

in the NEWS

On Wednesday, April 26, Carol Love, the head coach for the Trent University varsity rowing program, was featured on *CBC Ontario Morning*. Ms. Love spoke about her background in coaching, the status of recruiting coaches in the community, and what characteristics make a good or bad coach.


Economics professor Harry Kitchen appeared on *CHEX Television* on Wednesday, April 19 commenting on increases in gas prices.



Dr. Paul Wilson was interviewed on *CBC Radio's* national news report on the morning of Thursday, April 20. Professor Wilson was commenting on the growth of evolution of the coyote populations in Newfoundland.

On Monday, May 1 President Bonnie Patterson appeared on *CHEX Television* to discuss Trent University's budget and the approval of tuition rates as outlined during the April 28 Board of Governors meeting.

"Writer Makes Trent Home" was the title of an article in the Monday, April 10 edition of *The Peterborough Examiner*. The article profiled Champlain College Writer-in-Residence, Michael Johansen.

Trent University environmental chemistry Ph.D. student, Mark Dzurko, was quoted in a Wednesday, April 12 article in *The Peterborough Examiner* on the annual Peterborough Regional Science Fair. Mr. Dzurko was the chief judge for the Fair. 

EXPLORING THE LINKS BETWEEN SLEEP AND LEARNING

According to Professor Carlyle Smith, Trent's renowned sleep specialist, the data being collected at the new Sleep Lab in the early morning hours is what is going to put the University on the map in terms of cutting edge sleep research.

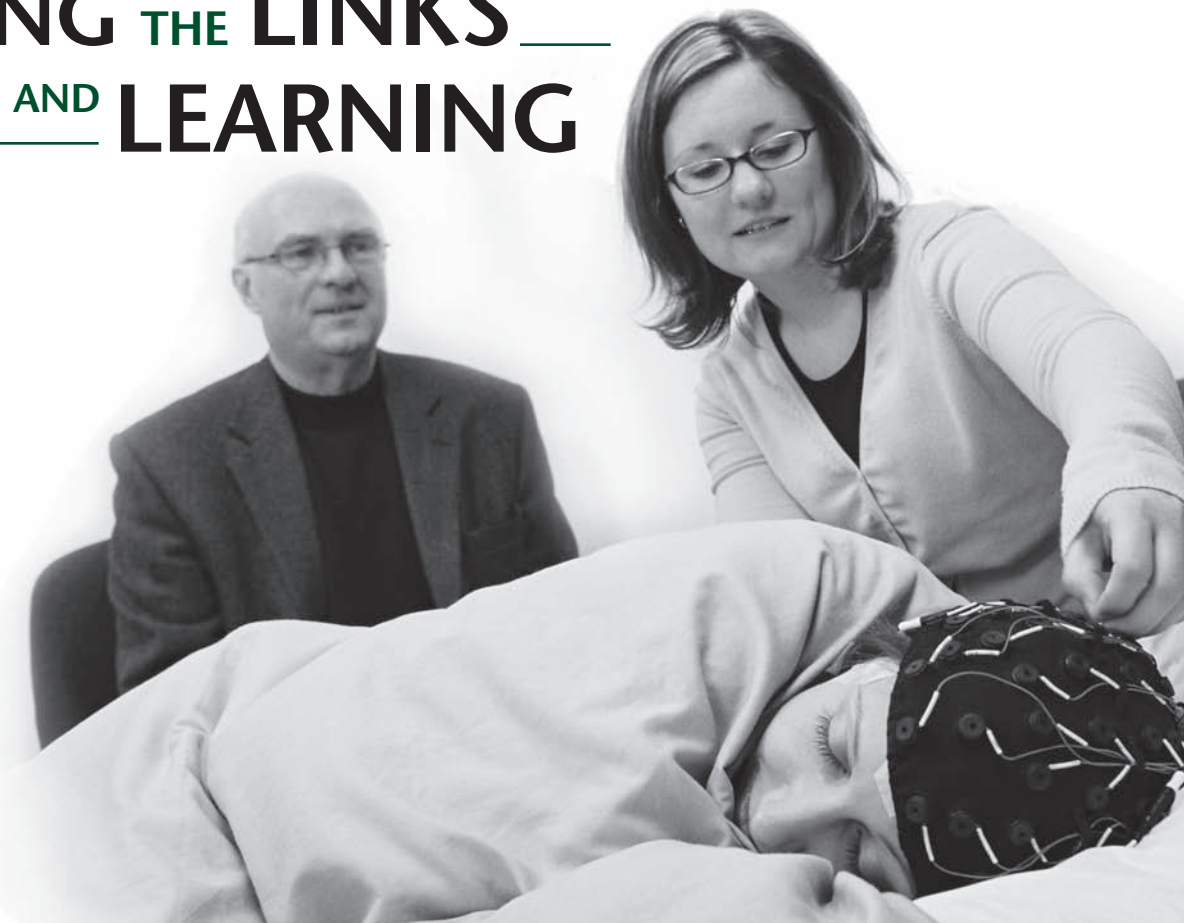
Since the Sleep Lab was built in the summer of 2005 and became fully operational in January 2006, researchers have been busy collecting data to support their landmark theory that certain kinds of sleep can be connected to specific types of learning. More specifically, they are working to prove that cognitive learning is related to REM (Rapid Eye Movement) sleep, while motor learning is related to Stage 2 sleep.

