

LAKEHEAD

ALUMNI

FALL/WINTER 2010 | VOLUME 27 NUMBER 2

REFLECTIONS ON ORILLIA

Nathalie Corriveau
Crystal Luchkiw

TOURISM, COMMUNITY, and SUSTAINABLE DEVELOPMENT

CONVOCATION 2010
One University,
Two Campuses

PROFILES
Kirsten Oinonen
Paul Pepe



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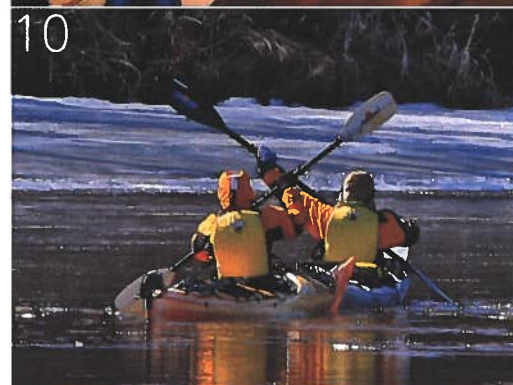
Photo courtesy of Karen Ramsdale

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Editor's Message

by Frances Harding
editor@lakeheadu.ca



STRATEGIC AND EFFECTIVE SOLUTIONS

While visiting Vancouver Island this past summer, I had the pleasure of meeting Nathan Bennett, one of Canada's most talented doctoral students in the humanities and social sciences. Nathan is the recipient of a 2010 Trudeau Scholarship, which is helping to support his doctoral research at the University of Victoria on biodiversity and climate change in marine protected areas on the Andaman Coast of Thailand.

Nathan's biography, published on the Trudeau Foundation website, touches on some of the ideas developed in our feature story "A Fine Balance" on page 10 of this issue: "As society's storytellers, social scientists have a challenging and ever-important role in facilitating the creation of grounded, strategic, and effective solutions that will support

both conservation and development outcomes at a local level. The solutions that we embrace in the 21st century will need to be increasingly creative and reflective of the particular social and ecological context within which they operate."

Nathan acknowledges the role Lakehead faculty members played in helping him secure the Trudeau Scholarship, saying, "The thorough and grounded research training combined with the mentorship and support that I received while doing my master's degree in the Master of Environmental Studies in Nature-Based Recreation

and Tourism program (through the School of Outdoor Recreation, Parks, and Tourism at Lakehead University) was central to the strength of my application. In particular, I want to recognize the support that I received from my supervisor, Harvey Lemelin, and my committee, Margaret Johnston and Lesley Curthoys."

While doing graduate work with Professor Harvey Lemelin at Lakehead, Nathan worked alongside members of the Lutsel K'e Dene First Nation to study their perspectives on the benefits of conservation and capacity building in the creation of a national park on the East Arm of Great Slave Lake, Northwest Territories. For this work (<http://lutselkeandthaidenenene.wordpress.com/>) Nathan received the 2010 Robin P. Armstrong Memorial Prize for Excellence in Native Studies, awarded to one Canadian graduate student each year by the Canadian Association of Geographers. His doctoral research will examine several questions related to the complex and evolving relationship between coral reef marine protected areas and local livelihoods on the Andaman Coast of Thailand through a solution-oriented lens.

Congratulations Nathan! And congratulations to Professors Rhonda Koster and R. Harvey Lemelin for receiving Lakehead's first Aboriginal Partnership Research Award. The Award is for two research projects being done with Chief Pierre Pelletier and Kristine Metansinine from the Red Rock Indian Band: "Building Capacity in Rural Communities through Appreciative Inquiry," and "Rural Tourism in Resource-based Communities: An Examination of Regional Tourism Networks in Northern Ontario." ■



| Nathan Bennett

LAKEHEAD

FALL/WINTER 2010

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Take Note



MY HOME TOWN

Hip hop trio Jordan Burnell, Coleman Hell, and Michah Dowbak, who together make up the band Burnz N Hell, were in the limelight this year when their song *My Home Town* and video by Matt Popowich attracted hundreds of thousands of hits on YouTube when it was launched in 2010.

The story of how the band came to sign an overall artist development agreement with Live Nation Canada through a connection with Lakehead University graduate **Mike Rapino** (BAdmin'89) was featured in the summer 2010 issue of *Bearskin Airlines'* in-flight magazine. Coleman Hell is currently enrolled in the Honours Bachelor of Arts program. The band's latest video "Pretty On The Inside" was filmed at the Thunder Bay Community Auditorium. www.burnznhell.com

LIFE IS BUT A DREAM

History Professors Ronald Harpelle and Michel Beaulieu have participated in the making of a short film entitled "Life Is But A Dream..." which has received the "Best of Genre for Sport" award within the International Documentary Challenge. It was the only Canadian entry to make it to the finals, receiving an honourable mention by the jury at the Hot Docs event. This event, which took place in Toronto in early May, is the biggest documentary film festival in North America.

The film is about writer Charlie Wilkins and his latest adventure in rowing across the Atlantic Ocean (among a group of other rowers) while attempting to break the 33-day crossing record. ■

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WATER RESOURCE SCIENCE

LAKEHEAD AND CONFEDERATION COLLEGE HAVE PARTNERED TO OFFER AN APPLIED ENVIRONMENTAL WATER MANAGEMENT STREAM to the University's existing Water Resource Science program.

Students will spend the first year at Lakehead learning basic scientific concepts. During their second year, students will attend Confederation College and become immersed in applying theory and concepts to practice while using state-of-the-art equipment, including a scaled-down and computer-controlled version of Thunder Bay's water treatment facility. They will also learn field sampling and data collection techniques, using the equipment they may be expected to use upon entering the workforce. In their third and fourth years, students will return to Lakehead University to take the same upper level science courses as the Water Resource Science students who aren't enrolled in the integrated stream, while undertaking comprehensive scientific study in the form of an honours thesis.



Upon completion of this program, students will receive an Honours Bachelor's degree in Water Resource Science from Lakehead University, and an Environmental Technician Diploma from Confederation College, and may choose to write exams to be eligible for their Water and Wastewater Operator-in-Training and Entry-Level Drinking Water Operator certifications from the province. ■

Professor Philip Fralick with Water Resource Science student Dave Callaghan and graduate Larissa Mikkelsen

BY ANY OTHER NAME

The Faculty of Forestry and the Forest Environment has changed its name to the *Faculty of Natural Resources Management*. The new name better describes the Faculty's mission to meet related challenges and opportunities, such as adapting to climate change, responding to new economic realities for Ontario, and engaging the public in the stewardship of Ontario's significant forest estate. nrm.lakeheadu.ca

FORMULA-1 RACING

Lakehead's Formula SAE Team placed 39th out of 120 international teams at the FSAE International Competition held at the Michigan International Speedway in May 2010. Scores for the team's static and dynamic events improved over those from last year when the team was named

"Rookie of the Year." Each team's race car prototype was judged for design, cost, manufacturing, and analysis. The performance of each car was ranked according to acceleration, skidpad, autocross, fuel economy, and endurance.

A MARRIAGE OF SCIENCE AND SOCIAL SCIENCE

Lakehead's new *Honours Bachelor of Science in Resource and Environmental Economics* program combines the analytical content of economic analysis with the scientific literacy and knowledge of natural resources, science, and the environment. It will have the academic intensity of an economics degree and the scientific depth and breadth of an environmental science degree. economics.lakeheadu.ca ■

BRIDGE TEAM WINS AGAIN

Lakehead's Civil Engineering Steel Bridge Team fared well yet again in all categories at the 19th Annual AISC/ASCE U.S. National Student Steel Bridge Competition, hosted by Indiana's Purdue University in May 2010. Among the 46 universities that competed, Lakehead's team won awards in four categories, placing second in construction speed, construction economy, and display, and taking third place overall.



