wilderness skills and leadership. If it sounds like a regular instructor job, don't be fooled as his classroom is anything but typical.

What is typical about his job is that it affords him the opportunity to visit locations around the world. Transport methods include backpacking, sea kayaking, canoeing, and mountaineering while his curriculum consists of outdoor living, survival skills, leadership skills, and environmental studies. "For most of the students, it's a life-changing experience," Stratton notes. Having taught courses in Alaska, Yukon, Baja and the Himalayas to name a few locations, it is easy to understand when he says that he tends "to have more adventure in a month than a lot of people do in a lifetime."

Thinking ahead to the future, Stratton isn't sure how long he will remain a NOLS instructor. He does say he has a few goals left and will stay until he achieves them, but he also has other goals in sight for down the road. One of these plans may include starting his own business that will lead teens on back-country and cultural adventures around the world. Another could include actually living in one place for more than three months. Until then, however, his personal mission is to travel and do this type of work while he still is able because the future is always uncertain.

Until that time, he will continue working in a job he adores doing work he is passionate about and living by his motto: "Do what you love to do, do it well enough, and someone will pay you to do it."

### INSIDE

Gillingham Gets a Big Break.....	2	Alumni Updates .....	3
Director's Message.....	2	Notables .....	3
HAHP Highlights .....	3	Bulletin Board.....	4

## Kinesiology Alum Gets a *Big Break*



Robin Gillingham

Robin Gillingham may have just jump-started her dreams with hard work and vision and a little help from Nescafe. A BSCK grad (First Class Honours '01), she is currently pursuing a Masters in Exercise Science at the University of Toronto and will graduate in the fall.

While in Toronto, she learned about a contest being offered by Nescafe.

Called the *Nescafe Big Break*, the aim was to have people from the ages of 18-25 submit an application that outlined a "dream". A nationwide contest, applications poured in - approximately 14,000 of them. After narrowing the applicants to 300, the contestants had to submit a much more comprehensive proposal similar to a business plan. Eleven finalists were then flown to Acapulco, Mexico in December 2002 to present before the panel of judges. As you may have guessed, Gillingham not only made the eleven finalists, she won the contest! The prize for the winner was \$20,000 to be used toward realizing the "dream" in the proposal.

Gillingham's proposal included plans to initiate health and wellness programs across Atlantic Canada to manage and prevent the incidence of chronic disease. The primary focus will be on implementing physical activity and dietary changes into people's everyday living. Her plan is to do this through awareness and education programs as well as through the development

of physical activity programs, nutrition, and stress management counselling. In the short term, this would mean working with people who have been diagnosed with a chronic disease or those who are at risk. The long term goal is to establish her own center for the prevention of chronic disease that would oversee and manage these such programs in the Atlantic Provinces.

"I had been so caught up in my own thesis and schoolwork that I hadn't the chance to step outside of my little world and see what's happening with the younger generation around me. I found that experience very refreshing and invigorating for me."

Gillingham points out that the contest was a great experience. "It gave me the opportunity (and motivation) to actually get my "dream" organized and developed on paper." Also, she noted that "the opportunity to spend a week surrounded by so many fabulous and talented people (all aged 18-25) was fantastic."

As for what inspired her toward this "dream", she believes that every experience a person has "forms who we are and where we want to go" so no one inspiration can be identified.

She does, however, admit that the deaths of both parents due to cancer while she was a child led her to an interest in health care and that her time at Dalhousie led to a specific interest in healthy lifestyles and disease prevention. She believes that "the only way we can *successfully* address the current chronic disease endemic is to turn the "care dial" 180 degrees and take a proactive approach to managing disease. We must address the causes of disease rather than fall into the trap of treating its symptoms."

## Message from the Director



Dr. Lori Livingston

As another academic year winds to a close, it is apropos to reflect on what we have accomplished over the last few months and what lies ahead on the horizon. Suffice it to say that the School continues to move forward in offering innovative programming to its students. Four major initiatives are worthy of note. They include:

- ◆ The undergraduate Health Education programme is poised to introduce a new curriculum, complete with two streams of study (Community Health Promotion; Health Promotion Research and Policy) and an Honours thesis option. Included in this proposal is a suggested name change to Health Promotion.
- ◆ Renovations to the Dalplex Kinesiology suite will see that area converted to dedicated research and office space for faculty and graduate students, while still keeping lab facilities and some classroom space.

