



NewTrail

UNIVERSITY OF ALBERTA
ALUMNI MAGAZINE



**What does it take to solve
some of the world's most
complex problems?**

AUTUMN/WINTER 2024



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“I believe uplifting today’s students will ensure a brighter future for our province, our country and our world.”

Donor Harry Koumarelas, '70 BSc(ElecEng), '72 MEng

Anna Mueller is a second-year civil engineering student and scholarship recipient.



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Your Sphere of Influence

I'VE ALWAYS CARED ABOUT creating a better world.

That's why I pursued not-for-profit work after my undergraduate studies. A little while later — after getting an MBA at the U of A, landing a U of A recruitment job and attending an International Women's Day event — I found myself in conversation with **Alison Schneider**, '11 MBA. She worked at Alberta Investment Management Corporation (AIMCo) integrating gender diversity and environmental, social and governance (ESG) factors across the investment process.

She told me investors could exercise their voices to drive effective ESG practices within their portfolio companies — from electing more women to boards to improving human rights across the supply chain or reducing carbon emissions.

I know we can't all work in sustainable investing and that grand sustainability challenges like climate change and human rights sometimes feel too grand to advance: Let me change your mind.

My former U of A MBA professor, Joel Gehman, taught us that moving the needle on sustainability challenges requires collaboration.

Ask yourself, "What's my sphere of influence?" Whether it's the employees at your company, the neighbours on your street or the little ones in

your family, the small choices that we make within our spheres are powerful.

Another of my U of A professors, Richard Field, talked about the importance of celebrating progress.

When we celebrate a milestone or an earnest effort, those celebrated might move on to their next goal more confidently, probably more likely to succeed.

Celebrating grads and their work in sustainability is important to me. I'm proud of the U of A's sustainability rankings and research. When I look at this issue of *New Trail*, that pride grows tenfold.

It has been seven years since Alison hired me at AIMCo. I started as an analyst and now I am director of sustainable investing, and I often think, "If it wasn't for meeting a fellow grad who opened her sphere of influence to me and celebrated my progress, this wouldn't be my life today."

So, to each of you: Thank you for the choices you make in the spirit of sustainability. They make a difference. Thank you for building up the people in your spheres. They, and you, deserve to be celebrated.



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Holistic Health

Thank you very much for including “The Possibility for Change” and “It’s In Your Head” together in one issue. It is necessary to bring shameful and traumatic things out of dark secrecy into the light to examine, heal and move forward both in community and individually. Sweeping things “out of sight, under the rug” initially makes it hard to walk around the room but ultimately blocks the exits, trapping us.

There are significant correlations between unresolved trauma and strong physical symptoms. Therefore, the next magazine page with review of neuroplasticity and re-wiring the human brain is right on target. Current injury rehabilitation goals include addressing people as complex beings. All of us have biopsychosocial components affected by all sorts of internal and external inputs on our health.

—Lisa Schaffrick-Walker, '96 BScPT

One Man’s Treasure

Hey, publishers of the best alumni magazine in Canada! I eagerly await every issue of *New Trail* and read it front to back. I love that it’s full of inspiring stories about solving society’s challenges. My mother was also a graduate of the U of A. I contacted your magazine when she passed on, and you published her name and degree in the “In Memoriam” section. It is one of my most cherished possessions! Please believe me when I say I love *New Trail*. Keep up the great work.

—Greg Brown, '01 BSc(ElecEng)

Loyal to the Oil

Thank you to *New Trail* digital for a great and timely response to Game 7—something that has touched all of us who are part of Oilers Nation. I loved the article on mental skills as well. Kudos to you for taking the time to send a thoughtful and prompt message to all of us who are a little bit sadder today.

—Vincent Duckworth, '95 BSc(MechEng),
 in response to *New Trail* digital’s June issue, sent the day after the Edmonton Oilers lost in Game 7 of the Stanley Cup final

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Five Things I Learned About Managing My Money

Top tips from a neurodivergent, queer financial educator



Making AI Safe

Good policy can change the way we incorporate AI into our systems and lives



Four Ways for Women—or Anyone—to Take the Lead

Take chances and don’t underestimate your own abilities

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Notes

What's new and noteworthy

Surprising findings about the role of a little-understood region of the brain **PAGE 6**



I'LL BE YOUR MIRROR

Why We Love Aliens

From ancient Greek philosophers to modern blockbusters, extraterrestrials have captivated us. Research describes the attraction

ROBERT SMITH BELIEVES ALIENS HAVE CONQUERED OUR COLLECTIVE

imagination. Smith, a Faculty of Arts professor, teaches a history course on ideas of extraterrestrial life, tracing our fascination with the notion from antiquity to present day. He notes that even medieval universities explored the concept. "If you said there were no other worlds, it was regarded as limiting God's power," Smith says. The popularity of aliens surged with scientific advancements, from Copernicus' heliocentric model of the solar system to the space race, inspiring countless hours of reading and streaming. Smith, who is writing a book about the James Webb Space Telescope, has thoughts about our otherworldly obsession. "The extraterrestrial becomes a kind of mirror," he says, "and by trying to understand how people see extraterrestrials, we're also learning about what people think it is to be human." —GEOFF MCMASTER



BLACK MENTORSHIP

Transforming Lives

RESEARCHERS FROM THE U of A are collaborating with other Canadian experts on a project to improve the lives of Black youth. The team received a Partnership Grant from the Social Sciences and Humanities Research Council to identify barriers faced by Black children and youth.

The project, called Transforming Lives, addresses challenges such as poverty, violence, educational outcomes and overrepresentation in criminal justice and child welfare systems. “Many Black youth are falling between the cracks and not making it into university. They’re dropping out of high school early,” says political science professor Andy Knight, a

co-principal investigator.

Research will be informed by critical race theory and intersectional theory, recognizing the interplay of race and gender in shaping the well-being of Black youth. It will include Canada’s first survey of 2,000 Black parents and 2,000 youth, along with interviews and focus groups. The project expands on the Black Youth Mentorship and Leadership Program, started by former U of A nursing professor Bukola Salami, now at the University of Calgary.

Knight stresses the need for mentors across various sectors and encourages allies to support these efforts. Transforming Lives will also feature a summer institute for Black early-career researchers, a knowledge hub, policy forums and a speaker series.

—GEOFF MCMASTER

DINNER’S READY

3D PRINTED FOOD IS SAFER

Researchers have made a breakthrough in 3D printed food safety by using the printer’s heating element to kill harmful bacteria. **Julia Barsukova**, ’19 BSc(Nutri/Food), ’24 MSc, conducted the research for her master’s degree, finding that the heating element, already used to keep food paste pliable, can also effectively eliminate bacteria.

The study focused on *Salmonella enterica*, a common food-borne pathogen. Barsukova contaminated pudding with the bacteria and tested various time-temperature combinations to find the most effective one. The time is right for testing: 3D printed foods, high in moisture, can be susceptible to bacterial growth. The technology’s use is becoming more common, creating a variety of foods from restaurant meals to diets for patients.

Professor M.S. Roopesh, who co-supervised the study, says this information could be valuable for future industrial-level production of 3D printed ready-to-eat products. Further research is needed to understand the heat resistance of other pathogens. —BEV BETKOWSKI



REMEMBER THIS

THIS IS YOUR BRAIN ON SLEEP

University of Alberta researchers, led by Jesse Jackson, assistant professor of physiology and Canada Research Chair in Neural Circuits, are investigating the role of a little-understood

brain region in learning and memory formation. The claustrum, a deep brain structure connected to multiple brain areas, is most active during slow-wave sleep. Jackson hypothesizes that it’s crucial for memory transfer from the hippocampus to the cortex during deep sleep. Using non-invasive

high-resolution microscopy, the team tracks claustrum activity in mice. They aim to understand how the claustrum aids communication between brain regions during memory consolidation.

The research could lead to potential treatments for memory disorders like dementia. Jackson’s team will study how activating or suppressing claustrum activity affects memory-

building in adult and aged mice. And he’s collaborating on other projects related to the claustrum’s role in other neurological conditions, including chronic pain.

Jackson’s team received a grant from the Canadian Institutes of Health Research for this five-year study, part of a larger \$12 million funding package from CIHR for various U of A research projects. —GILLIAN RUTHERFORD



RESEARCHERS HAVE DEVELOPED A NEW PROTECTIVE SHIRT FOR WILDLAND

firefighters, offering enhanced protection for the vulnerable upper body. The production-ready prototype uses a 3D spacer fabric made of flame-resistant fibres, creating an insulating gap against heat. Lab tests show it triples the protection of current garments. “Nowadays, wildfires seem to be more frequent, so as more people become involved in firefighting it’s crucial to provide better protection,” says **Elena Kosareva**, ’24 PhD, who designed the shirt as part of her PhD work in the Faculty of Agricultural, Life & Environmental Sciences. –BEV BETKOWSKI

RECREATION

IF YOU BUILD IT, THEY MIGHT NOT COME

Urban planners and developers often focus on physical aspects when creating accessible public recreational spaces. However, new research by Josephine Godwyll, an assistant professor in the Faculty of Kinesiology, Sport, and Recreation, reveals that perceived accessibility plays a crucial role in how communities use these spaces. Examining a low-income neighborhood in Phoenix, Ariz., Godwyll identified key themes that could revolutionize the approach to urban planning and design. “The focus of the paper is to enlighten readers on what ‘access’ means beyond the availability of space,” Godwyll says. –ADRIANNA MACPHERSON

NOT JUST PROXIMITY

A park might be nearby, but if reaching it involves dangerous roads or unsafe interactions, it won’t get used. Planners must consider the entire journey and experience when designing accessible spaces.

ENGAGE USERS

Marginalized communities need consultation early in the process. Involving residents in design and decision-making ensures that spaces meet their needs and cultural expectations, increasing the likelihood of use.

PICTURE VISITORS

The way people interact within and around a space influences its perceived accessibility. “Consider what might prevent them from using these spaces,” Godwyll says. Environments should foster positive experiences.

RETHINK PLANNING

“Equity isn’t giving everybody the same thing,” Godwyll says. “It’s meeting people at their needs. What’s the point of creating recreational spaces if they’re not used?” Her approach may lead to better-used recreational spaces for everyone.

EDUCATION

SCHOOLKIDS’ AGGRESSION RISES

A recent survey by the Alberta Teachers’ Association reveals a rise in student aggression toward teachers in all grades, with about half experiencing violence or abuse. The survey of 2,148 teachers and school leaders shows increases in physical abuse, rude gestures, rumour-spreading and intimidation.

Contributing factors include societal divisions, pandemic effects, declining empathy and social media influence, the study found. Systemic pressures like large class sizes and teachers’ multiple roles also exacerbate the issue.

Salvatore Durante, ’12 BA, ’16 BEd, ’20 MEd, a counselling psychology doctoral student, notes that teachers often feel unsupported and hesitate to report incidents. Many new teachers accept violence as inevitable. “Teachers are expected to be psychologists, parents and nurses,” Durante says. “Now they’re being asked to be police officers as well.”

The Alberta Teachers’ Association recommends conflict-resolution training for teachers, programs for students with behaviour problems, addressing systemic educational issues and improving parental accountability. Durante suggests a restorative justice approach instead of zero-tolerance policies, emphasizing communication between perpetrators and victims, and student accountability for their actions. –GEOFF MCMASTER

Shape the Future

Empowering students to unlock their full potential is at the heart of everything we do

LEGACY OF GIVING

The Effect of Experience

“**IN DENTISTRY, YOU HELP PEOPLE** and you can see the results of your work,” says **Mike Petryk**, '60 DDS. “If you like your work, you’ll go far.” He’d know: he spent more than 40 years in dentistry. Now he hopes to inspire future students: Petryk and his family made a \$10 million donation to the newly named Mike Petryk School of Dentistry at the U of A. “I’m proud to give something back,” he says.

Their gift is part of the Shape the Future campaign (see “The Path to 2033”) and it creates exceptional student experiences, research and care, according to Paul Major, professor and chair of the Department of Dentistry. “We’re proud to have the Petryk name attached to our school,” Major says.

Petryk was born in 1934 to Ukrainian immigrants who homesteaded 180 km northeast of Edmonton, near Grassland, Alta. His first home was a log house without plumbing or electricity. “Even though my parents weren’t educated, they knew that education is the way to improve your life,” Petryk recalls. So he studied hard. Petryk was the fourth of seven children and the first in the family to go to university.

In his second year at university, Petryk signed up with the Canadian military, which paid for the rest of

his studies in exchange for serving for a few years after graduation. As a captain and dentist at CFB Cold Lake, he met **Pat Winnick**, '57 Dipl(Ed), '59 BEd, a teacher on the base. She agreed to be his square dance partner and, later, his wife.

In 1961, Petryk opened a clinic in Calgary. The city grew, and patients and their families kept returning. Petryk went to work with a smile on his face until he retired at age 69. The Petryks also invested in real estate. Their company, Petwin Properties, has grown into a diversified private equity organization with their son as president.

Pat and Mike, along with son Bob Petryk and daughter **Susan Petryk**, '90 BMedSc, '92 MD, wanted to make a gift. “If we can help students have a better life and be happy, that’s what we want,” says Pat, “because we’ve had a fabulous life.”

—GILLIAN RUTHERFORD

CHANGE MAKERS

THE PATH TO 2033

The U of A is laying the groundwork for possibly its most transformative decade. With the province’s population expected to reach five million, the university’s new Shape the Future campaign targets the pressing challenge to expand educational access while maintaining quality. At the heart of this \$100 million initiative is the idea that education should be accessible to anyone with the drive to pursue it. The university’s plan to welcome 60,000 students by 2033 (an increase of 35 per cent) reflects ambition and necessity.

The campaign’s focus on breaking down barriers is timely. By expanding support for all students in all communities and walks of life, the university is working to ensure that Alberta’s future leaders reflect its population.

Campus spaces, hands-on learning and access to financial support underlie the vision. New and expanded facilities and expanded learning spaces will give students room to collaborate and innovate. Experiential learning opportunities promise to bridge the gap between theory and practice. Perhaps most importantly, enhanced scholarships and bursaries could help counter the financial constraints of many talented students. Public funding remains crucial, but private philanthropy pushes beyond the basics to create exceptional educational experiences. “Our north star is impact: in Alberta, Canada and the world,” explains president and vice-chancellor Bill Flanagan. The campaign’s success will ensure that opportunities grow with the province.

—KERRY POWELL



President Bill Flanagan (left), provost Verna Yiu, Susan, Pat, Mike and Bob Petryk, dean Brenda Hemmelgarn and dentistry chair Paul Major at the naming of the Mike Petryk School of Dentistry

CREATE POSSIBILITY

Lend a Voice

Scholarships helped this student become a graduate and an advocate

IN APRIL, 2023, Shannon Cornelsen served as an expert witness in Ottawa at the House of Commons Standing Committee to address the graduation rates of Indigenous students and lobby for more funding. Cost was a barrier to getting her there, from paying tuition and household bills to purchasing appropriate clothing to wear to the House. Donor funding from the Shape the Future campaign made the difference.

Cornelsen, in the final year of her BA in Native Studies at the University of Alberta, had three teenagers at home when she started university. The very idea was daunting, until she learned there were scholarships available to help. And the focus of funds raised for the Shape the Future campaign is impact.

Cornelsen has received more than half a dozen scholarships, including the Undergraduate Leadership Award, Students' Union Indigenous Student Award

and the Amy and Yuen Wong Scholarship. She has also benefited from the services at donor-supported First Peoples' House. "Scholarships are what keep the lights on at home," Cornelsen says.

Cornelsen was inspired to pursue studies after finding her paternal grandfather's handwritten journals. His first-hand accounts spoke of Indigenous people who died far from home in Edmonton's Charles Camsell Hospital. She felt a purpose take shape as she read his reports of their bodies being buried near Edmonton, instead of being returned to their families.

"I realized there were all of these families that likely didn't know where their loved ones were buried," she says.

For Cornelsen, this information was personal. Her paternal relatives are settlers to Canada, and her mother is a residential



school survivor from Saddle Lake on Treaty 6 territory. Both women are members of Saddle Lake Cree Nation.

"I have a responsibility to those who cannot speak for themselves," says Cornelsen. She has a growing list of more than 100 people whose bodies were not claimed by their families and she plans to apply her research to a master's degree.

This fall, Cornelsen's youngest daughter started classes at the U of A — one of 2,100 self-declared FNMI students enrolled. "The fact that we're here and we're pushing forward — I'm just so proud," she says. "Supporting Indigenous students is a step towards reconciliation. It directly impacts the life of that student on their education journey." —ANNA SCHMIDT

QUOTED

"It makes you feel like an engineer when you walk into the Elko Engineering Garage — like you're in your field, like this is exactly where you belong. Taking what I've learned and seeing that work in real time and in the actual application — that's the most exciting thing for me."

Colin Chan, third-year mechanical engineering student, told *Give to the U of A* in October

NUMBERS

\$1,500+

The number of students who take part in community service-learning opportunities across 55 academic courses

FAMILY CARE

LOVED ONES AT RISK

When Samina Ali's husband, Tim Graham, 46, had a cardiac arrest at home, she performed chest compressions until the ambulance arrived. Thankfully, he survived. She was grateful, but later struggled with grief, doubt and sadness, symptoms of post-traumatic stress.

"I know now these were normal feelings," she says.

Ali, a pediatrics professor, became a family adviser for a study on the care needs of patients' families. Called the Family Centred Cardiac Arrest Care project, it's part of Matthew Douma's doctoral studies. He's an emergency nurse educator and adjunct professor, and his paper about the research won the 2023 Article of the Year from the Emergency Nurses Association. Analyzing 39 studies covering the experiences of 418 people, Douma's team identified family needs, such as quick response, better information and psychological support, and it provides family-centred care guidelines. His research has influenced guidelines in Australia and New Zealand, and he advocates similar changes in Canada, along with learning CPR and first aid to save lives.

Like Graham, 60,000 Canadians experience cardiac arrests outside hospitals annually.

—GILLIAN RUTHERFORD

► Continuing Education

Learning doesn't end when you accept your degree. We are all lifelong learners, whether we pursue lessons in a class or a lecture hall — or these lessons pursue us. **Curtis Gillespie**, '85 BA(Spec), reflects on the continuing opportunities for education that life throws our way, sometimes when we least expect them.



Book, Meet Cover

I MET THE LIMITATIONS OF MY JUDGMENT WHEN NAVIGATING THE SPACE BETWEEN CONVICTION AND FLEXIBILITY

On a recent work trip, I met a fellow I just didn't take to right away — let's call him Mike. My gut instinct led me to draw some initial judgments. He was loud, a bit overbearing, given to unsolicited proclamations and, well, sweaty. I felt confident in my swift conclusion that Mike was not my kind of person. Then a funny thing happened on the way to my infallibility.

Before expanding on that, however, let me start at the beginning to deconstruct the origins of the problem. I hold my parents directly responsible. "For what?" you might ask.

To which I reply, "Does it matter?" I figure most everything good or bad about me is their fault or to their credit. Once you stamp a nickel at the mint, you can't turn it into a quarter.

I was raised by a thoughtful and caring mother and father. Honest to a fault. Generous. Kind. They were great parents, which is almost certainly where most of the problems started. They instilled in me the belief that I, too, had the potential to become a person of sound judgment and acceptable moral character. I have lived a life that (the occasional parenting-of-teens outburst aside) is at least not an embarrassment to their example.

That's the first issue at hand. The second is that — as a writer — I have had to interview, observe and interpret the behaviour of thousands of people. This has put me in the position of trying to figure out who is and isn't full of it. I've met enough people in my life to have built an extensive mental database of human characteristics. I'm not Sherlock Holmes, but this line of work allows you to figure out things about people's motivations, dissimulations, self-deceptions and the difference between genuine and performative actions.

Here's my point: Being raised by honest and insightful people and having a career that involves talking to all kinds of folks deeply has made me able to size people up, landing in the vicinity of an accurate judgment of character. Let's just say it out loud: I'm never wrong.

Or so I thought. It turns out, I was wrong about never being wrong.

Over the last few years, I've come to realize that those decades of being forced to read people has jaded me. Made me a hair too skeptical, judgmental even. Maybe I put too much stock in my ability to size someone up. I like people, mostly. But it's fair to say that years of navigating the schemes, agendas and talking points of interview



by Curtis Gillespie

subjects has made me suspicious.

So, what showed me my hubris? This particular work trip wasn't something I was looking forward to. Although outwardly it all sounded pleasant — nice resort, good food, a bit of golf — it involved having to socialize with strangers. I would offer more details, but you'll soon see why I can't. There were half a dozen other people involved in this trip, from parts of Canada and the U.S. And Mike was one of them.

It was hot where we were and, being a heavy man, Mike was feeling it. We finished a game of golf one day and, in the locker room, he informed me that he needed a minute to "get himself together," whereupon he stripped nearly to his birthday suit in a semi-public area, wiped himself down in a highly graphic manner and pulled a whole new outfit from his backpack to change into. It was harrowing. "I sweat a ton, Curtis," he said, as I waited. "It's not pretty. The heat just does me in."

Over lunch with the group, he offered opinions on just about everything and wasn't shy about making himself heard. He was opinionated, loud and dishevelled. In my self-assurance, I immediately judged him as self-absorbed.

But over the course of the next couple of days, I began to observe small gestures from Mike — the way he held doors open for people, the way he remembered names, the way he wove what someone had just said to him into what he said next. Over one meal, he asked me what my wife did, which was a bonus point for him, but then a day later, when Cathy came up again in conversation, he remembered her name. At meals, he didn't pick up a fork until everyone else's meal had arrived. Playing golf one day, he picked up a couple of my

clubs, which I'd left on the side of the green — a polite gesture on its own. But he held them by the shaft rather than the grip. I thanked him and, a couple holes later, he did the same thing for someone else, holding the clubs by the shaft. I asked him why he did it that way.

"COVID," he said. "I just think people appreciate the gesture, but might not want a stranger putting his hands all over their grips."

This displayed a level of pinpoint consideration you don't often see. As we got to know one another a bit better, his mannerisms began to seem endearing. He'd hit a ball that appeared to be coming up short and instead of saying, "Hurry up!" he'd say, "Come on Grandma!" But it wasn't just his humour. Some of his gestures were almost courtly, and I began to view him as more medieval monk than modern man. There was something Shakespearean, Falstaffian, about him.

