

AUTUMN 2018

new. trail

UNIVERSITY OF ALBERTA
ALUMNI MAGAZINE



A D R I F T

Dementia steals people away from the lives they knew.
Research is finding a better way forward

The 2018 *Alumni Week*

Friday, Sept. 21

The Assault on Truth: How Fake News Destabilizes our Society

Hear the various perspectives of U of A Faculty of Arts professors on one of the most urgent issues in today's society: fake news.

Science Talks

In the spirit of TEDx, Nerd Nite and PechaKucha, Science Talks shares interesting science topics in under 15 minutes.

What Will Your Legacy Be?

Learn how you can make an impact on future students and research at the University of Alberta.

Tailgate Party & Golden Bears Football

Bring your green and gold spirit down to Foote Field for tailgating fun before the Bears kick off against the Manitoba Bisons.

Saturday, Sept. 22

Kids on Quad

Bring the family down to Quad for some fun, featuring live music, inflatables, food trucks, crafts, outdoor games and much more!

Engineering Carnival

Visit the Engineering Garage makerspace and new student design labs, meet with student vehicle team members, and explore science and technology with hands-on activities.

Let's Discover Science

Explore ozobots, stomp rockets, permanent rainbows, and more with interactive demos and lab and museum tours.

U of A in a Day

No homework. No studying. No exams. Learn just for the fun of it with an exciting lineup of lectures, tours and workshops.

Keynote Presentation with the Rt. Hon. Beverley McLachlin, P.C.

The former Chief Justice of the Supreme Court of Canada discusses her role in shaping the rights of Canadians — and pivoting her career into writing.

nd Lineup | Sept. 21-24

Sunday, Sept. 23

U of A Music Concert

Enjoy an afternoon of music presented by the Symphonic Wind Ensemble and University Symphony Orchestra.

University of Alberta Botanic Garden Tour

Tour the collections areas, the Patrick Seymour Alpine Garden and the newly completed Aga Khan Garden, Alberta.

Monday, Sept. 24

Alumni Awards

Celebrate the diverse accomplishments and contributions of the University of Alberta's outstanding grads.

For more info or to register:

uab.ca/AW2018

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And More

Check the website for a full listing of all the ways you can celebrate with fellow alumni, including:

- Faculty and class reunion events
- Tours
- Campus and Community Recreation activities

Alumni Weekend is proudly supported by:





Alumni Weekend

**Return to your old
stomping grounds this fall.**

Sept. 21 - 24



**LOOK
INSIDE**
for event
listings!

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ON THE COVER

A patient-centred approach to dementia care means working to replace feelings of disconnection with a sense of purpose and wellness. Page 18.
Illustration by Hugh Syme

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Compassion has always driven Anwar Shah to help others. His work with the World Bank will improve lives for future generations, including that of his granddaughter Amina. Page 26.
Photo by John Ulan

We Are the Change

IN 1916, with the world gripped by war, universities were depleted of resources and students were being sent to the front lines. The first president of the University of Alberta, Henry Marshall Tory, urged campus to continue to honour the spirit of the institution. “Let us continue to adjust our differences and solve our problems by means of free discussion,” he wrote in the *Gateway*, adding: “The ability to work with our fellows in the common interest of all is one of the finest products of our education.”

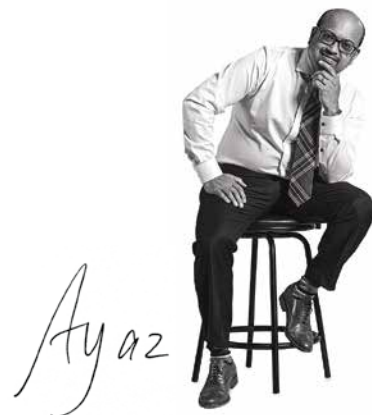
More than a century on, Tory’s words ring true for me as I witness the problems that beset our world, especially the rising inequality between rich and poor. Like Tory, I believe that by working together and harnessing the privilege of our education, we can tackle any problem. At one time, there were 225 Ismaili families living below the poverty line in my community of Edmonton. Our spiritual leader, His Highness the Aga Khan, challenged our local Aga Khan council to address this complex problem. We hired a social worker and put together a group of volunteers to work with the families to overcome their barriers to education, health and recreation. One family at a time, we reduced poverty in our community by half in just one decade.

In this issue of *New Trail*, we honour the 23 Alumni Award recipients for 2018 — men and women who, with patience and determination, have used their education to solve problems and advocate for change. People like **Sheila Greckol**, ’74 BA, ’75 LLB, who took to the legal profession in a mission against inequality. As a lawyer, she argued cases that

brought changes to paid maternity leave, disabled rights and employment equity. As co-counsel at the Supreme Court of Canada for Delwin Vriend, the Alberta teacher who was fired for being gay, Greckol set in motion advances in gender-minority rights — not just in Canada but around the world.

Anwar Shah, ’83 PhD, grew up in Pakistan and yearned for a way to lift people out of poverty. While studying economics, he saw great promise for change through the decentralization of government. Shah was convinced that by shifting power, oversight would increase, corruption would drop and people would get a voice. He spent many years getting his colleagues at the World Bank on-board and, in the end, he prevailed. Today, the World Bank runs 9,000 projects on decentralization.

These are just two of this year’s Alumni Award recipients. You can read more starting on page 26. The stories of these alumni show us that education is about more than getting a better job. It’s about building a better world.



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- Medicine**
Robert Agostinis, ’86 BMedSc, ’88 MD

- Native Studies**
Chancy Black Water, Awakas’ikitsakiaki (Deer Offering Woman), ’10 BA(NativeStu), ’10 Cert(AborGov/Ptnshp)
- Nursing**
Eric Martin, ’09 BSc, ’13 BScN
Kate Young, ’07 BScN, ’15 MBA
- Pharmacy**
Ron Pohar, ’95 BSc(Pharm)
- Kinesiology, Sport, and Recreation**
Bill Werry, ’73 BA(RecAdmin)
- Public Health**
Salima Thawer, ’03 BSc, ’05 Dip(DentHyg), ’06 BSc(DentHyg), ’13 MPH
- Rehabilitation Medicine**
Grant Irwin, ’75 BSc, ’79 BSc(PT)
- Science**
Ross Lockwood, ’08 BSc(Hons), ’15 PhD

MEMBERS AT LARGE

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- Ramesh Bhamhani**, ’66 BSc, ’68 MSc, ’72 PhD
- Maxine Clarke**, ’03 BCom
- Rick Dowell**, ’03 BSc(MechEng), ’09 MBA
- Vivian He**, ’08 BCom
- Joel Johnston**, ’16 BA(RecSpoTourism), ’16 Cert(ABSR), ’16 Cert(CESL)
- Mark Korthuis**, ’07 BA(RecSpoTourism)
- Felicia Liang**, ’16 BCom, ’16 Cert(Intl)
- Andre Prefontaine**, ’85 BCom, ’88 BSc(Spec)
- Eli Schrader**, ’12 BA(RecSpoTourism)
- Ruth Spetter**, ’94 BCom
- Jessica Vandenbergh**, ’00 BSc(ChemEng), ’03 MSc

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We would like to hear your comments about the magazine. Send us your letters by post or email to the addresses on page 4. Letters may be edited for length or clarity.



Memories of '67

I was interested to read about *New Trail* digital. I wrote features for the original *New Trail* from 1967 to 1969, when I was a PhD student in linguistics. I worked afternoons three days a week to top up my scholarship, as befits someone with two small children (and three by the time I graduated). Those were heady days. One of my signed articles was called “Goodman, Guevara, guitars and God,” about the campus chaplains. Another profiled **Clare Drake** [’58 BEd, ’95 LLD (Honorary)]. One of the bonuses for my *New Trail* labours was the privilege of photocopying my PhD thesis on the office Xerox — five copies, while the secretary looked the other way. Glad to know *New Trail* will thrive under totally different conditions.

—Jack Chambers, ’70 PhD, Toronto

Hair Scare

In the late '50s, when my hair was much more than a mere memory, I had a haircut in a barbershop in the basement of Tuck Shop (Spring 2018, page 45). At the time, a friend told me he had gone there once but would never go back because “very short” was the only style one of the barbers knew. However, current students shouldn't worry. I'm sure by now he has gone to the great barbershop in the sky, where St. Peter always has to ask him to leave the hair longer behind his ears.

—Chuck Crockford, '62 BEd, Waterloo, Ont.

Baking up Some Nostalgia

Several alumni requested the recipe for the famous Tuck Shop cinnamon buns, offered in the last issue. A few wrote back to let us know how it went. Look for more cinnamon bun memories in a future issue or email to share yours.



My first attempt at the cinnamon buns! I think they turned out quite well, although I say it myself. And they tasted great. It really brings me back to the U of A. Of course, I will share them with my friends here and make them envious of what they missed all these years.

—Marianne Henn, '77 BA(Hons), '79 MA, '84 PhD, Toronto

Greetings from Taylor Crescent

An observation regarding the article on Richard Taylor (Spring 2018, page 6). We are fairly recent residents of Medicine Hat and honestly had never given much thought to where our street name (Taylor Crescent) originated until I read the piece. I wonder what his thoughts were on coincidences?

—Lorraine Belanger, '17 Cert(LandUsePlanning), Medicine Hat

I took advantage of our rainy weather last Friday to make the Tuck Shop cinnamon buns. They turned out really well! The Tuck Shop was gone by the time I started my education degree in 1975. But I do remember the cinnamon buns at CAB, which may have used the Tuck Shop recipe. My husband says he remembers having what he calls the breakfast of champions at CAB during the 1980s: a cinnamon bun, a coffee and a cigarette — when smoking was still allowed inside CAB. Yikes!

—Pamela Young, '79 BEd, '91 Dip(Ed), '99 MEd, Edmonton

MORE ONLINE

Find these stories and more at ualberta.ca/newtrail.



7 Things You Should Know About Billy-Ray Belcourt, '16 BA(Hons), has won three major awards (and counting) for his book *This Wound is a World*, including the 2018 Griffin Poetry Prize. Get to know more about the U of A's newest poetry sensation.



Ask Me Anything: So, You Want to Work in Magazines

The *New Trail* crew teams up with Alumni Career Services to answer all your burning questions about a career in magazines. Join *New Trail*'s editor-in-chief, Lisa Cook, and art director, Marcey Andrews, for a live Ask Me Anything event on Facebook Aug. 8 at noon MDT. Can't make it? All the questions and answers will remain available on Facebook at @UAlbertaAlumni.

CORRECTIONS

In the Spring 2018 issue (page 39), we misspelled the name of **Kristina Vyskocil**, '16 MA, and mistakenly gave her the wrong degree. In the same issue (page 38), we incorrectly listed the degree for **Serge Cipko**, '95 PhD. We apologize for the errors.



folio

A team of literacy experts.

Young kids left behind by reading difficulties.

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folio.ca. Get news right from the source.

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The University of Alberta respectfully acknowledges that we are situated on Treaty 6 territory, traditional lands of First Nations and Métis people.

notes

WHAT'S NEW AND NOTEWORTHY



Lizard King

These reptiles crawled the Earth 240 million years ago, much earlier than scientists thought

A FOSSIL FOUND TWO DECADES AGO in the Italian Alps has remained a mystery to scientists, who suspected it was a lizard but couldn't be sure — until now. Research led by PhD student Tiago Simões has proven *Megachirella wachtleri* is a lizard that dates back 240 million years, making it the oldest known ancestor of today's lizards and snakes. The study involved CT scans, photographs and molecular analysis of 130 living and extinct reptiles, creating the largest reptile dataset ever compiled. "It tells us things about the evolution of lizards that we simply cannot learn from any of the species of lizards and snakes alive today," says paleontologist and study co-author **Michael Caldwell**, '86 BPE, '91 BSc(Hons). —KATIE WILLIS, '13 BA

SPORT

HOCKEY INJURIES NOT JUST A MEDICAL ISSUE

Sports culture plays a big role in attitudes toward injuries and violence, say researchers

On Dec. 4, 2016, Connor McDavid was removed from a game by one of the NHL's concussion spotters after the Edmonton Oilers star forward fell and bounced his chin off the ice. McDavid, his teammates, the media and fans all questioned the wisdom of the decision and wondered whether the players shouldn't have more say in whether they are fit to carry on. After all, "it's a man's game," said teammate Patrick Maroon.

"They're saying the same things that people have been saying for more than 100 years," says **Stacy Lorenz**, '91 BA, '12 PhD, a hockey historian with Augustana Campus.

Lorenz, along with his colleague, Augustana sociologist Geraint Osborne, presented their socio-historical approach to hockey at The Hockey Conference – Edmonton 2018, which took place July 5-7 at the U of A. "We are suggesting that the behaviours and approach of hockey over 100 years ago taught people how to respond to injury."

Today's sport injuries are treated as medical, scientific or technological problems. Lorenz and



Osborne argue that a sociological and historical approach would offer better understanding.

Lorenz's recent work looks at violence in hockey in the early 20th century, including two cases in which a player charged with murder for killing an opponent with a hockey stick was acquitted, largely because such violence was deemed intrinsic to the sport.

The NHL has worked to rid itself of dangerous play and change attitudes toward injury. But former players have launched a lawsuit that alleges the league has been wilfully negligent in its approach to head injuries.

"In the past, when you combine a lack of understanding of outcomes with a deep culture of expectations of playing through pain and not showing weakness, then you can see why we got to where we are now," says Lorenz. —MICHAEL BROWN

NUMBERS

24 billion

The number of pascals of pressure a rare diamond would have sustained when it was formed 700 kilometres below the Earth's surface. The diamond contains the first evidence ever found of calcium silicate perovskite, a mineral that normally can't survive at the Earth's surface. Found in South Africa, the diamond is proof the Earth's oceanic crust recycles deep into the lower mantle, says researcher Graham Pearson.

IN MEMORIAM

COACH'S COACH

Clare Drake is remembered for many things: his winning career as head coach of the Golden Bears hockey team, his legendary influence on the game, which led him to be known as the coach's coach. At the U of A, the longtime professor emeritus is known as the teacher who instilled a lifelong passion for learning in generations of student-athletes. "I am constantly astounded by the lasting positive influence coach Drake had on his athletes, many years and decades past their playing days," says **Kerry Mummery**, '94 PhD, dean of the Faculty of Kinesiology, Sport, and Recreation. "Clare truly epitomized the power of sport." Drake died May 13 at age 89. —FOLIO NEWS STAFF

QUOTED

"It was the life teachings that he shared with me on the ice for which I'm most grateful and are most meaningful for me."

▼ **Wilton Littlechild**, '67 BPE, '75 MA, '76 LLB, '07 LLD (Honorary), Treaty 6 Grand Chief and former Golden Bears hockey player under Clare Drake



FIRST BLOOM Almost 4,000 people visited the Aga Khan Garden, Alberta as it opened to the public for the first time over the Canada Day long weekend. Part of the University of Alberta Botanic Garden, it's the northernmost Islamic garden in the world. "It engages all the senses, from the sound of the water to the taste of the fruit, the smell of the roses, the feel of the limestone and granite, and the sheer beauty of it all," says director Lee Foote. The garden was made possible by a \$25-million gift from His Highness the Aga Khan, spiritual leader of the Ismaili Muslim community.



LIBRARY CONSERVES CULTURE Jean Urina, Esau Iligayak, Jimmy Memogana, Frank Kuptana, Alice Kuptana and Lucie Qiurviqqaq pose in front of a tent on the ice north of Holman Island in 1958. The photo is part of Digital Library North, a project spearheaded by professors Ali Shiri and Dinesh Rathi of the School of Library and Information Studies in close collaboration with northern communities in the Inuvialuit Settlement Region. More than 5,000 digital artifacts include Inuvialuit books, photos, music, oral histories and language resources. All three dialects of the Inuvialuktun language have been preserved, as have videos on drum dancing, whaling, and traditional games and stories.—SHEENA MOORE

Footnotes

A brief look at what's new at the U

Thousands sign up for Indigenous MOOC

A massive open online course about Indigenous Canada has proven to be a hit with people wanting to learn about Indigenous history and current issues. The free MOOC was the most popular online course in Canada on the Coursera platform for 2017, reaching more than 23,000 learners.

Documents move to new archive

The U of A's oldest treasures have an ultramodern new home at the Research and Collections Resource Facility on South Campus. With space to house millions of materials, some going back to 1908, the facility provides better protection for materials and better access for the public, researchers and students.

HEALTH

EASING CHILDREN'S PAIN

It's a scary feeling to have to take a child to the hospital. But there are things you can do to help minimize your child's pain and distress in the face of sudden illness or injury. Pediatrician Samina Ali specializes in emergency care and has studied pain treatment as a researcher in the Faculty of Medicine & Dentistry. She offers these tips.



REDUCE STRESS (AND DISTRESS)

Distractions ranging from storybooks to smartphones will help get your child's mind off the pain, while a simple splint, ice pack or even cuddles can reduce their discomfort.

DON'T HESITATE TO SPEAK UP

No time to grab Advil before rushing to the ER? Ask the triage nurse. Your child dreads getting needles? Request some numbing cream. Ideally, these will be offered; if not, just ask.

PAIN MEDS, STAT

There is a notion that pain relievers will mask the symptoms. Not true, says Ali. In fact, a comfortable child will be easier to examine and diagnose.

Over-the-counter pain relievers like acetaminophen or ibuprofen won't mask serious ailments. (Don't give a child Aspirin for pain relief, though. It can cause Reye's syndrome, a rare but serious liver condition.)

A SPOONFUL OF SUGAR

Mary Poppins was on the right track. Ali says it takes just two millilitres of concentrated sugar dripped onto a baby's tongue to make a medical procedure easier. For older children, offering age-appropriate information about what's going on and a role in decisions (what colour cast do you want?) can ease their loss of control and help them feel better.



ENVIRONMENT

Put a Lid on Plastics

Oceans could hold more plastics than fish by 2050. Here are six things you can do to change that

PLASTIC IS CHEAP, convenient—and choking the planet.

Slow to decompose and complicated to recycle, plastics were singled out by organizers of Earth Day 2018, as well as by world leaders at the G7 Summit in June. “Plastics are a multi-faceted problem. They’re found in almost everything we use, but we don’t think about the environmental costs,” says **Aphra Sutherland**, ’17 BA(Hons), of the U of A’s Office of Sustainability.

The numbers are staggering.

In 2016, world plastics production totalled about 335 million metric tonnes. By 2050, oceans are expected to contain more plastics than fish by weight, according to the World Economic Forum. Sutherland says consumers can take action now, especially with throwaway plastics.

“Day to day, if we can make small changes visibly, we can influence everyone else around us and definitely make a difference.”

One of the most important ways people can cut back on plastics is to send a strong message as consumers about things like extra packaging, she says. It has worked before: microbeads in shampoos and body scrubs are banned in some countries thanks to consumer reaction.

Try making things yourself—freshly squeezed juice or homemade cleaning and self-care products go a long way to eliminate plastic containers. You can even eliminate takeout packaging just by bringing your own mugs, utensils or containers. “It may seem strange ... but it’s one of the best ways to discourage disposable plastics,” Sutherland says. —BEV BETKOWSKI

Six to Nix

Plastic bags

Instead, carry groceries in reusable bags or a backpack.

Bottled water

Drink tap water from a reusable bottle.

Straws

Plastic straws take about 200 years to break down, causing an increase in microplastics in the environment, according to the Plastic Ocean Project.

Fleece

Microfibres are shed in laundering and can end up in marine life. Suit up in biodegradable fabrics like wool or cotton.

Disposable coffee cups

A layer of plastic prevents these from being recyclable or compostable. Use your own mug.

