

McMaster Review

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Solving recruiters' riddles

BY LISA CAINES



There's a new approach to life and work after school

How many elevators does a 60-floor building need? How many gas stations are in Dundas, Ontario?

Like many riddles recruiters are using in interviews with prospective employees, the answers aren't as important as observing how the interviewee thinks on his or her feet, or how he or she calculates the size, population, and nature of those demanding the services.

"Riddles are really coming back in this year," says associate professor Dr. Nick Bontis, Michael

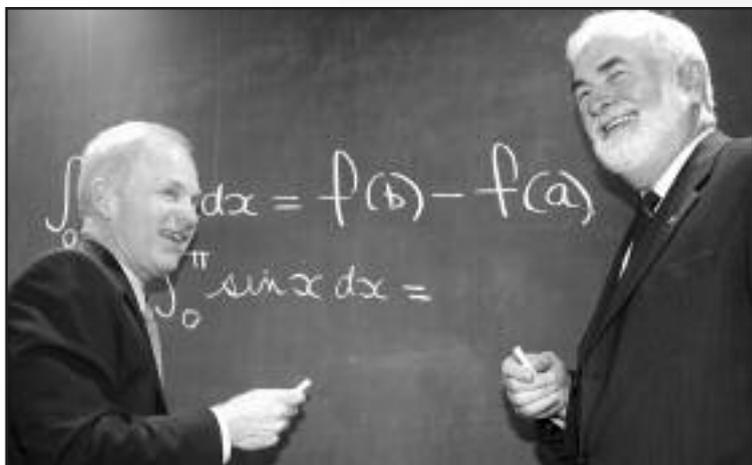
DeGroot School of Business. "But so are current events – students should go into an interview knowing everything about the company they're meeting with. There's nothing worse than not knowing what price their stock closed at yesterday if they ask you point-blank."

This month, amid classes and assignments and part time jobs, many McMaster students are meeting with on-campus recruiters from large Canadian companies to negotiate their chances for a coveted position upon April's graduation.

Story continues on page 4

New math building opens

— SHELLY EASTON



James Stewart (left) and Peter George at the chalkboard.

A new era in the teaching and learning of mathematical sciences has begun at McMaster University with the opening of the James Stewart Centre for Mathematics.

The interior of ivy-clad historic Hamilton Hall (circa 1929) has been restored to house the new centre. The \$11 million restoration was overseen by a working group of McMaster mathematicians that included professor emeritus James Stewart, a champion of mathematics at the University for 26 years.

Stewart donated \$1 million to the project, with additional gifts coming from mathematics graduate and Board of Governors member Richard Buckingham, Deloitte & Touche, the McLean Foundation, Super-Build and the Ontario Innovation Trust fund.



At a gathering celebrating the official opening of the building on Oct. 30, Stewart said his support was given as a way to say thank you to the people in the math department who had always supported him.

“I am very happy that this centre associated with my name is such a beautiful building,” said Stewart. “The original idea was for a brand new building, but that proved impossible. I have to say I am absolutely delighted with this exceptional building.”

McMaster President Peter George hailed the generous support for the new centre as an

investment in innovative teaching, learning and scholarship.

“These gifts have helped create a unique centre for mathematics that integrates the best of the old traditions and the new approaches to teaching, learning and research that we embrace at McMaster,” said President George.

The project involved 49,000 square feet of interior renovations, including classrooms, faculty offices, math laboratories and graduate study areas. The new centre features blackboards woven through public and office spaces covered in students’ and professors’ mathematical notations. Public corridors are oversized and furnished with tables, benches and blackboards to encourage group study, collaborative thinking and discourse. On the ground floor, the Math Café, featuring a long bar and series of hinged chalkboard panels, is easily transformed into teaching and lecture space or to accommodate a crowd for special events.

These stories are excerpted from the McMaster Daily News web site.

For additional details or to read other McMaster news, visit <http://dailynews.mcmaster.ca>

Renewal project to save campus millions in energy costs

With the great blackout of 2003 still fresh in people’s minds, the timing couldn’t be better to introduce a unique solution to reduce energy consumption and fund building renewal at the same time.