When the week ended, I was sorry to see us part ways. If I'd only had my first impression to go on, I'd have retained a negative conclusion about him. It took some time, but I saw I'd made a snap judgment, and that maybe he was just a big personality. I never said anything to him about my early assessments, but I felt chastened.

Believe me, I am not going to suddenly change course and cease making snap judgments about people. Sometimes a moment is all the time you've got, and you have to size things up in a heartbeat. It's good to cultivate that intuition, in case you find yourself in a situation where you need to make a decision based on minimal evidence.

But getting to know Mike a bit made me think that I ought to soften up. As luck would have it,

I had another even more recent opportunity to test-drive my newfound open-mindedness and beatific tolerance. On a trip abroad I came across a very nice couple from Long Island, N.Y. We hit it off until the man started speaking confidently about his wild and deeply held conspiracy theories.

OK, obviously you can't expect the serene acceptance of another's reality to just take root all at once.

Perhaps at some level it comes down to your basic take on humanity. If you think most people are essentially good at some level and worth investing in, then you'll take the time and let their qualities emerge. But if, like me, you feel that most people are, like me, flawed, inconsistent and not as fascinating as they think they are, I wouldn't fault you for moving along.

It comes down to staying open to the space between gut instinct and the confirmation of that instinct.

Cathy put a magnet on our fridge a few years ago that still makes me grin. It's a drawing of a person with their head opened up like a soft-boiled egg and a caption that reads, "If you're too open-minded, your brains will fall out." Not a message to live by, but I take comfort in the sentiment: Don't be afraid to evaluate and to have an opinion. But the integrity of your judgment requires admitting that sometimes your opinion may need revision. Sure, don't be afraid to make a call. But don't be too proud to change it if the facts say otherwise. On that, at least, I am certain Mike would agree that I am not wrong. ■

Curtis Gillespie has written five books and earned seven National Magazine Awards. His New Trail article "A Hard Walk" won gold for best article from CASE, an international post-secondary association.

Some of our grads are at the centre of experiences others only read about. Their perspectives bring us close to the story. Former Pandas wrestlers **Taylor McPherson**, '22 BKin, and **Katie Mulkey**, '23 BEd, won The Amazing Race Canada.



By Taylor McPherson
and Katie Mulkey

It Really Was Amazing

TWO FORMER PANDAS WRESTLERS REFLECT ON PARTICIPATING IN CANADA'S BIGGEST RACE

When we saw an ad for applications to *The Amazing Race Canada*'s 10th season, we knew right away we wanted to team up and enter.

We met a few years ago on the Pandas wrestling team and became fast friends. Before long, we felt like sisters. Wrestling together taught us how to work together, and that we can stand each other for long periods of time.

Putting together our audition video was fun. The tapes are only a few minutes long but it took hours to collect the right clips. We wanted to convey who we are, which meant it needed to be funny and goofy and showcase our genuine friendship. We'd often crack each other up in the middle of a take.

When we submitted it, we thought we had a decent shot at being selected. We offered something that hadn't been seen much on the show. There was only one other team of wrestlers previously on *The Amazing Race*, professional wrestlers on the American version. The Canadian version had only had one all-female team before us.

So we thought, "Maybe they'll take us."

The season was filmed over a month in the spring. It was a wild adventure of ups and downs and moments that mattered.

One of us—Katie—had a close friend named Holly who passed away a few years ago. Holly had loved horses. When not one, but two horse-focused challenges popped up on the course, it felt like she was watching over us, perhaps laughing at our technique. We aren't natural equestrians.

And one of us—Taylor—is a proud member of the Mi'kmaq First Nation. One challenge centred on learning to speak Mi'kmaq, on traditional Mi'kmaq territory. It felt like Taylor's ancestors were lifting us up. We were the last team to arrive at that challenge and the second one to overcome it!

There was also a wrestling challenge in Guelph, Ont. It was WWE-style wrestling, focused more on theatrics than athletics, but it was fun to use our skills. One of us, Katie this time, was the hyperbolic announcer while the other, Taylor, threw this big man around the ring.

When shooting was over, we weren't allowed to tell anyone what the results of the competition were. The show's producers, as you might imagine, look down on that! For a while, the outcome was a secret that we could share only with each other.

It's rare to run into another team during the race. We wondered about their tactics and how they tackled the challenges. And we didn't know how our footage would be edited. The producers have hours of tape of each team and only 45 minutes for each episode. What would they do? We organized parties with our friends and families to watch the episodes with them.

Seeing the other teams was eye-opening. Sometimes we'd see them struggle where we didn't, which made us feel strong. Other times we were amazed by their strategies. In Penticton, B.C., we had to make wine the old-fashioned way. We stomped grapes barefoot and then had to separate the juice from the pulp. We used our hands. We watched the episode and saw another team use their socks as filters! We wished we'd thought of that.

Once the episodes aired, we began to hear from fans. People would tell us they were rooting for us or that we're role models. That felt great! We wanted to provide good representation for female athletes, especially in male-dominated sports like wrestling. Our motto is "strong is beautiful" and we mean it. We wanted young girls watching the

show to see that they can do anything. A great partner will make you unstoppable.

Now we get recognized sometimes on the street, especially if we're together. It's fun to

watch people do double-takes and then say, "Hey, don't I know you from somewhere?" And at U of A Days we delivered a webinar about our roots on the Pandas, teamwork strategies and what we're doing now.

Now that the season has aired, we can share that we actually won the whole competition, an incredible experience! You might even call it amazing. —As told to Lewis Kelly. Watch the webinar on the U of A Days website.

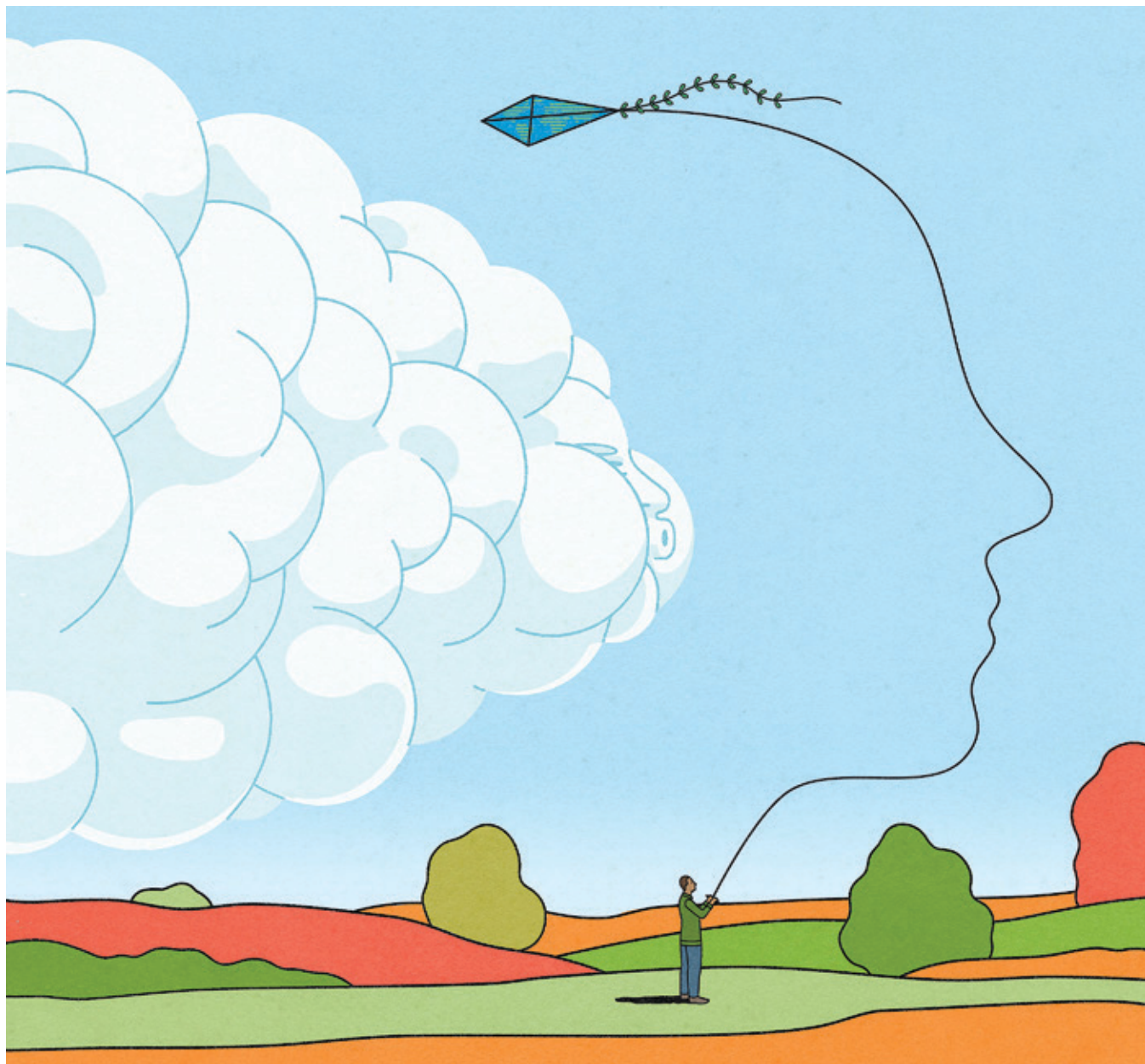
McPherson is a sports program co-ordinator with the Indigenous Sport Council of Alberta; Mulkey is a substitute teacher for EPSB and volunteers as a wrestling coach.

Thesis

Diving deep into one idea

“Everything I experience today matters, because it’s all I’ll ever have; one day, I’ll probably even feel nostalgic about it.”

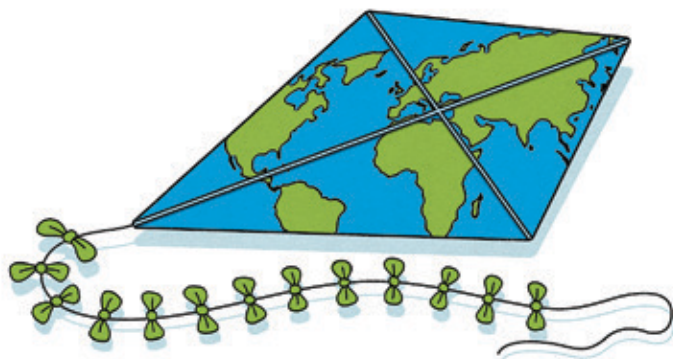
—KATE BLACK, PAGE 15



Experience is Key

An experience is to be affected by or to gain knowledge through direct observation or participation.

ANYTHING CAN BE AN EXPERIENCE — your first time in a research lab, a battle against addiction, facing your fears to find your passion or digging up a dinosaur bone. The possibilities are endless, but our experiences weave the fabric of our lives. Let’s take a look at how a single moment, or experience, can change everything. ■



I Can Do Whatever I Want

If possibility is endless, our experiences are the only things that are real

I CAN DO WHATEVER I WANT.

I don't like to admit this to myself, but it's always been this way. My parents, to my teenage self's great frustration, never urged me toward one particular career path over another. Now, the only thing stopping me from dropping everything and enrolling in clown school or registering for the law school admission test is my aversion to taking on even more student loan debt. It also wouldn't be wise to quit my job and book a month-long, all-inclusive trip to Bora Bora entirely on my credit card. But possible? Terrifyingly so. Paradoxically, ruminating on all my free will and privilege burrows a pit in my stomach. Planning is nothing until you live the plan. If I can do anything, why did I choose this life?

Most days, I feel content with the life I've stumbled into in Vancouver, B.C., teaching

high school English and writing a recently published book about West Edmonton Mall. That is until I envision the infinite experiences I haven't had and the roads I've not taken, dwarfing my singular, puny life. In "Gwynfinite Jest," an essay included in the *Midlife* anthology, **Geoff Moysa**, '02 BA, '03 MA, describes the imagined possibilities of his life just as I imagine my own: "a self-created labyrinth of branches that never stopped multiplying, a central station leading to different destinations, all existing simultaneously."

In 2021, **Sarah Chan**, '03 BA, and **Jhenifer Pabillano**, '04 BA, brought together other *Gateway* alumni to contribute to *Midlife*, a collection of essays exploring the theme of getting older. Flipping through the book brings that labyrinth to life. The writers share an origin story that

intersects with the others' at the doors of the student newspaper office. From there, their paths diverge. They become authors and journalists, construction workers and parents, lawyers and business people. One of them, **Don Iveson**, '01 BA, becomes the 35th mayor of Edmonton.

I imagine that the student newspaper experience is to an arts kid what student clubs are to engineering kids. I clearly remember the first time I walked through the *Gateway* doors. I was 17 and too intimidated by the cool editors to imagine that they'd soon invite me to hang out with them at RATT. I had no idea that I was about to make friends who are now, 13 years later, the people I consider my chosen family—no idea that this was the definitive moment my writing career began.

Reflecting on this formative period of my life

brings the labyrinth back into view, often with a series of questions. Could I have been a more virtuous person if I had chosen any other room to walk into that day? Could I have become a richer or happier person if I'd stayed home from RATT and studied for that LSAT? I long to return to these moments before I knew what was going to happen next.

In his book, *On Nostalgia*, **David Berry**, '07 BA, describes our longing for the past as a distinctly modern condition, a stabilizing response to the self-conscious flux of our time. Never before have people had so many options, real or imagined, for what we could do with our lives. Never before have we had so many reminders of the countless past versions of ourselves. Thanks, Facebook.

While re-reading the book recently, I came across a passage I had previously highlighted. "Nostalgia is a form of reconciliation," Berry writes, explaining how nostalgia offers coherence between who we are and who we once were. This idea precedes a line I scribbled a star beside: "It helps us believe we might be more than just this longing."

Looking at this page now, I can see my annotation as a kind of wish. I want to be more than this longing, more than someone who spends time ruminating on possible outcomes rather than actually

I want to be more than this longing, more than someone who spends time ruminating on possible outcomes rather than actually experiencing events before they become memories.

experiencing events before they become memories. A helpful place to start is viewing my past experiences not as potential glitches in elaborate machines, but as anchors: confirmation that I have been alive.

Growing up, I was haunted by a truism, usually doled out by adults in response to my ceaseless ramblings about what I had so far become and might still become. “It is what it is,” they’d say, dismissing all the unexplored what-ifs and whys on my life’s path. If I interrogated each possible branch of the labyrinth, perhaps I could be sure that I had made the right choices after all.

I now know this to be true: if possibility is endless, our experiences are the only things that are real. Everything I experience today matters, because it’s all that I’ll ever have; one day, I’ll probably even feel nostalgic about it. The idea is so simple that it’s almost unbelievable—I just had to live a little bit longer to believe it myself.

—KATE BLACK, '16 BA

FIVE STARS? REALLY?

We don’t always rate our experiences accurately

“THE IDEA OF CONSUMER RATINGS is really great,” says Katie Mehr, a professor in the Alberta School of Business. She applies experimental psychology to study and understand online rating systems. “You get information about a product or service that isn’t from the person trying to sell it to you — it’s from people like you. But it’s flawed in its execution in a lot of ways.”

In a recent study, Mehr found that when consumers were asked to rate specific attributes of a subpar experience — one with a mix of desirable and undesirable aspects — they inflated the overall rating. Consumers who were able to rate a specific negative aspect of an experience were less inclined to incorporate that negative aspect into their overall evaluation.

If they had the chance to air their grievance, participants tended to “avoid negative redundancy” in their overall review, she says. In other words, the psychology at work seems to be, ‘Let me get this off my chest and then I’ll say something positive,’ especially since the

norm in online reviews is to rate high.

The one exception to the rule is when a company offers both a rating option and a text box for further comments. Consumers seem to see these as two different ways of conveying feedback and don’t feel it’s redundant to be negative in both.

More Canadians than ever are turning to online reviews to read about the experiences of other consumers before buying products or services. One in nine will read at least one review before making purchasing decisions, and 33 per cent say they feel strongly influenced by online reviews, the vast majority of which they find on Google, Yelp, Facebook and TripAdvisor.

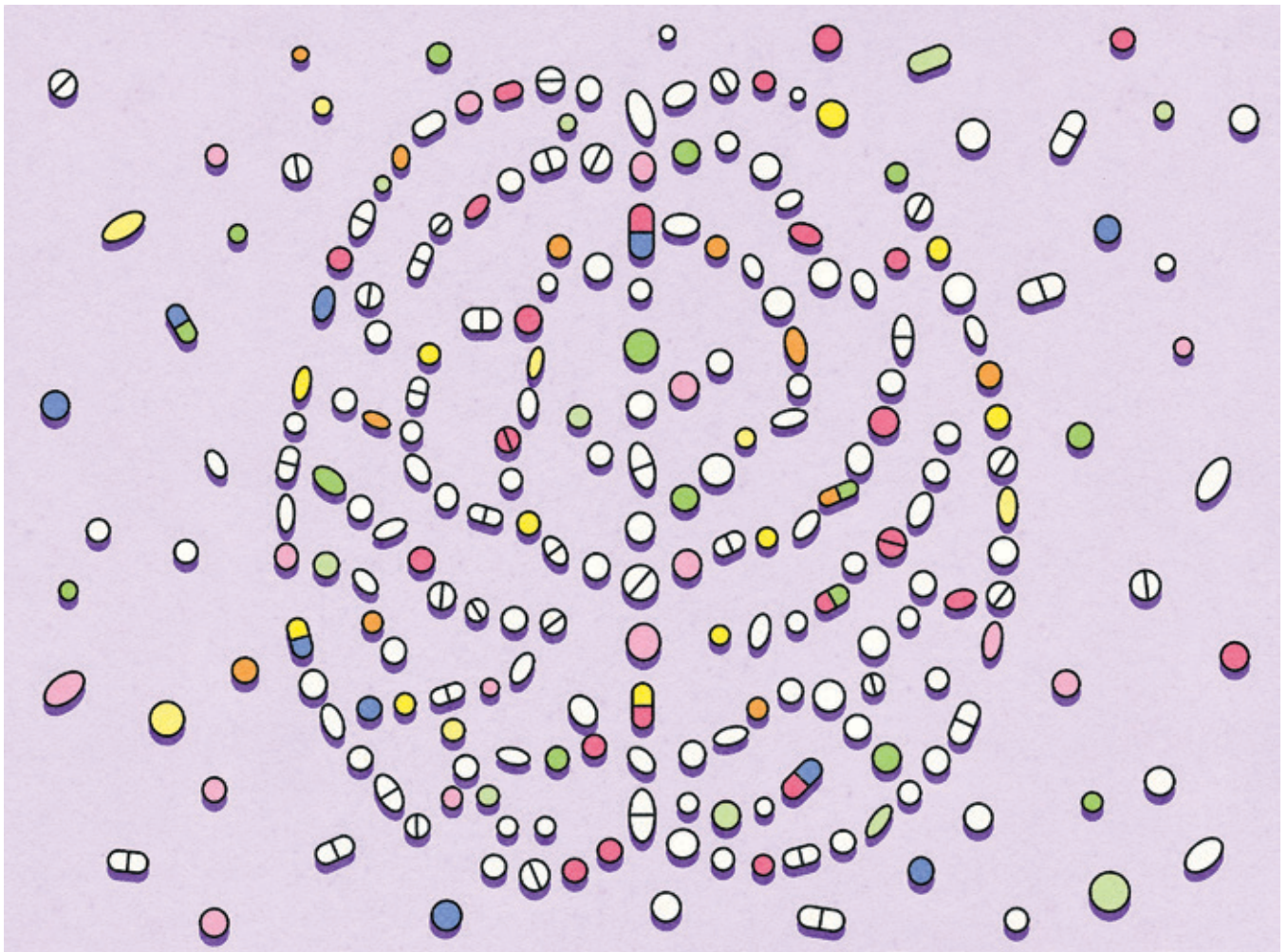
So, what do these findings mean for Canadian consumers — and companies — who rely on online ratings to guide them?

For companies trying to determine how consumers really feel about an experience, Mehr recommends offering only an overall rating. If they want to learn more about consumer impressions of specific attributes, however, the best approach might be to allow consumers to evaluate them while taking the inflated overall rating with a grain of salt — or perhaps using it for marketing purposes.

For consumers, Mehr’s study is one more thing to keep in mind when judging the accuracy of reviews.

—GEOFF MCMASTER





Understanding Addiction: Five Fundamental Facts

An addiction recovery physician busts myths surrounding the complex disease

AN ESTIMATED 21 PER CENT OF Canadians, about six million people, will meet the criteria for a substance use disorder at some point in their lives, according to Statistics Canada. Despite the prevalence of the disease, a swirl of misinformation and social stigma still surrounds it.

For **Spencer Krahn**, '17 BSc, a family physician with an enhanced certification in addiction medicine, a volunteer experience during his undergraduate studies helped him recognize his misconceptions. Every Tuesday, he spent his evenings at Mosaic Centre, a non-profit in northeast Edmonton, chatting with community members who dropped in for a break from the cold.

"Sitting there with people over a cup of coffee and hearing about their lives—those relationships were so important to help change my views," says Krahn. "People with addictions, just like people with other health diagnoses,

are mothers, fathers, children. They come from all walks of life."

Today, Krahn works on the Addiction Recovery and Community Health Team at the Royal Alexandra Hospital in Edmonton, a multi-disciplinary team that supports patients with substance use disorders. He passes his experience along with five insights to better understand addiction.

1. It's Not a Choice

"In the past, we used to see addiction as either a moral failing or a flaw in character. Addiction was seen as a choice," says Krahn. "It's not a choice. It's a medical and mental health condition."

When a person uses an addictive substance, they experience an initial release of dopamine—a neurotransmitter that sparks

feelings of happiness and satisfaction. But over time, addiction hijacks the dopamine system and alters the brain's chemistry, requiring more and more of the substance to experience those positive effects, says Krahn.

"When I'm talking with my patients, they don't look at their substance as something they enjoy anymore. It becomes a daily grind to acquire it just to try to feel normal again."