Plastic utensils

Buy durable versions that can be used repeatedly.

NUMBERS

727

Number of students who attended U School in 2017-18. The program connects students from socially vulnerable, Indigenous or rural communities to the U of A.

HEALTH

‘BENIGN’ HEART ATTACKS RISKIER THAN BELIEVED

A category of heart attacks not linked to blocked arteries is more common and poses a greater risk—especially in women—than thought, a U of A study has discovered.

Heart attacks in people with unblocked arteries have long been considered benign, with no need for followup care. But a 12-year study involving close to 36,000 people showed that after one year, five per cent of patients with “benign” heart attacks either had another heart attack or had died of one—not far off the nine per cent for traditional heart attack patients. After five years, that number increased to 11 per cent for the non-traditional patients, compared with 16 per cent for heart attacks caused by blocked arteries.

The study—the first in the world to take a long-term look at MINOCAs, or myocardial infarctions with non-obstructive coronary arteries—was launched by cardiologist **Kevin Bailey**, ’98 BSc(Hons), ’02 MD. The study also found that, while women make up 25 per cent of all traditional heart attack sufferers, they make up fully half of this group.

“MINOCA has been seen as a benign condition and patients are commonly sent home without any treatment or lifestyle advice,” Bailey says.

“They need to probe their physicians for more information ... and ways to prevent a second heart attack.”

—LESLEY YOUNG, ’94 BA

ACCESSIBILITY

Map App for Wheelchair Users

App that rates difficulty of different routes on city streets wins team top prize in hackathon

MAPS INSIDE APPS are commonplace these days, but a U of A team has added a new element by building in the ups and downs experienced by wheelchair users in Edmonton.

The idea behind the app is to identify the exertion required to navigate the city in a wheelchair. "People who use wheelchairs often find the built environment

very challenging and if they can't navigate it, they suffer social isolation," says Martin Ferguson-Pell, a biomedical engineer in the Faculty of Rehabilitation Medicine.

The prototype includes a feature that allows users to choose their relative strength.

"The result is that you will see hot spots on an exertion map that are matched to

your strength and indicate places you will find harder to navigate," says Ferguson-Pell. "Then you can change your route accordingly."

The app, dubbed Click 'N' Push, took top prize at Edmonton's inaugural HealthHack competition in April, which sought proposals for improving mental, physical, social or economic health. HealthHack was part of the 2018 Smart Cities Challenge.

As part of the HealthHack competition, Ferguson-Pell—along with research associate **Kenton Hamaluik**, '11 BSc(MechEng), '14 MSc, and master's student Musi Ala—had one month to develop and present a prototype to a panel of judges. They set to work modifying an existing technology called Redliner, also developed by Ferguson-Pell, that informs wheelchair users of distance, speed and overexertion.

The \$5,000 in prize money is being used to develop a business plan, collect feedback and make the app a reality. —LESLEY YOUNG, '94 BA



SCIENCE IN A CEREAL BOWL

A single Cheerio floating in milk does three things: it deforms the surface of the liquid, it creates more surface and therefore it generates more surface energy. Two Cheerios floating together deform the liquid surface less than two single Cheerios, so the two together create a lower energy state than two separate Cheerios. By sticking together, the Cheerios minimize the surface energy.

CBC science show *Quirks & Quarks* checked with Janet Elliott, engineering professor and Canada Research Chair in Thermodynamics, to craft this answer to the question: "Why do my Cheerios stick together when they are in milk?"



WORK

YOU + YOUR JOB = TRUE LOVE

Turns out you can love your job but, just as in matters of the heart, it takes the right conditions

You can be immensely satisfied with your job, but can you actually love it? An organizational behaviour expert seems to think so and used an interpersonal love model to prove it.

Michelle Inness wanted to get at the heart of what it means to love your job, so she and her research team used psychologist Robert Sternberg's "triangular theory of love" to see if it could be applied to work. The theory supposes three aspects of love—passion, commitment and intimacy—need to be present to achieve "consummate love."

"We wanted to develop a way of measuring that love, to try and capture the psychological experience of loving a job," said Inness, an associate professor in the Alberta School of Business.

Inness developed a nine-item scale that asked respondents to rate how they feel about their jobs based on statements such as "I am excited to do my job each day" and "I feel very close to the people at work."

The research determined that people whose job is a labour of love have no intention of leaving, are more likely to go above and beyond the call of duty, take it upon themselves to help or enhance the organization and tend to find a sense of purpose in their jobs. —MICHAEL BROWN

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.



by Curtis Gillespie



Creature of Habit

MY WIFE'S EXTENDED HOLIDAY AT HOME HAS RATTLED MY ROUTINE AND TAXED MY, ER, PRODUCTIVITY. BUT A SHAKEUP ISN'T ALWAYS A BAD THING

I'm not sure at what point in our current era the word *routine* took on the negative connotations now attached to it. Maybe it came with the advent of industrialization and the notion of the factory worker doing the exact same thing 800 times a day. Perhaps it was during the 1970s when the boomers believed every single person had a unique genius to uncover and doing something routine was seen as soul-harming. Maybe it was when Tonya Harding announced she had a new routine for the Olympics. Who knows?

All I know is that I will freely admit I like my working conditions to be as routine as possible. As someone who writes both creatively and journalistically, I often have to step out of my comfort zone, take some chances, upset patterns. Typically, such experiences involve the research or reporting phase of a project. I embrace these moments. But when it comes to periods when I need to hunker down and put words on paper, disruption is not advisable, at least not for me. That's something of a myth or misconception about writers and creative people; namely, that we lead lives of

wild unpredictability, spontaneity and unshackled imaginative flights of fancy. That the only way we can free up our imagination is to treat every day like a piñata we've got to bash open to see what spills out.

Uh, no.

The truth, at least for me and most of the creative people I know, is that routine and orderliness and regularity are vital to the creative process. "Routine, in an intelligent man, is a sign of ambition," wrote the poet W.H. Auden.

Another myth is that creative people speak through their muses. Trust me, if I sat around waiting for my muse to arrive, I'd write a couple of paragraphs a year. There are many writers who need strictly imposed self-discipline in order to create. Graham Greene wrote 1,000 words a day and then stopped, whether that took him an hour or 10 hours. Charles Dickens' son said of his father that, "no city clerk was ever more methodical or orderly than he." Mark Twain used to count words. Stephen King does six pages a day, no more, no less. Alice Munro worked precisely from 8 to 11 every morning of every day.

The point is that routine is central to creativity. And because the only things creative people have to offer the world (and to make a living) are what they can squeeze out of their hearts and minds, we tend to get a little obsessed with our routines—though that routine might not always look the part. Most people, for example, would not think that a routine means working from 8:45 to 9:45, doing five minutes of yoga, making a coffee, filling the water in the bird bath, working from 10:20 to 11, playing a couple of games of online backgammon, chatting with an editor for 15 minutes, checking email, eating lunch ... and then requiring a rest to recover from it all. Hey, nobody said it was easy.

It's important to note here that much of my routine revolves around the fact that I work at home. I have a small office in our basement, with the emphasis on

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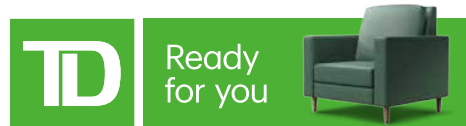
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small—most closets would be insulted to be associated with my office. But it's where I work, it is habit and the house is, for most of the daytime hours during the week, empty and quiet. The only sounds that normally emanate from the house, other than the ones I produce, are when the dog goes bonkers when the mail carrier swings by around 3 p.m. (Oh, I forgot—that's part of my routine, too, checking the mail every day for the letter informing me that I've been awarded the Nobel Prize in Literature. After that moment passes, I typically soothe the disappointment with a cup of tea and a cookie.) And if I feel on any given day that my routine requires some disruption—which I am given to understand is all the rage in corporate circles—I'll shake things up and work at the kitchen table.

Now that you know all this about my routine, I can segue to the actual point I want to make. In the late spring, my wife, Cathy, was presented with the chance to take the summer off. A good break was well-deserved and well-earned.

But there was the small matter of my routine.

I first knew trouble was brewing when it came to the brewing. For 20-odd years I have got up and made coffee the same way, my way, the right way, every weekday. But one day I got up and the smell of coffee was coming from the kitchen. That was immediately outside my routine. Feeling unsettled, I went downstairs. Cathy was sitting at the kitchen table and the newspaper was spread all over it. There was nowhere to put the sports section.

"Good morning," I said. "Umm, I usually sit in that seat when I have breakfast ..."

"First come, first served. I've been up for an hour. I've already walked the dog and watered my planters."

With a pinched expression, I said, "Oh." I went about making my toast. "So, what are you up to today?"

She proceeded to list off a ridiculously long roster of activities.

"I said today, not this week."

"I'm action-oriented," she said. "Not

everyone likes to sit around all day, you know."

She quickly finished off her breakfast and—this was still before 8 a.m.—launched into cleaning the kitchen windows as I sat at the table trying to have a peaceful coffee. That day, and in fact the next few weeks, saw her burst into spasms of activity that involved painting the garage door, painting the window trim, washing the front windows, reseeding part of the lawn, planting various perennials and annuals, cleaning out cupboards, organizing kayak trips, visiting friends and walking the poor dog to within an inch of its life. The common denominator in most of these activities was that they involved making a hellacious racket all over the house.

One hot June day, she strolled unannounced into my tiny office. I happened to be doing some online research on the upcoming U.S. Open Championship. I have written about golf in the past, so I consider this a legitimate use of my time. (Do you believe me?) Cathy burst into my office, saw the Golf Channel on my screen and said, "Oh, working hard? Or hardly working?" She laughed at her own joke and plopped herself down in the little reading chair behind my desk chair. "Oh, it's so nice and cool down here. It's boiling outside. I was just cleaning the driveway and then I was weeding the vegetable garden. Man, oh, man."

I turned around and gazed at her. "You do know that I'm working?"

"Working?! Good one." She took her sandals off and put one of her bare feet up on the armrest of my desk chair.

"Don't mind me. Just keep 'working.' I'll just sit here for a while. I won't bother you. Anyway, can't you concentrate with someone around? That's not very impressive."

What could I do? I turned around and started working.

A couple of days later I was hard at work, actual work, around mid-morning, when I got an email from Cathy. It was marked URGENT! "Come upstairs!" she'd written. I hurriedly saved the document I was working on and bolted upstairs.

She was sitting at her desk.

"What is it?!"

"I am totally stuck. I just don't know whether I should ride my bike to Square One coffee shop or whether I should drive there and then go for a walk with my mum afterwards. What do you think I should do?"

During her time off, I received numerous texts and emails like this. So often, in fact, that I succumbed to Stockholm Syndrome—I began sympathizing with the difficulty of such dilemmas and devoted quite a bit of time to helping her resolve them. I also became conditioned to respond promptly to urgent texts and emails saying, "Come upstairs, QUICK, there's something wrong with the printer/computer/phone/dryer/dishwasher/fridge/toaster/kettle/toilet/sink/vacuum ..."

The truth is, my wife's supportive and funny presence has upset the delicate rhythm of my workday, in the same way that a Tasmanian devil might disrupt the routine of a three-toed sloth. But don't criticize the sloth. As I said to Cathy at one point, quite profoundly, I thought: "Oranges are orange and lemons are yellow."

She considered that. "Is *that* what you spent all morning coming up with down there?"

In the end, Cathy being home hasn't particularly negated my productivity, since (I can hear her saying), it sure didn't look like I accomplished much on any given day anyway. Truly, it has been great having her around the house. It makes the day brighter and more interesting, which is what's supposed to happen when you get to spend more time with the person you married.

But I have to be honest. If she retires while I'm still writing for a living, you might see me scouting around for an office outside the home.

After all, sometimes you've got to shake things up to get into a routine. ■

Curtis Gillespie has written five books and earned seven National Magazine Awards. His New Trail article "A Hard Walk" won gold for best article of 2018 from CASE, an international post-secondary association.

thesis

TAKING YOU DEEPER ON ONE TOPIC



Daily Bread

Sidle up to our buffet. In these pages, we look at the food in our pantries, labs and imaginations. After all: as we eat, so we live

IMAGINE A LOAF OF BREAD, QUARTERED.

This first quarter, still warm from the oven, is simple—bread solves hunger.

Another quarter brings you a friend, your companion. Your cultural worldview determines whether you share this quarter early on or you wait a while. Perhaps you even share it first, before you partake.

Then there is the quarter that you trade for something to eat with that bread, a most basic version of trade economy.

The final quarter builds long-term security. By sharing it, you are creating more companions, who may have, when one day you lack. Or you may sell it and reinvest this fruit of your labour.

Still again, you may set it as exemplar, to help transmit this knowledge so fundamental to civilization—how to transform grain into bread.

Mind you, you could just go to the store and buy a sliced loaf. It's cheaper. In today's Canada, says Amy Kaler, associate chair of the Department of Sociology, making bread by hand is not about physical necessity, as in rural, non-industrial communities. Here, it is about identity, and connection among people.

"Loneliness is one of the surprising factors in food insecurity," says **Juanita Gnanapragasam**, '19 MPH, '16 BSc. For her, making and breaking bread together is one key to combating food insecurity among foreign students, the focus of her research.

Gnanapragasam has been surprised and gratified by students' response to her work—never more so than when she offered an evening workshop on making roti.

"I'd expected 12 to 17 students, but within three hours, over 80 had signed up! And in January, the darkest, coldest part of the year," she says.

Cooking and eating alone provokes homesickness, so students often rely on takeout. And some young students may have limited experience in the kitchen. Roti is simple—flour, water and salt, shaped by hand, fried. Still, participants showed great pride in their

hand-built creations, and the making transformed strangers into friends.

Once they have prepared roti in a group, Gnanapragasam says, "they find it's easy to do it again."

Maryann Baziuk (Chorney), '76 BEd, makes ceremonial breads to maintain her Ukrainian heritage, and passes the skill on to her daughters. *Kolach*, the most famous of these breads, graces church altars, marks weddings, births and funerals, and honours significant relationships.

In this spirit, Baziuk offered *kolach* last summer to **Darlene Auger**, '02 BA, to launch *Ancestors & Elders*, a performance project exploring 125 years of Alberta's Cree and Ukrainian history. Auger responded in kind with an offering of tobacco. Of her bread offering, Baziuk said: "It symbolized how important we feel it is to bring these communities together, to work together in good faith."

Whether it's a simple fried roti or an elaborately braided Ukrainian *kolach*, bread connects us to the land, our own abilities and each other. Bread carries history.

And what of the future?

As Kaler says, here and now we don't need to make bread by hand. Our staples rest in a web of industrialized agriculture and international trade. So, what happens if that web is torn? If climate change causes industrial-scale crop failures? If the uneasy political tides of this moment also rise in unpredictable ways?

Imagine a day when we have only the food we can make.

Build a loaf of bread, by hand. Quarter it. —**ANNA MARIE SEWELL**, '91 BA(SPEC)



How Long Until We Eat the Zoo?

True hunger is never far away. How would your city make out in tough times?



WHEN THE PRUSSIANS closed the roads during the siege of Paris in 1870-71, food shipments ceased and larders depleted, starving the city into submission. Parisians resorted to eating cats and dogs, rats and pigeons and, finally, zoo animals. It sounds shocking, but how long would it take a modern city to follow that same path?

Common wisdom says there's about three days of food on hand but it's hard to put an exact number on it, says Mary Beckie. An associate professor in the Faculty of Extension, Beckie has expertise in sustainable and localized agri-food systems. "The global food system is

complex," she says. "People take for granted they can pop down to the store for what they want." And while a drought in California spikes orange prices, serious upheaval could render us unable to get enough food. Some of us stockpile, but others have only the remains of last night's takeout. How we'd cope under siege would vary per personal and regional resources.

During the First and Second World Wars, backyard and community vegetable plots known as victory gardens were a necessity to augment food rations. And in recent years there's been a renewed interest in local and regional food.

Community gardens have wait-lists, and municipalities are supporting the movement. "In Saskatoon, for example, the city provides water, composting and mulch to every community garden," Beckie says. In 2018, the City of Edmonton started a pilot program offering vacant municipal lots to gardeners. More significantly, new interest in regional food production is building outside the city. In 2016, Statistics Canada reported that, for the first time since 1991, the number of people under 35 taking up farming increased. So take heart: outside the ramparts, crops are still growing. —MIFI PURVIS, '93 BA

HAVE YOUR BURGER AND EAT IT, TOO

Have we seen the future of meat?

IS THERE A WAY we could become more sustainable and self-sufficient, and still eat meat? **Isha Datar**, '09 BSc, thinks so. She's the executive director of New Harvest, a non-profit that funds openly accessible scientific research aimed at creating cultured food, including meat, from cells grown in a lab. Think of it as the "meatri dish" solution that could provide ready access to sustainable meat.

The carbon footprint of a steak comes from the energy, feed and water that went into raising and housing the animal. Not to mention methane and other greenhouse gases livestock emit. Creating meat in a lab could eliminate those issues.

In theory, here's how it works: take a few cells from an animal's muscle tissue and seed them on some kind of scaffold, a structure on which the cells can grow. Next put the seeded scaffold in a nutrient-rich liquid medium, then add the works to a bioreactor. Boom, you are growing meat without vast tracts of land or huge consumption of energy.

In reality, though, it's not that easy. The obstacles include creating an edible scaffold and a stable liquid medium that is not derived from animals. (Liquid media are usually made from fetal bovine serum, taken from the blood of cow fetuses.)

So far, New Harvest has funded projects that have created egg protein and milk in cell cultures. Datar knows cultured animal protein won't soon replace industrial livestock. But, she says, "the density and number of animals we're dealing with on factory farms is reaching global limits." —**MIFI PURVIS**, '93 BA



New Harvest provides funds for researchers to investigate animal-free systems for growing cultured meat.

Deserts and Swamps

WHEN YOU THINK of a North American food desert, you might imagine a hollowed-out, gritty city centre with shuttered businesses and few services. "The classic example is Baltimore or Detroit," says Brent Swallow, a professor in the Department of Resource Economics and Environmental Sociology.

The phenomenon is better known in the United States than in Canada. And while there haven't been systematic Canadian studies, Swallow says, "there have been several one-offs." These suggest a different pattern is emerging here. In Edmonton, for example, researchers like Swallow and his colleague Feng Qiu have found food deserts—and food swamps—in surprising places.

► **What are they?** A food desert is a neighbourhood in which it's tough to find groceries and a food swamp is an area with a plethora of fast food and convenience stores, Qiu says. Neighbourhoods can be both, and both threaten local food security, which the United Nations calls access to affordable, acceptable and nutritious food. Researchers found eight food deserts and 13 food swamps in Edmonton.

► **What do they have in common?** These neighbourhoods have a higher population density, more kids, a lower median income and less access to cars. Often new Canadians live there. "These neighbourhoods used to be served by supermarkets in strip malls," Swallow says, "but those are disappearing."

► **Where are they?** In 2014, Qiu and colleagues found that Edmonton's food deserts lie in a ring of older suburban neighbourhoods (Blue Quill and Malmo Plains, for example) between downtown and the newer neighbourhoods on the outskirts of the city. Think of the blank space around a bull's-eye. Food swamps are found in denser neighbourhoods (for example, Garneau and Alberta Avenue).

► **Local response:** Four of the neighbourhoods (Alberta Avenue, Boyle Street, Inglewood, Malmo Plains) developed community gardens within half a kilometre of their centres.