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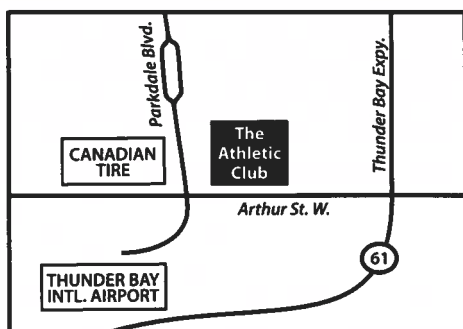


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Campus News

LEED® PLATINUM CAMPUS OPENS

MORE THAN 350 PEOPLE GATHERED IN ORILLIA ON SEPTEMBER 23, 2010, FOR THE GRAND OPENING OF LAKEHEAD'S NEW ACADEMIC BUILDING AT 500 UNIVERSITY AVENUE. For Dr. Chris Murray, a science professor, it was a dream come true. Murray attended high school in Orillia and returned this year as one of Lakehead's newest faculty members. "It's a dream come true for me to find myself back in my hometown, with the chance to raise my daughter where I grew up and where my family is located," said Murray. "The prospect of teaching and conducting research at a world-class university while living in the 'Sunshine City' is very exciting."

"With the opening of our new LEED® Platinum campus, we are able to showcase our commitment to environmental

sustainability while educating students to be leaders who understand the challenges of the future," said Lakehead President Brian Stevenson. The Lakehead University – Orillia campus allows students in our communities to be able to afford a university education, a dream that drove the original local pioneers of post-secondary education decades ago," he added. The new \$43-million

Kaylen Leonienko and Professor Chris Murray cut the ribbon to open Lakehead's new \$43M academic building in Orillia

academic building was funded in part by the Government of Canada's Knowledge Infrastructure Program, the City of Orillia, and by donors to Lakehead – Orillia's Your Bright Future Campaign, including the County of Simcoe. ■



photo: Jennifer Burden, The Packet and Times



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Reflections on Orillia

60 Seconds with Crystal & Nathalie

by Frances Harding



NATHALIE CORRIVEAU (HBASC'09) AND CRYSTAL LUCHKIW (HBASC'09) ARE IN SECOND YEAR OF THE MD PROGRAM AT McMASTER UNIVERSITY. IN THIS INTERVIEW THEY REFLECT ON COMPLETING AN UNDERGRADUATE DEGREE AT LAKEHEAD UNIVERSITY – ORILLIA.

How did the Arts and Science degree program prepare you for the challenges of studying medicine?

The ability to study both arts and sciences has enabled us to take on the various challenges of medical school at McMaster University. McMaster's medical program places emphasis on many aspects of health and wellness other than just the science behind it all. Being able to study social issues and learning to apply concepts to real life issues throughout our undergraduate years equipped us with the skills to appreciate the complexity of both health and illness in a more comprehensive manner.

The professors at the Lakehead University Orillia campus teach using a holistic approach toward all issues and consistently challenge students to think critically. This was certainly a successful skill for us in our first year in medicine and is one of the strengths that we bring to our tutorial groups.

What did you enjoy most at Lakehead?

The small class sizes enabled both of us to build relationships with each of our professors. Ultimately we knew that we were being challenged more fully and had to work harder to achieve our personal best because our professors really understood our capabilities and potential. To have the opportunity to work so closely with our professors and peers forced us to be actively engaged in our studies and to search for our own interests.

What skills are you using now, which you began to develop at Lakehead?

While at Lakehead we learned a great deal about ourselves as individuals and as students. Now, we constantly think about our personal biases and how these can potentially influence how we approach patients and the advice we offer them. We appreciate the value and importance of good solid evidence and are confident in our abilities to be critical of research as we go forward in the study of medicine. We are both aware of how we learn best and what strategies we can use to enhance our learning experience in medical school. Since McMaster's program is self-directed, knowing how to identify gaps in our knowledge and when to change our

| Crystal Luchkiw and Nathalie Corriveau

learning strategies have proven invaluable. All of the professors at Lakehead emphasized the importance of thinking critically; this skill will be forever utilized in our medical careers.

Looking back now, we both agree that we had to be extremely resourceful as students in Orillia. Because the campus was new at the time, our library was quite limited during our first and second years so we quickly learned to use online databases. Luckily for students, the library staff was absolutely incredible and helped students, if they were having difficulties, find whatever they needed. In medical school, most of our research is done this way and it's helpful to have had some experience researching academic journals independently. Also, if specific courses weren't being offered at our campus when we needed them (since we were both a year ahead) or were being offered in Thunder Bay but not in Orillia, we found various ways to have the opportunity to take them, either via an online course, through another university, or even travelling to Thunder Bay for the summer session. ■

Read the full interview online
<http://magazine.lakeheadu.ca>

Convocation 2010

One University, Two Campuses

by Communications Staff

Convocation 2010 marked a number of milestones for Lakehead University and its graduands – in Thunder Bay and Orillia. Students from the Thunder Bay campus gathered at the Community Auditorium for three Convocation ceremonies, including the first one on May 28, 2010 where they witnessed the installation of Arthur V. Mauro as Lakehead University's new chancellor. A week later, Chancellor Mauro presided over a fourth Convocation ceremony on June 5 at the Patrick Fogarty Catholic Secondary School in Orillia.

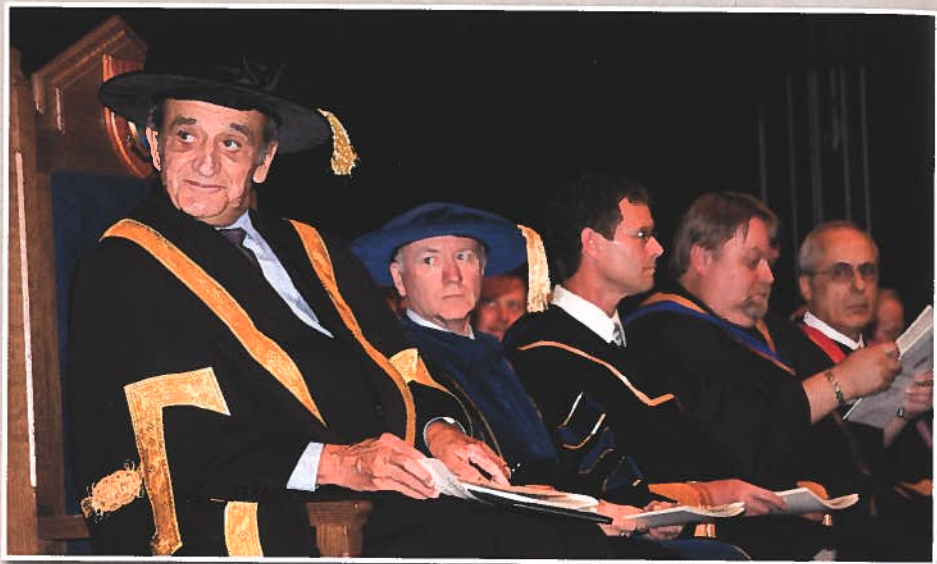
A total of four honorary degrees were conferred this year. In Orillia, a Doctor of Laws was conferred on The Honourable David C. Onley, Lieutenant Governor of Ontario.