2. Trauma Takes a Toll

A growing body of research has found a connection between adverse childhood experiences and the risk of developing an addiction. These experiences are traumatic events that occur during childhood, including neglect, abuse or household dysfunction. Just one of these experiences increases the likelihood of developing a substance use disorder.

"This kind of chronic stress can actually modify how a child's genome is expressed to make them more susceptible to addiction," says Krahn.

3. Legal Substances Pose a Risk

"We have a misconception that just because things are legal or easy to access, it means they're not harmful," says Krahn. "The majority of harms arise from using legal substances. Worldwide, the burden of alcohol use is about three times larger than all illegal substances combined."

In 2020, alcohol and tobacco use alone cost the Canadian public over \$30 billion, taking into account lost productivity, health care, criminal justice and other smaller direct costs, according to the Canadian Substance Use Costs and Harms project.

4. Supervised Consumption Sites Save Lives

When people talk about these sites, they often misunderstand how they actually work — and the outcomes

for those who use them, Krahn says. "The sites provide connection and safety."

Supervised consumption sites do not distribute substances, says Krahn. People bring in their own drug and use it themselves. Health-care professionals are on-site to provide education, social service access, hygienic supplies, wound care and immediate medical care in case of overdose. "They also connect patients to treatment and recovery support," he says.

Over the last four years, health professionals at supervised consumption sites in Canada administered the rapid reversal medicine naloxone to more than 17,000 patients who had overdosed, according to federal government tracking. There were zero fatal overdoses on-site. "These sites save lives and ultimately provide each person with additional opportunities to receive treatment and enter our recovery-oriented systems of care," says Krahn.

5. Resilience Remains

We need to examine our own biases when it comes to the assumptions we make about people with addictions — and how they should be cared for, says Krahn.

"Stigma, bias and racism do play into our perceptions of addiction," he says. "But people know what they need. Actually listening is what changed my views about how to help."

Krahn recalls sitting with people at the Mosaic Centre and realizing just how much he had to learn from them.

"I wasn't looking at people who were powerless. I was looking at people who had survived so much, whether it was trauma, physical health challenges or immigrating to Canada. I recognized through relationships that these folks have such resilience and strength."

—ANNA SCHMIDT



What Big Teeth You Have!

Same dental tools, different experiences

A few years ago, dentist **Russ Dmytruk**, '68 DDS, sat in on a lecture led by U of A paleontologist Philip Currie and noticed something familiar in photos of the university's Dino Lab — the tools of the trade.

"I approached Dr. Currie and inquired how they clean the specimens embedded in stone," Dmytruk says. "He said they prefer using dental instruments because of the quality of the steel. They can even sharpen the tips of broken tools to suit their needs."

Dmytruk had no background in paleontology but by stretching his learning, he discovered that his work with dental tools connected him to the work of digging for dinosaurs. Dmytruk, Currie and Clive Coy, chief technician at the Dino Lab, combined their experiences to create a yearly tools drive with the co-operation of the Edmonton and District Dental Society, raising more than 1,000 instruments since 2019.

The dental tools drive has also created opportunities for people in the lab. Experts, students and volunteers benefit from the experience of using better tools. "I found out that my daughter-in-law **Alicia Dmytruk**, '02 BSc(CivEng), '05 MEng, had been volunteering to clean dinosaur specimens," says Dmytruk. "When I delivered a large batch of tools in 2022, she said it was like Christmas Day in the lab."

—KALYNA HENNIG EPP

Weathering What Comes Next

Augustana students draft blueprint for a climate-ready community

CAMROSE, ALTA., like many other Canadian municipalities, risks regular climate change-related weather, such as drought, heat waves and wildfire smoke.

“There was a need for the city to create or amend policies,” says Patricia MacQuarrie, general manager of community development for the city.

Enter 48 third-year undergrads from Augustana Campus. As part of a mandatory course that required them to work with community organizations, groups of students tackled emerging needs identified by the City of Camrose’s Climate Risk and Vulnerability Assessment.

Last academic year, **Ayra McCarthy**, ’24 BSc, and four classmates reviewed the city’s water use and conservation policies and drafted recommendations for updates with the goal of boosting the community’s resilience during parched conditions.

Located within the Battle River Watershed — the only one in Alberta that isn’t glacier-fed — Camrose is reliant solely on precipitation for its water. “This year we are preparing for drought and the risk of water scarcity,” MacQuarrie says, due to last year’s dry winter. The students’ work has already been adapted for the city’s website.

Other student projects included: improving communication with social support groups serving vulnerable populations, developing wildfire and smoke response plans, creating safety policy recommendations for large community events, and identifying trees and plants tolerant of a warmer climate.

“It’s bigger than a grade we are getting back,” says McCarthy of the work her student team undertook. “It’s going out into the community, and it’s not just for us anymore.”

—BEV BETKOWSKI



Political Actors

Level up your civic engagement

Want to become a more active citizen but feel stuck? You are not alone, says **Sabreena Delhon**, ’04 BA. As chief executive officer of the Samara Centre for Democracy — a non-partisan charity that advances civic engagement in Canada — she is aware of the barriers to getting involved, like feeling intimidated or overwhelmed or simply disenchanted by screaming political headlines and social media comments.

“But we are very privileged to live in a democracy, and we want to take care of it,” she says.

The best way to learn about democracy is to dig in and experience the different aspects first-hand. Here are a few simple ways Delhon suggests you can ramp up your participation.

► **Research in the right places.**

Read local journalism, seek out independent news spaces and investigate a wide range of political conversations online. But be careful, Delhon warns. Many social media platforms are designed to pull you in and encourage a particular — sometimes extreme — perspective. She says misinformation and vitriol that is pervasive and unchecked is designed to alienate and isolate, not bring

communities together. This kind of content can make us feel apart from others. The truth is, says Delhon, Canadians are often in solidarity on substantive issues.

► **Listen to people’s stories.** Delhon says learning about politics and public service does not need to be technical or party-based. She and her colleagues at the centre have, since 2008, conducted exit interviews with more than 160 former Members of

Parliament and a dozen politicians, which make up a podcast called *Humans of the House*. Subjects discuss the whole experience of political life — from winning an election to the last day in office. The stories are about challenge and reward, hope and inspiration. “This slow, in-depth reveal of human experience is often absent in political content,” she says. “But learning through stories is a key way forward toward civic engagement.”

► **Start with a small ‘p’.** If you volunteer at your local food bank, you learn about food security and help families in need. As a parent volunteer on the school council, you see how the school functions and you have a direct line to address strategic challenges. This is small “p” politics, Delhon says, and it’s about making our communities better places for everyone. Engage with your neighbours, talk about what is important to them and help out where possible to build strong, cohesive communities, which contribute to solid provinces and federations — and democracies. Bonus: contributing to the prosperity of our communities has been linked to positive mental health outcomes.

► **Get involved.** If you feel ready, and have a favourite municipal, provincial or federal candidate, help with campaigning, suggests Delhon. Drop pamphlets, answer phones and attend rallies for an up-close look at issues and policies and their impact on citizens. It will also give you an entry point into future involvement. Your own candidacy, perhaps?

► **Just show up.** There are myriad and nuanced ways to become more civically engaged, and they don’t have to be daunting and serious, says Delhon. “You don’t have to read five newspapers a day or have a perfect grade in your social studies class to contribute. You just have to show up and tune in.” —COLLEEN BIONDI

CHILDHOOD TREPIDATION LEADS TO LAB EXPERIENCE

Sometimes our fears push us in the right direction

WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

Most kids’ answers likely reflect their interests — but for **Zak Kaal**, ’24 MSc, his career reflects a fear.

As a child growing up in Libya, Kaal lay awake one night after a guest speaker at his school described the possible consequences of climate change. “I was scared, hearing about greenhouse gas emissions and floods,” he says. “I was born and raised in a very oil-rich country, but I knew it wasn’t going to last forever. We needed to find better alternatives.”

That experience, and his accompanying determination to find a solution to global warming, brewed in his mind until it was time to enter post-secondary, where he was introduced to biofuels in his undergraduate studies.

Aviation biofuels most intrigued him because of their potential to dramatically reduce carbon emissions. After completing his undergraduate degree in environmental sciences, he went on to pursue his master’s degree and joined the U of A’s David Bressler, professor of agricultural, food and nutritional science. Bressler’s team works with industry and government to convert fat and oil waste into hydrocarbons used to produce biofuels.

“Like most in the field, we’re under pressure to produce results fast,” Kaal says. “The federal government is pushing for zero emissions in the aviation sector by 2030, and the only way to reach that goal is by converting to renewable fuel.”

Since biojet fuel has to stay liquid down to at least -40 C, Kaal’s master’s project focused on adding a mineral catalyst to biofuel feedstock — derived from any kind of fat waste, including restaurant grease and off-grade canola oil — to make its molecular structure more complex, lowering its freezing point.

Kaal and his group successfully lowered the freezing point of their fuel to -50 C, well below the required limit. He says there are plans to test it in a pilot project in the future.

“My work in the lab at the U of A gave me the direct hands-on experience I needed to work toward my goals,” Kaal says. “Today, I’m teaching in NAIT’s Alternative Energy Technologies program, and I’ve joined a new research team at the U of A to work on using agricultural and forestry waste for biofuels.”

—GEOFF MCMMASTER



An aerial, top-down view of the Earth, showing the Middle East, Europe, and Africa. The landmasses are rendered in shades of brown, tan, and green, with blue oceans and seas. The text is overlaid on the bottom half of the image.

**THOUSANDS
OF RESEARCHERS
SEVENTEEN GOALS
ONE PLANET**



THE NUMBERS ARE STARK: 733 million people face hunger daily, and a changing climate challenges food producers. Ocean acidification threatens marine ecosystems, which more than three billion people rely on for their food. Each year, the world's forests, our biggest carbon sink, lose an area the equivalent size of Greece.

But a change in our approach to intractable problems is taking place—one that suggests our capacity to solve them may be greater than we imagine.

The United Nations Sustainable Development Goals represent humanity's most ambitious and systematic attempt to address our gravest threats. They're a set of 17 objectives aimed at challenges such as poverty, inequality, environmental degradation and injustice, with the purpose of achieving a more sustainable and equitable world by 2030. They're not just aspirational markers; they're blueprints for ways to survive and thrive. They provide common tools for scientists, policymakers and communities to unpick the intertwined threats we Earthlings face.

The goals are a fresh approach to problem-solving that crosses traditional academic boundaries to work across disciplines and with community partners. The University of Alberta's college model supports cross-disciplinary work, and the institution's solid record of developing community partnerships gives us the bench strength to grapple with the UN goals.

Look inside the unprecedented collaboration of researchers, community partners and innovators who are puzzling out the complex connections we must break and remake to achieve a more sustainable and equitable world

The following pages tell stories about U of A research that addresses all 17 of the goals, in no particular order. This is where hope takes root, in the convergence of global expertise and local wisdom. This work suggests that our challenges are daunting, but not insurmountable, provided we act decisively together. —MIFI PURVIS, '93 BA

Zero Hunger

To solve the puzzle of sustainable sustenance, researchers boost crop yields, combat pests and create sustainable new foods

RUBIK'S FOOD

By *Lisa Ostrowski*, '10 BA

➤ Rising temperatures, extreme weather and shifting seasons are just a few of the threats to global food security. Add a growing population, and the future of food supplies can seem alarmingly fragile. The intractability of the problem is reflected in the inclusion of Zero Hunger as one of the sustainable development goals set by the United Nations in 2015. It aims for everyone to have year-round access to safe, nutritious and plentiful food, including the more than 2.3 billion people—around 29 per cent of the global population—who, in 2023, still did not.

It's a conundrum, but researchers in the Faculty of Agricultural, Life & Environmental Sciences (ALES) have made significant progress on the puzzle of feeding and leading the world in the future of food production. From battling crop diseases and pests safely to printing plant-based meats, ALES researchers are figuring out how.

CANOLA IS GROWN WIDELY

in Canada, with more than 18 million tonnes of the seed crop produced each year. But since the early 2000s, Canadian canola crop yields have been threatened by clubroot, a disease that affects canola and other members of the brassica family—like cabbage, broccoli, turnips and radishes. The disease is caused by a microorganism in the soil that attacks the roots of a plant, forming club-like growths that impede the plant's ability to absorb water and nutrients.

Clubroot's life cycle is like a cipher of Earthly life, at times behaving like a plant, at times an animal and finally a fungus, releasing spores into the soil from the affected roots.

"It's a devastating disease because once it's in the soil, it survives as these long-lived spores that can persist for years," says **Stephen Strelkov**, '93 BSc, professor in the Department of Agricultural, Food & Nutritional Science. "It has an impact on the quantity and the quality of what's harvested."





GETTY IMAGES

Strelkov is part of a multi-year research project funded by agricultural company BASF to help battle new strains of the clubroot pathogen. He hopes to identify sources of disease resistance that can be bred into canola seeds, protecting future crops.

“When this pathogen attacks, what’s it releasing into the host to overcome the host’s responses?” he wants to know. “Because the plant will try to mount a defence to avoid getting sick. We’re trying to understand that mechanism.”

Changing weather patterns have complicated disease management efforts. Higher soil temperatures and moisture can increase the severity and prevalence of clubroot, Strelkov explains. “If conditions are too dry, disease development curtails,” he says. But the spores persist, ready to activate when conditions are right.

Insights into the right conditions for clubroot have come a long way since the disease first appeared in Canadian canola in the early 2000s. At first, its presence represented a death knell for brassica crops. Now it’s a much more manageable condition.

“It was really scary those first few years, but we’ve been able to get more tools and a better understanding to manage it. So even if the pathogen is present, the grower can still produce a good crop,” Strelkov says.

As researchers have gained understanding, they’ve identified varieties of canola with varying levels of resistance to clubroot. By breeding strains with higher resistance, they’ve been able to develop more resilient crops.

IT’S NOT JUST DISEASES like clubroot that threaten canola. A variety of pests love to munch the seed crop, too, and their numbers are growing, thanks to rising temperatures and shifting seasons. Every year, up to 40 per cent of crops around the world are lost to pests. Warmer winters mean more bugs are able to survive, and warmer summers mean they’re able to reproduce faster.

“Insects really respond to environmental temperature as well as moisture,” says **Boyd Mori**, ’09 BSc(Spec), ’14 PhD, an assistant professor in the Department of Agricultural, Food & Nutritional Science. He explains that

accelerated growth timelines coupled with rising insect populations spell calamity for crops.

Mori says that when pests reproduce faster, they get to their destructive life stage faster, allowing less time in each growth cycle to interfere with their herbivory before it happens. “Whether it’s the larval or the adult stage that is damaging, they get to that stage faster and cause more damage.”

He works with crop commissions including Alberta Grains, Alberta Pulse Growers and the Alberta Canola Producers Commission to study pests present across the province. They look at insects like flea beetles, cabbage seedpod weevils and diamondback moths, which threaten yields across the Prairies.

To combat pests, Mori also studies beneficial insects. “These include natural enemies of insect pests—like predators and parasitoid wasps,” he says. These enemies are a natural pesticide that targets only the pest that is harming a given crop.

Sometimes, though, pest numbers warrant applying insecticide, Mori says. Having an understanding of the systems at work allows crop scientists and farmers to be judicious.

In addition to chemical insecticides having potentially harmful effects on unintended target bugs, Mori is also concerned about insecticide resistance, wherein once-effective insecticides become less useful over time. Overuse of pesticides with the same method of action, he explains, leads insect populations to develop resistance. And because the development process for new insecticides is costly and lengthy, there are a limited number of options. It can make future pest management efforts more difficult.

“It’s worrying because we don’t have that many active ingredients,” Mori explains, adding that so far, efforts to avoid resistance have been successful. “So we’re making sure we’re using these products well.”

ALES RESEARCHERS ARE also looking beyond traditional fields to future-proof food supplies, with products that can be sustainably produced in a lab. **Pauline Chan**, ’22 BSc(FoodSci), a master’s student in Food Science and Bioresource Technology, is currently studying the development of plant-based food inks for use in 3D printing.

“Recently, there’s been this trend of using



plant proteins as an alternative to animal proteins,” she explains. “And 3D food printing is one of the ways that we can recreate, say, meat-like fibres, for a more realistic meat analog.” Plant proteins are more sustainable than animal proteins, partly due to their smaller environmental footprint. Chan studies fava beans because they’re a common crop on the Canadian Prairies—one with untapped potential to feed people.

“Most of the time, they’ve just been directed to animal feed, not a lot to human consumption, so I’m looking into what else we can use them for,” she says.

Chan is one of many ALES researchers exploring the potential of 3D printing in food production. Others have looked into the use of 3D printing technology to improve the texture of foods for people living with dysphagia (difficulty swallowing), and the faculty recently welcomed a professor, Ning Xiang, specializing in cellular agriculture, such as lab-grown meats.

Thanks to these researchers, the flavours of the future might be quite appetizing. Although Chan’s research is still in its early stages, she hopes it will one day lead to higher-quality meat alternatives with a higher nutritional value and better texture.

Chan is trying to improve the plant-based inks. In doing so, she hopes to create a more realistic meat alternative. “When you bite into a steak, there’s that juiciness aspect, right?” she says. “So by treating my protein, I might be able to improve the water-holding capacity so that when you add it to a plant-based meat, it can hold that moisture and can create that juiciness.”

Although that juicy steak might not be served up for a few years, the work of researchers like Chan is shaping the future of food—so there’s enough for everyone. ■

Reduced Inequalities

A Shot at Equity

> It's tricky weighing the balance between intellectual property and public health. But vaccine distribution during the pandemic exposed the inequities that can result. Thinkers like U of A law professor Faith Majekolagbe argue that international human rights law needs bolstering against intellectual property law to prevent such disparities. When COVID-19 vaccines were developed by wealthy nations, governments prioritized their own citizens, even stockpiling supplies, using intellectual property rights as the reason, Majekolagbe says. Some countries called

on the World Trade Organization to temporarily waive those rights to allow less affluent countries to produce their own generic vaccines, but the resulting decision did little to ensure equitable access. In a paper, Majekolagbe and collaborators argue that policies must prioritize global health over private interest and treat vaccines as fundamental rights. "Vaccine nationalism perpetuates inequities," she says. "It runs counter to the spirit of international co-operation and solidarity, which is essential in addressing global health challenges." —GEOFF MCMASTER

GOAL 17 ▾

Partnerships for the Goals

Across Disciplines, Across Borders

> Researcher Monireh Faramarzi says watersheds are essential for producing Canadian agricultural products and other commodities that connect Canada with the rest of the world. Her leadership of the Watershed Science and Modelling Laboratory safeguards clean water and underscores the importance of multiparty participation.
—AS TOLD TO RILEY TJOSVOLD

THE PROBLEM

We recently published a paper examining a critical issue: how extreme drought events may look in the future at northern latitudes, like the agricultural watersheds of Western Canada.

ASSUMPTIONS

When we look at global climate models, they project improved crop yields in these northern regions as they respond better to climate change. The data show expected increases in precipitation, which is assumed to mean more water availability. However, this interpretation glosses over the full picture.

THE SURPRISE

Our study took a deeper dive, looking at extreme drought scenarios, not just long-term averages. We found future droughts will be different, with less surface runoff feeding rivers. And there will be less precipitation during these events.

IMPLICATIONS

With less water in rivers during droughts, the crop types will be crucial. Some are more water-intensive than others, and certain crops help retain soil moisture better.

THE SOLUTION

By collaborating across borders and with multiparty participation in the Sustainable Development Goals, our research aims to inform interested groups of the tradeoffs in managing these interconnected water, agriculture and climate systems. The goal is to provide the data to support sustainable resource management decisions, not dictate policy. The choices ahead will be up to citizens and decision-makers.

No Poverty

THE PRICE OF POVERTY

Financial strain is a personal problem that makes the economy sicker

HIGH INTEREST RATES, GROCERY INFLATION and the housing shortage: these are top concerns for Canadians, one-third of whom report living in households of financial difficulty, according to Statistics Canada. Financial insecurity strains bank accounts and amounts to a poorly understood public health challenge with short- and long-term effects on people, says **Candace Nykiforuk**, '97 BA, professor and scientific director of the Centre for Healthy Communities in the School of Public Health. She is a Tier 1 Canada Research Chair examining the impact of financial strain on Canadians' health.

This strain affects the health of our economy, too. Children living in financial stress become adults with higher rates of disability, depression and anxiety. "These are costs borne by the health-care system and the common economy, because a workforce with poor health is not as reliable as one with good health." Costs incur later in the health-care, justice and social security systems. The post-pandemic period offers a chance to learn about alleviating financial strain on a systemic level, Nykiforuk says. Her group has published a framework for health and financial well-being and a book of strategies for action. She plans to make the information widely available to policymakers. —GILLIAN RUTHERFORD

GOAL 1 ▸

GOAL 5 ▾

Gender Equality

Digital Access for Afghan Women

Zahra Nazari fled Afghanistan in the fall of 2021 as the Taliban revolution made her life there impossible. With a doctorate in machine learning and artificial intelligence, she had been teaching at Kabul Polytechnic University while working as an executive board member for the country's telecom regulatory authority. Now she is using her expertise in computer science and digital transformation to help women in Afghanistan access some of the digital tools that others take for granted.

—GEOFF MCMASTER

Affordable and Clean Energy

Meet the Climate Calculator

Amit Kumar, '04 PhD, does research that develops computer models to determine the life-cycle environmental impacts and costs of different energy pathways. His team has contributed to Alberta's Hydrogen Roadmap and advised industry and governments on integrating renewables and improving efficiency. Here's what he had to say.

—AS TOLD TO **KATE BLACK**, '16 BA

"My team develops computer models that look at something like producing power from wind or solar, or turning natural gas and biomass into fuels. Then we determine what the long-term impact will be — from extracting the resource to using it as a fuel. We might ask, 'How many tonnes of greenhouse gases will be saved?' or 'What's the cost between now and 2050?' After we develop computer models to help us evaluate these factors, decision-makers can use this information

to form policies. The world is interested in understanding what energy pathways and technologies will help reduce our environmental footprint. People want to know what type of technologies will be cost-effective. We're trying to answer these questions across the renewable energy system. To me, innovation is creating something for the betterment of mankind. It could be a technology, or it could be information that makes society better."

