

Paul Regular

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EDUCATION

Memorial University of Newfoundland, St. John's, NL, Canada
Ph.D. Candidate in Cognitive and Behavioural Ecology

5/2007-Present

Memorial University of Newfoundland, St. John's, NL, Canada

B.Sc. Honours in Biology

9/2002-5/2006

Hampden Academy, Hampden, NL, Canada

Level III Diploma (Honours)

9/1989-6/2002

AWARDS

- Graduate Fellowship (\$5100 per annum)
- Teaching Opportunities for Graduate Assistants Fellowship (\$375)
- Faculty of Science Dean's List
- Newfoundland and Labrador Outfitters Association Scholarship (\$500)
- Scholarship for Highest GPA in Sciences (\$200)
- Scholarship for Best All Around Student (\$100)
- Won local Science Fair exhibition and proceeded to regional competition
- Won competition in a Gros Morne National Park bird banding mini-course

5/2007-Present

1-4/2008

9/2005-5/2006

9/2005

6/2002

6/2002

2/2001

10/2000

PROFESSIONAL EXPERIENCE

Memorial University of Newfoundland, St. John's, NL, Canada

Research Assistant

Assisted University Research Professor William Montevecchi with data input, data analysis, report preparation and writing, graphic design, cartography, and various other research tasks.

9/2007-4/2008

Memorial University of Newfoundland, St. John's, NL, Canada

Teaching Assistant – Animal Behaviour – Psychology 3750

Helped students with assignments and projects, assisted in the grading of assignments and projects, developed and gave an activity teaching the students how to use Excel, and gave presentations to the class.

9/2007-4/2008

Memorial University of Newfoundland, St. John's, NL, Canada

Teaching Assistant – Ecology – Biology 2600

Assisted students with laboratory and field projects, helped students with laboratory assignments, and assisted in the grading of laboratory assignments.

9/2007-12/2007

Nature Conservancy of Canada, St. John's, NL, Canada

Seabird Biologist Intern

In this position I was assigned to conduct a literature review and a jurisdictional survey of the potential interactions between cruise ships and seabirds. This experience furthered my abilities to survey the literature, and exposed me to gathering information from various jurisdictions. I gained knowledge on the effects of human disturbances on seabirds and what conservation measures are applied in various areas to mitigate or minimize

2-3/2007

potential disturbances. I then constructed a report on my findings – which improved my writing and graphic/digital designing skills.

Memorial University of Newfoundland, St. John's, NL, Canada

Teaching Assistant – Animal Behaviour – Psychology 3750

1-4/2007

Helped students with assignments and projects, assisted the Professor William Montevicchi with the grading process, and gave presentations to the class.

Environment Canada, St. John's, NL, Canada

Seabird Biologist Intern

12/2006

This contract position served as an extension for the Nature Conservancy of Canada position (below), allowing further research and writing to be carried out. This allowed ample time to complete two manuscripts on the Cape St. Mary's Common Murre (*Uria aalge*) research (one of which is submitted to the journal *Environmental Monitoring and Assessment*).

Nature Conservancy of Canada, St. John's, NL, Canada

Seabird Biologist Intern

5-11/2006

In this position, my duties were to: (1) monitor Common Murre (*Uria aalge*) attendance at a large breeding colony at Cape St. Mary's, NL, Canada during summer 2006, (2) analyze attendance, population and breeding chronology data collected from 1980-2006 (this is the longest regularly surveyed data set for murrelets in eastern Canada), and (3) to write and submit a manuscript(s) for publication in a scientific journal. Consequently, while completing this work I have improved my seabird monitoring skills, gained experience with various statistical analyses/applications, familiarized myself with the marine ecology and conservation literature, and have improved my writing skills.

Memorial University of Newfoundland, St. John's, NL, Canada

Research Assistant

5-8/2005

Worked as a field assistant on Buldir Island in the Aleutian Islands, Alaska, conducting research primarily on Least Auklets (*Aethia pusilla*) and Crested Auklets (*A. cristatella*). During this research, I learned the monitoring methods used to assess auklet populations. This research also allowed me to gain experience designing experimental protocol to quantitatively test anti-predator behaviour (part of my B.Sc. honours program at Memorial University of Newfoundland). I also gained experience with food sampling, banding, and several other population monitoring techniques employed on other seabirds breeding on the island – such as storm-petrels (*Oceanodroma* spp.), kittiwakes (*Rissa* spp.), murrelets (*Uria* spp.), and puffins (*Fratercula* spp.).

Fisheries and Oceans Canada, St. John's, NL, Canada

Research Assistant

5-8/2004

Contract position that involved aiding research efforts focused on determining the movements of adult and larval Smelt (*Osmerus mordax*) in several river systems and bays of Newfoundland. In this position, I became familiarized with the various materials and methods employed used in fish sampling, larval bone staining, fish tagging, and fish capture.

OTHER EXPERIENCE

Hampden Academy, Hampden, NL, Canada

Tutor – Tutoring for Tuition Program

9/2001-6/2002

Met with students from grades 7-9 throughout the school year to assist them in courses such as Science, English, Math, Geography, etc.

VOLUNTEER EXPERIENCE

Lest Talk Science Partnership Program, St. John's, NL, Canada

Volunteer

1/2007-Present

Helped organize and teach a portion of the "lab extravaganza days" activities which occurred at Memorial University of Newfoundland.