- ◆ With the recent unveiling of a new Faculty of Health Professions Strategic Plan, the School is poised to undertake its own strategic planning exercise in September, 2003. This will be the first such exercise since the School was restructured in the late 1990s.

- ◆ Plans are now underway to develop a new Faculty of Health Professions undergraduate degree programme to prepare students for entry into a variety of health-related careers, including post-degree programmes in physical therapy, occupational therapy, and human communication disorders. With a current working title of "Bachelor of Health Studies", it is proposed that the new degree programme will be housed within the School.

As the new programmes and plans are unveiled, we will keep you posted via the Alumni Newsletter.

Have a good summer!

## HAHP Highlights

### Did You Know...

- ◆ That all students in Health Professions, Medicine, and Dentistry at Dalhousie now take part in interprofessional learning. Called Tri-IPAAC, this initiative has been put in place so that our students can learn first-hand about the many different perspectives in the health professions and learn to work with students from other programs in inter-disciplinary teams. Dal is a trend-setter in Canada with this initiative and one of its original organizers is our very own Lois MacGregor (BPE '70), current faculty member in Health Education.
- ◆ That the School and Dal continue to offer a number of exchange opportunities for students. The School offers an exchange with the University of Brighton in England each year, while Dal's International Student Exchange offers opportunities for students as well, with many of our students opting for the University of Canberra in Australia.
- ◆ That our Kinesiology program now offers Honours Conversion. For students who did not participate in the Honours program in Kinesiology during their final year in the program, the option for them to upgrade their degree to Honours is now available. Potential applicants must still meet all current requirements.

### Notables...

- 😊 Dr. John McCabe and Dr. Stephen Cheung, Kinesiology faculty members, have recently been listed in the Maclean's university rankings issue for the third year in a row as two of Dal's most popular professors!
- 😊 Lois MacGregor (BPE '70), current Health Education faculty member was recently awarded the Dr. Sandy Young Award for contribution to sport in Nova Scotia. This award was presented at the annual Black and Gold Athletic Awards ceremony held at Dalhousie.
- 😊 Also recognized at the recent Athletic Awards were Craig Slaunwhite (current Kinesiology student) - MVP for Track and Field; Allison Gillis (BSck '02) - MVP for Women's Volleyball; Ken Seaman (current Kinesiology student) - Trainer of the Year; and Mara Chaplin (current Kinesiology student) - Volunteer Award - congrats to all!

## ALUMNI UPDATES

- Scott Logan, BPE '80**, has been seconded as Executive Director for the Government of Nova Scotia's new Office of Health Promotion. He moves here from his regular position as Chief Executive Officer at Sport Nova Scotia.
- Abigail Cook (nee Tramble), BSck '93**, is currently working as a Physical Therapist at the Edmonton Sports Institute. She married Trevor Cook in July 2000 and is the proud mom of Tyler Edwin Cook, born in January 2002.
- Anthony MacAulay, BRec '94**, is working as Assistant Coach and Assistant GM with the Roanoke Express of the East Coast Hockey League.
- Joelyn Gilbert (nee Harris), BSChE '95**, is working with Clean Harbours Canada in Debert, NS.
- Kelly Lightfoot (nee Gibbs), BSck '96**, married Chris Lightfoot in June 2002 and is currently working at Atlantic Blue Cross Care as a National Provider Relations Specialist.
- Dr. Rose Lynette MacKay, BSck '97**, received her MD in 2001 and planned to do her last 6 months residency in Sydney at the Cape Breton Regional Hospital with plans to move on to Emergency Medicine.
- Anne Marie Sullivan (nee Cantwell), BRec '97**, completed her MA at University of Waterloo and her PhD at University of Guelph. She is now an Assistant Professor in the School of Human Kinetics and Recreation at Memorial University in Newfoundland.
- Andrew Montgomerie, BSck '98**, is working as a Kinesiologist/Vocational Evaluator at FAIR Assessment Centre in New Westminster, BC.
- Tim Maloney, BSck '98**, completed his MBA at the University of Alberta in 2001 (where he won a CIS basketball championship as assistant coach with the Golden Bears). He is now working as Manager - Marketing Properties with Canada Basketball in Toronto.
- Kimberly MacAulay, BSChE '99**, spent a year in Inuvik, NWT, as Injury Prevention Coordinator for the Inuvik Region and is now in Port Moody, BC, where she is a Pharmaceutical Representative for Pfizer.
- Kate Montgomerie (nee MacNeil), BSck '99**, is married to Andrew Montgomerie (BSck '98) and living in Vancouver, BC. After working as a Kinesiologist for a couple of years, she is currently on duty as the mom of two young children.
- Janet Dawson, BSChE '01**, is now a Child Injury Prevention Health Officer for the Kingston, Lennox & Addington Health Unit in Kingston, ON.
- Jennifer Lamont, BSck '01**, is currently in Australia working on an orthopaedics research project.
- Donald MacDonald, BSck '01**, completed his Masters at the University of Loughborough and is now in Calgary working as an Ergonomics Consultant at EWI Works.