GOAL 14 ▸

GOAL 7 ◀



Life Below Water

A Planet Called 'Sea'

Water shapes life here on solid ground. But our effect on life underwater is as substantial as our need to better understand it

By **Lewis Kelly**

▶ At a conference in 1963, oceanographer Carleton Ray observed that we kind of biffed it when we named our planet. "We call this planet Earth," he said, "yet this is the only planet that has a sea. I think we should have called it 'Sea.'" Ray Radbury and others said something similar, and they have a point. While we know that water can be found elsewhere in the solar system, such as on some of Jupiter's moons, it's tough to overstate the importance of water on Earth.

In a 2021 *Science Talks* webinar from the Faculty of Science, researcher Stephanie Green explained, "more than 70 per cent of our planet's surface is covered by seawater and our oceans contain more than half of our world's biodiversity." Ocean organisms generate the oxygen that goes into "more than one of every two breaths you take." Earth's oceans are also a major storage sink for the planet's carbon dioxide, and currents carry heat from the equator to the poles—making agriculture possible in mid-latitude places like Alberta.

The U.S. Geological Survey says that our bodies are up to 60 per cent water. Over 3.5 billion of us rely on marine animals for food. Global fisheries are valued at \$240 billion annually. Water shapes us in ways large and small, from the vapour you're exhaling as you read



this to the shallow sea that covered what's now Alberta during the Devonian period 380 million years ago.

But the converse is true, too. As temperatures rise, coral reefs die and hurricanes intensify, and our ability to affect life below water on a global scale becomes undeniable. So does our need to understand it. Here is how Green and other U of A researchers are illuminating life below water at different levels.

HALF OF ALL LIVING coral reefs have died since the 1950s, due to the warming ocean, pollution, coastal developments and overfishing. Reefs are stores of biodiversity — at least 25 per cent of known marine species live on them. Coral reefs also protect coastal communities from storms. Reversing their decline would be a win for life on Earth.

How to do it is a focus of Green's research in the Department of Biological Sciences. One branch of her research looks at ways to improve transplanting live corals onto reefs where they've died.

"This is like reforestation underwater," says Green in the webinar. "We're doing this, in particular, with corals that are resistant to heat stress and other effects of climate change. So we can grow back coral reefs better, with corals more likely to survive ongoing climate change." Reef restoration is labour intensive. To understand where it makes the most difference, researchers in Green's lab have built "replicate" corals with 3D printing and detailed digital models of reefs.

"In areas of already high complexity, where lots of that reef

framework is left, we see a lesser response among fish to adding live coral back," says Green. But in low-complexity reefs, already flattened by erosion, she reports a strong positive response among fish to adding a live coral cover.

It feels like a kind of hope for our oceans.

THE OCEANS THEMSELVES are fed by a vast network of freshwater systems. "I tell my students they can stand in any stream, take a water sample and use it to think about the ecosystem upstream, the land they're standing on and what's happening downstream," says U of A researcher **Suzanne Tank**, '02 MSc. "Freshwater systems integrate the landscape."

Tank's work examines how water changes landscapes as it moves from the land to the ocean.

"I work a lot in a region that's right at the N.W.T.-Yukon border — the edge of the last glaciation," she says. As the ice sheets retreated about 10,000 years ago, they left huge chunks of ice buried in the permafrost. As permafrost thaws due to climate change, those gigantic underground ice cubes thaw too.

"The net effect kind of looks like a landslide," Tank says. "These are huge topographical features. When they collapse, it's a fundamental reorganization of the landscape."

Tank also tracks the changing chemistry of rivers that drain into the Arctic Ocean, including the Peel watershed in the Yukon. "Things are changing in the Peel at an alarming rate," she says. She describes a nearly pristine region, with minimal settlement, no agriculture, minimal extractive water use and no direct water pollution. "But we're still seeing really striking trends in water chemistry."

While she charts the impact of climate change and trends like nitrogen deposition on ecosystems, Tank remains hopeful about our ability to use water responsibly.

“I think we’re past the point of needing to show that we should clean up our act. People are really concerned. And I think this will lead to change,” she says. “When that happens, switches flip quickly.”

From vast oceans to the waterways that feed them, you can zoom in further still.

“I HAVE STUCK WITH studying fish because they do weird things in terms of evolution,” says Clare Venney, another U of A biological sciences researcher. “There is a lamprey that loses its entire digestive tract before it reproduces. How can that be supported by evolution?”

Exploring questions like these has led Venney to study DNA methylation, an epigenetic process through which gene expression changes are maintained across generations of, in this case, fish. It’s one of the main ways that environmental factors can influence gene expression.

“I mostly look at trout, salmon, whitefish — the salmonids,” she says. “They’re economically and culturally important.”

They are also almost all in decline in Canada.

“Urbanization and anthropogenic change are factors — road salt and contaminants can be a big deal. But climate change is the big one, since salmonids are sensitive to temperature,” Venney says. In response to this decline, conservation programs aim to spawn these fish in protected habitats and release them into the wild.

“Some of my research looks at harnessing epigenetics to improve those practices,” Venney says. “In brook trout, for example, we heated up some of the parent fish a little bit during sexual maturation.” Venney found that the spawn of these warmed-up fish were better acclimated to warmer waters than trout whose parents stayed cool. Hatchery programs can use such insights to release fish with a better chance of completing their life cycle — or growing to an appreciable size before winding up on a plate.

Warming trout to prepare their offspring for life might seem like a small change in the grand scheme of things. But, as Venney points out, small changes have a way of adding up.

“Gradual change is something we can all invest in, even for one species in one place,” Venney says. “I find it motivating that a lot of people want to make small changes.” ■



GOAL 8 ▼

Decent Work and Economic Growth

Labour, Meet Data

Where will the jobs be in 10 years? In five? Where do you turn for career information in a changing economy? The Alberta Centre for Labour Market Research provides comprehensive, real-time labour market data and expertise. Led by economist Joseph Marchand, the centre brings together research from five Alberta universities. “It’s where anyone — policymaker, business owner, employer, labour organizer or job seeker — can find the best research or researcher,” says Marchand. Dynamic labour data is crucial to a cyclical economy, especially during rising automation. The centre identifies skills gaps, guides policies and shares graduate students’ research, cutting through biases to offer market insights. —GEOFF MCMASTER



Industry, Innovation and Infrastructure

If Bridges Could Speak, Would We Listen?

A tool to detect whether bridges need repair fits in your pocket

IMAGINE THE BRIDGE OR OVERPASS that's crucial to the commuter routes in your city. Now imagine the chaos if it were to close for months due to major damage or collapse. Protecting our infrastructure protects our supply chains, our economies and our lives.

Mustafa Gül, a professor in the Department of Civil and Environmental Engineering, thinks he has found a cheap, efficient way to "listen" to bridges to find out when they need

repair. His team has developed a tool that collects vibration data from smartphones as vehicles drive over bridges. By analyzing the vibrations, the technology can detect structural damage that affects a bridge's "signature" frequency.

"This gives us the potential to monitor all of our bridges at the same time," says Gül. Instead of relying on costly sensors affixed to individual bridges, this approach uses crowd-

sensing, where data from countless phones can alert officials to structural issues before they become a problem.

The system isn't flawless yet. As assistant industrial professor **Nima Shirzad-Ghaleroudkhani**, '22 PhD, explains, separating bridge vibrations from vehicle noise is challenging. Shirzad-Ghaleroudkhani developed an algorithm to isolate the bridge vibrations, increasing the accuracy.

Gül envisions using crowd-sensing to monitor other infrastructure; for example, detecting road damage or assessing fire vulnerabilities in buildings. The challenge lies in public acceptance, as crowd-sensing depends on voluntary data sharing. Ultimately, Gül hopes to create an open-source platform that cities can use to manage infrastructure sustainably. —RILEY TJOVOLD

Life On Land

Neither individual actions nor general goodwill can protect and restore the land we rely on. But expanding our perspectives and adopting systems thinking just might

GROUND RULES

By **Bruce Grierson**, '86 BA(Spec)

➤ “The land is a being who remembers everything. You will have to answer to your children, and their children, and theirs,” writes Joy Harjo in her poem, “Conflict Resolution for Holy Beings.”

Harjo’s words are a poetic embodiment of the United Nations Sustainable Development Goals, which envision a greener, fairer, better world and are integral to the overall vision. One goal, Life on Land, asks us to protect and restore terrestrial ecosystems, manage forests and halt land degradation and biodiversity loss.

As a response to changes that are rendering our planet hotter, less varied and more stressed in almost every measurable way, Life on Land’s brief is daunting in scope. The implication is that environmental problems are solvable, but not with the same kind of thinking that got us here. We need a cognitive and strategic shift, a big bet on what we might call “systems thinking.”

That means thinking of nature itself as a vast network of interconnected subsystems. And it means thinking of the humans who fouled the nest, and are tasked to fix it, as a system as well, with every last voice needed in the existential brainstorming.

WHEN WE THINK of the natural world, we ought to consider time and place. We must “think like a mountain,” the ecologist and philosopher Aldo Leopold said, hatching plans on a scale that measures time by eons, and space by the contours of the Earth itself — but knowing that local acts have massive reverberations.

“We’re learning that an impact on one thing will affect something else,” says Nadir Erbilgin, professor of forest entomology and chemical ecology, and chair of the Department of Renewable Resources. Consider what happens when development projects slice and dice an animal habitat. “Habitat fragmentation is, in my opinion, the biggest threat to ecosystem functions everywhere in the world,” he adds. “There’s a great big web of systems, and we’re cutting the cords.”



Erbilgin is an entomologist, which means he studies insects. He thinks of his world as a triangle where each point — insects, plants and microbes — influences the others. “Any change in the soil,” he says, “affects what’s growing above.”

And one of the things that’s growing above this part of the world is the boreal forest. That’s the bailiwick of **Stan Boutin**, '77 BSc(Hons).

Boutin is a mammalian population ecologist and former co-director of the Alberta Biodiversity Monitoring Institute’s Science Centre, whose innovative modelling helps steer land-use decisions in the boreal forest. The boreal accounts for a third of the world’s forest cover. Next to the rainforest, it’s our biggest carbon sink.

Boreal management, then, is Earth

(continues on page 32)



GOAL 3 >

Good Health and Well-Being

GUT CHECK

Special cells in infants' intestines prevent disease and boost immunity

BY NOW, YOU'VE HEARD ABOUT the importance of a healthy microbiome, essential for immune development. A study led by Shokrollah Elahi at the Mike Petryk School of Dentistry is revealing an early start to good gut flora. Published in the journal *Microbiome*, the study explores how specialized cells, known as CD71+ erythroid cells (CECs), promote gut health in newborns, regulating the immune system's response to gut bacteria.

Elahi found that CECs, abundant in babies' intestines but not in those of adults, prevent inflammation and support beneficial bacteria, stimulating antimicrobial peptides that help eliminate harmful bacteria. Premature babies showed lower levels

of CECs, which may explain their vulnerability to gut-related diseases like necrotizing enterocolitis, a common and serious disease among premature infants.

Additionally, researchers found that maternal microbiota influence CEC development in newborns, emphasizing the importance of maternal health. Elahi's team hopes these findings can inform new treatments to support immune health in premature infants, including probiotics and prebiotics. Also of note, the researchers observed gender differences in CEC function, which could explain why later health issues affect men and women differently, possibly guiding more personalized future treatments.

Elahi says: "These findings are significant because they help us understand how to support the health of babies from the beginning, demonstrate the important connection between a mother's health and her baby's health, and offer new ways to prevent and treat gut and immune problems throughout life."

—JON PULLIN

GOAL 12 >

Responsible Consumption and Production

How We Ensure Sustainable Production and Use

> Despite admonitions to reduce, reuse and recycle, humans seem specially designed to do the opposite. How can we rise to the challenge of the UN's goal of ensuring sustainable consumption and production? There's no single answer but, fortunately, there are minds addressing the problem.

USE WHAT'S HERE

The Edmonton International Airport and U of A spinoff Forge Hydrocarbons are establishing a biojet fuel facility to convert waste fats and oils into biofuel using technology developed by researcher

David Bressler, '96 BSc(Hons), '01 PhD. The tech capitalizes on Alberta's strengths in agriculture and energy, Bressler says. "That supports commercial growth and sustainably diversifies our energy streams."

CRUSH CHEMICAL WASTE

Students from the Faculty of Science tackled the environmental impact of polyvinyl chloride (PVC) pyrolysis, winning the Outstanding Sustainability Award at the 2024 Festival of Undergraduate Research and Creative Activities. PVC is a common plastic that's challenging

to recycle. The team investigated the harmful emissions released when PVC is burned. Their goal is to contribute to sustainable waste management solutions, reflecting environmental stewardship.

PRODUCE SUSTAINABLY

A chemical and materials engineering researcher has found a way to produce carbon fibre from bitumen at half the current cost, with 70 per cent lower carbon emissions. Weixing Chen's process earned him \$4 million from Emissions Reduction Alberta and Alberta Innovates to scale up production to 5,000 tonnes a year by the early 2030s from a current rate of one kilogram of carbon fibre per day. Chen's startup, Thread Innovations Inc., aims to commercialize the product.

—BEV BETKOWSKI, EVONNE TRAN, GEOFF MCMASTER

Quality Education

Reading Rights

> When he tested students in late 2020, education professor **George Georgiou**, '04 MEd, '08 PhD, found that reading performance among Alberta kids in Grade 1 to Grade 3 had declined since the COVID-19 pandemic began. Reading skills were, on average, eight months to a year below grade level, Georgiou says. Remote learning and a lack of intervention for struggling readers had taken a toll.

With a new intervention consisting of face-to-face mentoring by teachers four times a week for half an hour, 80 per cent of 352 struggling readers in Grade 2 and Grade 3 improved to or beyond a grade-appropriate reading level in under five months. The program was

created by Georgiou's doctoral student literacy specialist Kristy Dunn and field tested with readers from several school divisions. Dunn trained teachers in the intervention, which involves exposing kids to "decodable text," combining phonological awareness with phonics, and shared book reading. "These skills are foundational in learning to read in English," Georgiou says.

Alberta Education is supporting catch-up efforts, asking schools to test early-grade students, and providing more than \$45 million to deliver reading interventions. Georgiou and Dunn's program has expanded across the province, elsewhere in Canada and even the country of Belize. —GEOFF MCMASTER



(continued from page 30)

management: a huge determinant of the future of life on land.

Squeezing economic juice out of our natural resources within the confines of strict environmental standards: that is a delicate, high-stakes endeavour for which we have limited time. "We can't just put a wall around the boreal forest and keep humans out," Boutin says. "Our human footprint has a big bearing on that forest. Like it or not, we're playing God now."

This is something Erin Bayne thinks a lot about, too. He's a conservation biologist and co-director of the ABMI Science Centre, which also studies how human behaviour influences wildlife populations. ABMI works with industry and government to provide real-time data on wildlife numbers—a lot of it. ("Our goal is to do that at a much bigger scale than anyone's ever thought of before," Bayne says.) The data goes to a centralized repository that other wildlife scientists can access and from which they can build complex statistical models of species' populations. The big-data approach will help us intuit the complicated interactions between natural and human-made change.

"We can know that an action that destroyed two per cent of the wildlife population of species X also played a role in carbon sequestration, in the hydrology of the system, and a hundred other processes," Bayne says. "Luckily, we're in a better position than some countries to prevent some catastrophic outcomes."

The key is planning our way out of cascading species loss.

THINK OF THE UN Life on Land strategy as having two main roles: protect and restore. Resource managers love innovative double-duty solutions that do both—like Sasha Wilson's work.

Wilson, a geochemist who runs the Environmental Economic

Geology Laboratory, helped pioneer a process that dissolves rock and recovers the embedded metals (chiefly nickel) for use in renewable-energy infrastructure (chiefly batteries). In ways not previously explored, it unlocks the tools to fight climate change—and captures CO₂ in the bargain.

"We called it 'two birds with one stone': metal recovery with carbon sequestration," Wilson says of his collaboration with developer Jessica Hamilton, a geochemist at the Australian Synchrotron. The process leaves behind a silicon-rich goo that scientists have taken a keen interest in. "They tested it to see if it could be used, for example, as an additive in cement," he says. "We're trying to move toward zero tailings from mines."

THERE IS A Buddhist term, "interbeing," that captures the scope of the co-operation we need going forward. Five years ago, Boutin founded the Canadian Mountain Network, a necklace of centres of excellence in scientific research that has since been

Sustainable Cities and Communities

Milliseconds Matter

Three seconds for autonomous vehicles to hand over control to human drivers is too long in urban environments, says the Faculty of Engineering's Ehsan Hashemi. His team is developing a "shared perception" system combining vehicle sensors with remote cameras and LIDAR mounted on infrastructure like lampposts. This network can detect hidden hazards up to 100 metres away, like children or cyclists, before they enter the vehicle's direct view. The system uses AI to filter only relevant data, processing information in 20 milliseconds instead of seconds. This allows for proactive responses and reduces the need for human intervention. —GEOFF MCMASTER



rebranded as Braiding Knowledges Canada. The goal is to thread Indigenous wisdom and academic science for a multiplier effect. "Indigenous people have figured out parts of the puzzle, just as scientists have figured out parts of the puzzle," Boutin says.

"Most problems happen because we lack understanding," says Erbilgin. "Academics are 'horse view,'" he says, meaning metaphorical blinders keep their attention narrow, focused tightly on their domain. "We won't solve big problems that way. What's key is multidisciplinary co-operation with various interested parties."

Two of the students in Wilson's group are working with process engineers at the University of Calgary, looking for geological solutions for carbon-sequestration projects. "Earth scientists know what the Earth does, and we have ideas that will help fight climate change," Wilson says. "Whether those ideas are economical and practical is a different question. Geologists and engineers together can help us know if our climate solutions will work."

Bayne's statistical models tell the blazingly clear story of human actions affecting biodiversity. Clear to scientists, that is. Getting that understanding into the noggins of the rest of us is trickier.

"People need to understand that trade-offs come with every decision," Bayne says. "You can't have everything—healthy wildlife and ever-growing industry. My job as a scientist, at minimum, is to communicate those trade-offs so we make better policy decisions."

This, then, is the story that needs to land. It's the story the UN is telling: To pull on any one thing is to pull on everything. Life on Earth involves compromises, and we should make them deliberately, prioritizing ones that align with our values and with our species' survival. Ones that honour our ancestors and give those not yet born a hope. ■

Peace, Justice, Strong Institutions

How We Power Progress

> The world over, people hope for peaceful, just and inclusive societies, the foundation of which includes effective and accountable institutions. For governments, civil society and communities to function for the betterment of all, we need institutions that educate people and promote the values that serve these ends.

PROMOTE JUST SOCIETIES

As a scholar in feminist philosophy, Cressida Heyes thinks about "wicked problems," whether they appear in academic tomes or on Netflix. Mixing ambitious analysis and pop culture, Heyes, a professor of political science and philosophy, looks at how "the personal is political, but how the political also makes us as persons." Her aim is to teach the importance of clearer understanding. "The state of the world should show us that we need excellent critical thinking skills, not just to work, but to be citizens."

STRENGTHEN SUPPORT

Migration is at the heart of the story of **Higinio Fernández-Sánchez**, '23 PhD. The nursing grad started out as an undocumented migrant in the U.S., unable to register for university without the right immigration status. What followed was a 16-year journey that took him across North America in pursuit of an education. Now he's an expert in the health of migrants, strengthening institutional support for others to improve health outcomes.

PEACE AND INCLUSIVITY

Narges Noori understands the importance of empowering the next generation of girls and women. As an illustrator and author of several children's books, the former University of Kabul fine arts professor continues that mission as a research associate in the Faculty of Arts. Noori, who was awarded a fellowship from the Institute of International Education's Artist Protection Fund after the Taliban took control of Afghanistan, is working on her third children's book featuring girls' empowerment.

—BEV BETKOWSKI, GILLIAN RUTHERFORD

Climate Action

Fresh Thoughts for Big Problems

➤ There are a thousand places to start when you investigate climate change, from overlooked fire triggers to the role of methane-eaters in greenhouse gas reduction. One thing's for sure: the solutions we need require us to look wide and deep.

A NEW KIND OF SEASON

Scientists identified catalysts behind Alberta's record 2023 wildfire season, which fed 36 large fires across 2.1 million hectares. Multiple lightning strikes, weeks early and before green-up, kicked off the season. "Nothing in 40 years led us to expect lightning fires in the first week of May," says Jen Beverly, a fire expert from the Faculty of Agricultural, Life & Environmental Sciences. Later, with firefighting resources spread thin, she says, "many remote fires were left to grow because they weren't posing an immediate threat to people." The research calls for the development of data, methods and tools for proactive planning, real-time support for decision-making, and prioritizing fire suppression resources.

PARADIGM PATH

Indigenous scholars and communities are exploring how a concept key to their societies can help address local and global challenges and strengthen collaborative research. A new initiative, Critical Approaches to Indigenous Relationality, is deepening the understanding of relationality – how Indigenous Peoples connect with their communities and



the environment. The program builds capacity to conduct Indigenous societal and other research, develop theories based on relational practices and share knowledge, says project lead **Shalene Jobin**, '01 BCom, '15 PhD, a Faculty of Native Studies professor and Canada Research Chair in Indigenous Governance.

MICROBES MATTER

Methane reduction strategies may fail when microbes are overlooked. "They're the most abundant life forms, but we under-appreciate them," says science professor Lisa Stein, Canada Research Chair in Climate Change Microbiology. According to her group's recent paper in the journal *Science*, microbial communities can respond to efforts to reduce methane emissions by producing another greenhouse gas, nitrous oxide. The research proposes introducing oxygen or soil amendments to environments like rice paddies and landfills to encourage growth of methane-consuming microbes. Microbiology, she says, is part of the climate change solution.

—BEV BETKOWSKI,
ADRIANNA MACPHERSON

Clean Water

A Wastewater Revolution Awaits

Most current wastewater systems are unable to fully remove contaminants. Some systems do better, but those are costly and difficult to implement in many communities. **Mohamed Gamal El-Din**, '01 PhD, has some ideas, and his vision includes a "circular water system," where industrial and municipal wastewater is continually cleaned, separated and reused.

