Augustana Campus

Report to the Community







The University of Alberta respects the sovereignty, lands, histories, languages, knowledge systems and cultures of First Nations, Métis and Inuit nations.

Augustana is located in (asiniskaw sipisis - Stoney Creek) Treaty 6 territory; a travelling route and home to the Maskwacîs Nêhiyawak, Niitsitapi, Nakoda, and Tsuut'ina Nations, the Métis and other Indigenous peoples. Their spiritual and practical relationships to the land create a rich heritage for our learning and our life as a community.

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The Report to the Community is published annually by the University of Alberta Augustana Campus. It is distributed to donors, sponsors, university contacts, government bodies, community partners and friends of the campus.

This report highlights achievements from Augustana Campus' 2022/23 academic year: August 23, 2022 to April 28, 2023.

REPORT TO THE COMMUNITY 2023



Sustaining and building a better Augustana

It is my pleasure to share with you this 2023 Report to the Community.

As many of our community members know, the past few years have presented challenges which we have had to overcome. One of the points of pride for me and my team has been how we have been able to sustain our campus despite these challenges. And, even more, how we have taken steps to improve.

Following a hiatus due to the pandemic, students were able to once again study abroad in India, Greece, Costa Rica and Cuba. Additionally, we held the first winter field course at our Augustana Miquelon Lake Research Station this past January. These courses offer diverse experiential opportunities for our students to enrich their studies and apply their knowledge in locales around the globe.

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With seven hirings over the past two years — and more to be made this year — we have been successful in attracting colleagues who are excellent teachers, scholars and researchers. Meanwhile, our established faculty members continue to excel in their respective areas. In this report, you will discover how one researcher is working to address mental health needs amongst our farmers.

This past year has seen the University of Alberta undertake a number of strategic initiatives. These have included the University Strategic Plan (USP), Budget Model 2.0 and the Strategic Plan for Research and Innovation (SPRI) — among many others. Our collaboration and connections with the U of A are expanding through these ambitious plans — and as a member of the steering committee for the USP, I myself have witnessed that U of A leadership continues to value, support and champion Augustana.

Our most recent cause for celebration has come from the return and expansion of various master's programs on campus. Starting in fall 2024, master's programs in speech language pathology, occupational therapy and physical therapy will be offered at Augustana Campus by the Faculty of Rehabilitation Medicine.

Throughout the challenges and changes of the past few years, our community — you — have done so much to encourage and support us. By providing students with financial support, attending a myriad of events, cheering on our Vikings at nationals and joining us to celebrate the anniversary of wahkohtowin Lodge's grand opening, you help ensure a bright future for our campus. As we look towards this future, I invite you to join us in celebrating the things we continue to do well and to also imagine the ways we can better serve our communities.

Sincerely,

Demetres P. Tryphonopoulos

Dean and Executive Officer Augustana Campus Augustana Campus offers diverse educational experiences that enrich students' learning — no matter what program or year of study they are in!

This past year saw both the first winter field course out at Miquelon Lake Provincial Park and the return of study abroad courses (which last ran in January 2020).

Hear from our students on how these experiences enhanced their education.