"Our interest is in how sleep is related to the things you learn, how you learn them, and your memory of those things," explained Professor Smith. "For example, if you are learning a new concept – not just



something you can memorize, but something that requires a new cognitive strategy – we look to see what kind of sleep is attached to that."

As one of four institutions affiliated with the Centre for Biological Timing and Cognition, Trent University received a significant funding contribution from the Canada Foundation for Innovation (CFI) Fund to build the new lab, which houses three bedrooms, a control room, washroom, a



task acquisition room, and an evoked responses recording room. Aside from the freshly painted walls and tastefully decorated bedrooms, Professor Smith stresses that the new equipment is what makes the lab truly exceptional, "Now we have equipment with which we can do so many more things than just looking at the basics of sleep," he said.

Professor Smith joined the Department of Psychology at Trent in 1972 after completing post doctorate study with Michel Jouvet, one of the pioneers of research on sleep physiology, in Lyon, France. After approximately ten years of studying sleep in rats, Professor Smith moved on to create a small lab at Trent to study sleep patterns in humans. Since having the opportunity to turn the smaller labs into this new innovative research facility, Professor Smith could not be happier. With a full-time certified technician and undergraduate and graduate students working in the lab, there is the ability to collect more data than ever before.

To date, the first phase of the project, aimed at collecting data on the link between learning motor tasks and Stage 2 sleep, is nearly complete. The second stage, which will

study the impact of cognitive learning on REM sleep patterns, is set to begin this summer with the entire project scheduled for completion by the end of the year. Asked to comment on what has been the most interesting finding so far, Professor Smith pauses briefly before responding, "Discovering the amount of REM sleep is also related to a level of intelligence. These were two things I didn't think would be correlated."


The impact of sleep on intelligence and learning is something that Professor Smith finds personally fascinating. And as the research continues, he becomes more and more of an advocate for promoting a good night's sleep as a means to achieving one's full potential.

"It is becoming more and more clear that bad sleep does have an impact on performance," he said. "And that becomes a bit of a concern when you think that everyone you count on, from doctors to police officers and airline pilots, have horrendous day-night patterns...Personally, I don't care who it is, if a high IQ and lower IQ doctor were standing side-by-side, I would

take the one who had a good sleep, every time."

In addition to exploring the links between sleep and learning, innovative research is also being undertaken at the Sleep Lab in relation to the connections between sleep, memory, and aging. As part of Canadian Institutes for Health Research (CIHR) and Alzheimer's Society of Canada grants, Professor Smith, along with fellow psychology professor Kevin Peters, are conducting comparison research between younger and older people to show how sleep patterns affect memory as we age. This research puts Trent University on the leading edge of sleep research in relation to an aging population.