Keeping true to its culture of innovation, McMaster University is the first university in Canada to become a partner of Campus Renewal Partnership (CRP), an energy reduction plan and management system developed by Ameresco Canada Inc. The initiative provides creative ways to relieve funding challenges, advance facility renewal more rapidly and maximize the value of McMaster’s physical assets.

Launched officially on Oct. 27th by McMaster and Ameresco Canada Inc., CRP is expected to lower energy costs and consumption by 23% and provide a 20-year payout of \$28 million in facility renewal improvements.

As a show of support for this pioneering partnering initiative, Grant Miles, senior program officer, Natural Resources Canada, presented a \$250,000 Natural Resources Canada grant to McMaster University President Peter George. The Energy Innovators Initiative (EII) Energy Retrofit Assistance (division of NRCan) provides grants to institutions for assisting Canada in meeting its goal of reducing greenhouse gas emissions nationwide.

“This partnership is another example of our commitment to adopt innovative approaches to all of the challenges we face as an institution,” said McMaster President George.

Ameresco Canada Inc. is an independent energy solutions company whose



Pictured centre, Grant Miles, senior program officer, Natural Resources Canada, presents a \$250,000 Natural Resources Canada grant to McMaster President Peter George, right, and Tony Cupido, McMaster’s physical plant director.

strategy focuses on facility renewal funded directly through energy savings. “Essentially, CRP uncovers financial opportunities from within McMaster’s current infrastructure and redirects the savings into high investment priorities such as renovating buildings in need of repair,” said Mario Iusi, president, Ameresco Canada Inc.

Tony Cupido, McMaster’s physical plant director, said the initial measures and improvements will be completed during the next three and half years.

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Doing the right thing

Practicing medicine is a social commitment, says Dr. Peter Dent

BY SONYA MALCOLM

Enjoy what you do, but make sure you're doing it for the right reasons.

That's the advice for medical students from Dr. Peter Dent, a 40-year veteran of pediatrics and medical education.

"If you're looking for self-fulfillment it's possible to find that," says Dent. "But if it's your only reason for doing it then you're doing medicine and society a disservice. You have to see medicine not as a way of earning a living, but as a social commitment."

Dent's commitment has been a strong one and his medical career during "an explosion of new knowledge" has included many roles.

He is currently the associate vice-president, clinical services for the Faculty of Health Sciences. Dent is also a professor emeritus of pediatrics and head of the department's rheumatology division.

He is deputy chief of pediatrics for McMaster Children's Hospital and, as a pediatric rheumatologist, has an active practice both at McMaster Children's Hospital and at the Children's Hospital of Western Ontario in London, Ont.

This month he was recognized with the designation of Master from the American College of Rheumatology. Only five other Canadians have received the award, which is given to physicians who have significantly furthered the art and science of rheumatology.

"It was never an issue of being a doctor," Dent says of his career choice. "It was about being a pediatrician."

"Children really are our future. When you work with children who are unwell, you can allow them to maximize their potential," says the father of three.

As well, Dent's belief that people should do what they're good at led him to his decision to enter medicine.

"It partly came from knowing I would be a total failure in business," he adds with a chuckle.

After graduating from medical school at the University of Toronto in 1960, Dent completed pediatric residency training at the Hospital for Sick Children. His work also took him to Birmingham Children's Hospital in England and to the University of Minnesota. In Minnesota, Dent pursued immunology and rheumatology under the late Dr. Robert A. Good, while supported by the Medical Research Council's Queen Elizabeth II Fellowship.



"PHYSICIANS HAVE BECOME MUCH MORE EVIDENCE-BASED; THEY LOOK FOR PROOF A TREATMENT WORKS BEFORE THEY'LL RECOMMEND IT. PATIENTS DON'T ALWAYS APPRECIATE THAT."

He came to McMaster in 1968 at the founding of the medical school.

"McMaster was the exciting new development in the field of medical education. The leaders were visionaries and I wanted to be part of it."

Dent has pursued research in several areas, including rheumatology and cancer immunology.