In Thunder Bay, a Doctor of Letters was conferred on Tomson Highway, the award-winning Cree novelist, children's author, and playwright; a Doctor of Laws on Tony Belcourt, a leader in Canada's Métis community; and a Doctor of Science on Temple Grandin, a Professor of Animal Sciences and a spokesperson and advocate for persons living with autism.

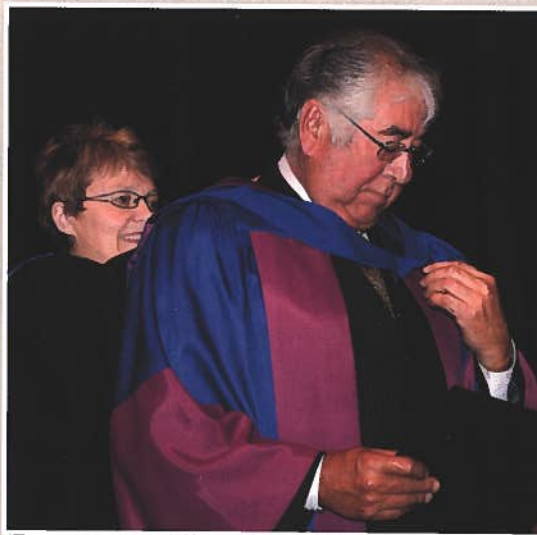
In Thunder Bay, former leader of the Liberal Party of Ontario (and Lakehead graduate) Lyn McLeod was made a Fellow of Lakehead University. In Orillia, a Lakehead University Civitas Award was presented to Mayor Ron Stevens.



*Laura Rodger Siddall, BEd, and
Orillia Mayor Ron Stevens*



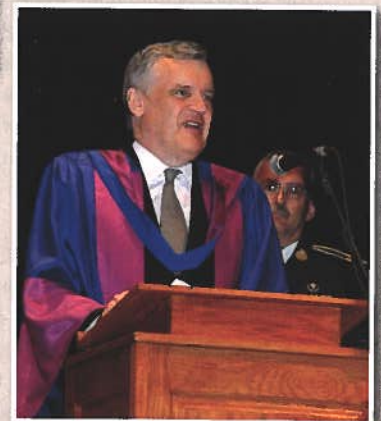
Arthur V. Mauro is installed as chancellor and presides over his first Convocation ceremony in Thunder Bay



*Registrar Brenda Winter (BA'69) adjusts the robes of Métis
leader Tony Belcourt as he receives a Doctor of Laws, honoris
causa*



*Honours Bachelor of Social Work grads
Megan Rafuse and Haley Udzbinac*



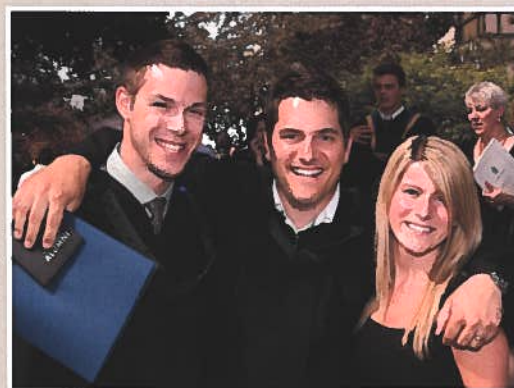
*The Honourable David C. Onley,
Lieutenant Governor of Ontario,
addresses the graduands in Orillia*



*Bachelor of Engineering grads:
Qusay Rassawala, Murtaza Ali,
Mohammed Abrar, and Talha Asif*



*Native Language Instructors' Diploma grads:
Darlene Kakepetum, Alvena Joseph,
Ruth Fiddler, and Carol Linklater*



*Jeff Matte, MD, Kyle Lansdell, MD, and
Jessica Hearn*



Professor Alice den Otter and Janet Earle, BEd

Five Lakehead Alumni Honoured at Convocation

Outstanding alumni were honoured at a special dinner hosted by the Alumni Association in the days leading up to Convocation 2010.

You may read detailed biographies of each award recipient online at <http://magazine.lakeheadu.ca>

And you may view and order copies of these and other Convocation photographs at <http://graphics.lakeheadu.ca/convocation/>



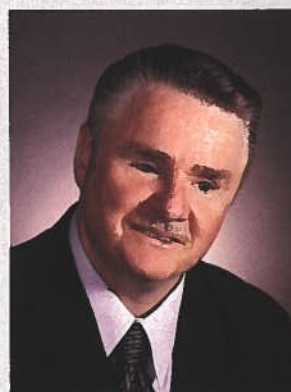
*Lyn McLeod
Fellow of Lakehead University*



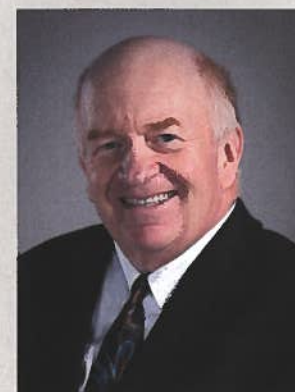
*Professor Michel S. Beaulieu
Young Alumni Award*



*Anthony LeBlanc
Young Alumni Award*



*Jim Sanders
Alumni Honour Award*



*Larry Hebert
Alumni Honour Award*



A Fine *Balance*

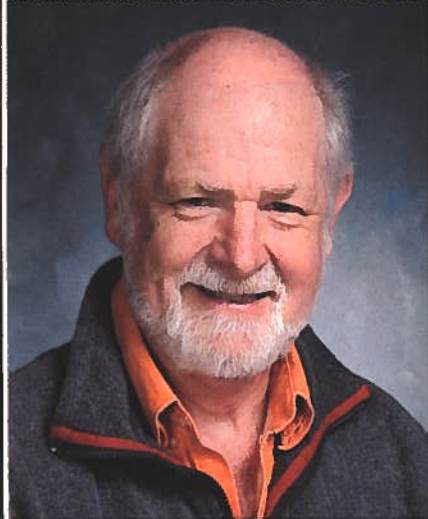
by Brigitte Petersen

MAINTAINING A BALANCE BETWEEN THE ENVIRONMENT AND THE ECONOMY CAN BE A CHALLENGE, ESPECIALLY WHEN IT COMES TO SUSTAINABLE DEVELOPMENT IN TOURISM AND COMMUNITY DEVELOPMENT. Nevertheless, graduates of Lakehead's School of Outdoor Recreation, Parks and Tourism (ORPT) are bringing new ideas to the table, thanks to a talented team of faculty and staff.

photo: Karen Ramsdell



Photo: Karen Reynolds



| Professor Norm McIntyre

Lakehead's School of Outdoor Recreation, Parks and Tourism offers both undergraduate and graduate programs in ORPT, and also conducts interdisciplinary research through the University's new Centre for Tourism and Community Development Research (CTCD).

Tourism and community development are by necessity interdisciplinary, says Professor Emeritus and CTCD Director Norm McIntyre. "You're dealing with the forest industry, the natural environment, people, and businesses, and all of these things are coming together," he says. "Problems are complex, so you really have to have experts dealing with them. It's not easy to know everything. We focus on problems rather than areas of disciplines."

The Centre is designed to be a "one-stop shop" offering information, resources, and support to members of communities and regions serviced by Lakehead University's Thunder Bay and Orillia campuses.

Its mission is "to promote balanced sustainable development in cooperation with communities and partners through involvement in interdisciplinary research, community education, and consultancy services."

Today's communities often find themselves in complex situations, due to constantly changing economic, political, and social environments. Government studies have found that single-industry communities relying solely on mining or forestry as the mainstay of their economies tend to be the least resilient of Ontario communities, due to the boom and bust cycles which are often characteristic of resource-based industries.