Whether you are young or old, a man or a woman, a student or a doctor, Professor Smith has

the same advice for everyone who wants to be successful and able to perform at their best: "Go to bed and get more sleep. It sounds simple, but it is the best thing you can do for yourself." 

"Go to bed and get more sleep. It sounds simple, but it is the best thing you can do for yourself."

– Prof. Carlyl Smith



TRENT ALUM ROCKS THE WORLD OF CBC LISTENERS

Meet Mark Collins, Trent alumnus ('85), CBC radio producer, self-described “behind-the-scenes” guy, and host of a new music segment on CBC’s *Ontario Morning* called *Heard Deeply*. In a recent interview at CBC’s Front Street headquarters in Toronto, he gave Focus Trent an inside view of how he researches the feature, where it’s produced, and how he came to host the thrice weekly column that challenges listeners to experience new music from Canada and around the world.

“I’m not a natural speaker,” Mr. Collins admitted. “Partly, I was prodded onto the air by (CBC senior producer) Ron McKeen. I think he asked me to do it because I have an interest in music and because we were looking at expanding the type of music on the show.”

Clearly his colleague honed in on what’s more than just a passing interest for Mark Collins. Every Monday, Wednesday and Friday morning, Mr. Collins spins some of the most interesting, off-the-beaten track music you could hope to glean from the World Wide Web. This isn’t your average easy-listening material; these are

songs that must be, well, “heard deeply”.

Mr. Collins’ interest in music, it seems, came at a young age when his mother would bring home records of musical artists who were popular during the late 1960s. “My musical tastes were deep-rooted, but developed more so from my university days at Trent. Music was part of my social activity there.”

While Mr. Collins was listening for the latest in music to feed his soul, he was busy with other pursuits at Trent as well. He started his degree in English Literature, then

switched over to History where it’s likely he gained much of his grounding in research. A resident at Lady Eaton College (LEC), he fully embraced college life at Trent, winning the LEC award for outstanding contribution to the college community.

Naturally, Trent was the road to another destination for Mr. Collins as well. “I knew I wanted to be a journalist. I worked for the *Arthur*. I was a reporter there.”

So after graduating from Trent, he pursued a Masters degree in Journalism from the University of Western Ontario. Not long after, he landed a job at the CBC which he describes as “the top place in Canada to do journalism.” Despite a more than ten year career with Canada’s broadcasting institution, Mr. Collins still holds a certain reverence for the CBC. Like many of us weaned on CBC radio, he continues to believe in its core mission. “It’s the role of CBC to reflect Canada,” he said sincerely. “It’s a privilege to work for CBC. It’s the type of job where you learn something new every day.”


Perhaps that’s why he agreed to pair his two passions – research and music – and engage with CBC listeners on a whole new level. “People have a difficult time understanding the meaning of life and everyday existence,” he mused. “But there are moments of half-noticed grace. What we try to do on the column is to feature music that evokes an emotional response.

As for the name of the segment, “*Heard Deeply*,” its origins, as might be expected, reflect the deep learning of a liberal undergraduate education. “It’s from a T.S. Eliot poem,” said Mr. Collins, referring to a snippet the Eliot poem “*Four Quartets*”.

“For most of us, there is only the unattended Moment, the moment in and out of time, The distraction fit, lost in a shaft of sunlight, The wild thyme unseen, or the winter lightning Or the waterfall, or music heard so deeply That it is not heard at all, but you are the music While the music lasts.”

And where does Mr. Collins find the musical content for his daily column? “I read a lot on the Internet – read reviews to find out what’s out there,” he said. “I play stuff that’s not on the rack. I follow music blogs very closely. What’s important for me is to let the music do the talking. It’s about the music and that’s key to me.”