► **Not just scarcity:** Food security is complicated. "We also consider people's perceptions or their worries about where their next meal is coming from," says Swallow. In North America, food swamps feature access to highly processed, less nutritious foods that can lead to people being overweight, a predictor of various health problems, including diabetes.

► **What to do?** For one, you could volunteer with Grocery Run, which helps families in emergency situations. The group distributes food within 24 hours, says co-ordinator **Sandra Ngo**, '12 BSc, '16 MSc. And it reduces food waste by redirecting healthful food, such as day-old loaves from local bakeries, from the landfill to dinner tables. Check out Grocery Run at ualberta.ca/alumni/volunteer.

—**MIFI PURVIS**, '93 BA



EXPAND YOUR PALATE

ARE YOU A FUSSY EATER? There's good news: taste perception is not immutable. To expand your palate, it might help to know how your sense of taste works.

Taste is about 40 per cent of how we perceive flavour, which is influenced to a greater extent by smell.

"Aroma lends character to food," says **Wendy Wismer**, '83 BSc(FoodSci), associate professor in the Department of Agricultural, Food & Nutritional Science. Our perception of flavour is also affected by colour, cooking method or even temperature. Two mugs of milk—one hot and one cold—just don't taste the same.

Understanding flavour might help master cravings for junk food, which has been engineered to trigger what Wismer calls a hedonic reward, that good feeling you get when you dive into a bag of Cheezies. The more highly processed the snack, the likelier it is to deliver a quick hit to all five of the discrete tastes: sweet, salty, sour, bitter and umami (or savoury).

Wismer's research demonstrates that hormones, age, illness and medication can change flavour perception. She works with cancer patients and aims to create a tool to improve how they perceive flavour. (For example, advising what to eat or avoid if a medication leaves a metallic taste.)

Variations among individuals also affect flavour. About half of you have an average density of taste receptors on your tongues. (You all have them in your cheeks, gums and gastrointestinal tracts, too.) A quarter of you have fewer receptors, and another quarter are "supertasters," with numerous, densely packed taste receptors.

Finally, if you find yourself reaching for the same meal day after day, you could be what Wismer calls a "food neophobe," reluctant or afraid to try new dishes. She recommends you challenge your gustatory regimen—slowly.

"Make subtle changes," she says. "Try one new taste or flavour per week."

—MIFI PURVIS, '93 BA



Three Things About Sustenance

AS THE PLANET BURGEONS with more than seven billion of us, what we eat and drink is increasingly important on a global scale. Take a look at how a few big thinkers are caring for plate and planet.

1. Test the Waters

Parmiss Mojir Shaibani, '12 MSc, '17 PhD, and her husband, **Amirreza Sohrabi**, '12 MSc, '17 PhD, invented a handheld sensor that tests drinking water on-site for *E. coli*, microscopic bacteria that can sicken people and animals. The sensor reduces test time, cuts costs and needs no special expertise to use.

2. Leftovers

Using waste from potato processing, U of A researchers led by Marleny Aranda Saldaña have created a cling-film for food storage. The film will biodegrade sooner and more completely than petroleum-based products. And treating the starch-based film with custom nanoparticles has the potential to keep foods fresher longer.

3. Crickets? Jiminy!

Silvia Ronzani and **Claudio La Rocca**, '16 MSc, own Camola Sustainable Foods, which produces goods prepared with ingredients that include ground crickets. Slightly earthy in taste, cricket flour is high in protein and packed with nutrients, such as iron, calcium and vitamin B12. And insect protein is more sustainable to produce than animal protein.

—WITH FILES FROM **LESLEY YOUNG**, '94 BA, AND HELEN METELLA

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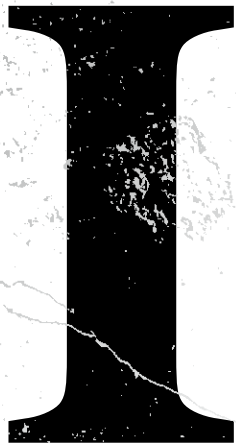


SS

Dementia is altering the lives of more than half a million Canadians and their families, and the toll is expected to grow. Improving care is one way we can make their lives better right now

By Bruce Grierson, '86 BA(Spec)

Illustrations by Hugh Syme



In June 2015, **Megan Strickfaden**, '89 BA(Spec), '02 MDes, and her grad student **Nicole Gaudet**, '15 MSc, arrived at a little village on the outskirts of Amsterdam with a Harry Potter-ish name: De Hogeweyk. An octogenarian gentleman was visibly thrilled to see them.

This called for wine.

He took Strickfaden by the arm and squired her into the village grocery store, she recalls. He found a nice red and brought it to the till. He pulled a handkerchief from his pocket and paid for the wine with it. The clerk accepted

the payment, bagged up the wine and gave the man back his handkerchief as change.

To its residents, De Hogeweyk—a dead-ringer simulation of a traditional Amsterdam village—isn't a cutting-edge experiment at the frontier of humane dementia care. It is simply home. They cruise on tandem “cosy cycles” down the cobblestone streets. They munch pastries in the café, catch films at the cinema. They wander among gardens so cunningly designed as to appear limitless. They return to family-sized living spaces that closely match the tenor of the household they grew up in, whether country-cosy or artsy-cultural, full of music and light. Trained geriatric nurses and caregivers form a kind of stealth army of invisible support. They're dressed not as authority figures but as shopkeepers, neighbours, friends, perhaps relatives.

De Hogeweyk's reputation rests on what its residents *don't* do, says Strickfaden. Based on her observations over two extended visits to the village, residents don't fall as much or night-wander as much or take anti-psychotics nearly as much as comparable populations elsewhere.

“The place itself is medicine,” she says.

The discovery that environmental “nudges” can boost psychological well-being is one of the triumphs of the last quarter-century of social science. (One of its founders, Richard Thaler, won the Nobel Prize in 2017 for contributions to behavioural economics.) And design elements are psychological levers. By manipulating colours, furnishings, acoustics or the layout itself, architects can send the human mind back in reflection or forward in aspiration. They can slow a frightened heart or stoke curiosity or foster human connection.

People with dementia, it turns out, are especially good candidates for such interventions. “A person with dementia is suggestible,” Strickfaden says. “You work with that.”

Elements similar to the De Hogeweykian approach are being introduced in care facilities around the world. One of these is Canterbury Lane, the dementia wing of the Canterbury complex in west Edmonton. Strickfaden, a design anthropology professor in the Faculty of Agricultural, Life & Environmental Sciences, has been hired to consult on the multimillion-dollar revamp. It will include features such as a garden that allows residents access to the outdoors without having to be escorted. Hallways that don't dead-end, but loop back into the heart of the action. Little designated spaces for purposeful activity, such as folding laundry. And a cottage system of living spaces divided by theme or feel, matched to the residents' upbringings.

The renovations will take close to four years. Unfortunately, the resident in one room is unlikely to live to see it completed. That's just my guess, knowing that resident quite well.

She is my mother.

MORE THAN 50 MILLION PEOPLE worldwide are afflicted with dementia right now. And since the human lifespan is increasing more quickly than medical science seems to be closing in on a cure (which is to say, not quickly at all), dementia will be part of all our stories: your story or the story of someone you love very much. “Its shadow lies over us all,” writes **Jay Ingram**, '67 BSc, '09 DSc (Honorary), in his book *The End of Memory*.

So what to do—beyond saying a prayer and giving power of attorney to your most trustworthy blood relative? As recently as 20 years ago, people living with dementia who could no longer manage in their homes were simply institutionalized. In that setting, doctors were authority figures and patients were the passive recipients of meds, directives—and very little in the way of treatment.

But another paradigm is emerging. Dementia treatment is coalescing around the idea of patient-centred care.

In an analysis of dementia care studies published in 2015 in the *Journal of the American Geriatric Society*, researcher **Hannah O'Rourke**, '08 BScN, '15 PhD, an assistant professor in the Faculty of Nursing, found four things are of central importance in working with people with dementia. A sense of place. Connection to others. A sense of purpose. And shoring

up those three poles of the tent supports the fourth, which is linked to physical well-being: a sense of wellness.

So, while scientists continue their search for ways to prevent and treat the disease (see “The Elusive Cure,” page 23), caregivers are doubling down on tactics that promise benefits right now. Call it the “3 Ws” model of dementia care: focusing on the Where, the Who and the Why of the subjective experience of this devastating syndrome.

TO FAMILY MEMBERS, the hardest part to fathom about dementia is the staggering difference between Good Days and Bad Days. Good Days make

Dementia is a syndrome, a deterioration in the ability to process thought beyond what might be expected from normal aging. It affects memory, thinking, language, behaviour and the ability to perform everyday activities.

World Health Organization

you second-guess your decision to move your loved one out of their own home into extended care. Bad Days grimly confirm it.

On a recent visit, my mom positively lit up when I walked through her door. We spent a great day together, at the end of which I promised I'd be back tomorrow. Ten-kilowatt smile. But when I walked through her door the next day, she greeted me with a face that looked as if a bad fish needed taking out. "What are you doing here?" she snarled.

Mom was officially diagnosed with Alzheimer's when she failed the "mini-mental" exam 10 years ago, at age 84. Though in truth, we noticed her slipping as early as her late 70s, one "W" after another. The "where" seemed to go first. On an Alaskan cruise, to celebrate her "80th year," she struggled to find her way back to our cabin and had not cracked the nut even by our last day at sea.

Then the "when" became wobbly. On a visit to the West Coast, she became deeply concerned that we'd miss our flight if we didn't leave *right now*. So I raced us to the airport, only to hear upon our arrival: "Why the heck are we here so early?"

Social filters fell away. Mom started making derogatory comments about people standing right next to her. She began repeating herself every 30 seconds. Sometimes she noticed *herself* slipping. "I feel like ... I'm ... not right in the head!" she'd say and she could barely contain her terror.

The changes in her reflected the brutally quixotic nature of the disease. Like a tornado through a trailer park, it destroys some faculties while leaving others bizarrely intact. On a recent visit, I told Mom it was our dog's birthday — we were having a couple of the neighbourhood pooches over to celebrate.

"Penny," she said, remembering the name of an animal she'd never met. "How old is she, again?"

"She's four."

"So, our 28," Mom said instantly.

Sometimes my sisters and I leave the facility feeling gut-punched, yearning for the sweetness we know is in Mom to surface more often. And our questions are everybody's questions: what must it be like to be her? And what can we do to help make this a little more bearable — for everyone?



*"If we can set aside
**OUR OWN FEARS, ASSUMPTIONS
AND STIGMAS** about the disease,
there is **HOPE**. People with **DEMENTIA**
have identified **MANY WAYS TO ACHIEVE
A GOOD QUALITY** of life. We just need to **LISTEN**."*

—Hannah O'Rourke

Are We Our Memories?

WHO ARE WE WITHOUT OUR MEMORIES? For people with dementia, recovering even some of the experience they have banked is a crucial part of feeling, well, like themselves again.

One theory of dementia-related memory loss is that it's a retrieval issue, rather than a data-loss issue. In other words, the memories are still in there, only their tags have fallen off. In recent years, researchers have experimented with using sensory triggers to call some of those memories up.

In Scotland, aging soccer fans living with Alzheimer's are exposed to reconstructions of big games. In North America, people with dementia are supplied with iPods loaded with personalized playlists. Out of Sweden comes an ingenious invention called the BikeAround: a stationary bicycle attached to a wrap-around movie screen onto which a moving landscape is projected. Plug in the client's childhood-home address on Google Street View and suddenly there they are, back in the old 'hood, cruising down streets they probably haven't since they were a kid on a Schwinn.

Reminiscence therapy, this kind of intervention is sometimes called — and preliminary research suggests it can not only boost happiness levels but improve cognitive function. This year, the Canterbury Lane staff tried a simple version of it in the run-up to Mother's Day with a scrapbooking activity. Family members were asked to contribute photos of mom or dad through the years, surrounded, if possible, by the people they have loved the most. "You're really trying to get them to live in those moments," activities supervisor Mbalia Kamara told me. "And then to really validate the feelings that emerge."

For Mom, it was pretty profound. As she turned to a snapshot of her and Dad circa 1980, both of them tanned and smiling in Hawaiian sunshine, she began to cry. A staff member allowed her to sit with that sadness for a few moments, and then steered her toward the light. "He must have been a great guy," she said. "Tell me about your wedding day."

The tonic here, as much as the memory work, is the attention. People with dementia often lose their voice as the disease progresses. The world stops listening. "People used to think that because there was cognitive impairment there wasn't insight — but that's not true," says nursing professor and researcher Hannah O'Rourke. "People with dementia still know what they like and don't like." To pull that insight out is not that difficult, she says. "You ask. You just ask."

A couple of years ago, Elly Park, a post-doctoral fellow in the U of A Faculty of Rehabilitation Medicine, undertook a project with researchers from Simon Fraser University and the University of Toronto on digital storytelling. Facilitators helped people with dementia create a digital story with photos, music and narration by the participant. "Storytelling is a tool," writer Ursula K. Le Guin put it, "for

knowing who we are and what we want.” People with dementia are no different from the rest of us in this way. Park’s research found that encouraging participants to think about and share meaningful stories enhanced relationships with caregivers, increased communication and interaction, and gave participants a sense of accomplishment. “In several cases, participants said they surprised themselves with the stories they were able to remember,” says Park.

With Mom, I have found that if I press her too much for family history, she often clams up. For her, the fact-finding is stressful. This is not uncommon. That’s why University of Wisconsin theatre professor Anne Basting received a MacArthur Fellowship, sometimes called a genius grant, for her invention called TimeSlips. It replaces “the pressure to remember with the freedom to imagine,” as she puts it. TimeSlips is like a book club where no one has read the book, except in this case it’s a photograph. Each photograph is striking and mysterious. It looks as if it has a story to tell, so everyone makes one up. There’s no way to be wrong, which seems to loosen tongues. “The absolute key to the entire process,” Basting says in a video about TimeSlips, “is that we validate everything they say.” This sounds like—it is like—improv theatre.

Something a little magical happens when we start telling stories to each other, whether they’re true or not. Neuroscience has shown that it boosts the sense of connection between the teller and the listener. As the story unspools, the brains of teller and listener sync up—a phenomenon psychologists call “linguistic alignment.” Another bonus: for people who can no longer have out-there-in-the-world adventures, storytelling is an excellent proxy. It stimulates many of the same parts of the brain that light up when we are actually experiencing things—just as reading does.

For the scrapbooking exercise at Canterbury, not all the families contributed photos. So those residents instead received pages of their scrapbooks with stock photos of a random family. Which sounds a little sad but turns out to be a perfectly serviceable alternative. “Just the *idea* of family can get people talking about their own,” says Kamara.

FOR SOME REASON, my own earliest memories of Mom are all tagged to scents: the cinnamon-y Bee Bell Bakery, the chlorine of the Y swimming pool, the baseball-mitt smell of Jack and Jill Shoes. We’d march into these places hand-in-hand and, invariably, she’d spot someone she knew and tractor-beam them in with her smile. She’d let go of my hand—she needed both of hers to talk—and that



OUR QUESTIONS are **EVERYBODY’S QUESTIONS:** *what must it* **BE LIKE to BE HER?** *And* **WHAT CAN WE DO to help** **MAKE THIS a little more BEARABLE—** **FOR EVERYONE?**

would be it. I waited beside her as ice ages came and went. Eventually she’d track me down in some corner of the facility. I could smell her coming.

But wait: how many of these details are true? “Every act of memory is to some degree an act of imagination,” the neurologist Oliver Sacks wrote. We’re *all* unreliable narrators. That doesn’t mean we all have neurodegenerative disease; dementia in its various forms is a syndrome with specific physiological signatures. But it does mean that people with dementia cannot be dismissed as Other. Every time we call our kid by the dog’s name or drive off with our coffee cup on the roof, the difference between the two worlds, practically speaking, grows moot. And somewhere a busker plays *There but for Fortune*.

Our Purpose, Our Selves

“IF THE RESIDENTS HERE WERE ABLE to describe their biggest frustration, what would they say?” I asked Wendy King, executive director of the Canterbury Foundation, not long ago. “I think maybe they would say, ‘You don’t understand me,’” she replied.

Hence, a recent trend in dementia care toward what you might call deep client profiling. In the old days, staff received an incoming resident’s medical charts, some basic biographical data and not much else. Now, families are

THE ELUSIVE CURE

HOPES ARE RAISED, THEN DASHED,
BUT CAN WE TILT THE ODDS?

JUNE 12, 2018: Another day, another scrapped clinical trial of a high-profile Alzheimer’s drug. This time it was lanabecestat, which performed so poorly that after 3½ years, researchers pulled the plug.

Despite massive (and increasing) efforts, the search for a cure for Alzheimer’s, the most common form of dementia, has come up empty. One by one, drugs with names that sound like incantations to summon

a genie—aducanumab, solenezumab—have raised hopes that were later dashed. In a dozen years, not a single new medicine for Alzheimer’s has been approved for consumers.

Why is this so hard?

One reason is that there’s no agreed-upon cause of the disease. Two kinds of proteins run dangerously in a brain addled by Alzheimer’s. One is beta-amyloid, which clumps into sticky plaques that block cell-to-cell signalling and shut those cells down. The second is tau protein, which forms tangles inside brain cells that finish them off.

The question of which is the most likely culprit behind the disease has split the scientific community into the so-called “BAPTists” and the “Tau-ists,” says Jack Jhamandas, a professor of neurology and

often asked to flesh out the story of mom or dad. The more data, the greater the likelihood a resident ends up where they belong, doing things that pluck the strings of their hidden enthusiasms.

A “sense of purpose,” as O’Rourke discovered in her analysis of dementia studies, can involve many things: the feeling of contributing to others; a belief in a higher power; some control over how your day unfolds. From a caregiver’s perspective, restoring a sense of purpose is about reconnecting people with who they used to be—placing them back in the vicinity of that intersection where, as American writer and theologian Frederick Buechner put it, their deep desire meets the world’s deep need.

Strickfaden recalls one man at De Hogeweyk who was restless and searching, and a bit aggressive and hard to approach. Staff went back into his file and discovered he’d once been a farmer. “So one day they hid a bunch of eggs all around the courtyard. And they said, ‘We need you to go collect the eggs in the morning.’ And he’d do that. And then he’d be wonderful for the rest of the day. It was something that validated who he was.”

Alzheimer’s disease is the most common cause of dementia, accounting for about 60 to 70 per cent of cases. Dementia can also be caused by stroke, injury or other diseases.

World Health Organization

At Canterbury, one resident used to be a millwright, so he’s routinely given things to tinker with. Another was a homemaker who raised a big family. She struggles to find words and can get frustrated and withdrawn, but she positively melts when handed lifelike “Baby Sophia.” She dresses the doll in tiny clothes warm from the dryer, whispering and cooing to her and, after a while, “she’s more open to the activities the rest of us are doing,” says Kamara.

But there’s purpose and then there is *purpose*—something closer to what the Japanese call *ikigai*. Roughly: the sense that life is worth living because we are needed here. Japanese research has found that people with *ikigai* live longer. A study published in *JAMA Psychiatry* in 2012 found that people with Alzheimer’s who are animated by purpose staved off cognitive decline longer. No one knows quite why it matters to feel as if we matter—only that it does.

“Feeling you matter is at the core of being a person,” British dementia consultant David Sheard often says. “Knowing you matter is at the heart of being alive.” Sheard is the founder of Dementia Care Matters, better known as the “butterfly” model of dementia care. I could see its principles in action the day I visited Copper Sky Lodge, in Spruce Grove, Alta., Canada’s first butterfly facility. Copper Sky’s CEO is Phil Gaudet, well-known in Alberta as the former head of the Good Samaritan Society, a long-running non-profit care provider. But the lodge is mostly run these days by his daughter, Nicole Gaudet. The same Gaudet who, with her thesis advisor Strickfaden, was embedded at De Hogeweyk.