Advanced Field Studies in

EnvironmentalScience and Ecology

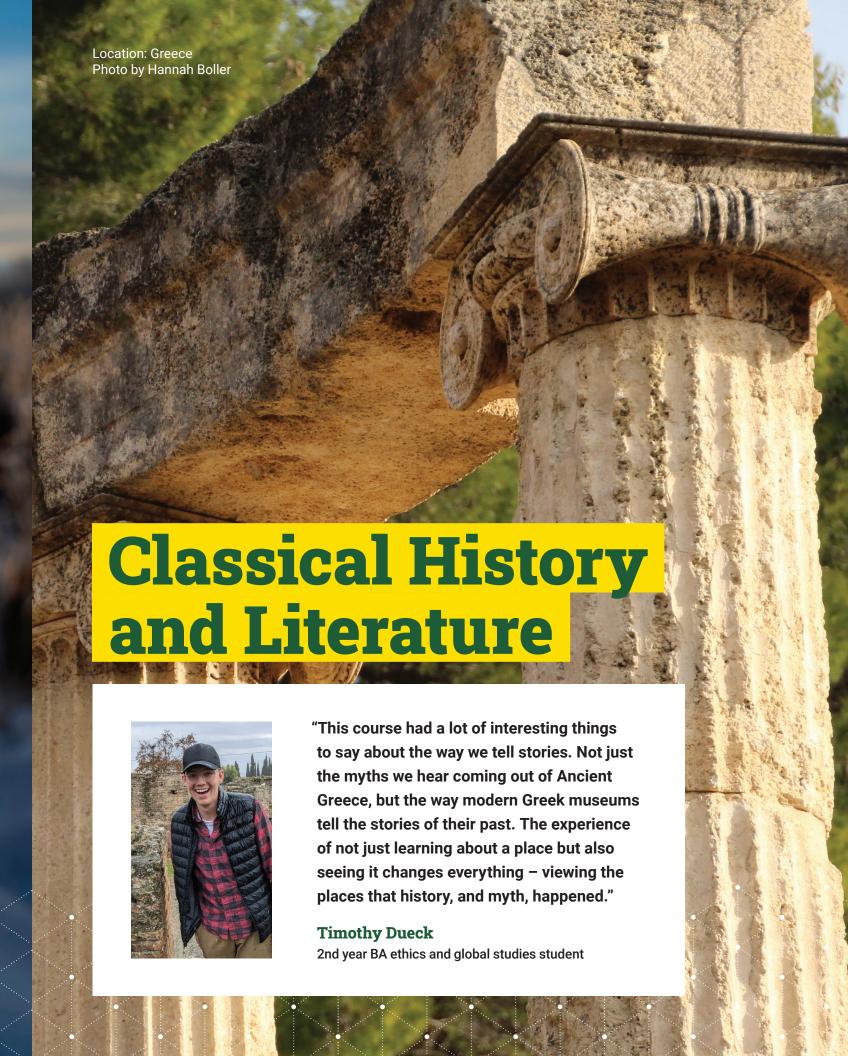


"With all the time I had spent collecting data and conducting my research, I formed a personal connection with the importance of my study (the influence of snow compaction on mammalian travel routes), which allowed me to become passionate about the topic outside of the course. Here, I could test the statistical knowledge I learnt in the second year and use it in a real-life example."

Location: Miguelon Lake Research Station

Gillian Ebidag

4th year BSc biology student



REPORT TO THE COMMUNITY 2023

Supporting Farmer Mental Health



Rebecca Purc-Stephenson

Augustana professor Rebecca Purc-Stephenson aims to improve the mental health of valuable community members — our farmers.

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Did you know that people who own, operate or work on a farm have higher suicide rates compared to most other occupations? Or, did you know that a 2020 study reported 35 per cent of farmers are experiencing depression, 57 per cent anxiety and 76 per cent moderate to high stress?

Though largely invisible, poor mental health in the agricultural community "has been an issue for a long time," says Rebecca Purc-Stephenson, a psychology professor, lead researcher of AgKnow and research associate with the Alberta Centre for Sustainable Rural Communities at the U of A's Augustana Campus.

With livelihoods that can be threatened by weather, plant or livestock disease outbreaks, rising operational costs and other complex, evolving factors, farming "is one of the most stressful occupations there is," she says.

By leading a series of studies to identify the biggest stressors they're grappling with, Purc-Stephenson plans to bring more help to Alberta farmers, their families and veterinarians.

Overall, the studies will explore needs, gaps and challenges in mental health service delivery that were identified by farmers and mental health workers. Her research will also help build resources for AgKnow, an initiative created so that farmers and others in the agriculture industry can access information to help with their mental health. She aims to collect and share the stories of farmers who have experienced stress, as well as establish a peer support program.