He worked with the late Dr. Peter McCulloch, a former professor of medicine, who led a team to develop the ability to grow

human malignant melanoma cells, gaining the ability to test different treatments.

Dent's hospital administrative positions included being Chief of Pediatrics at Chedoke-McMaster Hospitals from 1981 to 1990. Under his direction the McMaster Children's Hospital was established, the Ronald McDonald House on Main Street was built for the families of pediatric patients and the annual telethon for the Children's Hospital was founded. In 1996 he was recognized with the Cornerstone Award, given by the hospital to exemplary leaders whose achievements have made a significant contribution to health care in the community.

Dent has seen many changes in the practice of medicine, including the balancing of patients' increased interest in alternative medicine with the evidence-based approach of physicians.

"One of the biggest changes is the increased sophistication of patient's knowledge about disease. Physicians have become much more evidence-based; they look for proof a treatment works before they'll recommend it. Patients don't always appreciate that."

Dent doesn't see these changes as challenges, but simply as new aspects of practice that sometimes take more time to work through.

This year he led the Faculty's response to the SARS situation that closed hospitals to students. He has also been a chief negotiator for the Faculty and Hamilton's hospitals in developing an Alternative Funding Plan contract for academic physicians with the Ministry of Health and Long-Term Care.

For Dent, the calling to work in this area was a natural one.

"I felt I was needed and I felt I had some talent in the area. I was brought up in a tradition of service, where there's value placed in that."

Community service is also a part of Dent's life. He has volunteered with the Hamilton Community Foundation, Ronald McDonald House and has served on the executive of the District Health Council.

Dent places great value on being completely committed to the profession of medicine. He feels that people should only choose medicine as a career if they are willing to make it their life.

"Medicine is not about having a life. Medicine is a total commitment," he says.

Solving **recruiters'** riddles

continued from page 1

Traditionally, large companies begin the recruitment process at University campuses in early September, with postings closing and interviews taking place in October and November. Job offers are generally made by Christmas for positions beginning after graduation in April or May.

The positions are harder to land these days, with a slow market after the dot-com craze of 1999, but Bontis is optimistic that students who take the right steps to set themselves apart in their job search will succeed.

Anne Markey, manager of Engineering Career Services, is buoyed by McMaster's strong reputation with employers, but she says more companies are straying from those traditional hiring practices, canceling costly campus visits or implementing "just in time" recruiting. The "just in time" formula allows them to move faster, posting jobs immediately before they need to be filled rather than forecasting their needs eight months ahead of schedule. And while many people don't react favourably toward the uncertainty that presents for graduating students, Bontis agrees it's better than the alternative, which has sometimes seen companies renege on offers they've extended to students in December when they realize they won't be able to accommodate them by April.

"Just because a recruiter is cutting costs by canceling campus visits doesn't mean they're not hiring graduates for April," says Bontis. He recommends students use multiple approaches to landing a job, including self-conducted internet searches, networking with professionals, and the traditional career fair circuit.

"Students in their final year of University should dedicate as much time to their job search per week as they do to one course," he says.

Whether students are meeting with recruiters or starting out on the long road of finding potential opportunities themselves, one thing has become very clear: It's simply not safe for a student to graduate without experience.

"There are changes in the economy and many large companies that have crashed recently have created a displacement of employees from those areas," says Markey. "Even students with experience may have difficulty landing a job, but those who have focused only on academics from high school to university are finding it particularly challenging."

Markey says recent recruitment trends include an

increased interest in well-rounded students, and many employers ask them to provide examples not only of academic success, but of past work experience and examples of demonstrated leadership as well.

"Engineers have such a heavy courseload that it's tough for them to hold part-time jobs," says Markey. "We try to encourage them to at least find summer jobs in their field, and we help them communicate how they've benefited and developed employable skills from certain project-based courses and extracurricular activities such as committees."

But aside from engineering and business students, few undergraduate students will work at a large company after graduation. In fact, a survey by the Canadian Undergraduate Survey Consortium indicates that 60% of McMaster graduates have not yet decided on a specific career field at the time of graduation. For

likely be most beneficial to graduates of liberal arts programs.