As dementia advances and individuals turn inward, they’re less able to seek out the multi-sensory stimulation they may need. So the stimulation must come to them—as butterflies come to flowers. “Even things like this soft sweater I have on are part of it,” Gaudet says of the fuzzy sweater she’s wearing. “I’ve been getting lots of hugs today.”

At the centre of the butterfly model is emotion. The theory: people will forget what you say, and even what you do, but they will never forget how you made them feel. That’s because feeling is processed in a more primitive part of the brain; it’s protected, in a sense, from the damage to the neocortex that dementia causes. And so the staff at Copper Sky are trained to circulate, alighting here and there, touching, affirming, offering a cup of tea or a taste of mint, introducing short activities. “Ultimately, we are

Alzheimer’s researcher in the Faculty of Medicine & Dentistry.

Jhamandas calls himself a “BAPTist with an open mind.” Not long ago, he and his research team discovered that a compound called AC253, originally developed for diabetes, appears to protect brain cells from the worst effects of beta-amyloid plaques, at least in mice.

But he admits—and here’s the open mind part—that the strategy of clearing or preventing beta-amyloid plaques could be a dead end. No one knows whether either protein is a cause or a consequence of the disease. It could be both are byproducts of the fundamental process that’s actually driving the train.

Indeed, some researchers are taking completely different tacks, focusing, for example,

on the neurocircuitry of the hippocampus, where memories are formed and socked away for later retrieval. Cautious optimism surrounds an experimental procedure called optogenetics. A Columbia University study used lasers on mice to activate the neurons that store memories, suggesting lost memories might still exist in the brain and be recovered. On another tack, a research paper published in June in *Neuron* has reawakened interest in the theory that viruses might play a role in Alzheimer’s.

Another prime suspect is inflammation. Introduced decades ago by Vancouver researchers Edith and Patrick McGeer, the neuro-inflammation theory fell out of favour. But as our understanding of inflammation has evolved, “the pendulum has swung back,” says

Jhamandas. Since inflammation has been linked to gut health, this theory invites the appealing idea that Alzheimer’s might have some relation to the bacteria and other organisms that colonize the gut and thus may be preventable, at least in some people, by lifestyle interventions such as a change in diet.

Indeed, some researchers are starting to think of Alzheimer’s disease more the way we think of chronic diseases such as hypertension and diabetes, which are known to respond to improved health habits. A small study out of UCLA by neurologist Dale Bredeesen created a protocol of lifestyle changes for early-stage Alzheimer’s patients, including such things as intermittent fasting and improved sleep habits. The protocol not only slowed but actually seemed

to reverse symptoms. Of six participants who had stopped working because of cognitive fog, all six were able to return to the job, Bredeesen reported in 2014 in the *Journal of Aging*.

The cruel irony of Alzheimer’s disease is that many of the brain abnormalities are present at least 20 years before symptoms typically appear, at which point the damage is done. For scientists, that means identifying those who are at risk of developing the condition but show no symptoms—and treating them with everything that’s deemed safe to try.

“Of course, you want to hit a home run—find the cure,” says Jhamandas. “But a more realistic expectation in the short run is that we can modify the trajectory of the disease: delay its onset, mitigate its severity.” —BRUCE GRIERSON

*“I would **ABOLISH** LONG-TERM CARE in Canada and **START OVER** because I think **WE’VE GOT IT WRONG.** We need to be given the **FREEDOM** to deliver **NEW KINDS OF CARE** in **INSPIRING** environments.”*

—Nicole Gaudet

all feeling beings,” says Gaudet. “So if you can connect to what somebody is already feeling, you’re four steps ahead.”

But there’s research and then there’s practice. Changing how we care for people with dementia isn’t easy. After their experience at De Hogeweyk, Strickfaden and Gaudet were gung-ho to update legislation around dementia care in Canada. They soon discovered they were facing frustrating headwinds, some of which were cultural.

A COUNTRY’S DEMENTIA CARE can reveal a lot about its values. China, for instance, is a culture of service, notes Strickfaden. “But that can actually get in the way of good elder care. People are literally served to death.” The Netherlands is big on personal liberties. How far you want to push your limits is up to you, within reason. Quality of life reigns supreme.

Canada has made a different choice. Here a dementia-care facility gets accredited or not based in part on how safe it’s deemed to be, says King, head of Edmonton’s Canterbury Lane. So De Hogewykian elements like cobblestones, public fountains, accessible barbecues and knives, unfenced kitchens are red flags. In Canada, safety trumps freedom. So does efficiency. Funding here is task-based. “Staff have a task list and a limited amount of time to do it,” says King. “So if a resident puts up resistance, it creates stress — because the staff person knows, ‘I’ve got to go to Mrs. Jones next.’”

The task-based funding model is, predictably, frustrating for more progressive voices in dementia care. “You’re regulating to the point of strangulation,” says Gaudet.

After Copper Sky received a poor grade in its first effort to become a certified butterfly facility three years ago, Gaudet spearheaded massive staff retraining. The first thing she impressed on caregivers is that human connection comes first. You are not going to be fired if you don’t get this task and this task and this task done, she told staff. Even though by some measures the extra



BY THE NUMBERS

564,000

Canadians living with dementia

937,000

Canadians predicted to have dementia in 15 years

50 MILLION

cases of dementia worldwide

\$818 BILLION

estimated costs (USD) to society worldwide in 2015

TLC means more work for them, there’s evidence that such an approach leads to lower burnout, since it puts caretakers’ actions more in line with the reasons they got into this work in the first place.

“I would abolish long-term care in Canada and start over,” says Gaudet, “because I think we’ve got it wrong. We need to be given the freedom to deliver new kinds of care in inspiring environments.”

O’Rourke is cautiously optimistic about the future of dementia care in Canada. “If we — clinicians, researchers, community members, society — can set aside our own fears, assumptions and stigmas about the disease, there is hope. People with dementia have identified many ways to achieve a good quality of life. We just need to listen.”

ONE RECENT WEDNESDAY AFTERNOON at Canterbury Lane, residents sat drowsing in easy chairs in front of an old Jimmy Stewart movie on the big-screen TV. My mother wasn’t among them. She likes the privacy of her room and to pick her own shows — and to crank up the volume.

On this visit, I had a plan. Having steeped myself in the Alzheimer’s literature and the best ideas of countless experts in multiple domains, I was eager to try a few things. I wanted to help Mom grasp where she is, who she is and why she is. I’d brought an artifact: a tennis racket. Not one of the fancy big ones people wield now but a vintage wooden one. This is what you used in the era when Mom learned to play, gliding around the shale courts of Garneau tennis club, not long after she and my dad met. People can see it on the wall and ask Mom about tennis. And maybe some of those locked-up memories — a serve tossed into the sun, the fitz of a new tin of balls, my dad so gentlemanly out there that *he actually cheated against himself* — will come rushing back.

Not long ago my sister **Lynn Lariviere**, ’79 BEd, noticed Mom paging through a magazine that had a big splash about the Royal Family. Mom pointed to a gentleman in a waistcoat. “That is the man I’m going to marry,” she said. A few years ago Lynn might have laughed or corrected her. But we have learned that it’s not our job to pull Mom back into this world. Our job is to meet her in hers. Lynn raised her eyebrows in enthusiasm, nodded and asked for details about the wedding.

These days Mom’s eyes reveal a lot. There’s not much reminiscing going on. Nor is there planning. The headlights reach to the next bend in the road and that’s it. But this is what people with dementia have, most profoundly, to teach us. They are champions at living in the now. The question, for all of us, is how can we make the now better?

I believe the answer is to just be there. Or in the case of my own too-infrequent visits, make sure I’m *there* when I’m there.

So Mom and I go for silent wheelchair tours to check out the action over in the nearby manor — past the kitchen, down the long, carpeted hallways. Little bios outside each resident’s door tell of their unique strengths. That’s right out of the David Sheard playbook: “Search for the treasure in each individual.”

“I’ve learned that if I attach too much to whether she remembers my visit, I’m going to be bitter,” Lynn told me on the phone recently. So you shift the bar. A cup of coffee, a stab at a cribbage game, a trip to the atrium to hear the piano player plink out *Moon River*: that is a win. We are not our memories.

Even though it sometimes feels that way. ■



The

23

INFLUENCERS. ACHIEVERS. ADVOCATES. MEET U OF A ALUMNI WHO ARE MAKING A DIFFERENCE

This year's crop of alumni award winners have something in common: they believe every problem has a solution and they are driven to find it. Whether it's saving lives, serving justice, healing through art and conversation or just listening, meet a group of alumni motivated by compassion for others.

By Sarah Pratt

▼
DISTINGUISHED ALUMNI AWARD

FOR FINDING WAYS TO TREAT CANCER

Charles Lee, '90 BSc(Spec), '93 MSc, '96 PhD
Medical geneticist



Treating cancer is what gets Charles Lee out of bed in the morning and what keeps him up at night. "I think, 'Do I need to sleep for another hour or should I use that hour more constructively?'"



PHOTO BY JOHN ULAN

Lee is a medical geneticist and he is all too familiar with statistics like, “One in two men and one in three women will develop cancer.” That’s why Lee is spending every waking moment working on a potential solution—one beyond surgery, radiation, chemotherapy and traditional drug therapies. It’s genomic medicine and it will suggest a drug treatment specific to each patient’s needs.

It starts with a surgeon removing one tumour, cutting it into tiny pieces and implanting one piece into each of several mice. The tumour grows until it’s a treatable size, then the mice

are each given a different drug or combination of drugs. A month later, Lee and his team can see how well each treatment worked on the same tumour. When a drug treatment overpowers a tumour, the successful results are put into a database, where the tumour’s genetic fingerprint is also stored. For each tumour in the database, there is a corresponding treatment that was successful in treating a mouse. In the real-life application, if a person’s tumour has a similar DNA profile to one in the database, the patient could work with their oncologist to decide whether to take the course of drugs that worked on

the mouse with a similar tumour.

The project is underway at the billion-dollar Jackson Laboratory for Genomic Medicine in Farmington, Conn., where Lee is director. The lab opened four years ago with three employees but is now home to 386 employees—more than half of whom are researchers. Lee estimates the database and treatments will be ready for direct application in two to four years, though that feels like an eternity to him.

“I feel nervous and a major sense of urgency,” says Lee. “This can help countless people. It’s huge and we don’t want to waste any time.”



SPORTS WALL OF FAME

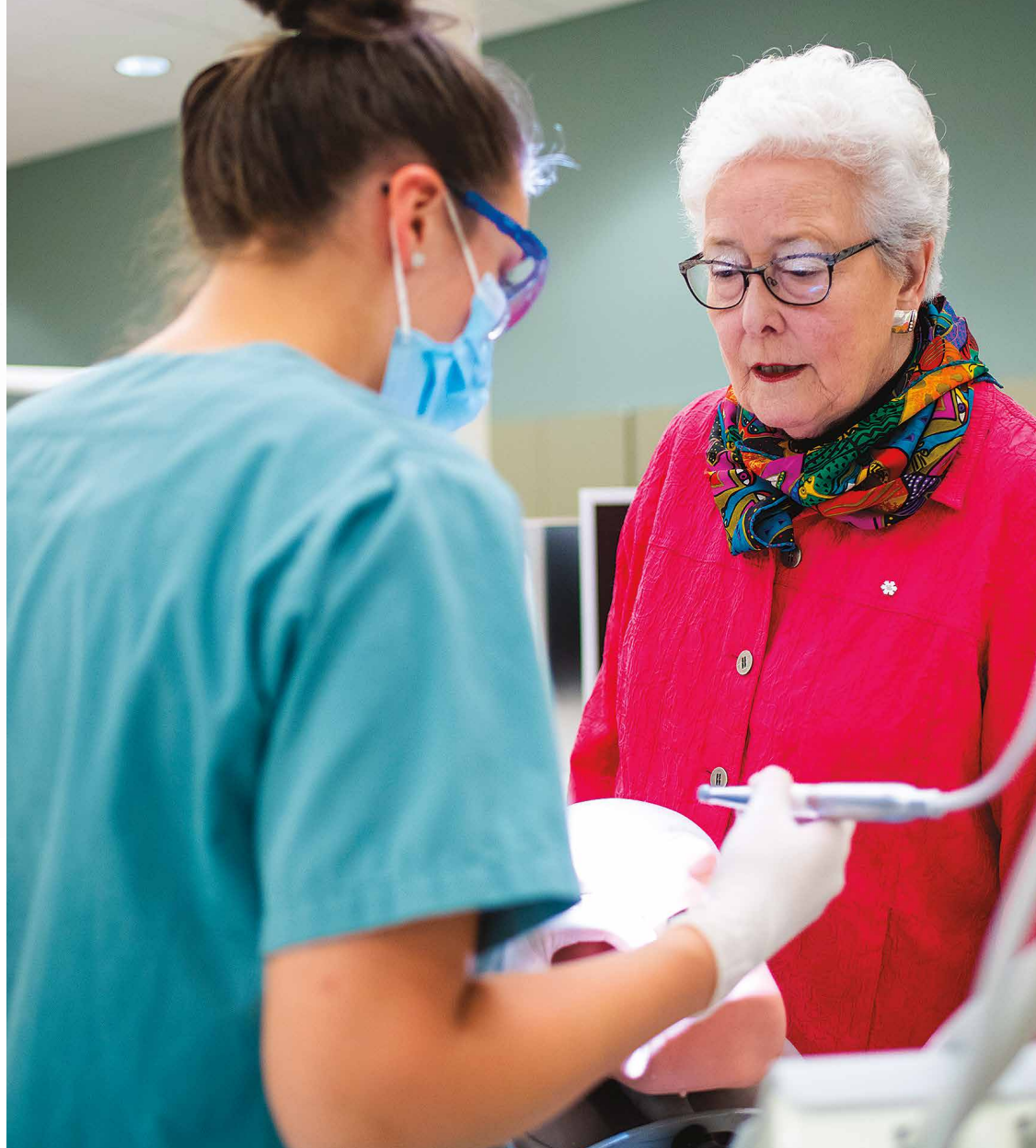
For years of winning and giving back

Pandas rugby teams
1999 to 2003

The Pandas rugby teams of 1999-2003 were a dominant force in the sport, winning five straight national championships and fielding athletes who were not only athletic all-stars but academic all-stars as well. A number of the players continued to give back to the program through coaching, managing, officiating and as members of the medical team.

NOTABLE ACHIEVEMENTS:

- Five Canada West and CIS national championships
- CIS players of the year, rookie of the year, All-Canadians, Academic All-Canadians
- Canada West coach of the year
- Nine Pandas played for the Canada National Senior Women's 15s team



DISTINGUISHED ALUMNI AWARD

For being a true pioneer in the field of dental care

Marcia Boyd, '69 DDS
Dentist

When new graduate Marcia Boyd saw a job ad in the *Edmonton Journal* for dentists in 1969, she applied, not knowing the position would send her 2,700 kilometres away to what was then Frobisher Bay, N.W.T. (now Iqaluit, Nunavut). The

summer job plunged Boyd into the world of dentistry faster than she could have imagined, and her experiences in northern communities taught her to apply her knowledge to solve problems. The adventurous dentist, professor emerita and former dean at the University of British Columbia reflects on some of her memorable experiences from a career that started in the Arctic and ended on the Pacific coast.

► **A steep learning curve:** "I had a pink skirt on and was heading north. I was going to be the queen of Frobisher Bay. When I arrived, they handed me a duffel coat, gumboots, a portable

generator, headlamp and a cold sterilization kit." Boyd was flown into communities and met by dog team and she had to estimate how many weeks she would need before they would return to pick her up. The conditions were rugged. "I would set up in a school, near a window for extra light to do fillings. I did extractions while the patient sat in a wooden chair. I did things that give me a full body shudder now."

► **New experiences:** There are some moments in Nunavut that stand out in Boyd's memory. "In Pond Inlet, I helped deliver a baby girl." And her northern social life was always fascinating. "Communities brought



ALUMNI HONOUR AWARD

FOR FINDING SOLUTIONS TO BIG PROBLEMS

Frederick Pheasey,
'65 BSc(MechEng)
Engineer

Frederick Pheasey has spent his life doing what engineers do best: solve problems.

In the early 1970s, he realized much of the American-made oilfield drilling equipment

used in Canada wasn't able to cope with the cold winters. Pheasey began to manufacture drilling equipment sturdy enough to operate in some of the world's harshest climates, including Alaska, Russia and the Amazon jungle. In 1972, when the oil and gas industry in Alberta was heating up, Pheasey entered into the oilfield equipment manufacturing and distribution industry with the business he co-founded, Dreco Energy Services.

Pheasey also saw an opportunity to use his problem-solving skills to tackle a bigger social problem: homelessness. As a member of

Edmonton's Committee to End Homelessness in 2008, he helped develop a 10-year plan to help the city's most vulnerable people find safe and affordable housing. The committee applied an approach that focused on mental health and addiction prior to addressing housing issues. By 2012, the number of homeless Edmontonians dropped by 30 per cent.

Pheasey, who has also supported the next generation of engineers at U of A and the United Way for more than 25 years, is committed to using innovation to help solve problems, whether it's in the business world or his community.

ALUMNI HONOUR AWARD

FOR SPEAKING OUT ON ISSUES THAT MATTER

Paula Simons, '86 BA(Hons)
Journalist

"For nearly two decades, Paula has been a voice of authority on virtually every issue that impacts this community. ... People who care about public affairs know they must read Paula to get a thoughtful perspective. Whether they agree or disagree with her, they know Paula will provide them with the critical thinking and analysis that is essential to understanding the issues."

*Linda Hughes, University of Alberta
chancellor emerita and former publisher
of the Edmonton Journal*



in movies to watch. One was *The Cyclops*, and for two weeks afterwards, the soapstone carvings were all cyclops." Overall, Boyd says her time in Nunavut was a magical experience. "It was fascinating for a new grad."

► **Advancing personally and professionally:** While continuing with part-time clinical practice and after working as a professor at UBC, she became dean of the Faculty of Dentistry. Here she guided the faculty through advances in dentistry and an increase in the number of women in the field. "[Including] more women has brought a further richness and depth to the profession."

ALUMNI HONOUR AWARD

For being a voice for people living with HIV

Barbara Romanowski,

'71 BScMed, '73 MD

Doctor, expert on HIV and sexually transmitted infections

Barbara Romanowski's early career coincided with the rise of the HIV epidemic in the 1980s. She sat down with longtime colleague Michael Phair, chair of the U of A Board of Governors, to talk about the leadership, compassion and challenges of that time.

MP: The first media conference we did in Edmonton, do you remember what you talked about?

BR: I don't have a vivid memory but I remember those days well and the media activity and how they wanted to sensationalize this disease. I think back with horror when these individuals were hospitalized and signs went up on the doors saying, "Contaminated. Do not enter." It was the Dark Ages. I kept saying to the media, "This is not a gay disease." I saw education as part of my job.

MP: I remember those days. I remember visiting individuals in the hospital and taking food in because some of the staff left food at the door. No one lived more than two years at that time. I'm sure that had an impact on you.

BR: It had a tremendous impact. I did not learn in medical school how to provide palliative care but that's what we were doing. I



Barbara Romanowski and Michael Phair reminisce about their time working together to help people living with HIV.

went to many funerals in the first few years of HIV care and it took a personal toll. There came a point where I had to step back. There were too many.