Gamal El-Din is a professor of civil and environmental engineering, and a Tier 1 Canada Research Chair in Sustainable and Resilient Wastewater Treatment for Reuse. His interdisciplinary team tackles issues holistically, integrating engineering, environmental science and social considerations to develop effective, low-energy strategies for wastewater.

The team is repurposing technologies, such as using a method initially designed for pharmaceutical waste to remove naphthenic acids from oilsands process water. Gamal El-Din also holds an Industrial Research Chair in Oil Sands Tailings Water Treatment from the Natural Sciences and Engineering Research Council of Canada.

"Through multi-sector collaborations," he says, "we aim to achieve safe, sustainable and resilient circular water systems." —GILLIAN RUTHERFORD



2024

ALUMNI AWARDS

These amazing grads are shaping the future with their dedication to their communities, near and far



“I was interested in carrying out my dissertation research internationally. Linda Ogilvie recognized the value of my goal.”

*Judy Mill, '96 MNus, '00 PhD,
professor emerita, Faculty of Nursing, U of A*

DISTINGUISHED ALUMNI AWARD

Linda Ogilvie

'93 PhD

International nursing researcher, nurse educator

For working across differences to improve the field everywhere

LINDA OGILVIE narrates her career so matter-of-factly you'd be lulled into thinking it was normal for a Canadian nurse in the 1970s to work in Papua New Guinea. Or go to Nepal to study nursing roles in primary health care. Or help develop a graduate education program in Ghana. But she has changed health-care systems and how nursing is viewed and taught.

In school, she wanted to be a doctor. "It was the 1960s," Ogilvie says. "My brother did well in school

and my family didn't have money to send us both to university." So she joined the school of nursing at the Hospital for Sick Children: it was health care and there was no tuition. After, she worked in a pediatric ICU and did an undergrad in Toronto, followed by a few years teaching nursing in Papua New Guinea. Back in Canada she earned a master's and gained more clinical experience.

"I intended to work internationally," she says, and she figured experience

teaching in a Canadian university would broaden her opportunities overseas. So she applied at the U of A, which had a condition: earn a PhD.

Her doctoral work explored nursing in primary health care in Nepal. She was interested in how social contexts affect nursing roles and contributions to health care. Both Nepal and Papua New Guinea had similar geographic and resource challenges, she explains. "But nurses were highly regarded in Papua New Guinea. That wasn't the case then in Nepal."

A new opportunity presented itself when the U of A was invited by the University of Ghana to help develop a graduate-level nursing program. "Ghanaian nurses who went abroad for graduate degrees found work and seldom returned," Ogilvie explains. So she collaborated on a proposal that received

CIDA funding, and Ogilvie became the project director in the inaugural program. "It raised the level of health care in Nepal, and the status of the field of nursing."

Ogilvie has mentored scores of students from around the world. "Nearly all my former PhD students have held academic positions and conducted policy-relevant research in international, Indigenous, and immigrant populations," she says. "In my interesting, challenging career, what stands out are my amazing U of A colleagues."

She recalls a time she wrote a page for her dean called "Working Across Differences" to outline her research. "I still think that sums it up. Everything I've done has been about collaborating across differences to meet a common goal."

—CURTIS GILLESPIE,
'85 BA(SPEC)

SPORTS WALL OF FAME

Recognizes the contributions of alumni as athletes and builders of University of Alberta sport



Robert Swartz
'94 BSc(Pharm)

For reaching new heights as a mid-distance runner, winning three national titles for Golden Bears track and field



Cheri Wright
'98 BA

For versatility, athleticism and team and individual success as a member of the 1990s Pandas volleyball dynasty



Carla Duncan (Somerville)
'98 BPE

For achievements as a student-athlete and head coach for Pandas field hockey, and as a Canadian national team player



Len Vickery

For being the longest tenured U of A coach, leading Golden Bears soccer teams to seven conference and three national titles

ALUMNI INNOVATION AWARD

Recognizes an innovative program, process or product created, implemented or discovered by a University of Alberta grad or grads



Loreen Wales

'93 BSc(HEc), '95 BA

For developing technology that enables more patient-centric, equitable access to health care, and for improving health-care system performance

ALUMNI SERVICE AWARD

Recognizes grads who have demonstrated an extraordinary level of commitment, dedication and volunteer service to the U of A



Phillip Wong

'85 BSc(Spec)

For a commitment to community service, leadership and volunteerism through contributions to student support at the university



Eric Axford

'95 MBA

For being a committed supporter and volunteer at the Alberta School of Business, and for an innovative career in the energy sector

DISTINGUISHED ALUMNI AWARD

Atul Malhotra

'88 BSc, '92 MD

Doctor, researcher, educator

For research, expertise and advocacy in pulmonary, critical care and sleep medicine

"IT SEEMED LIKE THE RIGHT thing to do—going to the U of A was a logical step," says Atul Malhotra. "I was born at the U of A Hospital, and I was young when I finished high school in Edmonton. It was natural to stay home." So that's where he took his science and medical degrees.

That first logical step has led to international renown in pulmonary, critical care, sleep medicine research and patient care. After graduating from the Faculty of Medicine & Dentistry, Malhotra went to the Mayo Clinic to train in internal medicine, followed by a fellowship, then a faculty position in pulmonary, critical care and sleep medicine at Harvard Medical School. He has published more than 800 papers and helped develop more effective, less expensive treatments for obstructive sleep apnea, in which people temporarily stop breathing during sleep. Malhotra has expertise in respiratory failure, sepsis and narcolepsy, and he's now vice-chair of medicine for research and research chief at the University of California San Diego.

"Sometimes I'm driven to things by opportunity. Sometimes it's by passion. And sometimes it's just necessity. During the COVID-19 pandemic, many of us did research that ended up making contributions."

As president of the American Thoracic Society (ATS) in 2015-16, Malhotra focused on recruiting "the best and brightest young doctors and nurses to develop a next generation of leaders in respiratory critical care and sleep medicine," he says. The ATS pioneered a remote-learning program for overseas scholars with limited access to experts.

The ATS role was "a bit of a loudspeaker," he says. His advocacy has continued and he's a frequent public speaker, in recent years addressing the harms of wildfire smoke. "There's misinformation about climate, and there's political debate, but there's no debate about wildfire smoke or particulates in the air," says Malhotra. "Arguing over global warming obscures the issue of cardiopulmonary toxicity of air pollution."

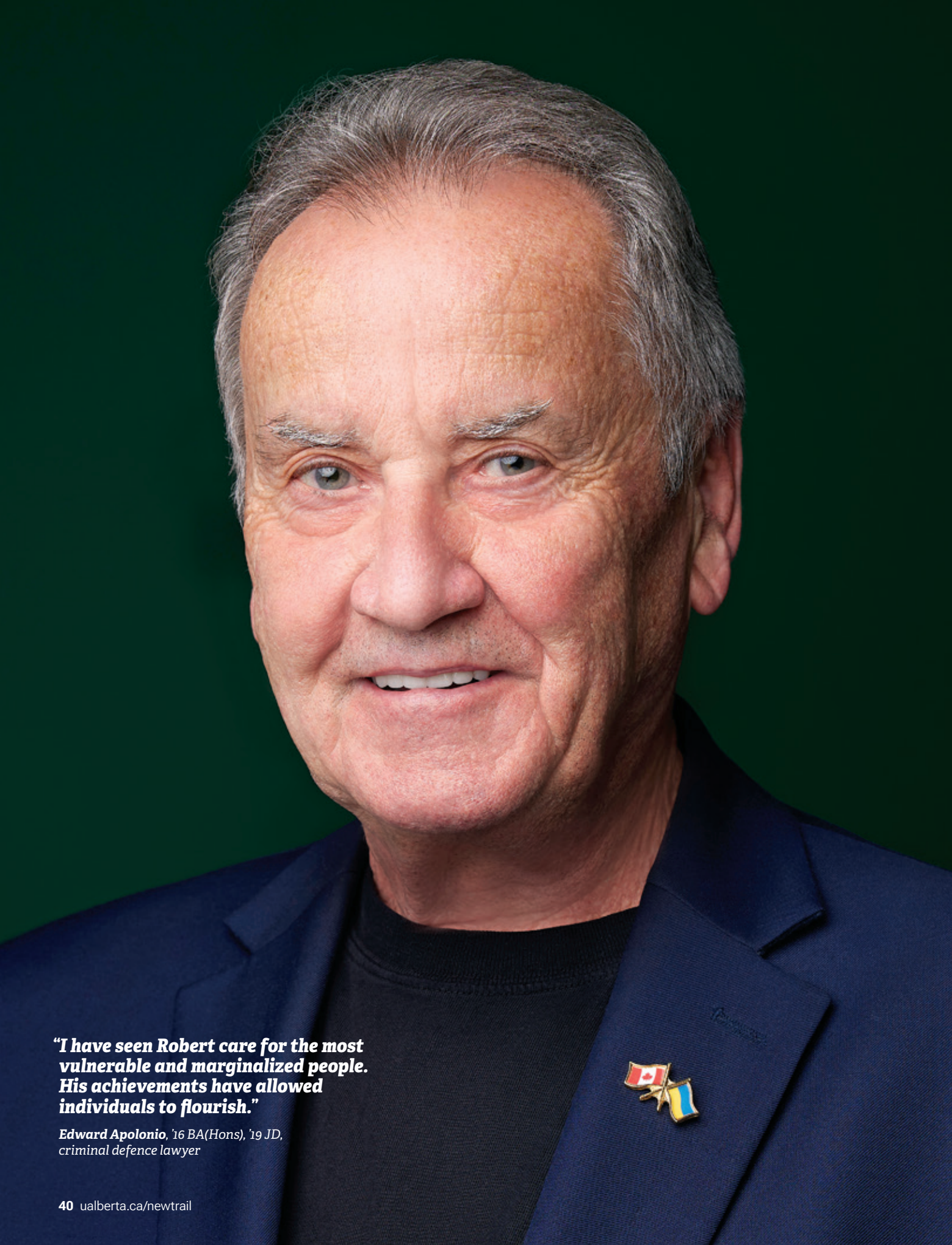
Malhotra and his Irish-born wife, endocrinologist Karen McCowen, live in La Jolla, Calif., and visit Edmonton frequently—recently to attend his 40th reunion at Old Scona Academic High School.

The physician-scientist also came home to accept his Distinguished Alumni Award. "Some of the smartest people I know went to the University of Alberta," he says. "What I treasure most are the people—people who I'm still close to." —**JENNIFER ALLFORD**, '84 BA



“Atul is a global leader in pulmonary physiology. He has mentored more than 50 physicians and scientists who have themselves achieved success.”

***Rakesh Bhattacharjee, '98 BSc(Spec),
pulmonologist, professor,
University of California San Diego***



“I have seen Robert care for the most vulnerable and marginalized people. His achievements have allowed individuals to flourish.”

*Edward Apolonio, '16 BA(Hons), '19 JD,
criminal defence lawyer*

DISTINGUISHED ALUMNI AWARD

Robert Philp

'72 BA, '75 LLB

Jurist, lawyer, social justice activist, mentor

For a commitment to human rights, equality and education

LONG BEFORE HE ENTERED THE LEGAL PROFESSION

or became a community leader, Robert Philp was setting precedents. The youngest of seven boys in a blue-collar family, he was the first to pursue a university education. In fact, he did so as a mature student, having spent his early 20s working as a skilled labourer. "I had a good job, but it was not going to be a career," he says. "So I thought, 'Maybe I'll try this academic thing.'"

Since Philp had finished high school through correspondence and night classes, gaining entry to the U of A took some extra legwork. He had to write aptitude tests and seek a dean's recommendation before being accepted to the Faculty of Arts as a probationary student in 1969.

Philp loved his courses in history and anthropology, quickly proving himself academically and growing more confident in his abilities. Once, during the second year of his undergrad, Philp walked by the new and imposing Law Centre and thought to himself, "How difficult could it be?" He was drawn to the challenge of law, as well as its reliance on precedent: "It's a big history lesson. We're always looking at what happened before."

When he was accepted to the Faculty of Law a few years later, Philp thrived. At the time, legal education did not include a human rights component — but he became interested in how the law could be used to protect marginalized people and advance social justice. He gained first-hand experience in his first year of law school when he signed up to volunteer at Edmonton's Boyle Street Community Services.

"Community members would tell me their legal problem, and I'd say, 'OK, I'll be back next Tuesday night.' Then I'd try to find the answer."

The experience was challenging and cemented Philp's desire to use his legal education for the good of the community. After graduating from

ALUMNI HORIZON AWARD

Recognizes the outstanding professional achievements and/or contributions to the community of graduates who are 40 or younger



Atif Hirjee

'14 BEd

For being a global citizen, empowering others through volunteerism and community building, and striving to eliminate racism



Frincy Clement

'21 MSc

For leadership in artificial intelligence, being a community builder and a speaker for innovative change, encouraging women in STEM fields



Gavin Bradley

'15 MSc

For starting and continuing to push the envelope in his achievements as an educator and writer



Lauren Ellen Seal

'13 BA

For being a generous volunteer and gifted writer who uses her talent to promote the discussion of social issues



Maureen Moneta

'08 BCom

For inspiring courage, inclusion and innovative thinking in business, and building her community to create lasting social impact



Stephanie Liu

'13 MD

For sharing her medical expertise and experiences to help parents raising children, and guiding women to good health and wellness

law school in 1975, he spent the better part of three decades working in labour law, employment law and human rights, working first for the Alberta Human Rights Commission and the Alberta Labour Relations Board before entering private practice.

His legal talent attracted attention. In 1999, he was appointed King's Counsel and in 2005, he was named a provincial court judge. As a judge in the criminal system, he was just as committed to human rights, equality and social justice.

In 2014, Philp left the bench to become chief of the Alberta Human Rights Commission. During his tenure, he advocated for the inclusion of human rights in the court system and greater human rights education in the community. "I didn't get to move the dial as much as I wanted, but it takes a lot of political will to make these kinds of changes," he says.

For all his professional accomplishments in the legal field—including awards such as the Queen's Jubilee Medal, Alberta Centennial Medal and a Distinguished Service Award from the Law Society of Alberta and Canadian Bar Association—Philp is just as proud of his volunteer work.

He is a longtime board member of many community organizations, including the Edmonton Community Legal Centre and Boyle Street Community Services,

where—since his first year of law school—he still volunteers. And he served on the Mayor's Task Force to Eliminate Poverty.

As a volunteer, he has supported the legal profession by mentoring students and new lawyers, co-founding a non-profit dedicated to supporting the well-being of lawyers,

and advocating for Indigenous competence training for Alberta lawyers.

Philp credits his upbringing for his desire to give back—his parents cared deeply about history and politics, encouraging lively conversations around the dinner table. And he also credits his university education. He

recalls the words of the U of A's first president, Henry Marshall Tory, who described the ultimate goal of higher education as "uplifting the whole people."

"I think maybe I took President Tory up on his challenge and didn't even know it," he says.

—CAITLIN CRAWSHAW,
'05 BA(HONS)

ALUMNI HONOUR AWARD

Recognizes the significant achievements and contributions of U of A alumni to their professions and/or their communities over a number of years



Israat Haque
'11 PhD

For excellence in computing science, supporting women in STEM and advocating for EDI in the field



Bryan Perkins
'69 BSc(Ag)

For leadership in the agriculture industry in Alberta, and active volunteerism in fundraising for community projects



Fatima Mraiche
'04 BSc(Spec), '10 PhD

For innovative teaching, mentorship and advancement of education in professional, undergraduate and graduate programs



Aileen Jang
'83 BSc(Pharm)

For advocacy, entrepreneurship, community engagement and patient-centred care, and inspiring pharmacists through innovation and mentorship



Linda Miller
'89 BSc(OT)

For an outstanding career in rehabilitation medicine through innovation and advocacy, and for community volunteerism



Stephen L. Wood
'01 BEd

For his founding role as drumkeeper of powwow group Northern Cree, and sharing culture and language through music and education

Taylor McPherson, '22 BKin, (left) and **Katie Mulkey**, '23 BEd, (right) embrace at the finish line in Season 10 of *The Amazing Race Canada* in Miramichi, N.B. They are the second all-female team to win in the history of the reality competition television series. Read more about their experience on page 12.

Trails



Books



Here are the latest books published by U of A grads, including a look at the superstitions of early Canadian homesteaders, advice on how to make art in a productivity-obsessed world, and a collection of poetry exploring queer pleasure and desire.

Compiled by *Stephanie Bailey*, '10 BA(Hons)

▼
SOCIAL SCIENCE
Playbuilding as Arts-Based Research: Health, Wellness, Social Justice and Higher Education

by **Joe Norris**, '89 PhD, Kevin Hobbs and Mirror Theatre, *Routledge*

This second edition documents various collaborative interdisciplinary participatory theatre projects under Norris' artistic direction, and includes interviews, scripts and video links.

▼
POETRY
Wonder-Work: Selected Sonnets of Catharina Regina von Greiffenberg

by Catharina Regina von Greiffenberg, translated by Joanne Epp, **Sally Ito**, '94 MA, and Sarah Klassen, *CMU Press*

A newly translated collection of devotional poetry by Greiffenberg, considered one of the most noteworthy German-language poets of the 17th century.

▼
MEDIA STUDIES
Alt Kid Lit: What Children's Literature Might Be

Edited by Kenneth B. Kidd and **Derritt Mason**, '15 PhD, *University Press of Mississippi*

This collection of essays wrestles with what children's

literature is and who it is made for, focusing on diverse subjects such as fanfiction, speculative fiction and digital media.

▼
FICTION
Fowl Play

by **Carla Howatt** and **Monique MacDonald (Kerba)**, '86 BEd, *By the Book Publishing*

Maddy Whitman, a savvy storage auction enthusiast, uncovers a Mexican mask that plunges her into a mystery where she must decode cryptic clues to save a kidnapped woman.

▼
SELF-HELP
Distraction: How to Overcome Distraction

by **Edwin Egbobawaye**, '13 PhD, self-published

Egbobawaye uses a fictional narrative to illustrate the impacts of distraction on individuals, organizations and governments and provides practical advice on how to harness your attention to meet your goals.

▼
FICTION
Jackie Jazz

by **John Ennis**, '80 BA(Spec), self-published

Set in Edmonton, between the Second World War and the 1990s, Jackie Jazz follows

the life of a man whose resilience, love of life and positivity inspires those around him while making him as legendary as the musicians he loves.

▼
MEMOIR/COMICS STUDIES
On Comics and Grief

by **Dale Jacobs**, '88 BA(Spec), '93 MA, *Wilfrid Laurier University Press*

Jacobs processes his mother's death by analyzing 24 comic books published in 1976 through the lenses of grief, memory, nostalgia and personal history.

▼
HISTORY
A History of Public Health in Alberta, 1919-2019

Edited by Lindsay McLaren, **Donald W. M. Juzwishin**, '77 BA(Spec), '80 MHSA, '05 PhD, and Rogelio Velez Mendoza, *University of Calgary Press*

Health scholars offer a comprehensive overview of 100 years of public health policy, practice and research in Alberta, and a vision for a future of well-being and health equity.

▼
POLITICAL SCIENCE
Feministing in Political Science

Edited by Alana Cattapan, **Ethel Tungohan**, **Nisha Nath**, '16 PhD, **Fiona MacDonald** and **Stephanie Paterson**, *University of Alberta Press*

This collection of essays critiques the power structures of mainstream Canadian political science, and uses feminist

perspectives to reshape our understanding of the field.

▼
BUSINESS
Embracing Ambition: Empowering Women to Step Out, Be Seen, and Lead

by **Jenny Mitchell** with a chapter by **Sherry Schaefer**, '89 BA(RecAdmin), *Mimbres Press of Western New Mexico University*

This collection of essays blends the personal stories of 12 North American women leaders with academic research to offer guidance to aspiring leaders.

▼
MEMOIR
The Silent Paralyzer: A Decade of Life Disrupted

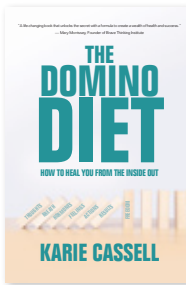
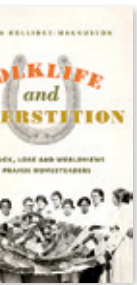
by **Natasha Chai**, '02 BCom, self-published

Chai chronicles her experiences living with hemiplegic migraine, a rare migraine disorder that can cause paralysis, aphasia and other stroke-like symptoms upon attack.

▼
HOW-TO
Bad Artist: Creating in a Productivity-Obsessed World

Edited by Nellwyn Lampert, Pamela Oakley, Christian Smith, and **Gillian Turnbull**, '03 MA, *Touchwood Editions*

This collection of essays offers practical advice from 21 Canadian and international writers on resisting the culture of productivity, reminding us that creativity can take many forms.



▼
FICTION

The Uninvited Guest
by Jean Filewych, '90 BEd,
self-published

About to embark on her dream career, Carol's life is upended when her husband is diagnosed with multiple sclerosis and her family is forced to adapt to this new reality.

▼
PARENTING

The Actually Pretty Good Baby
By Susan Vukadinovic, '00 BA,
'05 MBA, self-published

Vukadinovic's guide helps new parents balance breastfeeding and sleep training, offering practical advice from pregnancy to age three.

▼
HISTORY

Miracle on the Waiparous: History of Camp Chamisall, 1961-2020
By Ron Carter and Joy Reneker, '79 BPE, self-published

The authors chronicle the first 60 years of Camp Chamisall, a church youth camp located on the eastern edge of Alberta's Rocky Mountains.

▼
MEMOIR

Prospecting in the Northwest Territories: 1970, A Season Remembered
by Lee Moldenhauer, '72 BSc(Spec), self-published

Moldenhauer recounts his adventures from the

summer of 1970 when he and his friends searched for mineral riches in the remote wilderness of the Northwest Territories.

▼
PHOTOBOOK

Bury Me in the Back Forty
by Kyler Zeleny, '11 BA,
The Velvet Cell

The last book of Zeleny's trilogy documenting his hometown Mundare, Alta., a rural community with deep Ukrainian roots located an hour east of Edmonton, through personal photos and community archives.

▼
HISTORY

Folklife and Superstition: The Luck, Lore, and Worldviews of Prairie Homesteaders
by Sandra Rollings-Magnusson, '03 PhD,
Heritage House

Rollings-Magnusson explores folk traditions, beliefs and culturally diverse customs in the early homesteading era on the Canadian Prairies from 1867 to 1914.