"Experiential learning is key," says Lisa Boniface, CPEC manager. "Today companies are more likely to hire someone they already know, either through past employment, volunteering, or job-shadowing."

If employers don't already know a suitable candidate, they'll most likely advertise positions on employment websites or professional association listservs that reach job-seekers more directly than newspaper ads. And Boniface points out that even if there are no positions available in a specific field, many working professionals are happy to allow a student or recent graduate to shadow them for a day or two.

"Job shadowing provides students with an opportunity to see the day-to-day activities a certain position holds so they can get a realistic sense of what's available to them," says Fortino. "They can ask one-on-one questions about future trends, and get a sense of what courses or further education they'll need in that career."

At CPEC, students receive help with a number of aspects of the job search, from resumé and cover letter writing and critiques, to interview skills, and even career exploration – which Boniface says is particularly important, because surveys show only 60 per cent of students have decided on a specific career field. Liberal Arts students are among the largest student population taking advantage of CPEC's career planning services. In addition to employment resources, the Centre also

offers information about continuing education and graduate schools – something 40 per cent of McMaster graduates say they plan to pursue in the first year after graduation.

Whether students pursue a career immediately after graduation, or after a second or third degree, Bontis says the nature of most job offers has changed immensely, from permanent postings to two or three-year contracts. But he says graduates shouldn't be disheartened by short-term contracts, especially if it's the first job out of school.

"Recent graduates will stay with their first employer for an average of 18 months, but they're more marketable in their first job than they'll ever be coming from school," says Bontis. "If we as professors and employees of this school can help them perform well in those interviews, we can be confident that they'll represent and reflect well on McMaster as a whole."

**"STUDENTS IN THEIR FINAL YEAR OF UNIVERSITY SHOULD DEDICATE AS MUCH TIME TO THEIR JOB SEARCH PER WEEK AS THEY DO TO ONE COURSE,"
– DR. NICK BONTIS**

many, this decision does not yet have to be made, since about 40% of students intend to continue their education. For graduates that decide to enter the workforce, two-thirds will join small, or medium-sized companies. These companies are less likely to have the resources to attend career fairs and conduct on-campus recruiting.

Angela Fortino, employment service development coordinator, Career Planning & Employment Centre (CPEC), regularly works with those smaller companies to help them find students to fill their needs. She says they don't often take on more than one student at a time, but by helping them take advantage of subsidized wages offered through government grants, students gain valuable part-time and summer work experience, and connections that could help launch them into their first career. The staff at CPEC are developing new strategies to help students connect with these types of small and medium-sized organizations, which will

Care for the caregiver

Staff explore challenges of caring for elderly relatives

BY LISA CAINES

When long-term illness or loss of mobility due to age affects a family member, doctor appointments, treatment sessions and ongoing care become a part of daily life. As

Canada's population continues to age, more Canadians are taking full or partial responsibility for the long-term care of parents and other relatives, and that makes it an issue more employees are facing at home.

Debra Earl, an employee health education nurse, has organized a four-part series with Hamilton Victoria Order of Nurses (VON) Caregiver Education Program coordinator Anne Vallentin, and "renegade volunteer" and former McMaster nurse educator Mary Buzzell, to help employees deal with the significant strain being a caregiver can place on life at home and work.

"We're hoping these sessions will bring people together so they can share their experiences with each other and also learn about the health care services and resources that are available to make a caregiver's job easier," says Earl.

The four-part series – offered on Thursdays over the lunch hour – is a customized version of an interactive eight-hour program offered by VON exclusively in Hamilton. The McMaster adaptation is a pared-down version of the program, tailored to focus on the needs expressed by about 40 McMaster employees who pre-registered for the sessions last month.

"Balancing is often the most difficult part of being a caregiver, because our lives are already full before we take on that additional role," says Vallentin. "Many people start to feel like they're all alone, but becoming more aware of the layers of help that are available can ease some of that stress."

She also adds both versions of the program are complete with homework each week: do something for yourself, by yourself.