MP: Oh, everyone died. ... There were funeral homes that wouldn't deal with them. There were also some religious organizations that wouldn't perform the usual kind of ceremony.

BR: I find it extremely difficult to accept that a family would reject someone

based on sexual orientation and, in those days, the type of disease that they had. On a positive note, oh, my God, we've gone so far in 30 years. We now have a disease that is manageable. Patients should look forward to living to a geriatric age. Having said that, I think continued education is as important, if not more so, than it was in the early years, because people have become complacent.

MP: Well, thank you for all the wonderful work that

you've done then and are still doing. You'll never know how much it meant to people like me and the others that I work with, and the people who unfortunately died.

BR: There were lots of sad times. There were some good times as well. One moves forward with a balance of the sad times and the pleasant times.

This conversation was edited for length and clarity. A longer, audio version will be made available online.



ALUMNI HORIZON AWARD

FOR SHOWING HOW ART CAN HEAL THE HEART

Alexis Marie Chute, '07 BFA

Artist

When Alexis Marie Chute's newborn son died from a cardiac tumour, she turned to art to help with the long process of healing.

Chute describes the year after her loss as her "year of distraction." She documents this season of her life in her award-winning memoir, *Expecting Sunshine: A Journey of Grief, Healing and Pregnancy After Loss*.

But writing wasn't enough for Chute, who uses her life experiences to comfort and inspire others. She was compelled to tell her story visually as well and connect with people, especially those who are grieving. She directed and produced a documentary film, *Expecting Sunshine*. In it, she interviews doctors, nurses, counsellors and other bereaved parents.

Chute has dispensed her message of hope in many other ways, as well.

A series of photographs called "The Quiet Rebuild" features volunteer models who want to share their stories of overcoming adversity. She also teaches Healing Through Art, a class that uses painting, collage, writing and sculpture to work through trauma. She is also a motivational speaker.

As people share their stories of heartache and work through their own grief, it can help to know they are not alone.

ALUMNI HONOUR AWARD

For transforming cancer care

Ronald Moore, '80 BSc, '86 MD, '91 PhD

Surgeon-scientist

Know it. Fight it. That's how Ronald Moore approaches cancer. He has dedicated his professional life to understanding and treating urological cancers, while also training hundreds of students.

Moore's contributions have led to significant advancements in bladder, kidney and prostate cancer. Plus, Moore has been involved in a number of firsts: for example, he

was the first surgeon in Alberta to successfully treat kidney cancer under hypothermic circulatory arrest, which involves cooling the body and stopping blood flow and brain function for a short period.

An internationally recognized clinician-researcher, Moore developed laser treatment as therapy for prostate and bladder cancer. It's called photodynamic therapy and it activates chemotherapy drugs inside tumours with the help of laser light. It's less invasive than regular treatment and gives hope to patients.

Moore's work has changed urologic and transplant surgeries and helped improve the lives of countless cancer patients and their families.

ALUMNI HORIZON AWARD

FOR BEING A SCIENTIST AND ENTREPRENEUR

David Brown, '13 BSc

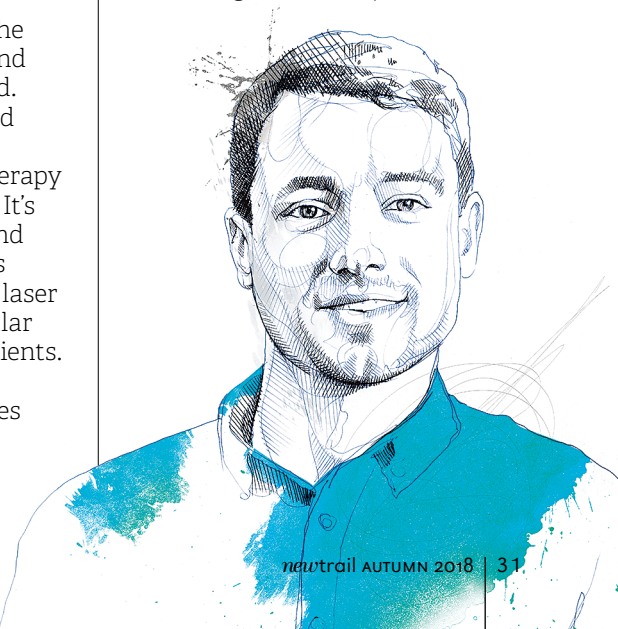
Entrepreneur

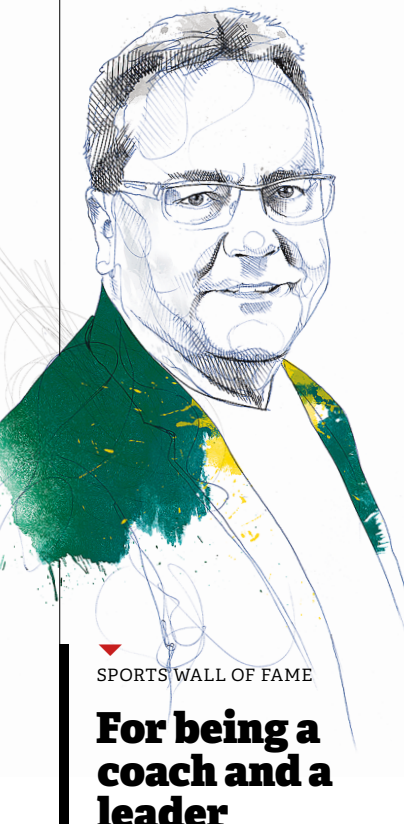
If you haven't heard of chitosan, you're not alone, though you may soon see it in food, beverages and medicine. Chitosan is a fibre traditionally made from the chitin in the exoskeletons of crustaceans and used to make food preservatives and biomedical products such as dissolvable pill capsules. Chitosan from shellfish, however, comes with inherent challenges, such as food allergies, a highly polluting production process and a lack of purity.

Biotechnology entrepreneur David Brown saw a need for a new kind of chitosan and built two companies that are using mushrooms and fermentation instead of shellfish. In 2013, Brown formed Mycodev Group, a company that makes chitosan from fungal fermentation. The product is highly pure and manufactured according to pharmaceutical quality standards. It's sold around the world for pharmaceutical and medical use for drug delivery systems, gene therapies and tissue engineering.

Three years later, Brown created Chinova Bioworks after seeing a need for natural preservatives in food, beverages and personal care products. Chinova uses chitosan from edible mushrooms. It's a natural dietary fibre, an antioxidant, tasteless, odourless and is kosher, halal and vegan.

Brown's creative solutions have offered sustainable alternatives to harmful ingredients and processes.





SPORTS WALL OF FAME

For being a coach and a leader

David Breakwell,
'79 BCom
Hockey player and coach

David Breakwell has been a volunteer hockey coach for 38 years. More than 800 players benefited from his experience and 14 of those went on to play in the National Hockey League.

CAREER HIGHLIGHTS AS A PLAYER:

1977-78 Golden Bears hockey team national champions

- Team's leading scorer
- Canada West First Team all-star
- National championship all-star team

1978-79 Golden Bears national champions

1978-79 Olympic team final 40 (Red Team tour of Europe)

1977-78, 1978-79 Member of two championship teams at the Pacific Rim Tournament, where the Golden Bears represented Canada against teams from Japan and the United States

DISTINGUISHED ALUMNI AWARD

FOR GIVING PEOPLE A VOICE

Anwar Shah, '83 PhD
Economist

When Anwar Shah was growing up in a small village in northern Pakistan, he knew exactly what he wanted to be—even if he didn't know what it was called. He wanted a job where he could help developing countries.

Shah can trace this unusually mature and socially aware world view back to his father, Shah Muhammad, who worked to raise money to build a girls' school near their village, Chak No. 113 JB Phulahi. At the time, the boys travelled eight kilometres to school but the girls couldn't attend because parents feared for their safety. Muhammad's girls' school opened in 1953.

"Watching my father raise



money to build the school and work to get accreditation from the government—this shaped my own view of the world and I knew I wanted to contribute to society," says Shah from his home in Potomac, Md.

Shah pursued an education in economics, motivated by growing up in a society where the rich lived alongside people who could hardly feed themselves and were denied basic rights and services. He saw no accountability and was disheartened by the way the

government functioned.

When Shah moved to Canada to do a PhD in economics, he saw local government empowerment and was inspired. Shah went on to spend most of his career working for the World Bank, helping decentralize governments in developing countries and giving people a voice. He has conducted policy and reform dialogues in 47 countries, and showed people how to find democratic solutions to combat corruption in government.

ALUMNI HONOUR AWARD

FOR BIOLOGICAL SCIENCE INNOVATION

David Wishart, '83 BSc(Hons), Biochemist, professor

Metabolomics is an innovative approach to health care, using a technique that identifies and catalogues every chemical in the human body and looks for patterns in those chemicals that correspond to different illnesses. David Wishart developed tools and techniques that helped launch Canada's first metabolomics company, Chenomx, in 2000. He also leads The Metabolomics Innovation Centre that provides services to labs around the world. Those who know Wishart recount the impact he has had on students, peers and the medical community.

ILLUSTRATION BY DAVID DESPAU; PHOTO BY JOHN ULAN



For a man who has spent his life helping people around the world, it's a treat for Anwar Shah to enjoy a moment with his daughter, Sana, and granddaughter Amina.

"World Bank gave me a platform to work from and access to people of influence in the developing world, politicians who wanted positive change," says Shah.

After spending years making a difference, Shah returned to Pakistan five years ago for a visit. The school his father worked so hard to bring to life is still going strong.

"My early life and education prepared me well for my career," says Shah. "I have always been motivated to help people."

ALUMNI HONOUR AWARD

For blazing a trail for women in business

Stella Thompson,
'68 MA
Businesswoman

Stella Thompson is a businesswoman in every sense of the word. In her more than 40-year career, Thompson has cut a swath through the business world in marketing, strategic planning, information systems, finance, policy governance and more. Her experience has led to titles such as co-founder, chair and director, as well as positions on many boards.

Thompson's work as an oil executive with Petro-Canada led to her first board appointment: the Prime Minister's National Advisory Board on Science and Technology. She went



on to be the first woman to sit on boards for Allstate Insurance, Agra Inc. and Laidlaw Inc.

After winding down her consulting company in 2008, Thompson turned her full attention to board commitments. She has served on the boards of Atomic Energy of Canada, Calgary Airport Authority, Genome Alberta, Talisman Energy and WaterSMART,

among others. She currently lends her expertise to Connect First Credit Union.

Thompson, who has advocated to increase gender diversity in the boardroom and tackle gender issues in the workforce, has this advice for young women: "Don't take the forward movement for granted. Keep on fighting the fight."

"David has worked in a tireless, energetic manner to establish a world-class foundational centre for metabolomics, and he has had a positive influence on the whole research community."

Randy Goebel, associate vice-president, academic; associate vice-president, research; principal investigator, Alberta Machine Intelligence Institute

"The satisfaction I derived from working in the Wishart lab was the light in my life at a very dark time. In addition to providing me with meaningful work, Dr. Wishart was also individually supportive."

Connie Sobsey, '07 BA, PhD student, Faculty of Medicine, McGill University

"He is truly doing research that is unique and world-class. The tools and techniques developed by Dr. Wishart have led to new discoveries and new technologies."

Christoph Borchers, professor, University of Victoria, McGill University



DISTINGUISHED ALUMNI AWARD

FOR USING THE LAW TO PROTECT HUMAN RIGHTS

Sheila Greckol,

'74 BA, '75 LLB

Judge



When Sheila Greckol was growing up in the small town of Vilna, Alta., she saw young people trapped by circumstance.

Greckol's mother, Lura, was a Grade 1 teacher who would sometimes bring home students who lacked warm winter clothing or food. As a result, Greckol became aware that some of her classmates had no freedom of choice when it came to what they ate, where they lived and how they lived. Many of these children were from First Nations, including nearby Saddle Lake Cree Nation and Good Fish Lake First Nation.

Greckol carries these early childhood memories with her today in her work in the justice system.

"Some of the things I witnessed, including violent incidents involving local police and Indigenous people, as well as poverty, racism and the accompanying social problems, are still with me, even though it's been 50 years since I left home to go to university," says Greckol.

She spent 25 years as a lawyer working on cases involving abortion and freedom of choice, the rights of members of the LGBTQ community, paid maternity leave and more. In her current role, as a justice of the Court of Appeal of Alberta, Greckol is still witness to the disadvantage in the lives of Indigenous people.

"We see the consequences of colonialism — aptly called cultural genocide — every day in the courts. The tragic narratives, the vast overrepresentation of Indigenous offenders in the criminal justice system," says Greckol.

One of the many issues Greckol feels must be advocated for is Indigenousizing the courts. This means locating the courts within or near First Nations communities, having community members working there, using traditional cultural approaches to guide people toward a healing path, and fashioning creative, rehabilitative sentences where possible.

Greckol believes non-Indigenous people in Canadian society have a responsibility to do what they can to work toward reconciliation with First Nations peoples.

"I believe it rises to the level of a moral imperative," she says.

ALUMNI INNOVATION AWARD

For empowering parents of sick children

Lisa Hartling, '90 BSc(PT), '10 PhD
Professor, Department of Pediatrics

Shannon Scott, '06 PhD
Professor, Faculty of Nursing

Knowledge translation in health research



More than two million children visit an emergency department in Canada each year, yet more than 80 per cent don't receive specialized pediatric care. Instead, they are seen in a general emergency department. Lisa Hartling and Shannon Scott want to ensure that children, regardless of where they are treated, receive the best care based on their age, situation and up-to-date pediatric knowledge. They also want to see children

treated in settings other than busy emergency rooms—such as a doctor's office or the home—whenever possible.

It all begins with the parents. In an effort to help parents make better health-care decisions for their children, Hartling and Scott developed innovative knowledge translation tools that combine parents' stories of their health-care experiences with their children, art, novel media and

scientific evidence. Parents can educate themselves on a variety of common childhood illnesses using these animated videos, audiobooks and interactive infographics.

The goal is to give parents the confidence to decide where and when to seek medical attention.

These tools were developed with funding from various local, provincial and national agencies.

SPORTS WALL OF FAME

For a career of coaching excellence

Rob Daum, '82 BPE, '84 BEd
Hockey coach

Rob Daum had a decade of coaching excellence with Golden Bears hockey, as well as stints in national and international arenas.

CAREER HIGHLIGHTS:

Three national championships

Nine consecutive national tournament appearances

Five-time Canada West coach of the year

Two-time national coach of the year

Alberta record for conference regular-season winning percentage, .823, when finished career at U of A

Assistant coach, Edmonton Oilers, 2007-08

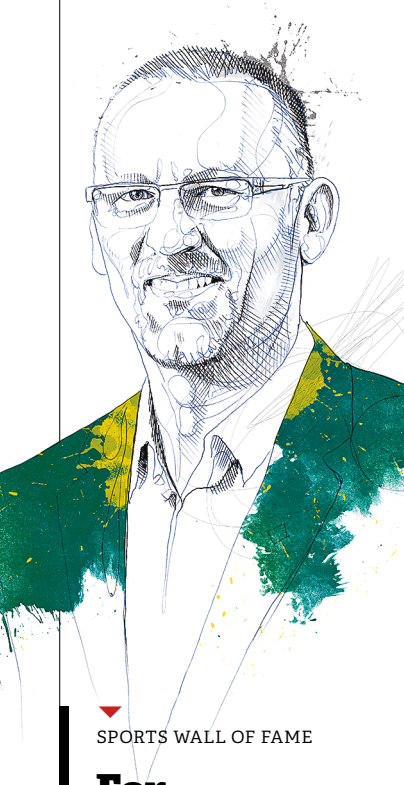
ALUMNI HONOUR AWARD

FOR EFFECTING CHANGE TO INDIGENOUS HEALTH CARE

Lynden (Lindsay) Crowshoe, '93 BMedSc, '95 MD
Researcher

As a researcher and member of the Piikani First Nation, Lindsay Crowshoe works to ensure Indigenous Canadians have culturally appropriate medical care. He advocates for change through research, lectures, mentorship and Indigenous health working groups. These groups focus on the social factors that determine the health of Indigenous people, including barriers to access, cultural bias and intergenerational trauma. Crowshoe works with a variety of organizations, including the Elbow River Healing Lodge, which provides culturally competent care to Indigenous Canadians, and the Truth and Reconciliation Working Group at the University of Calgary's Cumming School of Medicine.





SPORTS WALL OF FAME

For excellence on the court

Douglas Baker, '80 BPE

Basketball player and coach

Douglas Baker joins his wife, Trix, on the Sports Wall of Fame. Their child, Jordan, holds 10 Golden Bears basketball records, has played for Canada and could one day join them on the Sports Wall of Fame.

CAREER HIGHLIGHTS:

Three-time Golden Bears basketball MVP

Three-time Canada West all-star

CIAU All-Canadian 1976-77

Golden Bears records for season field goals and season field goals attempted, 1976-77

Scored an average of 18.4 points per game, second best in Bears basketball history



Deborah Barrett's son, Anthony, is the inspiration behind Anthony at Your Service.

ALUMNI INNOVATION AWARD

For giving a future to adults with intellectual disabilities

Deborah Barrett, '75 BA, '89 MSc

Anthony at Your Service

Anthony at Your Service is a business that employs adults with intellectual disabilities to do custom deliveries in the Edmonton area.

“Anthony at Your Service demonstrates that individuals with significant intellectual disabilities can contribute meaningfully to their community through visible, paid employment. This initiative changes social perceptions and cultural perspectives while creating real jobs for real pay. Dr. Barrett’s vision, perseverance and hard work give adults with intellectual disabilities and families hope for a better future they haven’t had until now.”

Lyndon Parakin, vice-president, Autism Society Alberta

ALUMNI HONOUR AWARD

FOR SERVING THE MOST VULNERABLE

Susan Richardson, '87 BA(Spec), '08 MA, Judge

Two years changed Susan Richardson's life. After graduating from law school in 1990, she spent two years as program manager at Excel Resources, which helps prepare adults living with mental illness or developmental disabilities for employment. This guided Richardson toward a legal career that would help protect the rights of the most vulnerable. In 2011, Richardson was appointed as a judge of the provincial court of Alberta and continues to work with vulnerable populations. Richardson's peers call her a passionate advocate who lives with respect for the law and people's rights.

ILLUSTRATION BY DAVID DESPAU; PHOTO BY JOHN ULAN



▼
ALUMNI HORIZON AWARD

FOR BUILDING INTERFAITH BRIDGES

Nakita Valerio,
'09 BA, '17 MA

Writer, entrepreneur

Police-reported hate crimes targeting Muslims more than tripled from 2012 to 2015,

according to Statistics Canada. In 2017, there were 1,752 anti-Semitic incidents recorded in Canada—the second straight record-breaking year. These rising rates of anti-Semitism and Islamophobia fuel the work of Nakita Valerio. Her graduate studies, focused on the history of Muslim-Jewish relationships in colonial contexts, inform her research and much of what she does outside the classroom. Her mission is to help people learn to accept different

cultures and understand and put into practice the organized efforts required for coexistence.

Valerio is also a volunteer educator and community organizer. In 2016, she co-founded the AMPAC Muslim-Jewish Women's Collective, a group that meets monthly to share, learn, build friendships and do charity work.

"It's been really positive in a short amount of time," says Valerio, who owns The Drawing Board Canada,

a content development company. "There were people who had actively vowed to never sit across the table from someone of the other faith, who have had their minds changed by the group."

Imagine if more of these conversations were going on around the world.