▼
MEMOIR

All My Love and Then Some: The Letters of Cpl. Polly G. Meilman RCAF (WD) to Her Parents, 1942-1944
By Margaret Melhorn, '81 MA,
self-published

This is a collection of 80 letters written by the author's mother to her parents while serving in the women's division of the Royal Canadian Air Force during the Second World War.

▼
HEALTH

The Glow Code: A Cheat Sheet for Feeling, Looking, and Being Your Best at Any Age
by Michelle McIvor, '02 BCom, Rowman & Littlefield Publishers

McIvor blends expert advice with her personal trials in this practical guide for thriving in mid-life and beyond.

▼
POETRY

Bird, Making No Sound: Collected Poems
by Carol L. MacKay, '87 BA,
self-published

This collection explores an accumulation of moments, the construction of time, and poetry as a mode of expression when other ways are inaccessible.

▼
MEMOIR

Being Old: Truth, Tribulations, Triumph
by Dianne Conrad, '87 Dip(Ed), '91 MEd, '02 PhD,
self-published

Conrad offers a humorous exploration of senior life, addressing topics like health, retirement and societal expectations while questioning what it means to be "old."

▼
MEMOIR

The Doctoral Journey: Educationalist Perspectives
Edited by Brent Bradford, '00 BEd, '08 Dip(Ed), '10 MEd, '15 PhD, *Brill*

This collection of essays presents scholars' personal accounts of resilience and growth, highlighting the non-linear, evolving nature of the doctoral journey.

▼
POETRY

Muster Points
by Lucas Crawford, '12 PhD,
University of Calgary Press

A collection of poetry that explores queer pleasure, pain, nostalgia, desire and health

through frank discussions about depression and sex—all within the context of the pandemic.

▼
PSYCHOLOGY

Trapped by the High: What Addiction Is and How it Changes the Brain
by Timothy W. Parker, '80 MSc, '84 PhD, self-published

A professor emeritus in psychology from the U of A, Parker dispels many myths and misconceptions about addiction and provides potential solutions in the face of the opioid crisis.

▼
FICTION

We Speak Through the Mountain
by Premee Mohamed, '02 BSc(Hons), '07 BSc(EnvSci),
ECW Press

In this sequel, a followup to *The Annual Migration of Clouds*, 19-year-old Reid Graham battles Alberta's post-apocalyptic wilds and her chronic illness to reach a supposed utopia, where she faces a life-altering choice.

▼
HEALTH

The Domino Diet: How to Heal You from the Inside Out
By Karie Cassell, '94 BSc(Hec),
self-published

Cassell offers an alternative to traditional dieting, focusing on holistic health through mindset, hormones and nutrition.

Tell us about your recent publication. Email a write-up with a high-resolution cover image to newtrail@ualberta.ca. Or mail your write-up and book to New Trail Books at the mailing address on page 4. We cannot guarantee all submitted write-ups will be included on this list. Inclusion does not denote endorsement by New Trail.

► Trails

We'd love to hear what you're doing. Tell us about your new baby or your new job. Celebrate a personal accomplishment or a volunteer activity or share your favourite campus memories. Submit a class note at uab.ca/classnotes or email newtrail@ualberta.ca. Notes will be edited for length, clarity and style.

Compiled by **Stephanie Bailey**, '10 BA(Hons)

Class Notes

1970s

'71 **Tako Koning**, BSc(Spec), reconnected with his alma mater in a full-circle moment in fall 2023. With over 50 years of experience as a geologist in the oil and gas industry, Koning participated in a panel on the future of work for geology and geophysics students, hosted by the university's undergraduate P.S. Warren Geology Society. His return to campus filled Koning with nostalgia and gratitude, especially for the chance to give back. Sharing his career path with students was deeply meaningful, as a speaker in his student days once inspired him to work overseas. Now, he hopes to make the visit an annual tradition, to reconnect with his U of A roots and inspire future geologists and geophysicists.

'73 **Kirk Barber**, BSc(Med), '75 MD, received a Lifetime Achievement Award from the Canadian Dermatology Association in July 2024. He was recognized for providing outstanding dermatologic care to

patients for over 40 years, specializing in psoriasis and atopic dermatitis. A clinical professor at the University of Calgary, he has led over 150 clinical trials and served for 15 years as chair of the Health Research Ethics Board of Alberta's Clinical Trials Committee. He has also been a trustee of the Alberta Heritage Foundation for Medical Research and editor-in-chief of the *Journal of Cutaneous Medicine and Surgery*. As vice-president of Camp Liberté, which he brought to Alberta, Barber helps children with skin conditions enjoy a transformative summer camp.

'78 **Leland McFadden**, DDS, received a Lifetime Achievement award from the Manitoba Dental Association in April 2024. He is an assistant professor of oral and maxillofacial surgery at the University of Manitoba.

1980s

'84 **Lesley Engelking**, BEd, wrote in to share how her daughter **Lauren**

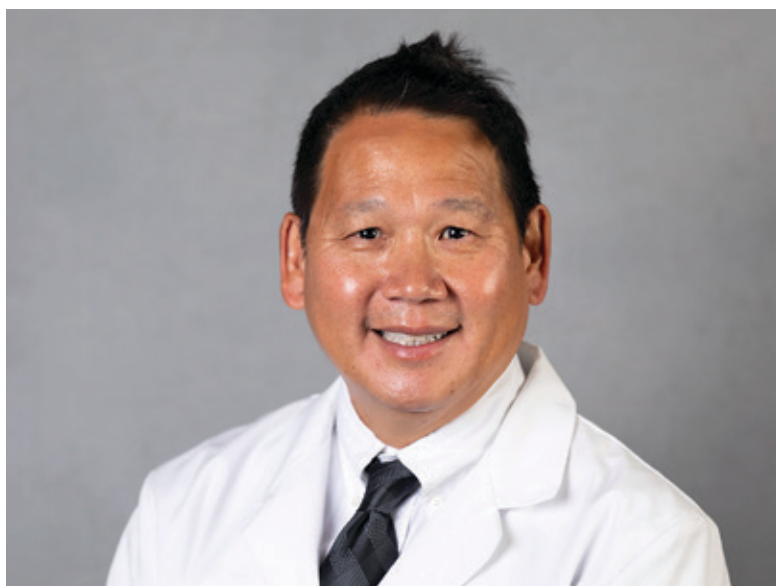
Lauren Engelking



Engelking, '19 BSc(AnHe), '23 PhD, continues a proud U of A family tradition:

"Lauren Engelking is the great-great-niece of former U of A president **Robert Newton**, '50 LLD (Honorary). Lauren, at the age of 10, attended the dedication of the Robert Newton Lounge in the Agriculture/Forestry Centre in October 2006.

Fast-forward 17 years and Lauren received her PhD in Animal Sciences from U of A in July 2023. On top of that, Lauren's great-grandfather, John Newton, was on staff at the U of A in the 1930s and '40s as a professor of soil sciences and department head. We are very proud of this family legacy!"



James Mah

'84 **Jeff Lowe**, BSc(MineralEng), wrote in with a couple of updates: "I am happy to announce that I—along with my wife Nicole and border collie Dodger—have moved to Chapel Hill, N.C. I am now the director of instrumentation and controls engineering for Strata Clean Energy, which builds solar farms and battery storage to combat climate change. We are also heavily involved in the community. I recently added a new licence plate frame on my car that reads, 'Alumni – University of Alberta'. Haven't seen too many of those here!"

'85 **Nancy Shoemaker**, BScN, has retired after 43 years of nursing.

'86 **James Mah**, BSc(Dent), '88 DDS, '92 MSc, was appointed dean of the School of Dental Medicine at the University of Nevada, Las Vegas in May 2024. Mah served as interim dean since September 2022, during which time the school saw significant advancements in faculty and staff recruitment, community engagement and research innovation. In addition to his degrees from the U of A, Mah received a doctor of medical science degree from Harvard Medical School. His experience includes faculty and administrative roles at the U of A and the University of Southern California.

(continues on page 48)



IN THE NEWS

The Magnificent Seven(th)

Randy Gregg, '75 BSc, '79 MD, former U of A Golden Bear, two-time Olympian and distinguished primary care physician, will be inducted into the Edmonton Oilers Hall of Fame this year. Gregg joined the Golden Bears at age 19, already in his fourth year of university, and played for four years. He then became captain of Team Canada for the 1980 and 1988 Olympics. He joined the Oilers for the 1982 playoffs, after playing in Japan for two years, and stayed for eight seasons, during which he and the Oilers won the Stanley Cup five times. He joins his fellow "Magnificent Seven" Oilers Hall of Famers Wayne Gretzky, Mark Messier, Jari Kurri, Glenn Anderson, Paul Coffey and Charlie Huddy, among others. —EDMONTON JOURNAL

Gregory Niven



(continued from page 47)

1990s

'90 **Gregory T. Niven**, BSc(EngPhys), won a technical achievement award from the Academy of Motion Picture Arts and Sciences in February 2024 for his pioneering work using laser diodes for theatrical laser projection systems. Over his 35 years as a laser innovator, Niven designed and built red, green and blue laser light sources for theatrical use, leading the industry's transition to laser cinema projection technology. One of the IMAX projectors at Edmonton's Telus World of Science uses laser technology he worked on.

'90 **Randy Worobo**, BSc(FoodSci), '95 PhD,

has been awarded the International Food Security Award by the Institute of Food Technologists. He was honoured for his research in developing technologies that enhance food safety and security, addressing the nutritional

needs and preferences of people in emerging economies. He is currently a professor of food microbiology at Cornell University, where he also serves as the associate director of the Feed the Future Innovation Lab for Food Safety, jointly run



DID YOU KNOW?

The first students' union at the U of A was formed in 1910, during the second year of university operations, with F. Stacey McCall as president. It achieved a more formal status two years later under a new University Act.

by Purdue University and Cornell University.

'91 **Ken Lange**, BSc, was recently inducted into the Ultimate Canada Hall of Fame. His contributions span more than two decades, from leading the Ottawa-Carleton Ultimate Association and developing Ultimate Parks Incorporated to co-founding the Canadian Observer program. Lange played a key role in securing dedicated fields for the sport, growing the largest league in the country and setting a high standard for officiating at national tournaments.

'92 **Amy Loewan**, BFA, '95 MFA, curated a watercolour exhibition, *Creating Beauty*, showcased at the Art Gallery of Alberta from April to June 2024. The show featured the works of 11 alumni of the Visual Arts program at the Faculty of Extension. The artists have gathered monthly at Remedy Cafe in Edmonton since 2017, after completing an introductory watercolour technique course taught by Loewan. Their years of experimentation culminated in this exhibition, which was inspired by John O'Donohue's book *Beauty: The Invisible Embrace*.

'95 **Daryl O'Dowd**, MSc, has been appointed private sector trustee for the Weather Modification Association. In this role, he

Top: A painting demonstration at Amy Loewan's curated exhibition, *Creating Beauty*, included exhibiting artists like her former students Cheryl Moskaluk (left) and **Pamela St. Laurent**, '20 Cert(VisualArts). Bottom: *The Two Curious Fish 2022* is a watercolour on paper by St. Laurent.



will liaise with Canadian and international organizations engaged in commercial cloud-

seeding projects. Cloud-seeding is a technique that changes weather to combat climate change.



CELEBRATE

Class Reunions

Wondering if your class is hosting a reunion this year? Contact the Class Reunion Organizer Program in the Office of Alumni Relations at org@ualberta.ca.

2000s

2004 / PHARMACY AND PHARMACEUTICAL SCIENCES

Thu Parmar, '04 BSc(Pharm), wrote in to recognize the 20-year class reunion for the 2004 class of pharmacy and pharmaceutical sciences:

"The accomplishments of the Class of 2004 are truly remarkable, with members serving as trailblazers in various fields, such as primary care networks, pharmacy compensation, academia, entrepreneurship and leadership roles in

organizations like RxA and the Alberta College of Pharmacy. The list of achievements is extensive, showcasing the diverse impact of our cohort.

"Exciting plans are underway to collaborate on a group legacy project and potentially organize an annual reunion for our class. If you're interested in contributing to the planning process, feel free to reach out at thu.parmar@gmail.com. Let's work together to create a meaningful legacy and foster connections within our community."

It can affect the amount or type of precipitation, such as minimizing hail or reducing fog. Currently, there are active cloud-seeding projects all over the world, including hail suppression over Alberta and snow projects for hydroelectricity across much of the western U.S. O'Dowd has been a

private sector consultant in meteorology for more than 30 years.

'99 **Brent Knowles**, BSc(Spec), formerly a game designer at BioWare for 10 years, wrote in to express gratitude to the community that helped make a personal dream come true.

Ryan Lawrence

“A few years ago, I left my role as senior technical lead for the Centre for Innovative Media at NAIT to launch a Kickstarter campaign for my passion project, *Raiders of the Serpent Sea*. My original vision was to create a role-playing campaign guide for the Dungeons & Dragons tabletop game inspired by Viking and Norse mythology. It has since blossomed into a 600-page saga, adorned with stunning artwork sourced from talented artists across the globe. Thanks to the overwhelming support of backers, I raised over \$280,000 to bring these books to life. I am very thankful for all the support, financial and otherwise, I’ve received to make these books come together.”



2000s

'05 **Ryan Lawrence**, BSc(CompEng), took command of 12 Air Maintenance Squadron with the Royal Canadian

Air Force in Shearwater, N.S., in August 2023. A lieutenant-colonel, Lawrence will oversee CH-148 Cyclone helicopter maintenance, train maintenance teams and ensure aircraft

are combat-ready to help maximize aircraft availability.

'05 **Michael D. Nelson**, BA, '11 PhD, was elected to the Academy of Distinguished Scholars, the University of Texas at Arlington's most prestigious research and scholarship honour, in May 2024. Nelson, a long-time associate professor of kinesiology, is recognized for his sustained and significant contributions to research and creativity.

As director of an internationally recognized research program that uses clinical imaging to study cardiovascular health, Nelson has published more than 110 peer-reviewed research papers. His work has earned more than \$20 million in external grants, primarily from the National Institutes of

(continues on page 52)

Top Honours

Meet three grads recognized by the Order of Canada in June 2024

Lindsay Machan, '77 BMedSc, '79 MD, was inducted into the Order of Canada as an officer for his work as an early Canadian proponent of interventional radiology. A clinical practitioner at the Vancouver Hospital and an associate professor at the University of British Columbia, he continues to innovate while guiding others on their own paths to growth and success. His company created and licensed the paclitaxel coated stent, which has improved the lives of people with peripheral arterial disease.

Jozef Straus, '69 BSc(Hons), '74 PhD, '00 DSc (Honorary), was inducted as an officer into the Order of Canada for his work as a critical player in the rise of Canada's high-

tech industry. As co-founder of JDS FITEL, and CEO and co-chair of JDS Uniphase, he was at the vanguard of innovations in data communications and fibre-optic technology. A discreet and generous philanthropist, he contributes to many causes, notably those supporting disadvantaged or marginalized communities, the arts, education, science, health and nature.

Vickie Elaine Baracos, '77 BSc(Ag), was appointed a member of the Order of Canada for her work in transforming our understanding of cachexia, a debilitating syndrome that causes rapid weight and muscle loss in patients with advanced-stage cancer, leaving them with a skin-and-bones appearance. A professor at the U of A, she developed groundbreaking insights into the fundamental biology of this complex condition. Her work has since led to clinical classification and diagnosis, and has paved the way for treatment and improved patient outcomes.



Why Don't Sheep Shrink When They Get Wet?

ONE GRAD'S PATH TO VETERINARY MEDICINE

By **Cody Creelman**, '06 BSc, as told to Lewis Kelly

WHEN I WAS 16, a girl on my school bus mentioned she'd volunteered at the local veterinary practice. I grew up on a cattle farm in Beaverlodge, Alta., and I'd never been in a vet clinic—but it sounded better than school, so I signed up.

On my first day, the smell of dog pee and iodine permeated my sinuses. I loved everything about the place, mostly the chaos, and I was hooked.

After high school, I applied to the U of A's agriculture program. I had no idea what to expect, not even what to take to class—a binder, a notebook?

My first year on campus, I lived at Lister Hall and had a hard time adjusting from rural life. I got my ass handed to me academically. I didn't fail anything, but I felt disheartened.

In my second year, I formed better study habits and fell in with a group of pre-vet hopefuls. The five of us studied in lecture theatres, empty labs, classrooms—anywhere we could sneak in, sometimes with help from security.

For a spell, we haunted an office under renovation. There was exposed wire, open drywall and, often, an appearance from Frank

Robinson, then a professor of Agriculture, Food & Nutritional Sciences.

One day, Frank said I reminded him of himself as an undergrad.

That was the start of my relationship with him. I got into Frank's animal science class and his inaugural session of "There's a Heifer in Your Tank." He put students in pairs and assigned each a question. You had to use the school's resources to answer the question scientifically, but instead of presenting to your class, you presented your findings in a lecture theatre filled with the public, faculty members and other students.

The questions were things like "How many gummy bears can you get out of one cow?" Mine was "Why don't sheep shrink when they get wet?"

My class partner **Jared Lawrence**, '09 BSc(Ag), and I spoke with professors of materials, home economics and animal science. We were thorough, but our presentation was shaping up to be dry. So we wrote a script, like a Saturday Night Live sketch. We went to Value Village and found a pair of wool sweaters, and we washed them in hot water until they were shrunk. We looked ridiculous at our presentation, which was a shirt-and-tie event.

Frank loved it with his whole heart.

I asked Frank to be my vet school reference. I applied after my second year of undergrad and didn't get in. Third year, same thing. The last time Frank wrote me a letter was for my fourth-year application. I still haven't seen that letter, but it must have had some good stuff in it, because I finally got into the program.

Today, any request Frank has of me, I say yes. He says, "Jump!" and I ask, "How high?" I owe that man my career. I will never forget his belief in me. ■

Cody Creelman is CEO of Fen Vet in Airdrie, Alta., and supports experiential learning through the U of A's Frank Robinson Youth Academy.

► Trails Class Notes

Vivienne Jones ►

(continued from page 50)

Health and the American Heart Association. Nelson also was recently tapped to lead UTA's new Clinical Imaging Research Center.

'06 **Vivienne Jones**, MEd, was one of the recipients of the University of Calgary's 2024 Equity, Diversity, and Inclusion Awards. Jones was recognized for creating and maintaining a reading program where students of English as an additional language read books to children at the University Child Care Centre. This program brings together three distinct services at the U of C: the English Language Program, the daycare and the education library, which provides the books. Since 2009, Jones has been a language instructor in Continuing Education at U of C, using their experiences with cultural displacement and neurodivergence to help create safe and inclusive spaces for learning.

'08 **Jordan Abel**, BA, helped launch *Yarrow* magazine to promote established and emerging Indigenous writers and editors. The first issue, released in April 2024, features new prose and poetry from writers such as **Billy-Ray Belcourt**, '16 BA(Hons), '20 PhD, **Marilyn Dumont**, '90 BA, and **Chelsea Vowel**, '00 BEd, '09 LLB, '20 MA. Abel is one of four co-founders of the magazine alongside author Jessica Johns and U of A professors **Conor Kerr**, '12 BA, and **Chelsea Novak**, '07 BA. Beyond publishing writers, the team intends to train Indigenous and non-Indigenous editors alike in how to approach work by Indigenous writers.

2010s

'10 **Blake Buckle**, BA, and **Davis Levine**, '13 BDes, have been selected to be part of the 2024-25 Action Canada Fellowship on the future of the resource



DID YOU KNOW?

The Trail magazine, precursor to *New Trail*, had a subscription cost of \$1 in 1920 — equivalent to \$13.68 in purchasing power today. U of A grads would send in their personal and professional news and updates, plus the money, to keep up with classmates, events and research happening at their alma mater.



▲ Kirsten Bollen's artwork in the Marriot Moxy hotel in Banff, Alta.

ILLUSTRATION BY PAIGE STAMPATORI

sector. The fellowship is the country's pre-eminent leadership and public policy incubator. Every year, fellows travel across the country, meeting with community members and leaders to explore a major public policy issue affecting the country.

Buckle, a senior adviser to Yukon's deputy minister of health and social services, is committed to positive outcomes for Yukoners and maintains a passionate dedication to northern Canada. He also has diverse experience across private, public, political and post-secondary sectors, including leadership roles at Northern Vision Development LP and Yukon University.

Levine is a designer specializing in service design, public policy and digital governance. As the owner of Public/s Design, he champions the impact of design in the public sector, collaborating with governments nationally and globally. Currently, he leads product delivery for Alberta Wildfire, having previously served in B.C.'s public service.

'11 **Kirsten Bollen**, BDes, was recently commissioned to create artwork for the lobby of the newly opened Marriott Moxy hotel in Banff, Alta. The 16 circular panels she designed feature views from the surrounding



IN THE NEWS

A Prairie Odyssey

The book *Bury Me in the Back 40* by photographer and writer **Kyler Zeleny**, '11 BA, chronicles a small, rural Alberta town — and the community that persists. Over 10 years, Zeleny photographed Mundare, Alta., and collected archival photos from residents and local museums. He photographed men at bars, octogenarians at community halls and folks in their gardens and farm fields. The resulting book is a sensitive account of Mundare's past and present. On the surface, the photos reveal a community whose best days appear to be behind it, but Mundare is growing; its population has increased by seven per cent in the last five years. "Mundare will have a fine future; it will just be different from its past and present," Zeleny told *Maclean's* magazine. —MACLEAN'S



◀ Nichole Schwentke

landscape and respond to the hotel's colourful, mid-century modern design. Bollen currently resides in Calgary where she balances creating art and exploring new places in the Canadian Rockies with her partner, Courtney. Aside from her life as an artist, Bollen also works as a curriculum designer for her local government creating online training, and she recently graduated with a master's degree in public administration to better serve the community.

2020s

'20 **David Lerner Lombrozo**, MEng, has worked as a software engineer at Google in California since February 2022.