"This is basically the issue of putting all our eggs into one basket," says McIntyre. "Communities in Northwestern Ontario are beginning to recognize the problem in doing this, and many of them are beginning to move towards a more diversified

economy. The key to sustainability is building in *resilience and diversity* into the community.”

LEARNING FROM OTHERS

A major advantage of this geographical location is the Lake Superior National Marine Conservation Area, a Parks Canada initiative, which is the largest freshwater marine protected area in the world. This local asset, located on the north shore of Lake Superior, was the main focus of the CTCD-hosted 4th International Lake Tourism Conference *Making Conservation Work for Communities and Lakes* held in Nipigon/Red Rock in June 2009. A report called *Community Workshop: Ideas into Action* was produced based on information gathered at the conference.

McIntyre participated in a one-day field trip in the area, along with other professors and tourism experts from around the world. They met with local First Nations representatives and engaged in activities, such as boat trips, to learn more about the area’s natural environment. The workshop brought together international experts and local community members to discuss experiences from all over the world and to discuss local tourism issues.

One of the great challenges is getting people here to work together on a regional basis, due to what McIntyre calls a “tradition of competition.”

“For this region to work as a tourism destination, it’s got to package the community offerings together so that people can come here and spend a few days in Northwestern Ontario and get a more comprehensive experience,” he says. ORPT Associate Professor Dr. Rhonda Koster also participated in the conference in Nipigon/Red Rock. “There is a huge niche market for Aboriginal tourism,” says Koster. “People are interested in learning more about the culture in authentic, engaged, learning ways, not just through something that is staged.”



Koster, whose research often focuses on rural community-based tourism, has an interest in the connections between tourism, rural sustainability, and quality of life. She says communities need to identify assets that are important to them, which assets they are willing to share, and what they are not willing to share. This could include developing trail systems to increase tourism in a specific area. By working together, community members are able to develop opportunities for collaboration and control over their natural assets.

In 2012, CTCD Research Associate Harvey Lemelin, in conjunction with the Nunatsiavut Government and Parks Canada, will be hosting the 3rd International Polar Tourism Research Network in Nain, Newfoundland and Labrador. This conference will provide an opportunity to showcase some of the tourism research currently being conducted in this area at Lakehead University.

A UNIQUE PROGRAM

Offered since 1979, the Honours Bachelor of Outdoor Recreation (HBOR) program emphasizes the study of recreation and leisure related to the natural environment. Students may select from a variety of electives, such as advanced study in the leadership, parks, or tourism stream. ►



| Professor Rhonda Koster



| Professor R. Harvey Lemelin



**// People
are interested
in learning
more about
Aboriginal culture
in authentic,
engaged,
learning ways,
not just through
something that is
staged. //**

— Professor Rhonda Koster

Besides the option of completing a single degree, another unique aspect of the program is the opportunity to enrol in a double degree program combining Outdoor Recreation, Parks and Tourism with either Arts (Geography, History, or Women's Studies) or Science (Natural Science). Lakehead also offers a concurrent Honours Bachelor of Outdoor Recreation/Bachelor of Education program. In fall 2009 there were 242 full- and part-time students enrolled along with fifteen graduate students.

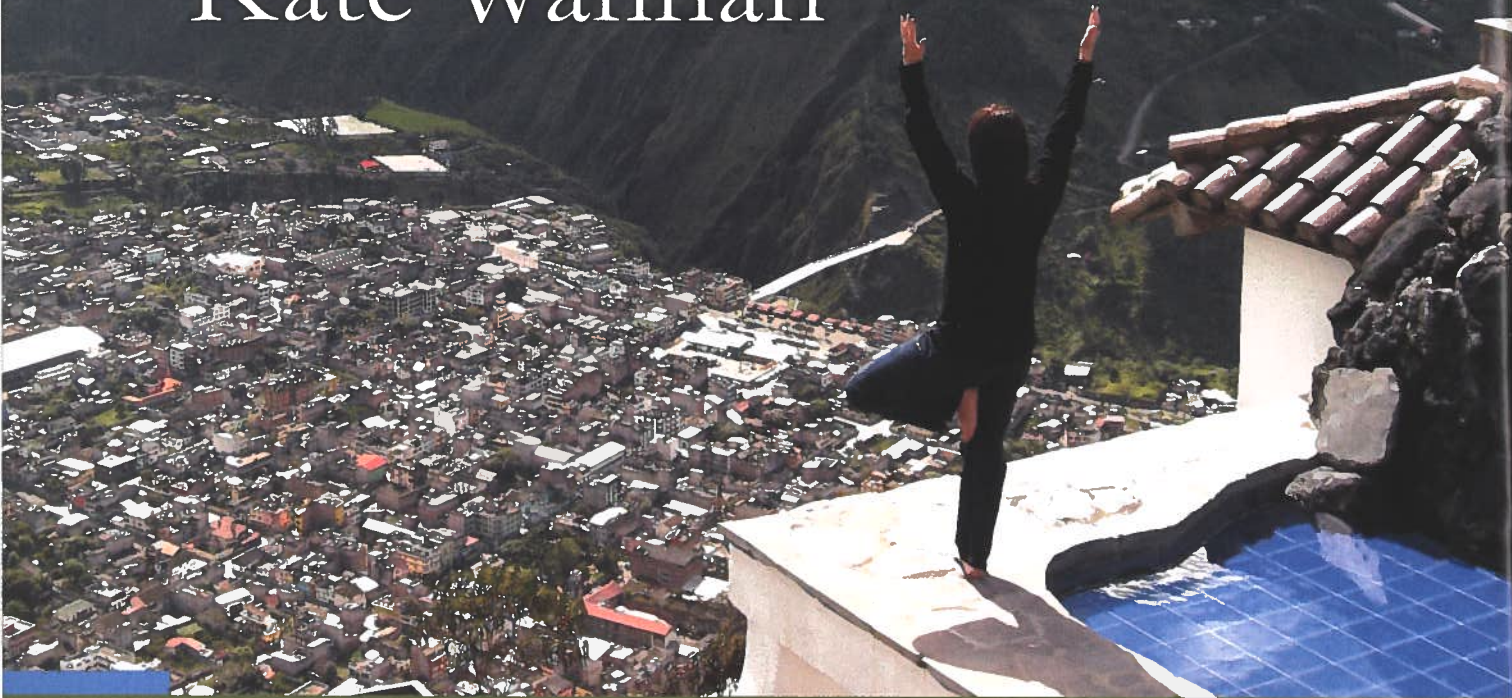
The Masters of Environmental Science (MES) in Nature-based Recreation and Tourism (NBRT) is an interdisciplinary degree that has its roots in social sciences such as geography, leisure studies, and sociology, as well as in the areas of tourism, community development, resource management, parks and protected areas, and forestry. It draws students from all parts of Canada and abroad. "More than fifteen individuals have graduated from the MES-NBRT program since its inception

in 2004," says Harvey Lemelin, Graduate Coordinator for the MES-NBRT program. "And many of these individuals have gone on to pursue doctoral studies, create their own businesses, and work in the field."

ORPT's faculty members are recognized around the world for their research projects, as editors of journals in their fields, and for running courses with service components to help communities as far away as the Lutsel K'e Dene First Nation in the Northwest Territories.