HOW TO HAVE A TRANSCULTURAL CONVERSATION

For anyone having exchanges with people from different cultural communities, Valerio offers some tips:

- ▶ Approach each other with the intention to share, listen and learn. Recognize that people's voices and experiences do not necessarily speak for their entire community, just as yours don't.
- ▶ Expect that things will be uncomfortable and embrace that. Discomfort is a place from which we can learn, grow and begin the journey of questioning the self.
- ▶ Recognize that safe spaces are carefully curated and enforced. Set your boundaries and stick to them.
- ▶ Get to know people as they are, not just as they have been labelled or as they self-identify. Identities are complex and fluid things.

"Susan Richardson's desire to learn and continuously educate herself on society's complex issues has undoubtedly shaped her reputation as a role model both in and out of court."

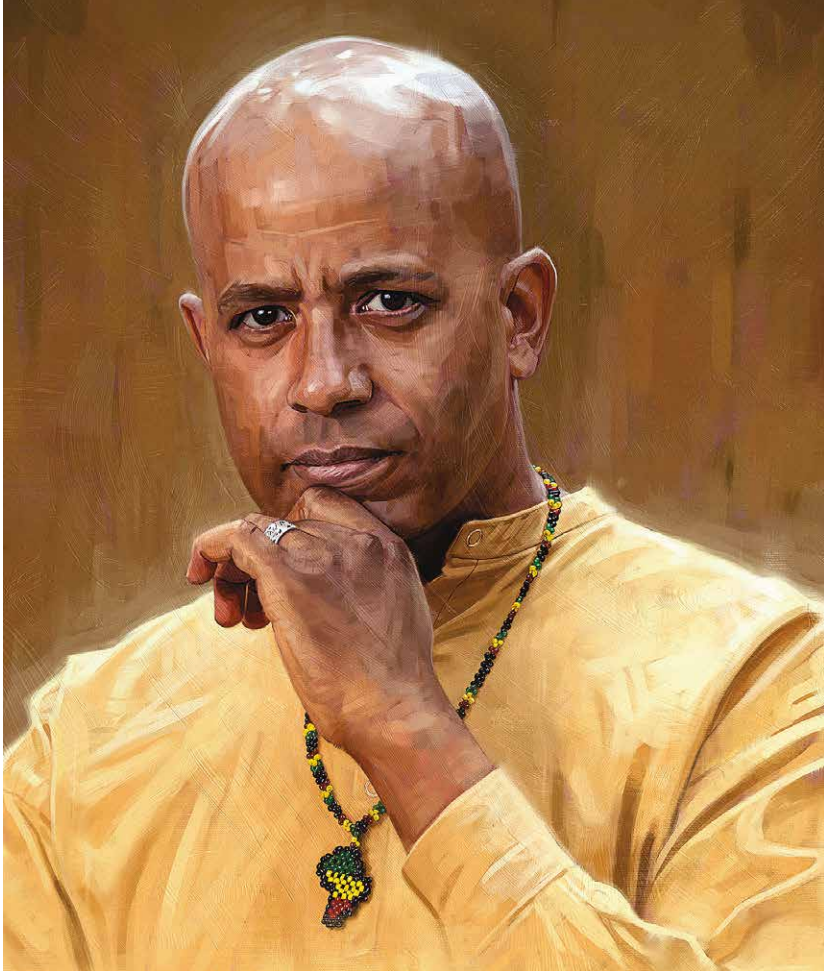
*Lesley Cormack, dean,
Faculty of Arts*

"She is a role model for criminal law practitioners, particularly young women who are considering entering the practice of criminal law and who may ultimately consider a career on the bench."

*Donna Valgardson, judge of the
provincial court of Alberta*

"When Judge Richardson was appointed to the provincial court, I knew ... [she] had not only been an outstanding prosecutor but one who had dedicated herself throughout her professional career to continuous learning — not only of the law but also of the complicated social issues which so often underlie criminal behaviour."

*Terrence Matchett, chief judge,
provincial court of Alberta*



ALUMNI HONOUR AWARD

For listening

Malcolm Azania,
'91 BA, '94 BEd

Writer, teacher, journalist

We asked Malcolm Azania to tell us about someone who inspired him. He wrote us the following.

The solution to all the world's human problems, from loneliness to climatic catastrophe, lies with people, and it starts with listening. And no one did more to teach me that lesson than Tasha Larson almost 30 years ago.

In the summer of 1989, as I was entering my third year, I attended a campus club confab and found myself at the table for CJSR-FM's campus radio. The woman running it was Tasha, the station's tough news and public affairs director. I asked

her if I could get my own radio show on politics—because why not just ask? She told me to report to the station for training.

A partner and I started a show called *Radio H.E.R.E.T.I.C.S.*, and let me tell you, we sucked. Our radio work was as exciting as our essays. We lacked brevity, personality, humour, effective storytelling—pretty much everything radio needs. After two months of suffering our weekly output, Tasha heard me preparing to interview an anti-apartheid organizer from South Africa. As usual, I was as loose as a man in a full-body cast: reading questions from a sheet, not making eye contact, and behaving as if I were programming an old mainframe with punch cards rather than conversing with an actual human being.

Tasha, who, despite her appearance and youth could at times

remind one of Bea Arthur's Dorothy Zbornak on *The Golden Girls*, told me something like, "That's a person. Forget the questions on your paper. Just look him in the eye and smile and have an actual conversation."

That advice changed me forever.

I began wording questions to make them more personable, and spent my interviews not just waiting for the next break to shove in my next question, but by listening to hear what mattered so I could ask them about it.

I've learned that deep listening (not just asking questions other than, "So how do you feel about that?") is cheaper, more convenient and more effective than marriage counselling.

So, thank you, Tasha. I always ask my guests to tell me about their favourite teachers, however they define the word, and you're definitely on my own list.

ALUMNI HONOUR AWARD

FOR WORKING BEHIND THE SCENES

Brenda Walker, '71 Dip(DentHyg)

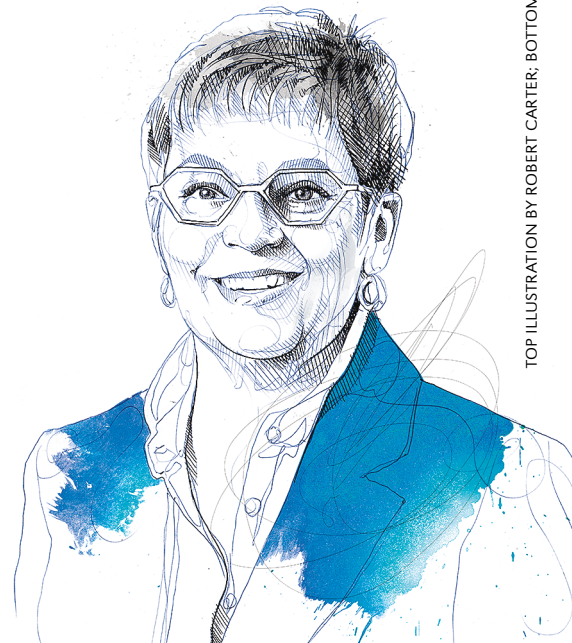
Dental hygienist

Brenda Walker's efforts to ensure patients' health and safety have resulted in important regulations that often go unnoticed as we sit in the dental chair. Here are a few highlights:

► **Self-regulation:** Walker lobbied for 25 years to remove legislation requiring dental hygienists to be supervised by a dentist. In 2006, the Health Professions Act was introduced, allowing hygienists to practise alone in settings that include long-term care facilities and rural communities. Hygienists must be registered with the College of Registered Dental Hygienists of Alberta.

► **Degree status:** The U of A's three-year dental hygiene program was approved for baccalaureate status in 2000. Walker helped lobby the university for the change.

► **Pharmacy training:** In 1998, approval was given for dental hygienists to administer local anesthetic, and a groundbreaking program that allows hygienists to prescribe drugs, such as antibiotics and fluoride drops, was introduced in 2006. These changes have increased care for all Albertans, especially those who live where access to dental care is limited. ■



TOP ILLUSTRATION BY ROBERT CARTER; BOTTOM ILLUSTRATION BY DAVID DESPAU

Who deserves the spotlight?

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Award criteria and nomination form at:
ualberta.ca/alumni/awards

alumni.awards@ualberta.ca
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trails

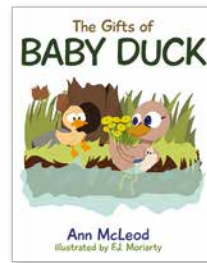
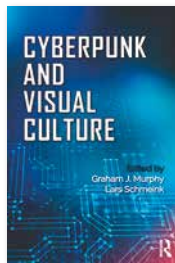
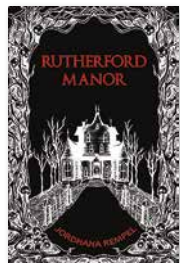
WHERE YOU'VE BEEN AND WHERE YOU'RE GOING



Meet some new members of your alumni community. (From left) Rawan Daoud, Sara Al-Naser and Cydnee York graduated from the Faculty of Nursing in spring 2018. They joined 6,700 U of A students who donned a cap and gown in convocation ceremonies held throughout June.

PHOTO BY RICHARD SIEMENS

Books



U of A alumni share their new books, including a natural disaster prep guide, critical essays on cyberpunk and a biography of minor hockey's greatest player ever.

Compiled by *Kate Black*, '16 BA

▼
POETRY
This Love is Mad Reciprocal
by **Liam Coady**, '14 BA, Glass Buffalo, glassbuffalo.com

Coady, a national poetry slam champion, explores pain and grief through the lens of a nearly inexhaustible belief in the goodness of the world.

▼
SHORT FICTION
Rutherford Manor
by **Jordhana Rempel**, '11 BA, Matrix Pressworx, rutherford-manor.com

Six short stories illustrate the murderous history of two rural Alberta families.

▼
PHILOSOPHY
Knowing Humanity in the Social World: The Path of Steve Fuller's Social Epistemology
by **Francis X. Remedios**, '76 BA, and **Val Dusek**, Palgrave MacMillan, palgrave.com

An examination of Fuller's conception of humanity and a "post-human" future.

▼
SPORTS
The Playmaker's Advantage: How to Raise Your Mental Game to the Next Level
by **Leonard Zaichkowsky**, '66 BPE, and **Daniel Peterson**, Simon & Schuster, simonandschuster.com

Sports performance psychologists help athletes and coaches improve their

"playmaker's awareness" by using cognitive training.

▼
HISTORY
Trail North: The Okanagan Trail of 1858-68 and Its Origins in British Columbia and Washington
by **Ken Mather**, '68 BA, Heritage House Publishing Co., heritagehouse.ca

Mather's fourth book on pioneering history traces the expansive origins of this iconic transportation route.

▼
MYSTERY
A Course in Deception
by **Jana Rieger**, '91 BSc(Speech/Aud), '01 PhD, self-published

A professor investigates medical research ethics gone awry after the mysterious death of a fellow researcher.

▼
POETRY
Tar Swan
by **David Martin**, '07 MA, NeWest Press, newestpress.com

A developer, a mechanic, an archeologist and a mythical swan survey the myths of Alberta's oilsands.

▼
CULTURAL STUDIES
Cyberpunk and Visual Culture
edited by **Graham Murphy**, '02 PhD, and **Lars Schmeink**, Routledge, routledge.com

A collection of critical essays on the aesthetics of 1980s and 1990s

cyberpunk and its meaning for our 21st-century techno-digital landscapes.

▼
MEMOIR
Real Medicine, Alternative Hockey: If Only This Stethoscope Could Talk
by **Guy Robert Blais**, '79 BSc(Med), '81 MD, Tellwell Talent, realmedicinealthockey.com

A family physician reflects on a 30-year career juggling his love of medicine and hockey.

▼
FICTION
That's My Baby
by **Frances Itani**, '74 BA, HarperCollins, harpercollins.ca

In the finale of the Deseronto series, Hanora learns of her adoption but is given no details. Decades later, she pieces together her own identity.

▼
MEMOIR
Falling for London: A Cautionary Tale
by **Sean Mallen**, '84 BFA, Dundurn, dundurn.com

Global's former Europe bureau chief lands his dream job but has to move his reluctant family to a new continent.

▼
CHILDREN'S LITERATURE
The Gifts of Baby Duck
by **Ann McLeod**, '70 BA, '71 DipEd, self-published, annmcleodwrites.com

Baby Duck is teased by other critters but Mommy Duck shows him he is loved.

▼
SCIENCE FICTION
A Walk on the Strange Side
by **David M. Mannes**, '76 BED,

'82 MEd, Solstice Publishing, solsticepublishing.com

No-nonsense county sheriff Kelly Dane finds himself encountering a host of strange happenings, from ghosts to UFO abductions.

▼
EDUCATION
Perspectives on Canadian Educational Law and Policy
by **William T. Smale**, '01 PhD, Word & Deed Publishing, wordanddeedpublishing.com

A review of law and policy related to K-12 education and charter rights.

▼
BIOGRAPHY
I Just Wanted to Play Hockey: Guyle Fielder, the Unknown Superstar
by **James Vantour**, '63 BA, '73 PhD, self-published

Vantour uncovers the life and controversial career of Guyle Fielder, the best player in minor hockey league history.

▼
GUIDEBOOK
Master Your Disaster: Your Readiness, Response and Recovery Prep Guide
by **Leann Hackman-Carty**, '86 BA, self-published

A seasoned disaster-recovery organizer offers tips to prepare for and respond to a variety of natural disaster scenarios.

Tell us about your recent publication. Mail your write-up and book to New Trail Books, Office of Advancement, Third Floor, Enterprise Square, 3-501, 10230 Jasper Ave. NW, Edmonton, AB, T5J 4P6. Or email a write-up with a high-resolution cover image to alumni@ualberta.ca. Inclusion on this list does not denote endorsement by New Trail.

A man wearing a red hard hat, safety glasses, a plaid shirt, and a high-visibility safety vest is smiling and standing in a lush reed bed. The background shows a body of water and more reeds.

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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 alumni@ualberta.ca. Notes will be edited for length, clarity and style.

Class Notes

1940s

'41 **Gerald W. Hankins**, BSc, '51 MD, provided an update on his career in medicine, which included 12 years as a surgeon in Kathmandu, Nepal, publishing seven books and receiving several recognitions, including the Alberta Order of Excellence, an Award of Merit from the College of Physicians and Surgeons of Alberta and the Distinguished Alumni Award from the Calgary Board of

Education. Hankins writes: "The years have passed but some memories don't fade. Nor has the gratitude I feel towards a sizable number of teachers, mentors, professors and clinicians of all kinds."

1950s

'54 **Gordon Kay Greene**, BA, '55 BEd, '62 MA, learned that his historical novel, *Papa Luna: Benedict XIII & The Schism*, was selected by *Foreword Reviews* as a finalist for the



▶ Gerald Hankins (right) with his wife, **Lois Alger**, '44 BA

Jennifer Rees



A U of A Love Story

Shaunie Shammass, '78 MSc, '85 PhD, wrote in to share her love story's humble U of A beginnings:

"It was 1976 and he (**Saeid Shammass**, '78 MSc, '83 PhD) had just arrived from Shiraz, Iran. I had grown up in Edmonton.

"We met in the cafeteria of SUB. He says it was love at first sight. That was how it all started. We got married in 1978, right after I got my master's. After graduating with our PhDs, we were known as 'Doctors S. Shammass.' I actually once got a call asking for Dr. Shammass. I then asked, 'Which one?' They replied, 'Dr. S. Shammass.' I then had to ask, 'Which one? Saied Shammass the engineer, or Shaunie Shammass the linguist?'

"Fast forward 40 years and we have now written a book called *My Mother's Persian Stories: Folk Tales for All Ages in English and Farsi*. It is a bilingual book of 30 Persian folk stories my husband's mother told him when he was growing up in Iran. We thought that these stories would disappear if we didn't write them down. I wrote the English part and he wrote the Persian part and did all of the illustrations, including the cover art painting.

"And to think that it all started with a chance meeting at SUB so many years ago!"

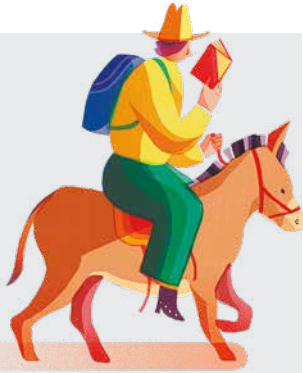
Do you have a U of A love story you'd like to share? Send it to newtrail@ualberta.ca.



▶ Shaunie Shammass



▶ Saeid Shammass



DID YOU KNOW?

In 1913, a U of A student riding a donkey was the first person to cross the High Level Bridge.

2017 Book of the Year Award. Another notable project from Greene, a former dean of Wilfrid Laurier University's Faculty of Music, includes helping produce a 25-volume series on 14th-century polyphonic music for French classical music label Les Éditions de l'Oiseau-Lyre.

1960s

'64 **Del Fredlund**, MSc, '73 PhD, was awarded the K.Y. Lo Medal by the Engineering Institute of Canada in January. The award was in recognition of his significant engineering contributions at the international level. Fredlund's career led to him touring the world to explain major developments related to the science of unsaturated soil mechanics. He was recently selected to deliver the Blight Lecture in Seoul, South Korea, in recognition of his lifelong and worldwide contributions to geotechnical engineering.

1980s

'80 **Dawn Jackson**, BEd, wrote in with career news. "After an exciting work experience in industry and education, I retired last year and I seem to be even busier now than before. I started a management consultancy and leadership training business and my vast experience and training in

business and education is still paying off. Thank you to my alma mater, mentors and employers."

'80 **Jennifer Rees**, BSc(PT), represented the U of A's Green and Gold Community Garden at a ceremony in Ottawa in November to receive a Senate 150th Anniversary Medal in recognition of the garden's community impact. The community garden grows and sells produce, with all profits supporting the Tubahumurize women's association in Rwanda.

'84 **Deborah Yedlin**, BA(Spec), has been appointed

chancellor of the University of Calgary. Yedlin has worked as a journalist for the *Financial Post*, *Globe and Mail* and *Calgary Herald*.

'85 **Allan MacRae**, MEng, received a community service award from the Society of Petroleum Engineers for averting a potential sour gas disaster at the Mazeppa gas processing plant southeast of Calgary in 2016. MacRae says he learned from a confidential informant that the project wasn't being safely maintained and was risking the exposure of thousands of Calgarians to deadly hydrogen sulphide gas. He then alerted the



IN THE NEWS

New Appeals Justice

Ritu Khullar, '85 BA(Hons), has been appointed as a justice of the Court of Appeal of Alberta, one year after being appointed a justice of the Alberta Court of Queen's Bench. Khullar previously worked as a labour lawyer. She is the first South Asian judge in Alberta and the first South Asian woman named to any Canadian appeal court. —EDMONTON JOURNAL

Paul Vaillant



Alberta Energy Regulator, which quickly suspended all operations at the plant.

1990s

'91 **Pramod Puligandla**, BSc(Hons), a professor of pediatric surgery at McGill University, has been elected to the Pediatric Surgery Board of the American Board of Surgery — making him the first pediatric surgeon from Canada to be elected to this position. Over the next six years, Puligandla will participate in defining and setting the standards for certifying specialists in pediatric surgery across North America.

'98 **Michael Grech**, MSc, wrote in to share his tale of how he “started in one place and ventured off the beaten path to go on and do lots of fun things.” After working for a software company and later

Billy-Ray Belcourt, '16 BA(Hons), has won a \$65,000 Griffin poetry prize, the world's largest prize for a first-edition single collection of poetry written in or translated into English. Belcourt, who is from Driftpile Cree Nation in Alberta, won for his book *This Wound is a World*.



founding a meal-assembly service called Dashing Dishes, Grech is now a quantitative investor and writes about his expertise on his website quantopolis.com.