Coming back to the listeners again and their experience, Mr. Collins added, “I’d be absolutely happy if the listeners were dancing”.

To find out more about Mark Collins’ new music column *Heard Deeply*, visit www.cbc.ca/ontariomorning/heard-deeply.html. 

What can we learn from organizations like The Body Shop, the Greater Peterborough Area Economic Development Corporation, General Electric, IKEA, and the Trump Corporation? This was the question that students in Professor Ed Ng’s Contemporary Issues in Management and Organization class were expected to answer as their final assignment of the year.

Assigned to small groups, the students spent several weeks researching a wide variety of world class organizations, looking specifically at lessons that could be learned from work in the areas of corporate social responsibility, turn-around strategy, knowledge management, or globalization/multinational strategy. On the last day of classes, groups displayed their findings in a creative poster and defended their choices in a short oral presentation which touched on a company overview and brief history as well as a description of the innovations and social contributions of the company and future challenges and opportunities.



LEARNING FROM WORLD CLASS ORGANIZATIONS

As a management student, one of the most influential things Peter Cowan learned about The Body Shop was that corporate social responsibility really does pay off, literally.

“I didn’t realize that by putting so much effort into corporate social responsibility, a company could still be profitable,” he said. “The Body Shop has shown that it is all about maintaining goals and keeping true to yourself – responsibility first.”

Mr. Cowan, along with group members Sarah McGarr, Danielle O’Connor, and Angela Foley, discovered that, aside from the over 2,000 stories The Body Shop has worldwide, the organization is also deeply

involved in women’s rights, animal protection, Amnesty International, and Greenpeace International. According to the group, the ability to run a sound business while, at the same time, actively supporting various causes, places The Body Shop as a unique organization that cannot be easily matched.

“Whenever I go into a Body Shop, I will have a different

outlook and more respect,” said Sarah McGarr.

Respect was a word that also surfaced during another group’s examination of General Electric. According to the group’s research, while GE is a company


with its roots in Peterborough, it has expanded and now operates in 150 countries worldwide.

“Coming out of Peterborough, I am amazed at how much they have expanded,” said group member Mark Greco. “Seeing how well they have done gives us all hope.”

Founded as an electric company by Thomas Edison, GE has gone on to become a leader in offering a variety of products and services. Mr. Greco’s group cited GE’s innovation and its ability to adapt as the two things GE could offer lessons in to other companies.

The Peterborough connection was explored further in another group’s study of the Greater Peterborough and Area Economic Development Corporation. Group members opted to explore this local business because they were curious to find out what Peterborough is all about.

Learning that Peterborough is home to the world’s highest hydraulic lift lock and the world’s largest single-pour concrete bridge, were two things the group, which consisted of students from Ontario as well as Nunavut, found fascinating.

In terms of business, the group recorded information about the crime rates, cost of living and unemployment rates in Peterborough. They also discovered that, in a survey of the country’s largest metropolitan areas, Peterborough is ranked as the number one business region in Ontario and number six in Canada. With such a prestigious title, it is no wonder there are leading edge lessons to be learned from companies right here in Peterborough. 

FORMER OLYMPIC ROWER EXPANDS HORIZON FOR TRENT ROWING

Rowing in Peterborough would not be what it is today without former Olympic rower Carol Love. Trent's varsity rowing team, the Peterborough Rowing Club, and local high school rowing programs have all benefited from Ms. Love's guidance, experience and enthusiasm. Add to that the ideal setting for rowing that Peterborough offers and you have a winning combination.

The future of the Peterborough rowing community got a significant boost earlier this year when Ms. Love assumed full-time duties as head coach of Trent varsity rowing and the Peterborough Rowing Club. As Trent's Athletics and Recreation Director Bill Byrick explains, "We have established a partnership with the Peterborough Rowing Club that has enabled us to jointly hire Carol as head coach on a full-time basis. She has been a tremendous part-time coach for us. Many will benefit from her focus on athletes, her commitment to the community and her orientation towards success."