"We are the largest outdoor recreation program in Canada, and we are recognized by other professionals and academic institutions as leaders in our fields," says the School's Director Brent Cuthbertson. "We regularly field requests from employers wanting to address our students, hoping to lure the best and brightest to their organizations and programs." ■

Kate Wannan



FROM INCA RUINS IN PERU TO THE AMAZON JUNGLE IN BOLIVIA, Kate Wannan's tourism career has allowed her to fully embrace sustainability on a global level.

Wannan, who worked as a guide in Northern Ontario and South America, is executive director of Eco-librium Sustainable Adventures, based in Elliot Lake, Ontario. Besides volunteering in community development, conservation, and working with street youth in South America, Wannan also worked as the manager of Playa Escondida Ecolodge in Ecuador. These experiences influenced her to develop an eco-tourism company in Ontario that combined her passion for community development and sustainable tourism.

Wannan believes sustainable development in tourism means developing a product that caters to tourists, but also conserves and protects local environments and cultures, while allowing local economies to grow. One example of how Eco-librium does this is through its work with an eco-tourism



Kate Wannan, HBOR/BA'02

project in the Ecuadorean Amazon. A lodge is provided for tourists to visit and experience high-quality guiding, gourmet food, and accommodation. Money raised through this project helps to fund education for children from indigenous communities in Ecuador.

"I think it comes down to respect and responsibility from all the key players in a project," says Wannan. "Local operators need to show a commitment to conservation of the environment in their

tourism practice, educating about local cultures instead of exposing them, and promoting community growth."

Despite having travelled to Patagonia, Machu Picchu, and the Canadian Rockies, world-wandering Wannan confirms her favourite locale is her birthplace, Elliot Lake. "It has such pristine beauty, and when you lead a nomadic life like mine, there really is no place like home," she says. ■

— Brigitte Petersen

Carrie McClelland

CARRIE MCCLELLAND IS USING HER LAKEHEAD EDUCATION TO PROMOTE environmental stewardship by actively engaging people in the natural surroundings of the Yukon.

McClelland completed an Honours Bachelor of Outdoor Recreation, as well as a Bachelor of Science in Natural Science at Lakehead University in 2006. In 2008, she earned a Master of Environmental Studies in Nature-based Recreation and Tourism. Her thesis, supervised by Professor Margaret Johnston, focused on the people who volunteer with outdoor recreation activities (such as the 2007 Canada Winter Games held in the Yukon) and how they believed their efforts benefitted their community and themselves.

After completing her thesis research, McClelland decided to relocate to the Yukon. She is currently employed as a wildlife viewing technician for the Yukon Government's Fish and Wildlife Branch. Along with a team of biologists, McClelland plans, designs, and delivers

interpretive programs and information about local wildlife.

For this grad, sustainable development in tourism means a combination of education and cooperation.

"I feel that tourism trends are changing," she explains. "More people are seeking true engagement in their travels and we have the opportunity to harness that energy into real knowledge and appreciation. However, this can only be done with organizations working together, not counteracting each other."

One example of how this works in the North is through balancing hunting with the opportunity to showcase wildlife in their natural habitat, cites McClelland.

"These activities don't need to be opposite but can work in partnership to teach people about the land," she says. "Sustainable development in tourism utilizes education for both local people as stewards of a resource, and visitors as global messengers of that attraction." ■
— Brigitte Petersen



| Carrie McClelland, HBOR/BSc'06, MES'08



Faculty Profile



Professor Kirsten Oinonen (left) works with PhD students Missy Teatero and Suzanne Stone (right)

Hormones and Human Behaviour

Lakehead University alumna Kirsten Oinonen (MA'97, PhD'03) and her colleagues in the Department of Psychology are investigating how hormonal contraceptives affect mood, how hormones affect visual sensitivity, and the impact of hormonal genes on women's health

by Erin Collins

HORMONES — BOTH NATURAL AND ARTIFICIAL — CAN HAVE AN EFFECT ON HOW WE FEEL AND, CONSEQUENTLY, HOW WE BEHAVE. Although some might be aware that the two are connected, how hormones impact our behaviour is a mystery to the general population. What hormones cause us to experience negative emotions? Can we control our

mood through the manipulation of certain hormones? How or why do levels of certain hormones in our bodies increase or decrease?

Professor Kirsten Oinonen, Director of Clinical Training for the Clinical Psychology PhD Program at Lakehead University, is one of the professionals

seeking answers to how hormones impact behaviour. Along with Professor Dwight Mazmanian, she currently directs Lakehead University's Health, Hormones, and Behaviour Laboratory. Oinonen's research concerns such topics as how hormonal contraceptives affect mood, how hormones affect visual sensitivity, and the impact of hormonal genes on women's health. Most

recently, she has been studying the negative effects of oral contraceptives on women, as well as how to predict which women are prone to these side effects.

"One of the things we found was that oral contraceptives reduce positive affect reactivity," says Oinonen, when asked to summarize her major findings. "Another thing that I found, more recently, was that in terms of trying to predict which women suffer negative effects from oral contraceptives, those women who have a lower 2D:4D (the ratio of the length of a person's index finger to ring finger) and have less middle phalangeal hair seem to experience more oral contraceptive mood side effects. I've also been collaborating with Professor Carney Matheson in the DNA Lab to look at some hormonal genes to see if they might predict which women will experience side effects."

"Positive affect" refers to the capacity of an individual to have positive emotions such as excitement and enthusiasm. Therefore the use of oral contraceptives by women, as found by Oinonen, may reduce the degree to which women experience changes in these positive feelings over the course of the day. Thus, women may experience a restriction in their range of positive emotions. By characterizing those who are more prone to this and other negative mood side effects, Oinonen hopes her research will be used to educate women as to the possible side effects of oral contraceptives and the likelihood users will experience them.

"If women aren't aware that sudden depression or a restriction in their range of mood are potential problems with hormonal contraceptives, they might attribute their negative emotions to their partner or some other aspect of their life," says Oinonen. Therefore, she hopes that her research might eventually lead to some sort of screening method, in which those women more susceptible to the side effects of contraceptives can be counselled as to whether they should start on a particular type of oral contraceptive and what kind of symptoms they may experience.

Kirsten Oinonen has recently published a paper in the journal *Psychoneuroendocrinology* (Putting a finger on potential predictors of oral contraceptive side effects: 2D:4D and middle-phalangeal hair). Her collaboration with her former graduate student, Janelle Jarva, was published in *Archives of Women's Mental Health* (Do oral contraceptives act as mood stabilizers? Evidence of positive affect stabilization). Two of Dr. Oinonen's doctoral students, Jessica Bird and Meghan Richards, have also presented their master's thesis research on the role of an estrogen receptor gene in eating disorder symptoms and mood variability at the annual Canadian Psychological Association conference and at the International Congress of Psychology meeting in Berlin, Germany.

Erin Collins is one of several Lakehead students taking part in SPARK – Lakehead, a student writing program sponsored by The Chronicle-Journal. ■

// If women aren't aware that sudden depression is a potential problem with hormonal contraceptives, they might attribute their negative emotions to their partner or some other aspect of their life." //

— Professor Kirsten Oinonen



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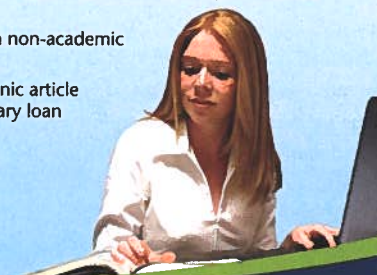
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Student Profile



YOOSRIE SALHIA

Third-Year Concurrent Education program

Lakehead's Men's Basketball Team ranked sixth in Canada last year and much of the credit goes to Team Captain Yoosrie Salhia for setting an example on and off the court. Yoosrie is an Academic All-Canadian and he is the recipient of the 2009-2010 Hank Akervall Award for outstanding leadership and community involvement.