2000s

'02 **Paul Vaillant**, BSc(CompEng), is the new chief technology officer for Testfire Labs, which uses machine learning and artificial intelligence to modernize the way people work. In his new position, Vaillant will implement new technologies, supervise system infrastructure and assure system integrity, security and privacy for users.

'02 **Cynthia Scott Wandler**, BEd, won the 2018 Jon Whyte Memorial Essay Alberta Literary Award in June. Her winning essay, “Things You Can't Do With a Broken Left Arm,” will be published in the literary magazine *Blank Spaces* in November. Visit cynthiascottwandler.ca to check out other publications or just say hi.

'08 **Lyndell Grey**, BCom, after 12 years at RBC, joined her brother, **Chris Grey**, '92 BA, '95 MBA, and business partner **Bruce Grant**, '96 BSc, at RBC Dominion Securities in June 2017. The Grey Wealth Management Group works with high-net-worth individuals to increase their wealth, preserve their estates and help with business succession planning. When Grey is not working, she says, you can find her scuba diving, cycling, coaching soccer or avidly daydreaming about her trips to Australia.

'09 **Erin Searcy**, PhD, bioenergy technologies department manager at Idaho National Laboratory, was highlighted recently on the lab's website. In the article, Searcy credits engineering professor **Peter Flynn**, '74 PhD, as one of her strongest influences in pursuing a career in bioenergy.

2010s

'10 **Jennifer Emond**, BA, completed a master's degree in European policy in Belgium and has been living abroad and working for the United Nations ever since. There, she has focused on facilitating workshops (continues on page 48)

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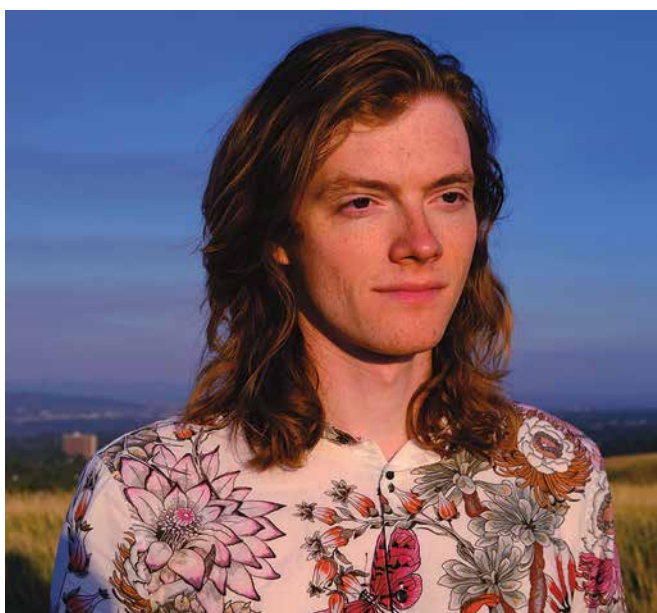
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IN THE NEWS

'We Still Have Work to Do'

Brenda Lucki, '93 BA, was named the new RCMP commissioner in March. Lucki, a 32-year veteran of the force, is the first woman to hold the top spot at the RCMP on a permanent basis. "When people refer to me as the first female commissioner, it just tells me that we still have work to do because we don't often hear that the 23rd commissioner was male," she says. Lucki has been awarded the United National Force Commander's commendation for bravery, two UN protection forces medals and the Canadian peacekeeping service medal. – CBC



▲ Zach Polis

(continued from page 46)

to protect aid recipients from sexual exploitation by humanitarian workers. Her roles within the UN have taken her to Brussels, Haiti, the Democratic Republic of Congo and Iraq. "Talking about sexual abuse is a challenge, particularly in a conservative society," Emond writes. "But I find that speaking so openly on the topic during the workshops and trainings I facilitate helps reduce the stigma and makes people feel more comfortable reporting abuses."

'10 **Lyndsey De Souza**, MScRS(OT), published an article in the January edition of *Occupational*



Therapy Now describing her experience delivering general oncology education to health professionals in Doha, Qatar.

'12 **Jennifer Hiebert**, BSc(CivEng), a civil engineer, volunteered with Calgary-based Engineering Ministries International Canada in February. As a member of an international team of architects and engineers, Hiebert worked with Haiti ARISE to provide master planning and design services for a birthing and maternity centre in Grand Goave, Haiti. This was Hiebert's second trip with Engineering Ministries International.

'12 **Zach Polis**, BA, has been named the City of St. Albert's inaugural poet laureate and received the RBC Emerging



▲ **Norma Dunning**, '12 BA(NativeStu), '12 Cert(AbGovt/Part), '14 MA, won the \$10,000 Danuta Gleed Award for the best first collection of short fiction by a Canadian author published in English, for *Annie Muktuk and Other Stories*.

Artist award at the St. Albert Mayor's Celebration of the Arts in acknowledgment of his photography published on *Vogue Italia's* website. Polis also keeps busy as a filmmaker and photographer for numerous Alberta municipalities and multinational corporations.

'14 **Jesse Werkman**, BA(Hons), and **Patrick Michaud**, '17 BA, produced and self-funded *VISTA*, a documentary that shares the stories of survivors of the 2014 Isla Vista campus shooting in Santa Barbara County, Calif. ■

◀ City of Edmonton HealthHack finalists: (from left) Fahim Hassan, Mohib Khan, S.A. Rokib and Hamman Samuel

How to Hack Health

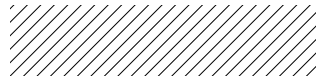
A number of alumni were finalists in the City of Edmonton's first HealthHack competition, which invited residents to submit proposals to improve mental, physical, social and economic health. Proposals included:

Reed Sutton, '16 BSc, and **Joe Dang**, '17 BSc(ChemEng): A public blockchain ecosystem to safely share data around cannabis use.

P.J. Rawlek, '92 BMedSc, '94 MD: A fitness app to help beginners get active by providing valued support from a professional team.

S.A. Rokib, '15 MSc, **Fahim Hassan**, '11 MA, **Mohib Khan**, '15 MSc, **Hamman Samuel**, '11 MSc: A web app that geo-codes and analyzes Twitter data to help planners and policy-makers improve urban design.

See page 9 to read about the proposal that took top prize: a wheelchair accessibility mapping app developed by a U of A team.



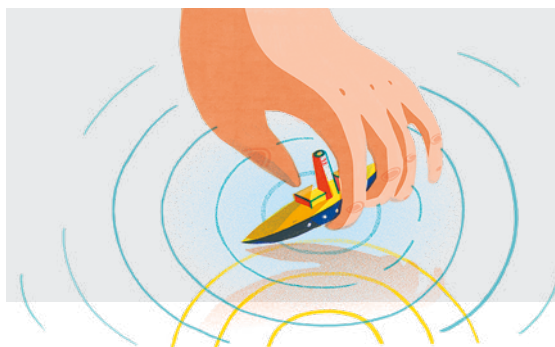
CAMPUS SAINT-JEAN

Êtes-vous une ancienne ou un ancien du Campus Saint-Jean? Partagez votre expérience dans le *New Trail*. Pour ce faire, nous vous invitons à remplir le formulaire ici: ualberta.ca/campus-saint-jean/anciens/new-trail.



'85 **Denis Vincent**, BMedSc, '87 MD, médecin et finissant du Campus Saint-Jean, ainsi que son équipe, ont développé le système ezReferral. Ce service, basé sur le Cloud, permet aux professionnels de la santé de facilement effectuer des demandes

de consultation pour leurs patients. En un instant, les informations importantes du patient sont transmises à leurs médecins. C'est avec grand enthousiasme que Denis nous informe que l'ezReferral est maintenant à l'étape de mise en marché.



DID YOU KNOW?

The U of A's first physics professor, Robert Boyle, led a team that developed the first workable sonar used during the First World War. British warships were equipped with the sonar in October 1918.



IN THE NEWS

Food ‘From the Wild’

Kevin Kossowan, '99 BCom, was nominated for a 2018 James Beard Media Award. The third season of Kossowan's web series, "From the Wild," was one of three finalists in the Video Webcast, On Location category. While Kossowan didn't win the award, his work showcasing regional Canadian cuisine continues to attract international recognition. The James Beard Foundation, a non-profit organization, celebrates the best in food culture in the United States and Canada. —THE GLOBE AND MAIL

ALUMNI ADVICE

BOARDROOM MILLENNIALS

Reverse mentoring is changing the C-Suite

By **Jordhana Rempel**, '11 BA



Reverse mentorship pairs a younger worker with a company veteran so the latter can learn from the former. With millennials predicted to make up nearly half the workforce by 2020, reverse mentorship is being used by big corporations like Microsoft and Target to bridge the generation gap and stay on the cutting edge of digital culture. U of A business student Christina Luo, who recently did a stint as ATB's Google ambassador, mentored **Lorne Rubis**, '73 BEd, ATB's first chief evangelist (an executive who helps a company adapt to new technologies). Rubis and Luo each saw the opportunity as a learning experience. They offer some tips for the uninitiated.

Collaborate, don't compete

Studies from the Zur Institute, an organization that provides continuing education to counselling psychologists and other health-care professionals, show that millennials learn best through participation and intuition

instead of linear manuals. They thrive on collaboration and trial-and-error. For example, Rubis says, when he's working with Luo, "we get stuff done. We work through conversations, not necessarily through structured meetings."

Break power barriers

Rubis says that millennials, who've grown up with the internet, tend to see the world as more egalitarian than his generation. He encourages this nontraditional attitude by bringing Luo into board meetings and introducing her to people in different positions to "remove the aura of power."

Tech it up a notch

While millennials' digital savvy can certainly help keep companies trending on social media, that's not the only technical skill they have. Luo helps Rubis make sure ATB's live online broadcasts stream smoothly to audiences of up to 1,300 viewers. "She's so intelligent," Rubis says of Luo, "she writes code for fun."

Try new things

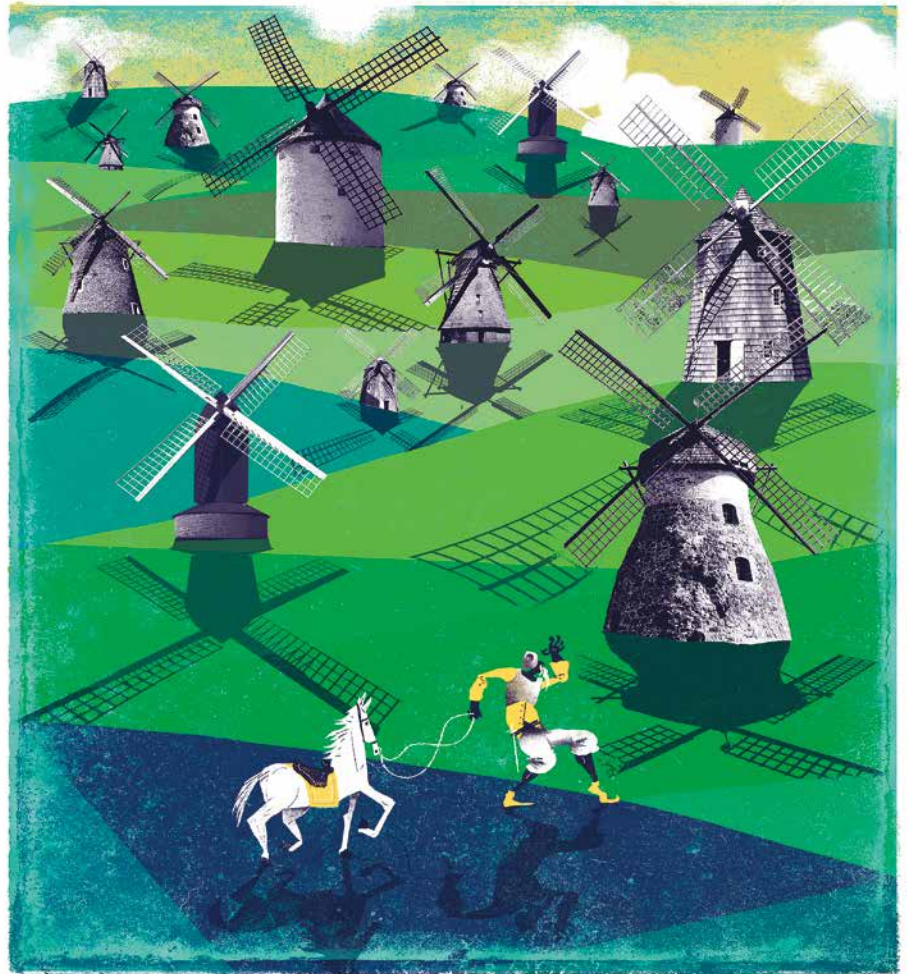
Rubis says that Luo often comes to him with ideas she gleans from a variety of sources, such as Twitter or podcasts. He mentions the seven-star design principle of Airbnb, in which a host anticipates your ideal holiday and makes provisions. It's a new model for thinking outside the box. "I had no idea some of this was out there," Rubis says of the information Luo uncovered. "I learned to be more fearless and open to experimenting."

Communicate openly

The dissolution of traditional mentor roles comes with a steep learning curve on how to communicate. Says Luo, "I had to learn not to ask for permission to do what I think is right." Rubis adds, "I learned how much I didn't know, and I had to learn to be vulnerable in that regard." ■

flashback

AUTHOR JASON LEE NORMAN, '06 BA, TRANSFORMS A CAMPUS MEMORY INTO A WORK OF FLASH FICTION.



TILTING

I don't know what Alonso Quixano had inside him that made him go mad. I don't know what made him wake up one morning and put a bedpan on his head, calling himself a knight errant and dragging his poor old horse out of her comfortable pasture on a warm June day with the cool shade of an olive tree nearby. It may be the very same madness that lives inside me, that made me agree to read a chapter of *Don Quixote* (in the original Spanish) in front of 100 or so people in honour of the 400th anniversary of its publication. Maybe old Alonso Quixano's spirit left his body as he charged at those windmills the same way my brain left my body when the time came to read in front of all those native Spanish speakers. Or maybe he would've blocked it all out of his memory like I did and thought the whole experience just a dream. The both of us waking up the next day with the name Dulcinea on the tips of our tongues.

This piece of flash fiction was inspired by Jennifer Keys Lavallee, '06 BA, who still has horrifying flashbacks of reading Don Quixote out loud in her 400-level Spanish class.

The Alumni Association notes with sorrow the passing of the following graduates (based on information received between February 2018 and May 2018)

In Memoriam

1930s

'39 **Marian Kathleen Corday (Lipkind)**, BSc, '40 MSc, of Los Angeles, CA, in May 2018

1940s

'43 **Esther R. Williams (Anderson)**, BSc(HEc), of Camrose, AB, in January 2018

'45 **Barbara June Cox (Causgrove)**, Dip(Nu), '46 Dip(PHNU), of Qualicum Beach, BC, in April 2018

'45 **Joyce Elaine Hagg (Christensen)**, Dip(Nu), of Calgary, AB, in February 2018

'45 **Doris Elizabeth Pimm (Tanner)**, BSc(HEc), of Edmonton, AB, in January 2018

'47 **Janet Esther Bentley**, BA, of Edmonton, AB, in March 2018

'47 **Waunita Merritt Ellis (Fizzell)**, BA, of Burnaby, BC, in April 2018

'47 **Muriel Eva Hole**, Dip(Nu), '48 BSc(Nu), of Edmonton, AB, in April 2018

'47 **Patricia A. Thorpe**, BSc(Nu), of Ottawa, ON, in May 2018

'47 **Lois Patricia Verchomin (Nichols)**, Dip(Ed), '49 BEd, of Victoria, BC, in January 2018

'48 **Samuel Belzberg**, BCom, of Vancouver, BC, in March 2018

'48 **Marshall John Dolinsky**, BSc(CivEng),

of Edmonton, AB, in February 2018

'48 **Thelma Elizabeth Irvine (MacKenzie)**, Dip(Nu), '49 BSc(Nu), of Coldstream, BC, in March 2018

'48 **Murray Frank Smith**, BEd, '74 PhD, of Edmonton, AB, in February 2018

'48 **Mary Van Alstine (Greer)**, Dip(Nu), '49 BSc(Nu), of Victoria, BC, in May 2018

'49 **Reginald Edward Bailey**, BSc(CivEng), of Edmonton, AB, in February 2018

'49 **Evelyn Mae Brown (Dennis)**, BSc, of Calgary, AB, in October 2017

'49 **Clifford Ryerson Driver**, BEd, '68 Dip(Ed), of Edmonton, AB, in September 2017

'49 **William John Harvie**, BSc, '55 LLB, of Calgary, AB, in February 2018

'49 **Alice Elizabeth Henbest**, BA, of Edmonton, AB, in February 2018

'49 **James Rutherford Hume**, BSc(MiningEng), of Calgary, AB, in April 2018

'49 **Kenneth Herbert Hutchings**, BSc(Ag), of Edmonton, AB, in April 2018

'49 **Kathleen Marjorie Lae (Taylor)**, Dip(Nu), of Burnaby, BC, in April 2018

'49 **George Wright MacKintosh**, BCom, of Edmonton, AB, in April 2018

'49 **Helen Newman**, BSc(HEc), of Edmonton, AB, in March 2018

'49 **Norman Leslie Reid**, BSc(CivEng), '51 MSc, of Sidney, BC, in April 2018

1950s

'50 **Donald McLennan Black**, BSc(Ag), of Calgary, AB, in January 2018

'50 **John Sidney Forge**, Dip(Ed), '50 BEd, of Sidney, BC, in February 2018

'50 **Louis Anthony Hague**, DDS, of West Vancouver, BC, in March 2018

'50 **Edythe Elaine Kinzel (Code)**, BSc(Pharm), of Regina, SK, in December 2017

'50 **Clark Thomas Leavitt**, BA, '54 MD, of Calgary, AB, in April 2018

'50 **Dalton Carson MacWilliams**, BSc, of Beaverton, OR, in March 2018

'50 **Kathleen Patricia Schlosser (Scott)**, BSc(HEc), of Edmonton, AB, in February 2018

'50 **Lorna Ethyle Simmonds**, BEd, of Nelson, BC, in March 2018

'50 **Eira Tydfil Spaner (Jones)**, BEd, '85 PostgradDip, of Edmonton, AB, in April 2018

'50 **Richard Edward Taylor**, BSc, '52 MSc, '91 DSc (Honorary), of Stanford, CA, in February 2018

'51 **John Malcolm Asplund**, BSc(Ag), '57 MSc, of Orem, UT, in February 2018

'51 **Dorothy Mina Graham (Eidem)**, Dip(Ed), '54 BEd, of Vernon, BC, in March 2018

'51 **Beatrice Hunter (Cole)**, BSc(Nu), of Edmonton, AB, in March 2018

'51 **Everett Ray McCrimmon**, BSc(Ag), of Toronto, ON, in February 2018

'51 **Alexander Baillie Morrison**, BSc(Ag), '52 MSc, of Bountiful, UT, in February 2018

'51 **Richard Gordon Wheatley**, BA, '54 LLB, of St. Albert, AB, in March 2018

'52 **Ralph Morley Miller**, BA, '58 MA, of Calgary, AB, in March 2018

'52 **Minerva Carolynne Purnell (Johnson)**, Dip(Ed), of Cardston, AB, in November 2017