Earl says the idea for the sessions came out of the overwhelming response to a workshop at the "Inspiring from Within" conference held for McMaster employees in February 2003. Participants in a workshop Vallentin helped host expressed the need and desire for more support as they struggled with their dual roles as McMaster employees and caregivers.

"There are times during a caregiving role when we can feel overwhelmed by a situation," says Vallentin. "Raising awareness among coworkers can help sustain caregivers when they're dealing with something that is particularly difficult."

The sessions, which began last Thursday, are running until Nov. 6th in MUSC 308 beginning at noon. A fifth session scheduled for the following Thursday on Nov. 13th will allow participants to decide if they're interested in establishing an ongoing support group.

How to get in touch...

For more information contact Debra Earl at extension 26050, or VON Hamilton at (905) 529-0700.

A list of services and workshops currently available through Employee Health Services can be found at

www.mcmaster.ca/health/employees/ehealthhome



True or false caring for the caregiver quiz

(courtesy of www.caregiver.on.ca and www.howtocare.com)

QUESTIONS

1. Most Canadian families maintain frequent contact with and are very supportive of their older relatives.
2. At least 10% of the aged are living in long-term care facilities.
3. Research links employee care for elderly relatives with productivity losses due to increased absences, stress and extra time on the telephone for family needs.
4. 50% of Ontario families match the traditional nuclear family with father as sole breadwinner and mother at home.
5. Helping elderly relatives with one task each day, such as bathing or dressing, can require up to nine hours from the caregiver each week.
6. There are hidden "job opportunity" costs when providing eldercare while working.
7. There are fewer men involved in caregiving than women.
8. Women today spend 17 years caring for their children and 18 years helping an elderly parent.
9. A person is no longer a caregiver when their relative moves to a long-term care facility.
10. Family conflicts are reduced when care for an elderly relative is required.

ANSWERS

1. True 2. False: 6-8 per cent 3. True 4. False 16 per cent
5. True 6. True 7. True 8. True 9. False 10. False.

continued from page 2

Commonwealth Games announcement Nov. 13

Everyone is cordially invited to attend the Hometown Celebration on Nov. 13, where the official announcement will be made for the host of the 2010 Commonwealth Games. Come and be a part of the festivities at Copps Coliseum. Doors open at 3:30 p.m. The announcement will be heard live from Jamaica at Copps Coliseum with the estimated time of the announcement at 5:30 p.m.

The first one 1,000 youth to arrive will receive a free Hamilton 2010 souvenir, hot dog or pizza, and a drink.

Show your pride – wear red and white! Everyone is welcome.

Towards a healthy workplace

Being more active, eating healthier, and getting more quality sleep may sound like a common sense recipe for feeling better, but too often the stresses of daily life and work can cloud those good intentions.

Now, an employee health and workplace wellness group spearheaded by Employee Work-Life Support Services has set out to encourage wellness and healthy lifestyles for McMaster's 5,000 employees. The Workplace Wellness Group includes representatives from various departments throughout the University.

"We strive to provide a healthy and safe work environment," says Wanda McKenna, manager of Employee Work-Life Support Services. "There are a number of services available that we invite employees to take advantage of."

McMaster and other large companies across Canada are putting more attention on employee wellness, on and off the job. Throughout the year the University offers regular sessions and workshops toward health promotion techniques ranging from healthy food choices to yoga. Emotional well-being is also addressed,

with Employee Health Services offering workshops tackling issues such as caring for aging parents.

Last month, McMaster participated in Canada's Healthy Workplace Week, to increase employee awareness of how important healthy workplaces are and demonstrate what McMaster is doing to provide a healthy workplace. During the week of Oct. 20-24, McMaster employees had free access to the Pulse and Fun Fit classes, as well as additional services such as massage, chiropractic, reflexology and physiotherapy services on offer. Daily lunchtime sessions covered general fitness, ergonomic and stress management issues. For more information about Healthy Workplace Week and new upcoming wellness sessions, visit workingatmcmaster.ca/life.

As another initiative focusing on work-life wellness, Andrea Husted, return-to-work specialist, has begun hosting seminars for employees in departments who regularly work non-traditional hours, or shifts outside of weekdays from nine to five.