'23 **Jordan Canham**, BKin/ BEd, was selected as one of U Sports Top 8 Academic All-Canadians in March 2024 for his academic achievements and his career with the U of A Golden Bears volleyball team. In 2023, he was named U Sports Top 8 Academic All-Canadian and the Canada West Male Athlete of the Year. He is the ninth U of A athlete to win Athlete of the Year.

'24 **Nichole Schwentke**, BA, wrote in to share how she's using her degree in archaeology to pursue an unlikely path post-graduation:

"Many students feel uncertain as they

DID YOU KNOW?

Outside the Agriculture/Forestry Centre sits a burl – an outgrowth on a tree trunk filled with small knots from dormant buds – from a spruce tree that grew near Grande Prairie, Alta. This burl is unusually large. It measures 127 centimetres tall, 102 centimetres wide and 107 centimetres deep.





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IN THE NEWS

Indigenous Songwriter of the Year

Kaeley Jade Wiebe, '20 BFA Acting, was named Indigenous Songwriter of the Year at the 2024 Canadian Folk Music Awards for her album *Turpentine*. Kaeley Jade is an award-winning Métis-Settler singer/songwriter, actor and multidisciplinary artist who blends lush imagery and melodic hooks to create her own brand of pop-forward indie folk music. Her music has received radio play across the globe and has been featured in several film and television productions, including *Hockey Night in Canada* on Sportsnet. —ROOTS MUSIC CANADA AND KAELEYJADE.COM

Green and Gold at the Olympics

The University of Alberta was well represented at the 2024 Olympic and Paralympic Games in Paris. Grads included **Brett Walsh**, '17 BCom, who has been with the Canadian National volleyball team since 2015; **Daniel Gu**, '20 BSc(Kinesiology), who made his Olympic debut in fencing; **Ryley Barnes**, '22 BA, as an alternate on the Canadian Men's Volleyball Olympic roster; **Aleah Nickel**, '24 BSc(Kinesiology), a Canadian Women's Wrestling alternate; **Kristin Anstey**, '07 BSc, '11 MD, team physician for the Canadian Women's Basketball team; and **Nicole Ban**, '15 MCoach, as head coach of the Canadian Women's Sitting Volleyball team.

Marco Katz Montiel



approach the end of their degree program, unsure of what steps to take next — I was no different. As graduation neared, I took the plunge and applied for a welding apprenticeship through the Southern Alberta Institute of Technology. Both my father and grandfather were welders, so I suppose the apple doesn't fall from the tree.

I know my academic history and accomplishments will always be with me, and they taught me important lessons, like the fact that I can always be taught. Thanks to two field school opportunities in Greece and Italy during my undergrad, I discovered a passion for camp work. These experiences helped me realize I was

LEFT PHOTO BY JAMES DOYLE; RIGHT PHOTO BY BETSY BOONE

comfortable being away from home for extended periods and didn't mind getting my hands dirty. I found particular joy in the methodical excavation and preparation work — skills that translate well to welding in the energy sector.

I am now a proud welder apprentice. My goal is to earn my journeyman ticket and Red Seal certification to become a Grade B pressure welder, working on the pipelines or the energy industry in general."

'11 **Marco Katz Montiel**, PhD, recently published three new chapters across a diverse range of publications. One of his contributions, featured in *Music, Words and Nationalism: National Anthems and Songs in the Modern Era*, examines the unofficial national anthem of Puerto Rico. He also contributed a story to the latest issue of the North American Hispanic studies journal *Camino Real*, "Queer Corazón: Theorizing Love, Sex, and the Body." Additionally, Montiel's piece "Mourning Doves Come Back to Me" was included in *There's No Place: Stories About Home From Storytellers Who Have Experienced Homelessness*, a collection that explores the question, "What is home?" Montiel is also an editor for the *Palgrave Studies in Music and Literature* book series. ■

WHAT YOU NEED TO KNOW ABOUT...

HOW TO FACE FAILURE

Five tips from a sports mental performance trainer

By Karen Kwan

As a competitive youth soccer player, **Klaudia Sapieja**, '07 BPE, '09 MA, recalls how a post-game car ride could feel excruciatingly long — no matter the actual distance. Her father had high expectations and was quick to point out her mistakes on the pitch or shower her with praise for a good performance. Sapieja says neither scenario led to a healthy balance.

Today, Sapieja is a certified mental performance consultant who works with the University of Alberta's athletics department, leads a group of graduate students who work closely with the varsity teams and works with the Oil Kings of the Canadian Western Hockey League.

Whether you're an aspiring Olympic athlete or a dedicated beer-league competitor, Sapieja offers some tips to help you cope with defeat.

Stay in the moment

You're flying down the ice, the puck on your stick and an open look to win the pivotal game. You wind up and ... fan the shot. It's easy to let a blunder derail you, but try to stay in the moment, says Sapieja. Focus on your physical actions — skating fast, moving your



arms, picking up your feet — then think about your next actions.

Take time to reflect

Self-reflection is a key part of healing, whether you finished last in a race or were passed over for a promotion, Sapieja says. She calls self-awareness a "foundational skill" that can help build mental toughness. If you fail to reach a goal, acknowledge your emotions. Then, take a step back and ask yourself: "What went well? What didn't work? And how can I do better next time?"

Don't be afraid to fail

As much as we dread it, failure teaches us valuable lessons, Sapieja says, adding elite athletes tend to have a greater ability to bounce back from a setback. If you miss some shots, just keep shooting. Push yourself beyond your comfort zone, even if there's a risk of failure. It's about "getting comfortable with being uncomfortable," she says.

Be kind to yourself

"In the world of sports, there is this mentality of beating yourself up to get better," Sapieja says. But research has shown that athletes who practise self-compassion are actually more resilient. So be gentle with yourself.

Enjoy the journey

"In the end, from athletes I've worked with, the best memories are the in-between things," says Sapieja. "Times you get to spend with your teammates, the connections you build, the experiences you have." ■

The Alumni Association notes with sorrow the passing of the following graduates (based on information received between March 2024 and August 2024).

In Memoriam

1940s

'45 **Dorothy Jean Easton (Guild)**, Dip(Nu), '46 BScN, '86 LLD (Honorary), in December 2023

'46 **Donald D. Wright**, BSc(ChemEng), in March 2024

'46 **Thérèse Yvonne Gareau**, BA, in February 2024

'47 **Mary Jeannette Fenwick**, Dip(Nu), '49 Dip(PHNu), in May 2024

'48 **Gordon F. Coates**, BSc(CivEng), in April 2024

'49 **Anna Jean Laing**, Dip(Nu), in March 2024

'49 **Donald Daw**, BSc, in July 2024

'49 **George William Schwindt**, BSc, '52 MSc, in June 2024

'49 **Helen Isabel Huston**, BSc, '51 MD, '85 LLD (Honorary), in January 2024

'49 **Jeannette Fairbairn Hodgson (Doull)**, Dip(Nu), in March 2024

1950s

'50 **Alexandra Fraser (Pyrzcz)**, BA, in June 2024

'50 **Joseph Alexander Shemanchuk**, BSc(Ag), '58 MSc, in February 2024

'50 **Joseph Peter Lukenchuk**, BSc, '52 DDS, in June 2024

'50 **Oliver Charles Seward**, BA, '53 BDiv, in January 2024

'50 **Vincent Frank Helton**, BSc(Ag), in February 2024

'50 **Walter Locke Allen**, BSc(CivEng), in February 2024

'51 **Barry Arthur Mills**, BSc, in May 2024

'51 **Bob Shea**, BSc, '55 MD, in January 2024

'51 **Edith Janet Hislop**, BEd, in April 2024

'51 **Garry Malvin Bricker**, BCom, in May 2024

'51 **Henry William Bouwman**, BSc, '53 MD, in January 2024

'51 **Jean Taylor Robin (Black)**, BEd, in March 2024

'51 **Yvonne Dixon (Moar)**, BA, in January 2024

'52 **Joyce Fraser Sarsfield**, Dip(Nu), in April 2024

'52 **Marvin Gilman Palmer**, BSc, '54 MD, in February 2024

'53 **Chester George Walden**, BCom, in March 2024

'53 **Eunice Fay Mcken**, Dip(Ed), in June 2024

'53 **Howard Grant Jorgenson**, DDS, in March 2024

'53 **Jean Robertson Campbell (Parker)**, Dip(Ed), '55 BEd, '80 MEd, in December 2023

'53 **Marguerite Amelia Gendall (Manning)**, Dip(Ed), '84 BEd, in April 2024

'53 **Marilyn Diane Forbes (Hill)**, Dip(Ed), '54 Dip(Ed), '55 BEd, in May 2024

'53 **Sheila Marie Torsher (Halpin)**, BSc(HEc), in June 2024

'54 **Allen Lewis Hayes**, MD in March 2024

'54 **Barry Vernon Fisher**, BA, '60 BEd, in July 2024

'54 **Donald Gust Pearson**, BSc(ChemEng), in April 2024

'54 **Nans Eria Davies**, MD, in March 2024

'54 **Robert Leslie Borden**, BSc, '56 MSc, in November 2023

'54 **Zonia Rose Thompson (Thachuk)**, BSc, '58 MD in July 2024

'55 **Barbara Joan Foster**, Dip(Ed), in March 2024

'55 **Della Marie McKenzie (Christopherson)**, Dip(Ed), in January 2024

'55 **Hiroko Rowley (Hironaka)**, Dip(Ed), '72 BEd, in March 2024

'55 **James Thomas Third**, BCom, in January 2024

'55 **Lubomyr Taras Romankiw**, BSc(ChemEng), in June 2024

'55 **Lydia Claudia Kasianchuk**, Dip(Ed), '56 BEd, in August 2024

'55 **Mary Anne Martin (MacDonald)**, BCom, in April 2024

'55 **Sheila Marie Brinsmead**, BEd, in April 2024

'56 **Aileen Scott (Fyvie)**, BA, in May 2024

'56 **Barbara Ann Wilkinson**, BScN, in April 2024

'56 **Corinne Margaret Sundberg**, BScN, '64 BA, in August 2024

'56 **Ernest Peter Johnson**, BSc(PetEng), in August 2024

'56 **Frank Douglas Jones**, BA, in August 2024

'56 **Frank Lukay**, BSc(CivEng), '60 MSc, in April 2024

'56 **Homer Alan Lozeron**, BSc, '59 MSc, in November 2023

'56 **James Stewart Fisher**, BSc(ChemEng), in May 2024

'56 **Robert Neil Sanders**, BSc(CivEng), in June 2024

'57 **Edward Wayne Bamber**, BSc(Hons), in July 2024

'57 **Ernest John Afaganis**, BSc, '58 BEd, in May 2024

'57 **Gary McDonagh**, BSc(CivEng), '72 DDS, in September 2023

'57 **Hazel Anne Rerat**, Dip(Nu), in November 2023

'57 **Irene Bell (Walasko)**, BEd, in April 2024

'57 **Robert J. McCue**, BA, '60 BEd, in January 2024

'57 **Roderick Alexander McLennan**, BA, '58 LLB, in May 2024

'57 **Romana Prystajcky**, BA, '60 MA, '78 Dip(Ed), in March 2024

'57 **Wasył Dymianiw**, BPE, '70 Dip(Ed), in March 2024

'58 **Ann Marie McDougall (Birnie)**, BSc, in July 2024

'58 **Aube Levine**, BCom, in September 2023

'58 **Billie E. Housego (McBride)**, BEd, '61 MEd, '63 PhD, in May 2024

'58 **Colin Fitz-James Campbell**, BA, in March 2024

'58 **Donald William Carle**, BSc(ElecEng), in July 2024

'58 **Earl David Hardin**, MD, in November 2023

'58 **Eleanor Jean Hamilton**, BA, in June 2024

'58 **Harold Tremayne Butchart**, BSc(CivEng), '65 MSc, in April 2024

'58 **Jamie Maxwell MacKeage**, BSc, '70 BEd, in March 2024

'58 **Lucie Lilliane Ray (Corbiere)**, Dip(Ed), '64 BEd, in April 2024

'58 **Robert Edmund Loov**, BSc(CivEng), in April 2024

'58 **Ruth Ursula Mattheis (Jettkant)**, BA, in May 2024

'59 **Bruce Edmund Hanwell**, BSc(ChemEng), in May 2024

'59 **Carol Ann Devins (Blenner-Hassett)**, Dip(Nu), in July 2024

'59 **Craighton Oliver Twa**, BSc(ElecEng), in April 2024

'59 **Daniel Ropchan**, BSc(ElecEng), in February 2024

'59 **Gerald David Cronquist**, BCom, in July 2024

'59 **Harvey J. P. Malmberg**, MEd, in March 2024

'59 **Joseph Lukacs**, BSc(MineralEng), '63 MSc, in March 2024

'59 **Robert Allen Rouleau**, BSc(MetEng), in May 2024

'59 **William Patrick Marika**, BSc(ChemEng), in April 2024

'59 **Wilma Anne Kassian**, BSc(Pharm), in May 2024

1960s

'60 **Barbara Anne Moulder (Mac Dougall)**, BEd, in May 2024

'60 **Barrie Sanford Greiff**, MD, in December 2023

'60 **Bruce Loftus Goodall**, BSc(PetEng), in August 2024

'60 **Charles Kenneth Westerlund**, BEd, '62 BA, '70 MEd, in August 2024

- '60 **Donald D. Waterbury**, DDS, in April 2024
- '60 **Douglas Frederick Charles Doull**, BSc(ChemEng), in February 2024
- '60 **Edward Locke Elford**, BA, '62 BEd, in July 2024
- '60 **Eugene Edgar Kupchanko**, BSc(ChemEng), in February 2024
- '60 **Eugene George Kolotyluk**, BSc(Pharm), in January 2024
- '60 **Florence Marie Beaulieu**, BEd, in April 2024
- '60 **Gary Terrance Ballash**, BSc(CivEng), in April 2024
- '60 **Gordon Lynn Duckworth**, BSc(ChemEng), in July 2024
- '60 **Henry Russell Glyde**, BSc(Hons), in March 2024
- '60 **John Kloster**, BEd, in July 2024
- '60 **Kalman A. J. Cseuz**, MD, '62 MSc, in January 2024
- '60 **Richard William Nichols**, BSc(CivEng), in June 2024
- '60 **Takeshi Okamura**, BSc(CivEng), in February 2024
- '60 **Terrence Wayne Law**, BSc(ChemEng), in April 2024
- '60 **William Fraser Grant**, BSc(MechEng), in August 2024
- '61 **Andrew Ray Schmidt**, BSc, '82 MEng, in February 2024
- '61 **Angus George Scarlett**, BEd, in June 2024
- '61 **Boris Marx Nowakowsky**, DDS, in July 2024
- '61 **Edwin Robert Daniels**, BEd, '73 PhD, in January 2024
- '61 **Laurene Isabel Lewis (Jickling)**, Dip(Nu), '62 Dip(PHNU), in January 2024
- '61 **Robert John Enders**, BEd, in June 2024
- '61 **Spencer Tracy Nichols**, BSc(ElecEng), '63 MSc, in August 2024
- '62 **Dominic Willott**, BSc, in April 2024
- '62 **Donna Louise Pronko (Buxton)**, BSc, in March 2024
- '62 **Joan Betty Perdue**, Dip(Nu), in April 2024
- '62 **John Gerard McManus**, BEd, in April 2024
- '62 **Leonard Michael Skowronski**, BSc, in March 2024
- '62 **Roy Douglas Prichard**, BEd, '83 MEd, in August 2024
- '63 **Abraham Konrad**, BA, in April 2024
- '63 **Allan Roy Koole**, BSc, '74 Dip(Ed), in May 2024
- '63 **David Martin Lesk**, MD, in January 2024
- '63 **Eric Peake**, BSc, in April 2024
- '63 **James A. Want**, BSc(ElecEng), in January 2024
- '63 **Jean Katherine Barr**, Dip(Nu), '68 Dip(PHNU), in December 2023
- '64 **Allan Ross MacEachern**, BPE, '73 Dip(Ed), in March 2024
- '64 **Antal Konye**, LLB, in January 2024
- '64 **Arnold Frank Dvorkin**, BA, in May 2024
- '64 **Carol Isabel Wilson**, BEd, in March 2024
- '64 **Dennyson Arthur Holliday**, BCom, in February 2024
- '64 **Diane Helen Wiedrick (Parsons)**, BA, in May 2024
- '64 **Donald Lyster**, BSc(Pharm), '69 MSc, '71 PhD, in October 2021
- '64 **Donald Radu Manolescu**, BSc(ChemEng), in December 2023
- '64 **Ferdinand Tober**, BA, in March 2024
- '64 **Glyn N. Wynn**, BPE, '65 BEd, '71 MEd, in 2024
- '64 **Harold Allan Bjorge**, BA, in February 2024
- '64 **Hazel Joan Schattschneider**, Dip(Nu), '72 BScN, in June 2024
- '64 **Helen Elizabeth Karvellas**, BSc(Pharm), in May 2024
- '64 **John Patrick Lobsinger**, BA, '68 MA, in November 2023
- '64 **Kenneth Edward Fischer**, BSc(MechEng), in November 2023
- '64 **Masaru James Tsujita**, MSc, in April 2024
- '64 **Nancy Romaniuk**, BEd, in February 2024
- '64 **Peter Kirylchuk**, BSc, in March 2024
- '64 **René Jean L. L. Mathieu**, BEd, in June 2024
- '64 **Richard David Dewar**, BSc, '68 MD, in March 2024
- '65 **Bruce William Shier**, BSc(ElecEng), in May 2024
- '65 **Clifford John Revell**, BSc, '70 DDS, in August 2024
- '65 **Denis John Blakeman**, BEd, in July 2024
- '65 **Eric Henry Shelton**, BSc(MetEng), in June 2024
- '65 **George Flynn**, BA(Hons), '78 MHSA, in March 2024
- '65 **Harry Ference**, BEd, '72 BA, in August 2024
- '65 **Irene Helen Bladon (Warnick Poznansky)**, BSc(HEC), '71 Dip(Ed), '81 BEd, in February 2024
- '65 **John G. Zapach**, BEd, '69 Dip(Ed), in February 2024
- '65 **Myron Jasper Johnson**, BA, '74 MA, in May 2024
- '65 **Olga Buma**, BEd, in February 2024
- '65 **Patrick Joseph Lockert**, BEd, '70 BA, '79 Dip(Ed), in July 2024
- '65 **Paul Arthur Croteau**, BEd, '69 Dip(Ed), in May 2024
- '65 **Thomas Andrew Sydnies**, BCom, in March 2024
- '65 **Wayne Allan Chayer**, BSc(ElecEng), in June 2024
- '66 **Arthur Gordon Dyck**, BCom, in January 2024
- '66 **Carol Marilyn Purnell**, Dip(PHNU), in March 2024
- '66 **Curt Vos**, MD, in August 2024
- '66 **David Walden**, BSc, '75 BEd, in May 2024
- '66 **Donna Lynn Read (Carson)**, BA, '71 Dip(Ed), '83 LLB, in May 2024
- '66 **Doris Elaine Wyllie**, BSc(Ag), '74 BEd, '74 Dip(Ed), '85 Dip(Ed), in March 2024
- '66 **Hazel Rebecca Hart**, BEd, in July 2024
- '66 **Henry Luming**, PhD, in January 2024
- '66 **James John Edgson**, BSc, in 2024
- '66 **Joyce Marion Tremmel**, BA, in January 2024
- '66 **Tofigh Varcaneh Mussivand**, MSc, in January 2024
- '66 **William Henry Rollans**, MEd, '91 PhD, in February 2024
- '67 **Helga Lambrecht**, BEd, in November 2023
- '67 **James Francis Gilhooly**, BA, '70 MA, '76 PhD, in January 2024
- '67 **Joan Louise Rozylo**, BEd, '73 Dip(Ed), '80 MEd, in July 2024
- '67 **Ronald Nelson Hallett**, BCom, in August 2024
- '67 **Terrence William Miskew**, BEd, '73 Dip(Ed), in February 2024
- '68 **Frank Becher**, BEd, in June 2022
- '68 **Kamal Dev Verma**, MA, '74 PhD, in March 2024
- '68 **Lawrence Clyde Matheson**, DDS, in May 2024
- '68 **Margaret Ann Melton (Clark)**, BSc(HEC), in April 2024
- '68 **Margaret Leslie Manning**, BA, in April 2024
- '68 **Robert Schutte**, PhD, in February 2024
- '69 **Charles Earland Anderson**, BSc, '70 MD, in February 2024
- '69 **Douglas Murray Smart**, BSc, '71 BEd, in February 2024
- '69 **Frank Noel Hansen**, BSc(CivEng), in April 2024
- '69 **Gerard Elphege J. Guenette**, BA(Hons), '73 MA, in June 2024
- '69 **Howard L. Yeager**, PhD, in June 2024
- '69 **Isabella Margaret Dryden**, BEd, in May 2024
- '69 **Jane Margrethe Coull**, BA, '72 LLB, in April 2024
- '69 **Kristine Lynn Smith**, BSc(HEC), in February 2024
- '69 **Lionel Anthony Mitchell**, MBA, in April 2024
- '69 **Margaret Anne Lambert**, BSc(HEC), in February 2024
- '69 **Marilyn Ruth Willie (Dorin)**, BSc, in February 2024
- '69 **Patricia Alice McCormack**, BA(Hons), '75 MA, '84 PhD, in May 2024
- '69 **Ramon Rondobio Erasmo**, MSc, in April 2024
- '69 **Rudi Gustav Gutzmann**, BSc(ElecEng), in May 2024
- '69 **Terrence Fannon**, BA, in April 2024

1970s

- '70 **David George Dwyer**, BSc(MechEng), in December 2023
- '70 **Doreen Alva Paddon**, BScN, in June 2024