# Bulletin Board



## LOOKING FOR JOB INFO...

As you can imagine, I get many inquiries from current students about current job opportunities, whether they be through the year or just during the summer. In an effort to gather information, I'm now asking alum to help me out!!

I'm looking for two specific pieces of job information - the first is about jobs related to your degree that you may have had while in the program here - what was your job and where was it? The second piece of information I'm seeking is to find out what kind of jobs for students may exist in the organization where you now work - (i.e., are there any and if so, are they just in summer or year round?). I'm looking for any information out there so please email me at htb@dal.ca to give your comments so we can help our current students!



## HELP US PROMOTE!!

In an effort to maintain our recruitment efforts, we're looking to alum to help in a very small way. Do you work in an organization where brochures or fact sheets can be displayed for the general public to view? If so, please let me know who you are and where you work, along with a mailing address and we'll add you to our database and send you some information to post! Email your info to htb@dal.ca.



**CORRECTIONS FROM LAST ISSUE...**Just a few notes passed along from our reader base regarding the Olympic cover story in the last newsletter. It was reported that Gord Anderson participated in sailing, not speed skating. Also noted was that Glen Girard was a participant in canoe/kayak, not speed skating. Another reader mentioned that Anne Dodge (could not find her grad year) participated in the Olympic Games as a paddler. Sorry for any confusion!



If you have any memories you think might be fun to note or photos you would like to submit, please email anything you have to htb@dal.ca or mail to the address below!



## Help Us Find...

Someone to coordinate a Physical Education alumni group and a Health Education alumni group. Our goal is to have functioning groups for all our program areas - two down and two to go! If you're interested in helping out, please email htb@dal.ca.

Everyone else! Although we've been very successful in finding many of our alumni, there are still many left to be found. If you know someone who doesn't get this newsletter, please forward it on and ask them to contact me (at htb@dal.ca) to add their name to the list!

## Contact Information

For any questions, comments, or ideas, please contact Heidi Tracey Baillie at:



School of Health and Human Performance  
6230 South Street  
Halifax, NS B3H 3J5



Email: htb@dal.ca



902-494-3809

FAX: 902-494-5120

WEB: www.dal.ca/hahp

≧ If you wish to submit information for upcoming newsletters or if you know of a fellow alum that would like to receive it, please fill in the following and either mail, email, or fax it to the School. Please note that your email address or phone numbers will not be given to outside parties - these are for our information only!

Name at graduation: \_\_\_\_\_

Current name: \_\_\_\_\_

Program(s) and Year(s): \_\_\_\_\_

Home mailing address: \_\_\_\_\_

Home phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Workplace: \_\_\_\_\_

Job title: \_\_\_\_\_

Work address: \_\_\_\_\_

Work phone: \_\_\_\_\_

Anything interesting to mention (i.e., career, family, education...):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_