"One quarter of Canadians work non-traditional hours" says Husted. "Some people find it more difficult to lead a healthy life when they're working shifts, but there are some small choices that can make a big difference to how rested we feel."

Departments interested in the seminars can book Husted for one-hour sessions where she'll offer helpful hints and provide information about sleep cycles and circadian rhythms, or the body's internal clock.

Take the kids to work day

McMaster employees are invited to bring their Grade 9 children to McMaster University's Take Our Kids To Work Day on Nov. 5.

In order to participate, a permission form must be completed and returned to Janet Marsh, Environmental and Occupational Health Support Services, via inter-office mail at Gilmour Hall, Rm. B111, via e-mail at marshja@mcmaster.ca, or fax: 905-540-9085.

For more information, and to download a copy of the permission form, visit: www.workingatmcmaster.ca/life.



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From pets to patents

A new satellite office in the Faculty of Health Sciences is ensuring research results are adopted in public use

BY DANELLE D'ALVISE

Your family pet has just been diagnosed with cancer. What happens next? The options for your cherished companion are the same as those for humans: chemotherapy, surgery or radiation.

Cancer in companion animals – dogs, cats and horses – is not a rare occurrence. Companion animals have an incidence rate of cancer as high as 25% or more. The disease is one of the leading causes of death in dogs and cats.

Fast forward a few years from now. There's a good chance that the options available for Rover will include a new treatment: gene-based cancer therapeutics developed by McMaster researchers.

Their work represents more than seven years of research and clinical trials testing novel therapies for specific tumours. Your pet's treatment scenario might involve a visit to an animal clinic where a veterinarian will take a sample of your pet's DNA. The prescribed therapy – developed by McMaster's recently incorporated spin-off company VetGenics Inc. – would involve products that, when introduced into your pet's body, would be capable of stimulating its immune response against the tumour.

But how does this research make it from the lab to the final stage where your family pet might actually be cured of cancer?

This is where Arlene Yee comes in. Yee is the industrial liaison manager for the Faculty of Health Sciences, a new position at the University that she's held since February of this year.

"It's all about taking research from the bench level that can then be used for the public good. My job is to facilitate that process," she says.

A graduate of the University of Guelph's veterinary program in 1986, Yee's specialty was companion animal medicine. After practising four years as a vet, Yee realized that her first love was public health. While performing emergency medicine on animals, she pursued a Master's degree in microbiology.

Yee made the transition from spaying and inoculating cats and dogs to public health concerns in her positions as scientist and scientific manager with the Ontario Ministry of Agriculture and Food. Yee helped safeguard the public's health by ensuring the proper monitoring and surveillance of milk and meat products. Eventually she ended up working for her alma mater, as part of the University of Guelph's technology transfer team, managing the university's intellectual property portfolio. Yee is enthusiastic about the new industrial liaison office for the Faculty of Health Sciences because of the range of challenges she sees



Arlene Yee, industrial liaison manager for FHS.

"IT'S ALL ABOUT TAKING RESEARCH FROM THE BENCH LEVEL THAT CAN THEN BE USED FOR THE PUBLIC GOOD. MY JOB IS TO FACILITATE THAT PROCESS."

here at Mac, with its focus on technology transfer of medically related science and life sciences. She does technology transfer "across the board" in the area of health, something she describes as "a good fit" for her.

Using Intellectual Property Management Funds from the Natural Sciences and Engineering Research Council (NSERC), Yee has hired an intern who will be trained to become a technology transfer professional. The intern, as well as a future position for an industrial liaison officer, will complete the office and create an infrastructure that will support and encourage researchers to commercialize their research results.

Mamdouh Shoukri, vice-president, research and international affairs, notes that, "the industrial liaison office in the Faculty of Health Sciences represents the University's commitment to speed the transfusion of new knowledge and technologies to the community. This office, managed by Arlene, will enhance our research innovation, support our entrepreneurial faculty and partner more effectively with our affiliated hospitals."