All varsity teams at Lakehead spend countless hours doing volunteer work in the community, and last year the Men's Basketball Team prepared and served meals at a local soup kitchen (Shelter House) on eight separate occasions – one for every home game played in Thunder Bay.

Yoosrie's professional goal is to teach history and physical education at a high school in Toronto. But not before seeing if he can develop his basketball skills and play at the professional level for a few years. Living in Thunder Bay has helped him to "slow down and become a lot more focused." His long-term goal is to settle down, have a family, and help other city kids – like himself – find their way in life.

■ — Frances Harding

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Alumni Matters

Re-Engaging with the Lakehead Family

by Rob Jamieson (HBOR/BA'94)



TWO YEARS AFTER GRADUATING FROM LAKEHEAD UNIVERSITY, I JOINED THE Ontario Provincial Police and was stationed in a small town southwest of London, Ontario. Having served as President of the Lakehead University Student Union from 1993 to 1994 and having been involved with the development of many new student initiatives including a close working relationship with the Lakehead University Native Student Association, I believe I brought many unique skills to my profession. In 2003, when I moved to Barrie to work at the Nottawasaga OPP detachment and a few years later learned that Lakehead was in the midst of developing a campus in nearby Orillia, I realized I had a golden opportunity to re-engage with my Lakehead University family.

While attending the opening of the Orillia Campus of Lakehead University in September 2006, I observed the same

sort of energy, optimism, and enthusiasm that I experienced as a student in Thunder Bay. The new Orillia campus, I noticed, was a close knit community with a strong connection between students, faculty, staff, and the community. It motivated me to re-engage with my alma mater – this time as a volunteer member of the Board of Directors of the Alumni Association.

Later that fall, after being elected to the Board of the Alumni Association, I had the pleasure of attending an alumni gathering at the Royal Canadian Yacht Club in Toronto, sponsored by a Lakehead alumnus and hosted by Lakehead President Fred Gilbert. In his presentation, the president spoke about the changing demographics of Northwestern Ontario and the strategic importance of the Orillia campus. It was a great opportunity to meet other alumni and discuss some of the social, economic, and political issues affecting the future of Lakehead University. Indeed, the event

was professional and informative, and provided me with that same feeling of connectedness that I have always associated with Lakehead.

Since that time, the Alumni Association has continued to evolve. The Greater Toronto Area (GTA) Alumni Chapter was founded in May 2009 followed by the Aboriginal Alumni Chapter and the launch of the Alumni Association website. Then in August 2010, at the launch of the new Simcoe County Alumni Chapter, Lakehead graduates welcomed Brian Stevenson, Lakehead University's newly appointed president and vice-chancellor. This was followed by yet another celebration surrounding the opening of the permanent campus in September 2010 – festivities which would not have been complete without the participation of Lakehead University alumni living in many different parts of Ontario.

Today, as an alumni representative on the Lakehead University Orillia Campus Advisory Committee and as the president of the Simcoe County Alumni Chapter, I am proud to play a part in shaping Lakehead's destiny.

Your Alumni Association is a dedicated group of people whose primary goal is the advancement of Lakehead University through the engagement of former students, while providing leadership and services to its members. I encourage you to peruse the Alumni Association website for information regarding affinity partnerships, upcoming engagements, and campus developments, and I look forward to seeing many of you at our upcoming events. ■
(<http://www.lakeheadualumni.ca/>)



President Brian Stevenson and his family joined students, faculty, and staff during the launch of the Simcoe County Alumni Chapter in Orillia last August

Thank you for Making a Difference

I recently graduated from Lakehead University and was fortunate to receive several scholarships and bursaries while I was a student. This assistance enabled me to focus on my studies and worry less about my finances. As a result, I was able to graduate in 2008 with excellent marks. I've found a great job in my field and have future aspirations of pursuing a Masters degree in Business Administration. I have even started to make annual contributions to the Lakehead University Annual Fund so that others may benefit from scholarships and bursaries.

Perhaps you already give to Lakehead University or are considering becoming a donor. I am here to tell you that when you give to Lakehead University, you are giving to people just like me – people who are striving to realize their potential and give back to their communities.

You have the opportunity to make a true difference in the lives of students. Thank you for making a true difference in mine!

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Jeff Halvorsen
HBComm, 2008
Assistant Business Manager
TBT Engineering
Thunder Bay



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The purpose of the LASR Program is to extend the reach of the Office of Admissions

and Recruitment through the volunteer recruitment efforts of people like you — enthusiastic, well-trained, and knowledgeable alumni throughout the world. If you are an alumnus or alumna living in Canada or abroad, we would like your help recruiting the brightest and the best prospective students to Lakehead University. As an Alumni Student Recruiter, you will help increase awareness of your alma mater by representing Lakehead at events, adopting a school in your area, or simply through casual conversation with friends and co-workers. Be a part of something exciting and meaningful by extending the Lakehead word into your community.

Your Alumni Association



The Alumni Association of Lakehead University was formed in the late 1960s to embrace and serve all graduates under one central organization. Since then, our Association has grown into a vibrant and evolving organization which serves to support Lakehead University while meeting the needs of our members. Alumni play a vital role in University governance and operations, helping Lakehead faculty, staff, and students in many ways, including:

- Recruiting students by sharing their knowledge of campus and positive experiences with students
- Communicating Lakehead's success stories and serving as informal ambassadors and advocates for their alma mater
- Supporting students, teachers, and researchers through financial donations
- Providing advice and counsel as volunteers, and participating on a variety of committees and governance bodies

Chapter Development

Wherever you go, chances are there are Lakehead alumni living nearby. Why not consider being a Chapter volunteer to network with other alumni in your region? Each year, Chapter volunteers host numerous events and information sessions that bring alumni together for social interaction and professional development. Visit the Alumni Association website at www.lakeheadualumni.ca to learn more about our three current chapters and to bring forward new ideas for events.



Lakehead University Aboriginal Alumni Chapter



Lakehead Alumni *Photo Challenge*



Where Has Lakehead Taken You?

Whether you live around the corner or across the globe, we would like to think that a little piece of Lakehead stays with you after graduation. We want to see you sporting Lakehead colours (or that vintage Nor'Westers polo!) and showing your school spirit. Send us your favourite photo showcasing your Lakehead pride, and each month we will select a winning picture to receive a prize and be featured on the Lakehead Alumni Official Twitter and Facebook pages. Email submissions to alumni@lakeheadu.ca and include your name, graduating program, and class year. Good luck!