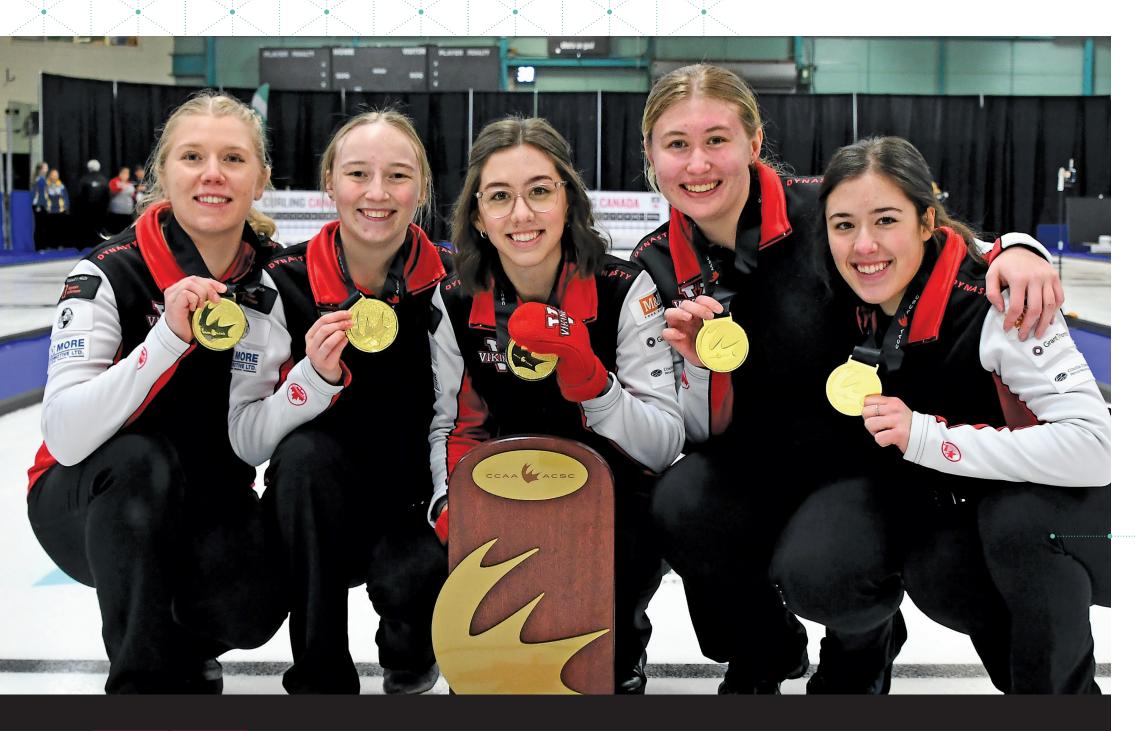
- BEV BETKOWSKI

To learn more about the work of Rebecca Purc-Stephenson and AgKnow, or to get involved, visit AgKnow.ca

This research is being done in collaboration with the Agriculture Research and Extension Council of Alberta (ARECA) and supported by \$524,500 in funding awarded to the group by Alberta Agriculture, Forestry and Rural Economic Development, through the Canadian Agricultural Partnership. Many undergraduate research assistants work with Purc-Stephenson on this research.

TIPS THAT FARMERS AND RANCHERS CAN USE TO COPE WITH STRESS:

- Get some shut-eye: "There are times when farmers are busy and will find themselves working from morning to night, but ensuring that you're getting seven to eight hours of sleep is really important for your body and brain," she says, adding that research shows lack of sleep impairs alertness, judgment, co-ordination and reaction time.
- Eat smart: Meals and snacks rich in carbohydrates and proteins provide both immediate and sustained fuel for the body. "Don't rely on coffee to keep you going. It can be a great way to enjoy a break, but it won't give the energy needed to work throughout the day."
- Take a break: "Taking some time away from work will help you do your best work," says Purc-Stephenson. She advises pursuing an outside interest or hobby at least once a week. Maybe it's fishing, hunting, golfing or helping coach a youth sports team. Along with the much-needed mental break, "creativity and good problem-solving usually comes during these moments."





VAZ-E5-

Academic All-Canadian Awards received from the CCAA (the highest number in the ACAC)

58
Home games

hosted

ACAC medals won (1 gold, 5 silver, 1 bronze)

Vikings Reach New Heights

The 2022/23 season was one unlike any other for our Vikings.

In addition to various teams moving up in the rankings, six teams competed in Alberta Colleges Athletic Conference (ACAC) championships and five teams advanced to nationals. Most notably, our women's curling team won the Canadian Collegiate Athletic Association (CCAA) national championships for the first time.

"Camrose is my home town. I grew up, went to school and curled here. Bringing home the gold to my community and knowing the amount of people who were supporting our team is truly a surreal feeling!

It is such an honor to be able to represent my university on the national stage. We went in as the underdogs into the finals and we came out on top – it is such an unforgettable moment."