► Trails In Memoriam

'70 **Kathleen M. Gleeson (Schleinich)**, BEd, in April 2024

'70 **Leroy Stephen Larson**, BEd, '84 MEd, in June 2024

'70 **Robert Duncan Gilchrist**, BSc, '71 BSc(Spec), in May 2024

'70 **Robert Martin Garrett**, MBA, in December 2023

'70 **Trevor Raymond Dixon**, BCom, in June 2024

'71 **Christopher William Godfrey**, BSc(Med), '73 MD, in July 2024

'71 **David Henry Parker**, BA, '74 MA, in July 2024

'71 **Dianne Sherill Ross (Kraychy)**, BEd, in May 2024

'71 **Gale Grant Buck**, BSc(Pharm), in January 2024

'71 **John Charles Edwards**, BSc(MechEng), in May 2024

'71 **John Robert Scott**, BSc(Pharm), '73 MSc, in 2024

'71 **Richard Delmar Davies**, BA, '72 Dip(Ed), '79 Dip(Ed), in July 2024

'71 **Terry Wayne Randall**, BEd, '74 Dip(Ed), '79 MEd, in June 2024

'71 **Walter John Mosychuk**, BA, '72 Dip(Ed), in February 2024

'72 **Axel Wilhelm Hilmer**, BA, in March 2024

'72 **Barry Dale Young**, LLB, in April 2024

'72 **Charles James Frigon**, BA, '73 Dip(Ed), '90 MA, in March 2024

'72 **David Peter Widynowski**, BSc(MechEng), in July 2024

'72 **Harry Norman E. Hobbs**, BA, in July 2024

'72 **Helga Boberg Madsen**, BA, '81 MA, in March 2024

'72 **Henia Josephine Martyniuk**, BEd, '88 Grad(Dip), in March 2024

'72 **Henry Onufrey Kucher**, BEd, in July 2024

'72 **James Douglas Runyon (Loree)**, BSc(MechEng), in June 2024

'72 **John P. Walters**, BEd, in June 2024

'72 **Judy Elaine Unterschultz (Schellenberger)**, BA(RecAdmin), in July 2024

'72 **Kathryn Ann Hines**, BA, in February 2024

'72 **Maurice Kevin Prefontaine**, BA(Hons), '76 LLB, in March 2024

'72 **Patrick Pierce**, DDS, in September 2023

'72 **Wolfgang Hans Hoffmann**, BSc, in January 2024

'73 **Judy Ann Gabert**, BSc, '74 Dip(Ed), '89 BEd, in January 2024

'73 **Kenneth Brian Gabruck**, BEd, in April 2024

'73 **Patrick John de Grace**, BA, in June 2024

'73 **Patrick Rees Lenon**, Dip(Ed), in June 2024

'73 **Richard William Rand**, BA, '74 LLB, in February 2024

'73 **Robert Garth Fisher**, BSc(MechEng), in January 2024

'73 **Robert Todd Laurence**, MEd, in June 2024

'73 **Robin Susan McLeod**, BSc(Med), '75 MD, in February 2024

'73 **Rosalina Vergera Gundran**, BEd, in June 2024

'73 **Sharon Elaine Avison (Edstrom)**, BEd, '94 BScN(Hons), in July 2024

'74 **Allen Murray Hodgson**, BSc, '75 Dip(Ed), '00 MEd, in May 2024

'74 **Anne Lomax (Small)**, Dip(Ed), in June 2024

'74 **Bruce William Slight**, PhD, in May 2024

'74 **Carolyn Margaret Luca (Rumpel)**, BA, in December 2023

'74 **Earl Moore Campbell**, BEd, in August 2024

'74 **Edward Andrew Matwichuk**, BA, '76 Dip(Ed), in August 2024

'74 **Edward Nicholas Possberg**, BA(RecAdmin), in April 2024

'74 **Eileen Doreen St Peter (Heck)**, BCom, in February 2024

'74 **Evelyn Maria Dechant**, BScN, in December 2023

'74 **Gloria Rudko**, BEd, in May 2024

'74 **Heinz Dieter Schmidtke**, BA(Spec), '75 Dip(Ed), in April 2024

'74 **Mona Jean McGrath Hannaford**, BScN, in July 2024

'74 **Phyllis Anne Smith**, LLB, in March 2024

'74 **Robert James Kennedy**, BA, '77 LLB, '96 Dip(Ed), '99 MEd, in March 2024

'74 **Sandra Ann Jeske**, BEd, in April 2024

'74 **Vincent Collishaw Gudmundson**, BSc, in February 2024

'74 **Wade Albert Plachner**, BSc(Spec), in March 2024

'74 **Walter Terrance Prince**, BSc(Spec), in November 2023

'74 **Yolanta Mary Kulasa (Kononowicz)**, BEd, in January 2024

'75 **Bruce Phillip Veroba**, Dip(Ed), in April 2024

'75 **Danny Robert Kolotylyuk**, BSc, '77 DDS, '97 MSc, in July 2024

'75 **Ena Agnes Rudovics**, BSc, '78 DDS, in August 2024

'75 **Gladys Evangeline Beraska (Trefenanko)**, BEd, in April 2024

'75 **Janice Elaine Walker (Fulton)**, Dip(Nu), in April 2024

'75 **Leslie Sidney Legg**, BA, '79 LLB, in May 2024

'75 **Marie Florence Reducka (Nutter)**, BEd, '82 Dip(Ed), in June 2024

'75 **Saren Oluf Nielsen**, BEd, in March 2024

'75 **Stanley Kim Juniper**, BSc, '76 BSc(Spec), in June 2024

'75 **Terry Jean McKinnon**, BSc, '79 MD, in March 2024

'76 **Clarece Anne Mather**, Dip(Nu), '82 BScN, in February 2024

'76 **Connie Eileen Lloyd (Carder)**, BCom, in April 2024

'76 **Dennis William Brennan**, BA, in July 2024

'76 **Donna Maureen Dreger (Toeppner)**, BEd, in August 2024

'76 **Dwight Allan Peterson**, BSc(ElecEng), in June 2024

'76 **Gertrude Marie Villeneuve**, BEd, in March 2024

'76 **Linda Joyce Russell**, Dip(Nu), '83 BScN(Hons), in May 2024

'76 **Phyllis Ruth Pankratz**, BEd, in June 2024

'76 **Robert Alan Hewko**, BSc(Hons), '80 MD, in December 2023

'77 **Anna Keong Louie**, BSc, in July 2024

'77 **Gloria Jean Gilmour**, BEd, in May 2024

'77 **James Malcolm Stansberry**, BSc(CivEng), '84 MBA, in April 2024

'77 **Karen Ann Thomas (Burdzy)**, BScN, in January 2024

'77 **Maureen Jane Matthew**, BSc(HEC), in March 2024

'77 **Robert Jack Wills**, BPE, '88 MSc, in March 2024

'77 **Wendy Anne Jensen**, BEd, in April 2024

'78 **Carol Marie Hauk (Cunningham)**, MEd, '87 PhD, in March 2024

'78 **Deborah Joy Turner**, BA, in March 2024

'78 **Eric Thomas Upton**, BEd, in May 2024

'78 **Judith Marie Stokland**, BEd, in July 2024

'78 **Paul A. Kazakoff**, LLB, in August 2024

'78 **Warren Scott Wilson**, BSc, in January 2024

'79 **Charles Donald Telfer**, BMedSc, '81 MD, in July 2024

'79 **David Harris Kenneth Berezan**, BEd, '04 MEd, '15 PhD, in July 2024

'79 **Joseph Alexander Restoule**, BA, in February 2024

'79 **Judith Ann Martin**, MA, in June 2024

'79 **Lyle Stephen Melenka**, BMedSc, '81 MD, '93 MSc, in March 2024

'79 **Neil Alan Barker**, BSc(Forest), in January 2024

'79 **Roger Eugene Andreiuk**, BSc(Ag), '93 MSc, in April 2024

1980s

'80 **Barbara Leigh Lockert (Hill)**, BEd, in April 2024

'80 **Barbara May Schuit (Baker)**, BEd, in May 2024

'80 **Eileen Margaret Zimmerman**, BEd, '87 Dip(Ed), '92 MEd, in August 2024

'80 **Gerald Francis Langevin**, BEd, in December 2023

'80 **Henrietta Donkersgoed**, BScN, in March 2024

'80 **Joyce Lillian Boorman**, PhD, in March 2024

'80 **Margaret Ivy Romaine**, BEd, in January 2024

'80 **Robert Owen Tiedemann**, BCom, in April 2024

'80 **Rosemary Catherine Jakubec**, BEd, in August 2024

'81 **Betty Ann Wintonyk**, BScN(Hons), '89 MEd, in June 2024

'81 **Bonnie Claudette De Vos**, BEd, in May 2024

'81 **Cindy Martin**, BEd, in December 2022

'81 **Douglas Bruce Nelson**, BSc(Spec), in April 2024

'81 **James Michael McCracken**, BMedSc, '83 MD, in April 2024

'81 **Janis Mildred Kyle**, MEd, in February 2024

'81 **Joan Elaine Prowse**, BA, in July 2024

'81 **Linda Elizabeth Anderson**, BCom, in June 2024

'81 **Marcia Leah Mitchell-Shaw**, BA, '92 MEd, in August 2024

'81 **Marion Mabel Stollery**, BA, in June 2024

'82 **Howard James Hill**, BA(Spec), in April 2024

'82 **James Gordon Hill**, BSc, in April 2024

'83 **Barry Wayne Geates**, BMedSc, '85 MD, in July 2024

'83 **Joan Elizabeth McCarthy**, BA(RecAdmin), in February 2024

'83 **Lyle Percy Weis**, PhD, in February 2024

'83 **Ruby Lavina Midbo (Muhlbiel)**, BEd, in April 2024

'84 **Frederick Roy Hutchings**, BSc, in June 2024

'84 **Glenn William Gray**, BEd, '87 BA, in July 2024

'84 **Gretchen Campbell Hess**, PhD, in August 2024

'84 **Raymond Lawrence Mullan**, BA, in June 2024

'85 **Beverley Jean Lorencz**, BScN(Hons), '88 MN, in March 2024

'85 **Bruce Baldwin Allan**, PhD, in November 2023

'85 **David Maynard Jordan**, MA, in July 2024

'85 **Mark Stephen Phillips**, BSc(ElecEng), in April 2024

'85 **Richard Neil Moore**, MEd, in January 2024

'85 **Shyamala Nagendran**, BSc, '98 MSc, '11 PhD, in July 2024

'86 **Cameron Ross Hantiuk**, BA(Spec), in March 2024

'86 **Marilyn Joanne Erdmann (King)**, BEd, in June 2024

'86 **Robert Jan Steenwinkel**, BEd, in August 2024

'86 **Roy Eric Finzel**, MSc, in March 2024

'86 **Sarah Jeanne Wall (Stahlke)**, BScN(Hons), '97 MHSA, '11 PhD, in August 2024

'87 **David Michael Goodhart**, MD, '90 BMedSc, in March 2024

'87 **Jocelyn Caron**, BEd, in February 2024

'87 **Marlene Clark (Horn)**, BEd, in January 2024

'88 **Bruce William Ross**, BCom, in December 2023

'88 **Diane Lynne Fernet**, MEd, in February 2024

'88 **Lorraine Yvonn Storry-Mockford**, BA(Spec), in February 2024

'88 **Trina Lynn Shpur**, BCom, in July 2024

'89 **Sterling Robert Hughes**, BCom, '96 MBA, in July 2024

1990s

'90 **Dean William Davidson**, MEd, in March 2024

'90 **Richard David Bauer**, BSc(MechEng), in March 2024

'91 **Donna Barbara Lewis**, BEd, in June 2024

'91 **Elaine Louise Pittman**, BEd, in August 2024

'91 **Gino Alphonso Castellani**, BEd, in April 2024

'91 **Myrna Lynne Bowhay**, BScN(Hons), in April 2024

'92 **Carrie Susan Gramlich**, BEd, in April 2024

'92 **Diane Agnes Mertz**, BEd, in May 2024

'93 **Brian Thomas Wrightson**, Dip(Ed), '94 MEd, in July 2024

'93 **Victor Aaron Kucher**, BA, '98 BEd, in April 2024

'95 **Barbara Jean Price**, MHSA, in February 2024

'95 **Brian Michael de Ruiter**, BA(Hons), in August 2024

'95 **Gregory Thomas Lee**, MSc, '00 PhD, in March 2024

'95 **John Samuel E. Brown**, BSc(Ag), in March 2024

'96 **Brady James White**, BCom, '01 BSc(Spec), in April 2024

'96 **Jeffrey Marvin Skripitsky**, MBA, in February 2024

'96 **Stephen Mark Peterson**, MSc, in July 2024

'97 **Matthew Winkleman**, BSc(CivEng), in January 2024

'97 **Ryan Gerald Smith**, BA, '00 LLB, in February 2024

'97 **Sean Michael Pringle**, BSc(Spec), in February 2024

'98 **Jason Alexander Dubchak**, LLB, in February 2024

'98 **Ralph Richard S. Tigner**, BSc(ElecEng), in August 2024

'99 **Cindy-Lee Reinhart**, BSc, in July 2024

2000s

'02 **Lynn Elizabeth Chandler**, MEd, in March 2024

'02 **Patricia Martha Boechler**, PhD, in August 2024

'02 **Sharon Carolyn Laycock**, BA, in July 2024

'07 **Jeremy James Jagodzinski**, BA, in May 2024

'08 **Alex Simeon Janvier**, LLD (Honorary), in July 2024

'08 **Erin Crystal Milner**, BA, in March 2024

2010s

'12 **Megan Kathleen Mohr**, BSc(Hons), in July 2024

'13 **Ian Stirling**, DSc (Honorary), in May 2024

'13 **Kristel Ann Laderoute**, BEd, in March 2024

'14 **Bruce Hogle**, LLD (Honorary), in March 2024

'14 **Jessica Anne Alcazar**, DDS, in June 2024

'18 **Karren Nadine Izquierdo Duque (Hudson)**, BSc(CivEng), '21 MSc, in May 2024

2020s

'22 **Meghan Woollam**, BEd, in January 2024

If you've lost a loved one who was a University of Alberta grad, contact alumni records at alumrec@ualberta.ca, 780-492-3471 or 1-866-492-7516.

SPEAKER'S CORNER

HAPPY CITIES

By Oumar Salifou, '20 BA

Canadian architect Moshe Safdie and designer Wendy Kohn described a city's quality of life as a mix of economic, environmental, technological and demographic factors.

Changing any single factor — say, creating a park or paving over one — helps or hinders an underrated urban quality: happiness.

BILD Edmonton Metro CEO **Kalen Anderson**, '02 BA, '04 MA, shared insights on urban happiness at the 2024 Eric Geddes Lectures.

Joyful Foundations

Joy may not seem like a pillar of city-building, but research shows that happy cities have better transportation, housing and green space.

As urbanization grows, a bigger spotlight is on cities that can, or can't, deliver a blissful quality of life — which, Anderson explains, affects economic prosperity, innovation, reputation, cultural and social vibrancy, and tourism.



Basic Needs First

Anderson's co-panelist Murtaza Haider, professor at Toronto Metropolitan University, says a blissful city is one that takes care of its most vulnerable citizens.

"You can work at a beach as a tourist, and that's beautiful, but as a minimum wage worker, it's a recipe for unhappiness regardless of the jaw-dropping views," says Haider.

"Proximity and exposure to green space only matter if your other basic needs are met."

Community Connections

Once basic needs are met, "happiness tends to be based on achieving personal and collective goals that

have required some form of commitment and responsibility," Anderson explains.

"Happiness is not leisure, entertainment, simple diversions or convenience," she says. "I think we get those concepts mixed up."

While it's difficult to quantify personal happiness, Anderson suggests that people need to connect with and care for their community. It's in those connections that people can find purpose — and make a happy city.

Anderson is one of many speakers to share expertise at U of A events. Learn more from fellow grads at uabgrad.ca/OnDemand.

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LEARNING MORE

Just because you've graduated doesn't mean you've stopped learning! As a grad, you have access to a range of webinars and online events at alumlc.org/alberta. From courses to develop your career to events with your favourite authors, you're bound to discover something new from the Alumni Learning Consortium.



LIVING ROOM LESSONS

What did your mom tell you about menopause? **Nese Yuksel**, '88 BSc(Pharm), professor and women's health expert, says it can lead to hot flashes, night sweats, sleep issues, mood disturbances, genital and urinary issues, and bone loss. Yuksel shares evidence-based info so women can make informed choices. Watch the webinar at uabgrad.ca/OnDemand.



PODCAST WISDOM

"I still hold myself to this thought process: I don't know what I want to do next, all I know is I've learned what I don't want to do. As long as I keep closing doors, I'll eventually end up walking through one."



Adam Pinkoski, '16 BKIn, assistant director of performance science for the NFL's Tampa Bay Buccaneers, talks about his career path on the October episode of the *What the Job?* podcast.



540

The number of trees planted by alumni volunteers at the U of A's annual Root for Trees event this year.

744

The number of Alumni Award recipients in the history of the program. Want to add to that number? Nominate an amazing U of A grad at uab.ca/alumniawards.



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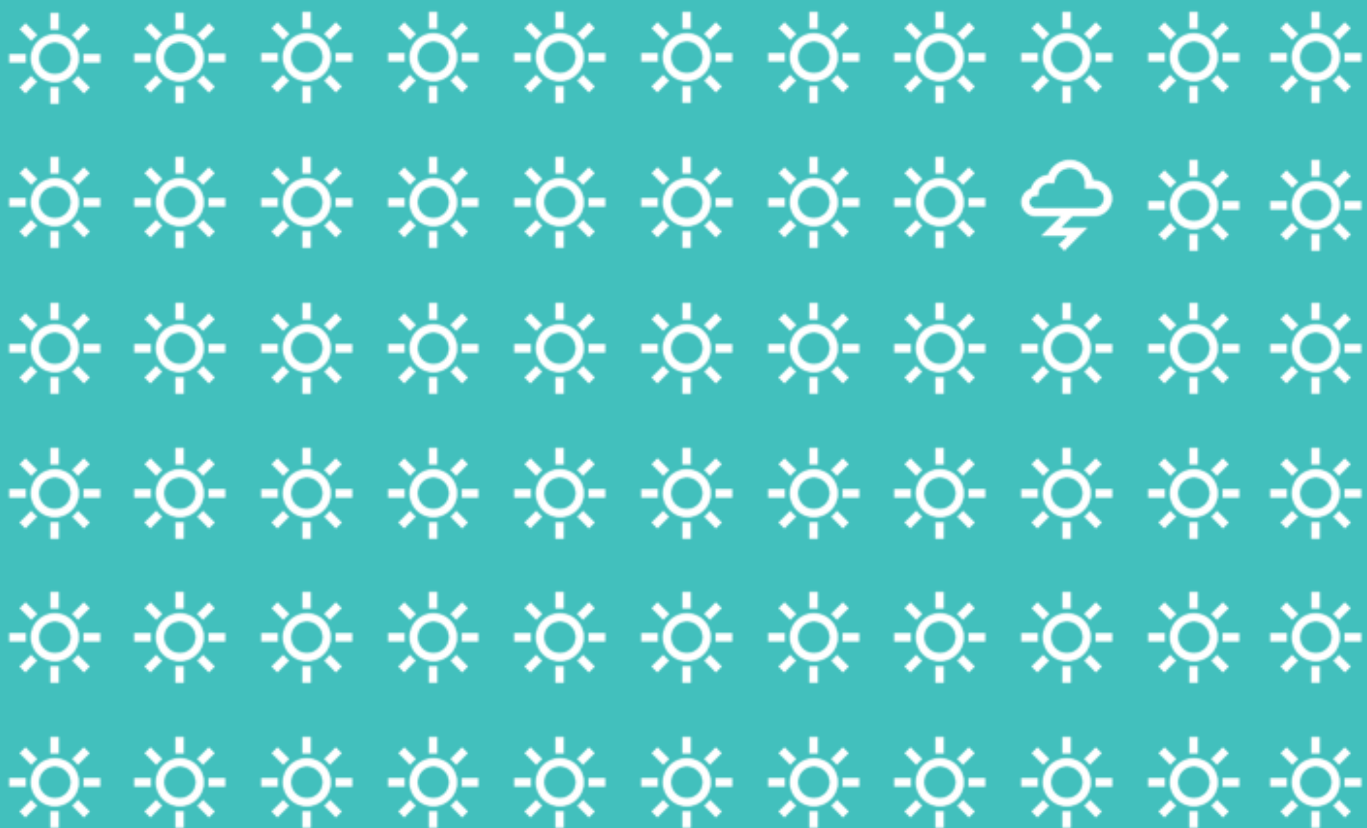
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smalltalk



Back to School

➤ Just because the brain finishes developing in a person's mid- to late 20s doesn't mean our curiosity stops. If you went back to school today, knowing what you know now, what would you study? Share your thoughts or read those of others at facebook.com/UAlbertaAlumni.

I love being a teacher and have no regrets about my career. I taught overseas for 25 years, got married, had three boys and travelled the world, but I always wanted to be a paleontologist. I LOVE dinosaurs! To go on an actual dinosaur dig and help uncover a fossil would be better than winning the lottery.

—Tracy Innes, '94 BEd

I would get my master's in speech pathology. I had every intention of doing that when the COVID-19 pandemic hit, and now I am not in a financial position to get back (yet!). I got my degree in linguistics at the U of A in 2018. I thrived in school. I loved it and some of the best years of my life were on campus!

—Maija Pumphrey, '18 BA



Probably medicine, with the goal of researching brain diseases like Alzheimer's and chronic fatigue syndrome.

—Leigh Solland, '79 BSc

I'm transitioning to a new role at my job to become the bookkeeper for our family business. So, I'd go back for accounting. It's tricky to learn it without any formal education. But I'm trying!

—Greg Brown, '01 BSc(ElecEng)

I recently retired from teaching for 33 years, and I would have loved to become a psychologist to help families beyond the school curriculum and responsibilities. I believe helping kids as they are developing will prevent a lot of future issues.

—Diane Fargher, '89 BEd

I did chemistry as a bachelor's degree and then got an Occupational Health and Safety diploma from the U of A. I let fear overrule my love of studying medicine like I had always wanted to. Now older, if I could wind back time, I would have studied medicine and supported ongoing research in solutions to alleviate illnesses around the world.

—Toby Adagha, '24 DipOHS

I graduated from the U of A from the Teacher Education North program in 2005, and also have a master's in educational leadership. Working with Indigenous worldview and land-based education, I often think about how I'd love to explore studies in conversation, stewardship and environmental science with two-eyed seeing — viewing the world through both Indigenous and Western ways of knowing. We are all connected.

—Kelly Roxanne Girvan, '05 BEd



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