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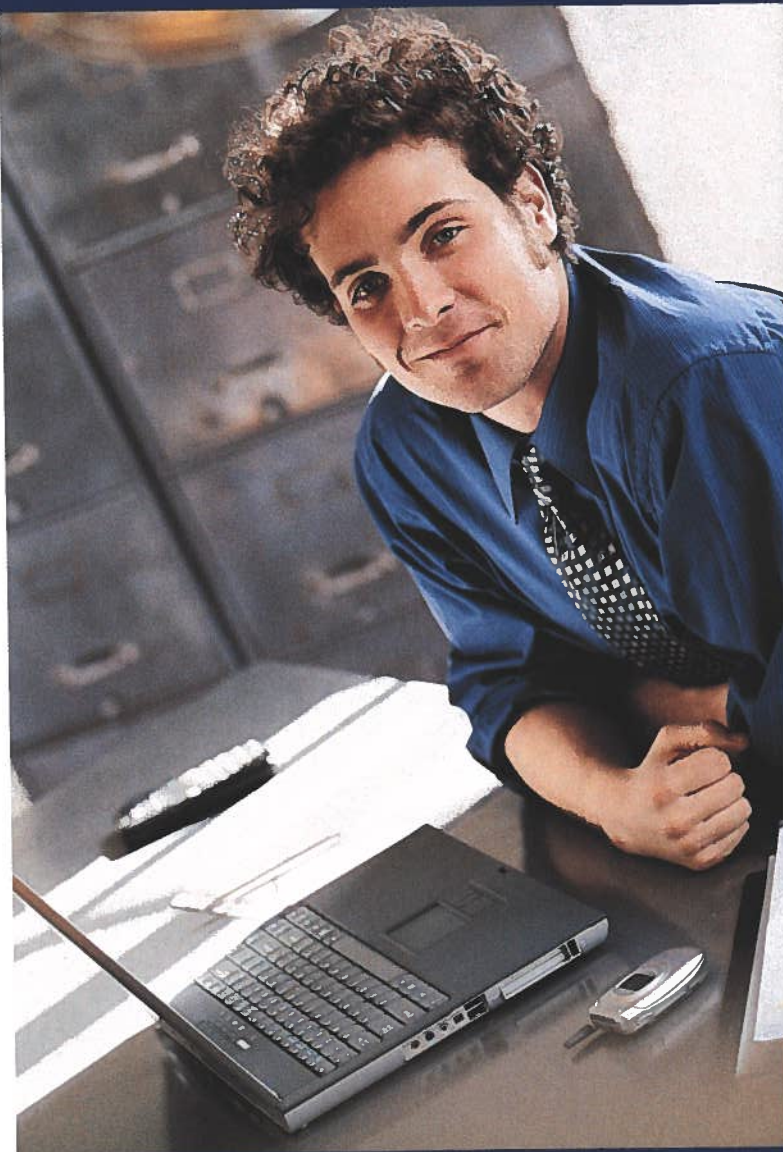
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Class Notes



I Michael Power, BA'92

TOP 40 UNDER 40

Congratulations to Michael Power (BA'92) for being chosen one of Canada's Top 40 Under 40 for 2009. Power is the vice president of Regional Cancer and Diagnostic Services at Thunder Bay Regional Health Sciences Centre and the chief executive officer of the Thunder Bay Regional Research Institute (TBRRI). He is responsible for all clinical, financial, administration, decision support, building and facilities, and regional operations of the Regional Cancer Program for Northwestern Ontario and for the new Molecular Imaging and Advanced Diagnostics Research Program at the TBRRI. In June 2010 he received the Robert Zed Young Health Leader award from the Canadian College of Health Services Executives.

Michael Power is chair of the TBayTel Board of Directors, Canada's largest independent telecommunications company as well as being a member of the Board of Directors of the Ontario Institute for Cancer Research. He received his master's degree in International Management from the University of St. Thomas and holds a bachelor's degree from Lakehead.

In addition to his accomplishments in healthcare administration, Power has a passion for hockey. He is a two-time National Junior A champion, playing for his hometown Thunder Bay Flyers, and an OHC drafter with the Hamilton Steelhawks. He was also drafted to play professional hockey as a goaltender for the Edmonton Oilers in 1990.

He and his wife Joanna live in Thunder Bay with their two children, Grace and Carson. ■

Keep in Touch



► www.lakeheadualumni.ca

You may update your address online at www.lakeheadualumni.ca or by completing and sending this form to Alumni Relations at Lakehead University, 955 Oliver Road, Thunder Bay, Ontario, P7B 5E1, or fax it to (807) 343-8999.

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The Alumni Association and its affinity partners may contact you occasionally to promote programs and services that generate revenue for Lakehead University.

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 - complete the online form on our website, or
 - check the box below and fax or mail this form to the Office of Alumni Relations
- ☐ I do not wish to receive ANY materials advertising Lakehead University affinity programs.

Class Notes

1970s

Jean Morrison (MA'74) has received the Ontario Historical Society's J.J. Talman Award for her book, *Labour Pains: Thunder Bay's Working Class in Canada's Wheat Boom Era* (2009). The book is published by the Thunder Bay Historical Museum Society and is based on her 1974 master's thesis.

Gary Polonsky (BSc'77) has been appointed chairperson of the Canada Science and Technology Museum Board of Trustees. From 1981 to 1984, Polonsky served as vice-president of Lakeland College, with two campuses located in Alberta and Saskatchewan. In 1984, he became president of Red River Community College in Winnipeg, opening campuses in Selkirk, Winkler, and Portage La Prairie in Manitoba. From 1988 to 2006, he served as president of Durham College in Oshawa. And in 2001, Gary Polonsky became the founding president of the University of Ontario Institute of Technology, serving until his retirement in 2006.

Gary Polonsky has served on numerous charities and civic organizations, including chair of the Committee of Presidents of Ontario's colleges, Governor of the Association of the Community Colleges of Canada, and co-chair of a \$1-million campaign in aid of the Oshawa Community Health Centre, as well as honorary chair of the Multiple Sclerosis Walk. He obtained his Doctorate in Education from the University of Toronto in 2003 and also holds a Master of Arts from Gonzaga University in Spokane, Washington.

Since graduating **Alan Duffy** (BAdmin'77) worked with General Motors as a supervisor from 1977-82 and with Durham College in Oshawa as a professor from 1982-85. For the last 25 years he has been president and owner of The PIC Group Ltd., a \$45M engineering and inspection company with 1,800 employees in Canada and the U.S. He is married with three children between the ages of 11 and 25.

His daughter **Lauren** ("a chip off the same block") graduated with a BAdmin from Lakehead's Orillia campus in 2008.

Brenda Chapman (BA'78) is a senior communications advisor with Justice Canada in Ottawa. She has had four young adult mysteries published by Napoleon and Company and her first adult murder mystery, *In Winter's Grip*, was released in September 2010. www.brendachapman.ca

1990s

Larry Hope (BA/BEd'90, MEd'01) has been appointed director of education for the Trillium Lakelands District School Board effective January 20, 2010. Hope was a principal at elementary and secondary schools for five years before becoming superintendent with the Keewatin-Patricia District School Board in 2005 and later Director of Education.

Brodie Fenlon (BA/BEd'98) joined the *The Globe and Mail's* City Hall Bureau in 2009 after a ten-year stint as reporter, editor, and multimedia specialist at globeandmail.com. He graduated from the journalism program at The University of Western Ontario in 1999 and began his career at the London Free Press.

2000s

Allison Kelley (HBA'02, MEd'05) has received the New Academic Librarian of the Year Award from the Canadian Association of College and University Libraries, a division of the Canadian Library Association. As the members services officer for the Canadian Research Knowledge Network (CRKN), Kelley is instrumental in the delivery of innovative services on a national scale. CRKN's mission is to expand digital content for the academic research enterprise in Canada through the coordinated leadership of librarians, researchers, and administrators at 73 member universities. Among her accomplishments, Kelly led the development of an innovative

web-based license information module that has received accolades from collections managers across the country.