Ms. Love has had a tremendous influence on many athletes, including current coaches and former Olympians. A former Olympian and World Championship medalist

"We have the setting, we have the coaching, and the facilities are improving – we are on the verge of being a premier rowing destination in the country."

herself, she has carved out an outstanding coaching career. As Canada's most heralded female coach, she has spent over 25 years coaching at club, provincial and international levels. Her involvement with Trent's rowing program has also lasted over 25 years.

The growth of rowing in Peterborough, both in terms of quantity and quality, is very important to Ms. Love and she looks forward to the potential outcomes of her heightened involvement. "There is a rich tradition of rowing in the Peterborough community," says Ms. Love. "The Rowing Club is

a community treasure, thriving on the waterway that runs right through the middle of our city. It is time to grow."

Ms. Love is also proud to be leading the charge of female coaches in the sport. In addition to being an outstanding coach herself, she has trained other women to coach at higher levels in Canada in cooperation with Sport Canada. She explains, "The relationship between Trent and the Peterborough Rowing Club goes back over decades."

The joint hiring of Ms. Love further solidifies this relationship and will enhance Trent's position as a centre of excellence in rowing.

Trent's varsity rowing teams have been performing very well. As Ms. Love stated at Trent's Athletic Awards Ceremony in March, "We have had great success and now we want more."

Ms. Love is committed to developing young talent and fostering an attitude of excellence amongst her athletes. She has also been a key player in athlete recruitment across the province.

Mr. Byrick is very enthusiastic about Ms. Love's commitment to developing young talent. "A key area that will benefit from Carol's full-time coaching will be the youth development program at the high school and club levels," says Mr. Byrick. "More attention

will be given to local athletes who will be able to grow and develop through an integrated program. Hopefully, many of them will stay and row for Trent University."

Carol Love is at the heart of the Peterborough rowing community. She is dedicated to her athletes, raising a competitive spirit and strengthening Peterborough's rowing presence at the national level. Ms. Love is maintaining her focus and looking forward to what this new era in Peterborough rowing will bring. "It is an exciting time to be involved," she said. ☺



TWO TRENT STUDENTS TAKE THE FIGHT AGAINST BREAST CANCER ON THE ROAD

wisdom, and artistic expressions from those who are living, or have lived, through the experience of breast cancer. At the end of the project, the stories from survivors, relatives, friends, and communities will be compiled into a publication which will aim to inspire, encourage, and mark the lives of those that have been touched by the disease.

The idea of collecting inspiring stories came after Ms. Ellwood witnessed how the connections her mother formed with other women with similar experience helped give her mother the strength and courage she needed to fight the disease.

As for the biking component, Ms. Ellwood and Ms. MacDonald think of it as a personal challenge in honour of all the women who have struggled and continue to struggle against breast cancer.

"I love the challenge, both physical and emotional," said Ms. MacDonald who joined the

project only a few months ago. "It is going to be really interesting to see how it all unfolds."

Ms. Ellwood and Ms. MacDonald met last fall as students in the Consecutive Education Program. Before long they realized how much they had in common, including a love of the outdoors and the fact that both of their lives have been touched by cancer – Ms. MacDonald's father was recently diagnosed with prostate cancer. The two women are looking forward to spending the summer together and creating something that will ultimately help people who are affected by cancer.

In addition to resulting in a final publication, the HerStory Project will also count towards the completion of Ms. Ellwood and Ms. MacDonald's alternative education placement, a requirement of the Trent Education Program.

Asked how they felt about the opportunity to use this project

as their placement, Ms. Ellwood responded, "This is all about shared knowledge and education; it's about learning from one another and passing knowledge along. It is alternative education at its finest!"

In terms of what the two women are looking forward to the most, they both return to the notion of hearing the stories of courage and survival and being able to share those stories with people who can benefit most from the strength and perseverance of others.

"We are going to learn so much about ourselves and each other," said Ms. MacDonald. "We want to hear the stories that are inspiring to everyone and I know we will have a lot to share in the end."