Josie Zimmerman

ACAC Female Curler of the Year Vikings Women's Curling Team, Skip

Prepare for the 2023/24 season at **govikings.ca**

Meet the Faculty

In 2022/23, four new faculty members joined our community. Take a moment to learn a bit about them and their work.



Ana Klahr

Assistant Professor, Mental Health & Psychology

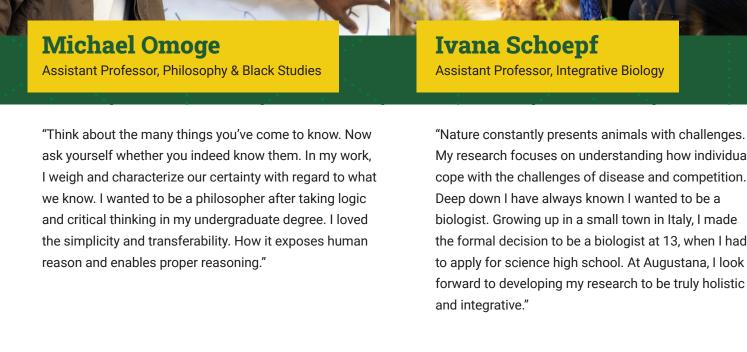
"With software, our expectations are lower and we tolerate a lot of problems. This matters, because software is used in critical domains. Everyone would complain if a car sometimes displayed the speed incorrectly! We need to raise the bar of what we consider acceptable quality. My research goals are to develop techniques that put quality and reliability at the centre of software development."

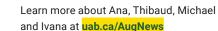
Thibaud Lutellier

Assistant Professor, Computing Science

My research focuses on understanding how individuals cope with the challenges of disease and competition. Deep down I have always known I wanted to be a biologist. Growing up in a small town in Italy, I made the formal decision to be a biologist at 13, when I had to apply for science high school. At Augustana, I look forward to developing my research to be truly holistic

"When I grew up in Buenos Aires, Argentina, I was interested in space sciences. But I did my honours research under a psychology professor who is also a neuroscientist. I decided then that all I wanted to do was to study brains for the rest of my life. Now I study in animals what happens in patients who suffer a hemorrhagic stroke. My main goal is to find potential therapeutic targets and test the efficacy and safety of treatments."





Connecting with Community

On March 22, we celebrated the seventh anniversary of wahkohtowin Lodge's grand opening on campus.

Organized by Augustana's Indigenous Engagement
Collective, this anniversary reflects the importance of the
number seven in Cree culture. Through feast and ceremony,
the event acknowledged the creation of the Lodge, which
could not have been done without the dedicated work by
Elders from Maskwacîs, members from nearby Indigenous
communities and Indigenous students. The event was also
an act of reaffirmation — of renewing our commitment to
continuously supporting Indigenous presence on campus
and working towards reconciliation.

We were grateful for the opportunity to reconnect with those who helped create wahkohtowin Lodge and those whom it continues to welcome. As we move into these next seven years and beyond, we welcome our community – Indigenous and non-Indigenous – to join us in continuing to make space to learn about, connect with and celebrate Indigenous peoples and cultures.

Discover Augustana events* at uab.ca/AugEvents
*Keep an eye out for our round dance in spring 2024!

200+

From Indigenous programming to art shows to research lectures to observatory drop-ins and more, Augustana Campus hosted 200+ events open to the public in 2022/23.



Augustana's 2022/23 Indigenous Engagement Collective

Greg King, Justin Tetrault, Gordon Naylor, Trina Harrison, Sean Moore, Willow White, Lori Ireland, Kim Wiebe, Victoria Delorme

Missing: Andrea Menard, Corinne Williams

Celebrating 50 Years of Community Awards

In 1973, community and campus members came together to make a difference.

Learn more about the program at uab.ca/AugAward

Aware that some students face financial barriers when looking to attend post-secondary, the Community Awards Program was formed. Now, half a century later, the program has grown from a couple awards to a couple hundred – with some of the first donors still supporting students today!



6,000+ students have received donor awards funded through the







Alan Fielding, '63 CLC, '65 BA, '69 LLB Alan and Valerie Fielding Leadership Scholarship









award each year

226 donor-funded awards were offered in 2022/23





Leading with Purpose.



Augustana Campus

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uab.ca/augustana