In her new position, Yee has also represented McMaster's Faculty of Health Sciences (FHS) as part of the team that reached an agreement in principle on a common intellectual property policy with Hamilton Health Sciences.

This means that faculty, jointly appointed with FHS and Hamilton Health Sciences, can proceed with a clear understanding of who is responsible and how revenue is shared when research is commercialized. Profit sharing will now be apportioned to the inventor(s) with McMaster University and Hamilton Health Sciences each sharing 50% of the institutional allocation of the revenue.

The new comforts of home

Mary E. Keyes residence marks a new residence tradition

BY LISA CAINES

A luxury suite with air conditioning, two washrooms and a stone's throw from fine dining isn't the typical first home-away-from-home experience for most students. But the 280 residents – 168 of them first-year – who secured a room in McMaster's new Mary E. Keyes residence this fall, are discovering that the typical campus residence experience is undergoing some changes.

For starters, there are no close-quartered roommates to adjust to, since students live in suites with four single bedrooms, and share two washrooms, a kitchen, and a living room. They have the option of cooking meals in their kitchen – complete with stovetop – or purchasing food from campus cafeterias. They can study quietly in the privacy of their rooms, or join friends in the building's common rooms for socializing.

"Students moving into an apartment-style residence are sometimes surprised at how different the culture is from traditional residences, because people are fairly contained within their suites. Often it requires extra effort to get people out into the common areas to socialize," says Lu Ann Dietrich, Keyes residence manager.

First-year commerce student Julia Garboll says when she moved into Keyes she was concerned about opportunities to meet others. During Welcome Week the suite structure made it seem easy for Keyes residents to stay in their apartments or work independently instead of participating in planned orientation activities with other first-year students.

"At first it was harder to meet people here, because Keyes is a more private, stu-

dious environment," says Garboll. "But I really appreciate having my own private space. That's a privilege I'm very grateful for."

While the first-year students who listed Keyes as their top choice were selected by lottery, the other one-third of the population are upper-year students with higher grades that give them first choice of on-campus living quarters. Dietrich says those returning students hoping to stay on the Dean's Honour list could account for the more studious environment.

First-year students and Keyes suite-mates Kristina Chandler, Kelly Collins, and Elyse Stangl say now that the semester is well underway, they're appreciating the true luxury of their building.

"I think we're really thankful that we have these beautiful, clean apartments that no one has ever used before," says Collins. "It's a really positive place and there's lots of energy."

And although it's more difficult for community advisors Gobi Jeyaratnam and Heather Ker to coordinate events that will bring residents together, they say the community is coming into its own because residents themselves are being proactive in organizing potluck dinners and other events.

Jeyaratnam points out that as the Keyes culture begins to evolve over the school year, there's something to be said for starting with a clean slate.

"McMaster is an old campus with a lot of really cool traditions in other residences, and now we have the opportunity to set some of those traditions for Keyes," he says. "That's a very fun, exciting challenge for all of us."



Left to right; Jen Coombs, Kristina Chandler, and Kelly Collins in their living room at Keyes.

The contemporary cafeteria

Tubs of mashed potatoes and frozen peas have been put on the back burner for sleek, more exotic on-campus cuisine at McMaster, and the new East Meets West Bistro marks the next step in the trend toward tastier, healthier eating.

The 8,000 square foot dining facility, located on the main floor of the Mary E. Keyes residence, offers a full lunch and dinner menu with tastes from Asian, Greek, and other types of international cuisine. Seafood, as well as gourmet pizza from the kitchen's wood-burning pizza oven, also figure highly on the menus.

But the venue – with an excellent view of campus through two-story glass windows and an outdoor patio – isn't the typical eatery of choice for most Keyes residents, who still prefer to eat and run, or make their own meals in their in-house kitchens.

"Students don't have a lot of time to sit down and enjoy a meal because we have irregular schedules, but it's nice to have somewhere on campus to bring our parents when they visit, or treat ourselves when there's more time," says Kristina Chandler, first-year student and Keyes resident.

The East Meets West Bistro is open daily for lunch and dinner appetizer and entrée options.



East Meets West Bistro



Jason Gibson, chef at East Meets West Bistro