For more information on the HerStory project, please visit www.herstory2006.com. ☺



Trent Grad Becomes Gzowski Intern at CBC Radio

Christopher Rompré, a fourth-year International Development Studies major who will be graduating this spring, has been named as one of four students from across Canada who will spend the summer working with CBC Radio as part of the prestigious Peter Gzowski Internship Program. As an intern, Mr. Rompré will gain first-hand experience in radio programming.

Created to honour the memory of Peter Gzowski, who died in 2002, the internship program with CBC radio is available to final-year university students at Trent University, McGill University in Montreal, Memorial University in St. John's, and Simon Fraser University in British Columbia.

A highly coveted employment opportunity, the CBC Radio Peter Gzowski Internship Program seeks out students who are highly creative, curious about the world, engaged in the community, and have an interest in pursuing a career with public radio. As a top student, a budding documentary film maker, and a world-traveller, Mr. Rompré meets the criteria to a tee. The Gzowski Internship runs from May 1 to August 25. Upon completing the internship, Mr. Rompré hopes to pursue a career with the CBC.

Distinguished Alumni Honoured at Inaugural Dinner

On Saturday, April 29, 21 of Trent University's most accomplished alumni were honoured during an historic by-invitation-only dinner organized by the Alumni Association.

Over 175 people were in attendance to see these some of Trent's finest graduates accept their Distinguished Alumni Award. The Distinguished Alumni Award has been presented only once before, to Canadian Olympic rower Phil Graham.

The Distinguished Alumni Award is presented on the basis of a Trent graduate's achievement and leadership in their respective field. The 2006 recipients are: business and technology guru Don Tapscott; Ontario Provincial Judge Kofi Barnes; film and

television producer and director Bill Corcoran; Olympic rowing gold medallist Rob Marland; Peterborough Mayor Sylvia Sutherland; Aboriginal elder Shirley Williams; authors Yann Martel and Richard Wright; National Executive Search consultant Janet Wright; university professor Susan Drain; poet and writer Maggie Helwig; peace-builder Andrew Ignatieff; Dianne Lister, Trent's new VP of Advancement and External Relations; Robert Morgan, founding artistic director of Children's Peace Theatre; world-class scientist Suresh Narine; David Patterson, world leader in finance and investment; corporate and commercial lawyer Robert Stephenson; former Minister of Human Resource Development Jane Stewart; and James Orbinski, past president of Doctors Without Borders.



Trent Student Selected to Complete Six Week Internship in Botswana

Courtney Baker, a third-year anthropology student at Trent University, has been selected as one of 20 outstanding university students from across Canada to participate in a six-week internship on HIV/AIDS in Botswana, Africa.

Offered annually by Unitera, a joint initiative of WUSC (World University Service of Canada) and the Canadian Centre for International Studies and Cooperation (CECI), the International Seminar offers students the unique opportunity to study and participate in efforts designed to achieve the eight Millennium Development Goals set out by the United Nations. This year's seminar in Botswana will concentrate on the HIV/AIDS epidemic.



From left to right standing: Bill Corcoran, Susan Drain, Robert Stephenson, Andrew Ignatieff, directly in front of Andrew is Maggie Helwig, Suresh Narine, Rob Marland, directly in front of Rob is Shirley Williams, Geoffrey Eathorne (2006 Symons Teaching Award), David Patterson, Janet Wright, Sylvia Sutherland. Seated from left to right: Don Tapscott, Robert Morgan, Kofi Barnes. Not shown: Dianne Lister.

As a member of the WUSC committee at Trent for the past year and as a self-proclaimed "social activist", Ms. Baker is looking forward to the opportunity to gain first-hand experience working in the international field, especially learning more about preventing HIV/AIDS. During the six weeks, Ms. Baker will participate in an intensive program which will consist of seminars and discussions with local NGOs, a three-day cultural walk through various villages, and a visit to a Game Farm. Canadian students will also be paired with a local student throughout their stay in Botswana. Before returning to Canada on June 18, Ms. Baker will complete a placement in a Youth Centre working with children and youth with HIV and AIDS.