Visual Arts graduate **Mandy Deskur Murray** (BA'04) is the proud owner of Macadi Jewellery in Elora, Ontario, which features jewellery from independent designers across Canada, including her own designs. Murray became interested in designing jewellery in second year at Lakehead when she met a goldsmith and later went on to study gemology. "I have always indulged in art," she says. "Having my designs admired by others and seeing my creations being worn by others is what motivates me." As well as showcasing her jewellery and her paintings, Macadi Jewellery features paintings and mixed media art made by local artists. <http://www.macadijewellery.com/>

Lori Bradford (MES'09) and **Graham Strickert** (HBOR/BA'04) returned to Canada in December 2009 after four years living in New Zealand and working on their PhDs at Lincoln University. They led an active life there (surfing, skiing, kiteboarding, hiking, and climbing) and welcomed their son Tasman Nicholas Tadhg Strickert into the world in April 2009. Both Lori and Graham were recipients of Lincoln University Doctoral Scholarships and Lori was the recipient of a Vernon-Willey Trust agricultural research stipend, and a Faculty of Environment, Society, and Design writing scholarship. She says, "After Lakehead, I had the opportunity to work with Parks Canada as an ecosystem scientist, and the New Zealand counterpart, The Department of Conservation, as a GIS data technician, and human dimensions social scientist. Graham did some work with IT support for a year, which contributed to his interest in pursuing new applied computing methodologies during his PhD. We've been incredibly lucky to have the opportunities we've had after our time at Lakehead. I built on my teaching experience by continuing to lecture and examine in six different undergraduate

courses (specifically, in the tourism, and parks related fields). While in New Zealand, we also both volunteered at the World Heritage Convention meeting in Christchurch and got to experience the proud moment when the Rideau Canal becoming listed as a World Heritage Site. We've travelled much of New Zealand, and some of the Pacific Islands. We also went to several conferences in Australia." Both Lori and Graham were hired by Lakehead to work as contract lecturers this term. Graham is teaching Expedition Management and Lori is teaching Outdoor Centre Management and Rural Community Tourism Development. ■

IN MEMORIAM

James T. Angus

James Angus, Founding Dean of Lakehead University's Faculty of Education, passed away on June 16, in Barrie, Ontario. Angus

was dean from 1969-1979 and retired in 1991. He was responsible for the creation of the Bachelor of Education programs, the Master of Education program, and the earliest Native Teacher Education programs. Even late into his career, James Angus was still actively engaged in scholarship in history, his area of expertise. His impact on Lakehead University was profound and his pioneering efforts laid the foundations of the Faculty of Education.

James Angus' autobiography, *Schoolroom: A Personal History of Education*, was published in 2008. It contains many fascinating details on the early days of the Faculty, and is available in the Education Library. Professor Angus' widow Patricia has requested that any donations in Jim's memory be made through Lakehead's Office of University Advancement to the James T. Angus Teacher Education Scholarship. ■



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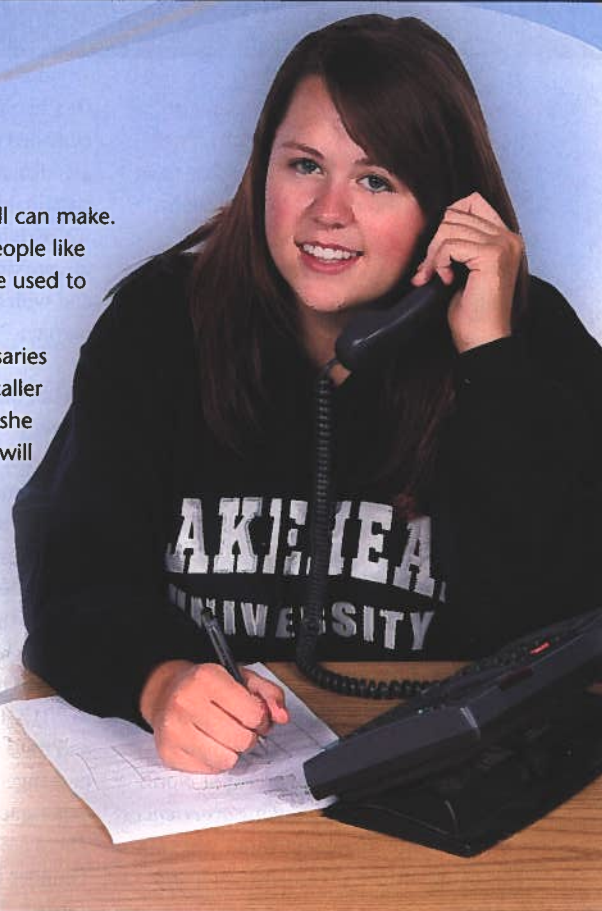
Erin O'Connell (4th year HBA/BEd) knows what a difference a phone call can make. As a student caller with the phone-a-thon program, Erin often speaks with people like you to request donations to the Annual Fund — donations which, in turn, are used to create scholarships and bursaries for deserving Lakehead students.

As an award recipient herself, Erin knows that receiving scholarships and bursaries can make the difference between attending university or not! "As a student caller I've spoken with donors who are parents, alumni, faculty, staff, and friends," she says. "Lakehead is a community." Erin knows that when her turn comes, she will be answering the call.

Giving is easy! When your phone rings please take the time to speak with Erin and her fellow student callers OR you can support students like Erin anytime by giving to the University online.

Visit <http://donate.lakeheadu.ca> to make your gift today.

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Managing *Tourism* *in* Thunder Bay

SINCE GRADUATING WITH A DEGREE IN POLITICAL SCIENCE IN 1994, PAUL PEPE has been involved in just about every facet of the tourism industry in Northwestern Ontario including research, policy development, marketing, and facility operations.

Today, as manager of Tourism Thunder Bay, he and his team are focused on refining the City's tourism strategy to become one of North America's best outdoor cities. Part of that strategy is to capitalize on the natural "icons" that surround the city – Lake Superior, Sleeping Giant and Quetico Provincial Parks, and the recently announced Lake Superior National Marine Conservation Area.

"We know that 75 percent of travelers are seeking an *experience* rather than a destination – and that 62 percent of North Americans are seeking *outdoor experiences* as their primary travel motivator," says Pepe. "Our current advertising campaign

(It's in our Nature) targets the avid, educated outdoor adventure seekers. We are also committed to being leaders in sustainable tourism development, and we're doing this by working closely with the provincial and federal tourism partners and with all our business and community partners."

So far, this consumer-based tourism strategy is paying off. "During the recession that began in 2008, Thunder Bay's tourism economy outperformed many other cities, attracting new avid consumers, new conferences, and sporting events. New strategic tourism infrastructure such as the new Pool 6 Cruise Shipping Facility brought twelve vessel stops to the city and more are planned for 2010 through to 2012. Increasingly, special programs and travel packages are encouraging cruise passengers to visit local attractions and experience the cultural life of the region. There are about 1,400 businesses in Thunder Bay that have a connection with tourism, he adds.

| Paul Pepe, BA'94

Growing up in Thunder Bay, Paul Pepe says he had "the best of both worlds" with family connections in the entrepreneurial and academic worlds. His father ran a trucking business and his mother was a teacher. ("I drove gravel trucks to help pay for my tuition and still hold a commercial driver's license.") He is a voracious reader. He makes presentations at tourism conferences around the country. And he returns to Lakehead annually to lecture students in the Faculty of Social Sciences and Humanities and the School of Outdoor Recreation, Parks and Tourism on public policy and tourism issues.

He says that studying at Lakehead empowered him to think logically and critically, and to make decisions based on sound research and calculated risks. ■

— Frances Harding

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Tbaytel is launching Phase I of our new 3G HSPA network this fall that greatly advances Northern Ontario's mobility experience in Thunder Bay, Kenora, Dryden, Red Lake and Fort Frances. Phases II and III are expected to be complete by June 2011, providing 3G HSPA service across Tbaytel's 300,000 square kilometre coverage area.

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