St. Matthew's Elementary, St. John's, NL, Canada

Teacher's Volunteer

9/2001-Present

Provided assistance with developing a multitude of science oriented lesson plans for a Grade 3 French Immersion classroom. Spent much time preparing materials and brainstorming effective activities that were curriculum based.

Nature Conservancy of Canada, St. John's, NL, Canada

Program Assistant

12/2006-1/2007

Provided assistance with program coordination, technical support, advertisement projects, writing letters to Nature Conservancy of Canada supporters, and general office administrative tasks.

ELECTED POSITIONS

Graduate Student Representative – Cognitive and Behavioural Ecology Programme Administrative Board

1/2007- Present

Memorial University of Newfoundland, St. John's, NL, Canada

Attended board meetings and provided input on graduate student admission.

PUBLICATIONS AND PAPERS

Regular P. M., F. Shuhood, T. Power, W. A. Montevecchi, G. J. Robertson, and D. Ballam. Attendance patterns and population trends of Common Murres *Uria aalge* through natural and anthropogenic perturbations during 1980-2006 at Cape St. Mary's, Newfoundland. Unpublished Manuscript for submission to Conservation Biology.

Hedd A., **P. M. Regular**, W. A. Montevecchi, C. M. Burke, A. D. Buren, and D. A. Fifield. Going deep: common murres dive in sub-0 °C water for aggregated slow-moving capelin. Submitted to Journal of Avian Biology, April 2008.

Regular P. M., F. Shuhood, T. Power, W. A. Montevecchi, G. J. Robertson, and D. Ballam. Murres, Capelin and Ocean Climate: Inter-annual Associations across a Decadal Shift. Submitted to Environmental Monitoring and Assessment, October 2007.

Montevecchi W.A., **Regular P.M.**, Burke C., Hedd A. 2007. Year round tracking of murres in Newfoundland and Labrador. Newfoundland and Labrador Murre Conservation Fund Interim Report submitted to the Newfoundland and Labrador Legacy Nature Trust. 11 pp.

Regular P.M. 2007. Expedition cruise ships and seabird colony interactions: conservation concerns and potential strategies. Report for Parks and Natural Areas, Government of Newfoundland and Labrador. 80 pp.

Regular P.M., Shuhood F., Power T., Montevecchi W.A., Robertson G.J., Ballam D. 2007. Common murre *Uria aalge* attendance patterns and population trends at Cape St. Mary's, Newfoundland, 1980-2006. Report for Environment Canada. 29 pp.

Regular P.M. 2006. Behavioural consequences of coloniality of least auklets (*Aethia pusilla*) and crested auklets (*Aethia cristatella*) at Buldir, Aleutian Islands, Alaska during 2005. B.Sc. (Honours) Thesis, Memorial University of Newfoundland, St. John's, Newfoundland and Labrador. 24 pp.

PRESENTATIONS AND POSTERS

Regular P.M., Montevecchi W.A., Robertson G.J., Piatt J.F. 2008. Murres, capelin and ocean climate: inter-annual associations across a decadal shift. Pacific Seabird Group Conference, Blaine, Washington, 27 February – 2 March, 2008.

Hedd A., **Regular P.M.**, Montevecchi W.A., Burke C.M., Buren A.D., Fifield D.A. 2008. Going deep:

common murrens dive in sub-0 °C water for aggregated slow-moving capelin. Pacific Seabird Group Conference, Blaine, Washington, 27 February – 2 March, 2008.

Regular P.M., Montevecchi W.A., Robertson G.J. 2008. Murrens, capelin and ocean climate: inter-annual associations across a decadal shift. Aldrich Conference, St. John's, Newfoundland and Labrador, 9-10 February, 2008.

Regular P.M., Montevecchi W.A., Robertson G.J. 2008. Murrens, capelin and ocean climate: inter-annual associations across a decadal shift. Canadian Conference for Fisheries Research, Halifax, Nova Scotia, 3-5 January, 2008.

Montevecchi W.A., Gaston A.J., Davoren G.K., Burke C., Fifield D.A., Garthe S., Gilchrist H.G., Hedd A., Hobson K., Mallory M.L., Phillips R., Rail J., **Regular P.M.**, Robertson G.J. 2007. Seabirds Help Detect Arctic Ecosystem Change: A Canadian International Polar Year (IPY) Initiative. IPY Researchers Workshop, Gatineau, Quebec, 15-17 October, 2007.

Regular P.M. 2007. Summary of murre population trends at Cape St. Mary's. Seabird Ecological Reserve Advisory Committee Annual Meeting, Forest Ecology Center, Mount Pearl, Newfoundland and Labrador, 6 March, 2007.

Regular P.M. 2007. Interim report on literature review of cruise ship impacts on seabird colonies. Seabird Ecological Reserve Advisory Committee Annual Meeting, Forest Ecology Center, Mount Pearl, Newfoundland and Labrador, 6 March, 2007.

Regular P.M. 2006. Cape St. Mary's Project – Summer Component. The Cape St. Mary's Project, Nature Conservancy of Canada Gifts to Canadians Public Press Conference, Johnson Geo-Center, St. John's, Newfoundland and Labrador, 23 June, 2006.

Regular, P.M. (2006) Behavioural consequences of coloniality of least auklets (*Aethia pusilla*) and crested auklets (*Aethia cristatella*) at Buldir, Aleutian Islands, Alaska during 2005. B.Sc. (Honours) Thesis Defense, Memorial University of Newfoundland, St. John's, Newfoundland and Labrador.

REFERENCES

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