Launch of [imaginepeterborough.ca](http://www.imaginepeterborough.ca)

On Thursday, April 20, Professor Stephen Hill and his Canadian Environmental Policy class were joined by Linda Slavin and Bob Paehlke to officially launch the www.imaginepeterborough.ca website, a "living" website designed to promote community dialogue around the future of Peterborough.

Initially created to ensure that class work lives on past the semester, this website features information collected by students on various community issues, including: governance and decision-making, water, energy, waste, transportation, land use, and education. As a living document, this website will allow citizens of Peterborough to create and edit the content of the site, thereby encouraging dialogue and engaging all members of the community in a discussion about Peterborough's future.

"I wanted the students to try to make connections between the theory we were examining in class and the real world challenges of policy makers, citizens and politicians grappling with sustainability," said Professor Stephen Hill.

Trent University Receives 2006 Ontario Association of Architects Award

The new Chemical Sciences Building has been awarded an Honourable Mention in the Institutional (greater than \$10 million) category in the 2006 Ontario Association of Architects (OAA) Awards.

The OAA Awards offer the Ontario architectural profession an annual opportunity to present its work to a public and professional audience; it advertises the excellence of both individual award winners and the profession as a whole. In addition, it fosters a greater appreciation of architecture and architects among all levels of society.

For a complete list of award winners, visit www.oaa.on.ca.



Update on the DNA Building

The first phase of the Greater Peterborough Region DNA Cluster at Trent University in Peterborough Ontario is on schedule to be completed in June. The first phase is comprised of two 28,000-square-foot modular-style blocks, known as A & B, with a second floor above block B, which will be occupied by the Ministry of Natural Resources. Two more blocks, C & D, will be built at a later date.

The block will house a combination of wet and dry laboratories with workbenches laid out in a grid, and safety equipment, most notably exhaust fans. As part of a design strategy to enable the laboratories to be reconfigured quickly to adapt to the evolving field of scientific research, most of the laboratories will operate in an open concept format adjacent to each other.

Throughout construction there has been a concentrated effort to protect existing vegetation, minimize the need for storm water pipes and structures through natural drainage, and the selection of appropriate plants for the storm water

UPCOMING events

www.trentu.ca

May 11: Friends of Bata Library Spring Fundraising Dinner. Scott House, Trill College, 6:30 p.m.

May 18: Behind the Scenes Tour, Gzowski College, Room 117, 11:00 a.m.

May 18: Trent Excalibur's second annual golf tournament and dinner. Pincrest Golf and Country Club, Keene. Cost to register is \$90. Contact Steve Hoggett, Trent Athletics, at 705.748.1011 x.150 or via e-mail at stevehoggett@trentu.ca.

My 22: Victoria Day – statutory holiday.

May 26: Peterborough Rowing Club Open House, 6:00 p.m. to 8:00 p.m.


June 1 and 2: Convocation 

ponds adjacent the Otonabee River. As the landscaping and construction work continues, negotiations are already underway with possible tenants for the future C and D blocks.

Trent Professor's Novel Wins Au Prix des Lecteurs Radio-Canada

Professor Sylvie Bérard of the Modern Languages and Literatures Department at Trent University has taken the top prize in Au Prix des Lecteurs Radio-Canada for her science-fiction novel, *Terres des Autres*.

In its sixth edition, CBC's Au Prix des Lecteurs Radio-Canada provides an opportunity for readers to sit on a jury and vote for their favourite book from a list of pre-selected works. The jury is selected by Radio-Canada and, this year, was led by well-known playwright, Jean-Marc Dalpé. The winner was announced on Saturday, May 6 at the Salon du Livre du Grand Sudbury.

Terres des Autres, a novel Professor Bérard describes as "a cowboy and Indians story set in an outlandish desert", was the only science-fiction novel amongst the six finalists. 

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