'52 **David Ernest Ritchie**, BSc(Pharm), of Calgary, AB, in February 2018

'52 **Walter Stanley Scott**, BSc(CivEng), of Penticton, BC, in December 2017

'52 **Betty Wordie**, BSc, of Victoria, BC, in January 2018

'53 **Ivo Giovanni Dalla Lana**, MSc, of Edmonton, AB, in March 2018

'53 **Gerald Oscar Lundgren**, BSc(Pharm), of Victoria, BC, in January 2018

'53 **William Robert Prunkl**, Dip(Ed), '56 BEd, '64 BA, of Edmonton, AB, in February 2018

'53 **Helen Vera Raby**, BA, of Calgary, AB, in April 2018

'54 **Solomon Berg**, BSc, '56 MD, of Brookline, MA, in February 2018

'54 **Wesley Percy Eddy**, BEd, '57 BA, '62 MEd, '68 PhD, of Lacombe, AB, in March 2018

'54 **William Howard Tye**, BCom, of Canmore, AB, in February 2018

'55 **Francis Garfield Anderson**, Dip(Ed), '61 BEd, of Calgary, AB, in February 2018

'55 **Margaret Hildur Harms (Lien)**, BEd, of Calgary, AB, in March 2018

'55 **Mary Bridget MacMillan**, Dip(Ed), '58 Dip(Ed), '60 BEd, of Vancouver, BC

'55 **Kenneth Ian Morrison**, BSc(CivEng), of Campbell River, BC, in January 2018

'56 **Evangeline Elizabeth Campbell (McArthur)**, BA, of Ottawa, ON, in January 2018

'56 **Hal Mackenzie Freeman**, MD, of New York, NY

'56 **Donald Alan MacGregor**, BA, of Edmonton, AB, in March 2018

'56 **Orvall Kenneth Roer**, BSc(Pharm), of Victoria, BC, in March 2018

'56 **Elizabeth Ann Rose**, Dip(Nu), of Edmonton, AB, in March 2018

'56 **John Carl Zaporinuk**, DDS, of Victoria, BC, in May 2018

'57 **Muriel Pamela Loney**, Dip(Ed), of Victoria, BC, in March 2018

'57 **Maureen Kathleen O'Sullivan**, Dip(Nu), '69 BSc(Nu), of Provost, AB, in February 2018

'57 **Patricia Eleanor Simonds**, MD, of Edmonton, AB, in December 2017

'58 **Clare James Drake**, BEd, '95 LLD (Honorary), of Edmonton, AB, in May 2018

'58 **Frank Walter King**, BSc(ChemEng), of Calgary, AB, in May 2018

'58 **Florence Irene McKie (Danyluk)**, BEd, '63 MEd, '85 PhD, of Edmonton, AB, in April 2018

'59 **Ernest Matthew Braithwaite**, BCom, of Surrey, BC, in March 2018

'59 **Peter Holdsworth Buckley**, BSc, of North York, ON, in March 2018

'59 **Raymond Andrew Heller**, BSc, of Hamilton, ON, in August 2017

'59 **Ralph Wohlgeschaffen**, BSc(ChemEng), of Calgary, AB, in April 2018

1960s

'60 **Margaret Jeanette Gilbertson (Evans)**, Dip(Nu), '61 BSc(Nu), of Calgary, AB, in February 2018

'60 **Marjory Edith Hanley (Miller)**, Dip(Nu), of Calgary, AB, in May 2018

'60 **Gina Mabel Myhre (Johnson)**, BEd, of Edmonton, AB, in February 2018

'60 **Lois Dorothy Naundorf**, Dip(RM), of Queensville, ON, in November 2017

'60 **Ralph Carl Wirsig**, BSc(MechEng), of Perth Road, ON, in March 2018

'61 **David Bowlby Robson**, BSc(ElecEng), of Calgary, AB, in April 2018

'61 **Alan John Rolfe**, BSc(ElecEng), of Alexandria, VA, in April 2018

'61 **Alonso Margaret Rose Tascon**, Dip(Arts), '63 Dip(Arts), of Encino, CA, in February 2018

'61 **Peter Gerhard Thede**, BSc(ElecEng), of Edmonton, AB, in February 2018

'62 **Bernice Gertrude Beres (Coward)**, BPE, of Sooke, BC, in March 2018

'62 **Guenter Wilhelm Riedel**, BSc(Ag), '67 PhD, of Ottawa, ON, in February 2018

'64 **Joan M. Harvey (Jackson)**, BA, of Halfmoon Bay, BC, in February 2018

'64 **William Henry Jones**, BSc(CivEng), '68 MEng, of Sturgeon County, AB, in February 2018

'64 **Wally Arthur Sherwin**, BCom, of Mississauga, ON, in March 2018

'64 **Geoffrey Allen Smith**, BEd, '65 MEd, of Englewood, FL, in March 2018

'65 **John Gary Langford**, BSc(Pharm), of St. Albert, AB, in April 2018

'66 **James Neill Bishop**, BSc, of Brampton, ON, in February 2018

'66 **Anthony H. Marinus Vander Voet**, BSc, '67 MSc, of Brampton, ON, in April 2018

'67 **Richard Edwin Anderson**, BEd, '69 Dip(Ed), '73 MEd, of Edmonton, AB, in April 2018

'67 **Howard Vergil Olson**, BA(Hons), '70 MA, of Holden, AB, in January 2018

'67 **Reiner Felix Sattler**, BEd, of Cochrane, AB, in May 2018

'67 **Margaret Theresa Stevenson (McPhee)**, BEd, '69 MEd, '95 PhD, of Edmonton, AB, in May 2018

'67 **Marilyn Gladys Watt**, BEd, of Calgary, AB, in December 2017

'67 **Peter W. Witherly**, BEd, '71 MEd, of Prince Rupert, BC, in February 2018

'67 **Joseph Peter Yurkiw**, BEd, '72 BA, of St. Albert, AB, in February 2018

'68 **Hilton Gregory S. Banfield**, MA, of Edmonton, AB, in January 2018

'68 **Lee H. Bradshaw**, BEd, of Kelowna, BC, in May 2018

'68 **Lawrence Edward Dunn**, BSc(Ag), '71 LLB, of Calgary, AB, in March 2018

'68 **William Patrick Hrudey**, MD, of Cayman Islands, in February 2018

'68 **Ronald Alexander Shaw**, BSc(ChemEng), of Calgary, AB, in December 2017

'69 **Wayne Berlinguette**, BA, '71 BEd, of Cold Lake, AB, in July 2017

'69 **Marjorie Luella Goodwin**, BEd, of Sidney, BC, in February 2018

'69 **Wayne Allan Heth**, BSc(CivEng), of Calgary, AB, in January 2018

'69 **Halyna Oksana Horbay**, BA, '72 LLB, of Edmonton, AB, in February 2018

'69 **Robert George Leinweber**, BEd, '72 MEd, of Calgary, AB, in March 2018

'69 **Patricia Margaret Ness**, Dip(Nu), '82 BEd, '92 MEd, of Edmonton, AB, in February 2018

'69 **Edward William M. Robinson**, BEd, of Edmonton, AB, in April 2018

1970s

'70 **John Bradshaw**, BA(Hons), of Sandy, UT, in May 2018

'70 **Benjamin Bachmann**, Dip(Ed), of Vermilion, AB, in December 2017

'70 **Rose Lillian Mandelin**, BEd, of Edmonton, AB, in February 2018

'70 **Bryan Martin Saboe**, BEd, '73 BA, '99 Dip(Ed), of Knoxville, IA, in March 2018

'70 **Gertrude Joan Toews**, BSc, '72 MD, of Rossland, AB, in January 2018

'71 **Herbert Bruce Jeffery**, PhD, of Edmonton, AB, in January 2018

'71 **Cheryl Mary Schuh (Middlemass)**, Dip(Nu), '77 BCom, of Edmonton, AB, in April 2018

'71 **Witold Stanislaw Swianiewicz**, BEd, of Calgary, AB, in April 2018

'71 **Robert Gerald Wilding**, MBA, of Sault Ste. Marie, ON, in April 2018

'72 **Hugh William Campbell**, BEd, of Edmonton, AB, in May 2018

'72 **Marlene Loraine Ewaniuk (Lazaruk)**, BEd, of Keremeos, BC, in January 2018

'72 **Wayne Emerson Roberts**, BSc, '75 MSc, of Elnora, AB, in March 2018

'72 **Joseph Ulan**, BEd, of Mundare, AB, in February 2018

'73 **David Charles Christophel**, PhD, of Adelaide, South Australia, in January 2018

'73 **Carmen Rose Emmott (Barbeau)**, BA, '75 Dip(Ed), of Vancouver, BC, in January 2018

'73 **Gary Allen Gahr**, BA(Spec), '79 MA, of Surrey, BC, in November 2017

'73 **Donald James Hunt**, BCom, of Edmonton, AB, in December 2017

'73 **Bill Johnston**, BSc(Med), '75 MD, of Edmonton, AB, in February 2018

'74 **Susan Janet Brydges**, BSc, of Edmonton, AB, in January 2018

'74 **James Simon Groot**, DDS, of St. Albert, AB, in May 2018

'74 **Roy Masahiro Nagata**, BEd, of Calgary, AB, in April 2018

'74 **Alan Herbert Parsons**, BCom, of Edmonton, AB, in March 2018

'74 **Georgina May Smith (Hibbert)**, BEd, of St. Albert, AB, in February 2018

'75 **Gregory John Barnes**, BSc(ElecEng), of Edmonton, AB, in January 2018

'75 **Lorne Wallace Dalrymple**, BEd, of Calgary, AB, in May 2018

'75 **Thomas Joseph Keller**, BEd, of Three Hills, AB, in March 2018

'75 **Carole Dianne Little**, BSc(Nu), '91 MEd, of Edmonton, AB, in March 2018

'75 **Donna Mae Mah (Lafont)**, BA, of Edmonton, AB, in April 2018

'75 **Brian August Yahn**, BCom, of Edmonton, AB, in February 2018

'76 **Bryan Alfred Hiebert**, MEd, '79 PhD, of Victoria, BC, in March 2018

'76 **Timothy Kevin McGillicuddy**, BCom, of Edmonton, AB, in February 2018

'77 **Neil William Dunwald**, BA, '79 MA, of Edmonton, AB, in March 2018

'77 **Gertrude Esther Kadatz (Handke)**, BEd, of Kelowna, BC, in March 2018

'77 **Robert Joseph Rosen**, BMus, of Ottawa, ON, in March 2018

'77 **Stanislaw Szynkowski**, BFA, of Edmonton, AB, in May 2018

'78 **Alta Darlene Ball (Spaerman)**, BSc, of Grande Prairie, AB, in April 2018

'78 **Dolores Camille Hetu**, MA, of Vancouver, BC, in January 2018

'78 **Keith Brian Janke**, BSc, of Edmonton, AB, in March 2018

'78 **Alan Wesley R. McGee**, BA, '80 BCom, of Edmonton, AB, in February 2018

'79 **William Frederick Eckert**, BSc(MechEng), '92 PhD, of Calgary, AB, in January 2018

'79 **Janet Louise Small (Gibson)**, BEd, of Calgary, AB, in January 2018

1980s

'80 **Noel Harvey Boag**, PhD, of Lake Wendouree, Victoria, Australia, in February 2018

'80 **Clarke Edmund Gould**, BA, '81 SpecCert(Arts), of Edmonton, AB, in April 2018

'80 **Renu Khullar**, BSc, '81 SpecCert(Sc), '86 MD, of Ottawa, ON, in May 2018

'80 **Mark Stephen McIlveen**, BCom,

of Edmonton, AB, in March 2018

'81 **Ralph Leroy Bergquist**, Dip(Ed), of Brightsand Lake, SK, in February 2018

'81 **Joanne Hannah Graham (Bell)**, BSc(HEC), of Edmonton, AB, in November 2017

'82 **Joseph Neil MacNeil**, LLD (Honorary), of Edmonton, AB, in February 2018

'82 **Lorie Marie McArthur (Yakimishyn)**, BA, '84 MLS, of Edmonton, AB, in January 2018

'82 **Vern Basil Yakimishyn**, BA, of Edmonton, AB, in February 2018

'83 **Malcolm Stanton McKenzie**, BSc(Nu), of Edmonton, AB, in March 2018

'86 **Heather Elizabeth Austin**, BA, of Edmonton, AB, in January 2018

'86 **Marcus Alphonsus Walsh**, BA, of Edmonton, AB, in March 2018

'88 **Maria Pastuszenko**, BEd, of Edmonton, AB, in April 2018

'89 **Blain Ray Banick**, BA, '96 MBA, of Arlington, VA, in January 2018

'89 **Jocelyn Anne Frazer**, LLB, of Calgary, AB, in April 2018

1990s

'90 **Jarrad Daniel Friedenberger**, BSc, '93 BCom, of St. Albert, AB, in April 2018

'91 **Desmond Scott**, BA, of Morinville, AB, in February 2018

'92 **Helen Ai-Jung Chung**, Dip(Ed), of Edmonton, AB, in February 2018

'92 **Lee Marvin Haroldson**, BEd, of Wetaskiwin, AB, in March 2018

'94 **Byron Richard Hinton**, MBA, of Victoria, BC, in March 2018

'98 **Gloria Hsi**, BSc, '06 PhD, of Vancouver, BC, in January 2018

'98 **Tamyé Dunbar (Vansickle)**, BEd, of Sherwood Park, AB, in March 2018

2000s

'00 **Matthew Alexander McElwaine**, BSc(CivEng), of Sherwood Park, AB, in May 2018

'04 **Dina-Maria Glanz**, BCom, of Edmonton, AB, in March 2018

'06 **John Nello Campacci**, BA, of Calgary, AB, in May 2018

'08 **Andrea Elise Kokotilo**, BA, '13 MD, of Edmonton, AB, in April 2018

2010s

'12 **Sage Dorianne Lowry**, BSc(Nu), of Millarville, AB, in April 2018

If you've lost a loved one who graduated from the University of Alberta, contact alumni records at alumrec@ualberta.ca, 780-492-3471 or 1-866-492-7516.

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SPEAKER'S CORNER

SIX TIPS TO ROCK RETIREMENT

By Lewis Kelly

Retirement is like a trip to Vegas: if you don't plan ahead, you'll wind up with an empty bank account and some novel health problems. In other words, neglect retirement planning for too long and you'll turn your golden years into leaden ones. So pay attention to **Jim Yih**, '91 BCom, retirement guru and founder of the *Retire Happy* blog. He shared tips at an Edmonton alumni event:

START NOW: Yih recommends making a serious effort to put away 10 per cent of your gross income, starting as soon as possible. The longer you wait, the more you'll have to cut back.

COVER YOUR BUTT: Don't just focus on income and investments, Yih says. "It's important to protect ourselves from curveballs." The tools to have at hand? Life insurance, a will, a power of attorney and a personal directive, naming someone to make decisions if you can't.

DON'T LEAVE IT TO THE PROS: The world of finance is intimidating, but pay attention to your money anyway. It's never been easier to educate



yourself. "Nobody cares more than you about your money or your retirement," Yih says.

DO SOME, NOT ALL: Mortgage, life insurance, debt, savings, emergency fund—it's impossible to do it all at one time. Yih recommends focusing on the two or three areas most important to you now. Paying down credit card debt is a great way to start.

TAKE A RISK: Losing money on the stock market isn't fun. But Yih says this reasonable fear can drive people to unreasonable actions, like keeping all their money in a savings

account, which earns little interest. He says a bit of risk is important—he recommends 20 per cent of the money you've earmarked for retirement be set aside for riskier investment.

DON'T IGNORE HAPPINESS: You save money to have a successful retirement. "But the lifestyle component is massively important," Yih says. "The busiest retirees are the most successful ones, not the ones with most money."

Jim Yih is one of many speakers who share their expertise at alumni events. Watch for more great events in Alumni Insider.



DON'T MISS OUT
Keep current on upcoming alumni activities, discounts and perks with *Alumni Insider*. Watch for it in your inbox every month.



@gypsysoul_t: Thanks Professor Rāni-Villem Palo for the inspiring @uofa_augustana Last Lecture! It was such a privilege to be part of your literal last lecture of your professional career.

TRINA HARRISON, '03 BA



DON'T MISS OUT ON ...

SWITCHBOARD

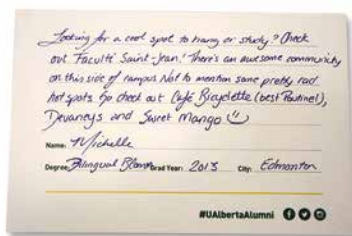
Tap into your alumni network for career advice, mentorship or more with Switchboard. This newly launched program for U of A alumni offers a career forum where you can ask questions, offer help or simply connect with other alumni in your field. Visit uab.ca/sboard to get started or check out the alumni careers page for more ways to give your career a boost.

EVENT WISDOM

"The excitement was like that for the iPhone, and for the people there the technological advances were amazing."

▼
Ted Bishop, '72 BA(Hons), on the 1945 launch of the "miracle pen" that carried its own inkwell. The author of *The Social Life of Ink* shared the secrets of ink with alumni at events in Toronto, Ottawa and New York City earlier this year.

1,018



Stress-busting postcards delivered to students during the winter 2018 semester. Alumni filled out these postcards with notes of encouragement, study tips, jokes and more. ualberta.ca/alumni/volunteer

64

Events taking place across all campuses during Alumni Weekend, Sept. 21-24. uab.ca/aw2018



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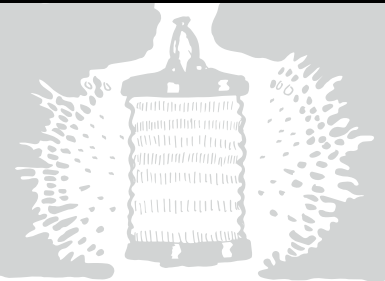
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Registration Woes

➔ Ah, registration. Get alumni together and eventually the conversation will turn to their experiences signing up for classes — especially for those who graduated pre-internet, when registration meant standing in line or waiting on the phone. We asked you to share your memories. Find more or share your own at facebook.com/UAlbertaAlumni.

I still have my last year's phone-in and schedule page pinned to the back of the bedroom door of my youth. I moved out almost 25 years ago but my parents have kept it there until today!

—Leanna Buzak, '94 BEd, '08 MEd



My family finally got tone dial (upgrade from pulse) thanks to my impatient mother and the automated course system. She got tired of having to go to the one Touch-Tone phone we had, call in, then switch the phone to tone mode in order to register courses. She finally marched down to the Telus store (maybe it was still EdTel at the time) to pay the \$2 per month. As a recent convert to modems and BBS systems, I was ecstatic. Thanks, U of A!

—Chris Neuman, '99 BCom



I remember it! Running between buildings to get the course paper approved by the departments.

—Daniel Ma, '76 BSc

I always felt that, if I could survive the registration process, the degree itself should be no problem!

—Jerry Iwanus, '83 BA(Spec), '86 MA

Well, it was a bit of a headache but what I wouldn't do to relive those days. Oh, to be 18 again.

—Shauna Heinrichs, '00 BA, '09 BEd

Early days of Touch-Tone course selection. We only had a rotary phone; I had to go three blocks to the local pay phone. The biggest issue was making sure you had everything you needed and juggling it all in the booth.

—Elaine Nixon, '95 BA

An entire day standing in horrendously long lineups in the Butterdome, criss-crossing campus carrying my two-inch-thick course guide to get signatures to affirm registration, then doing it all over again because I had to switch out one course for another. Years later: logs into BearTracks, selects master's courses, done. What's not to like?

—Laurie Follitt, '88 BEd, '12 MEd

Oh, I do remember: the lines were great social times. Met a lot of people!

—Charlene Pratt, '80 BSc(HEC)



“The littlest thing tripped me up
in more ways than one.”

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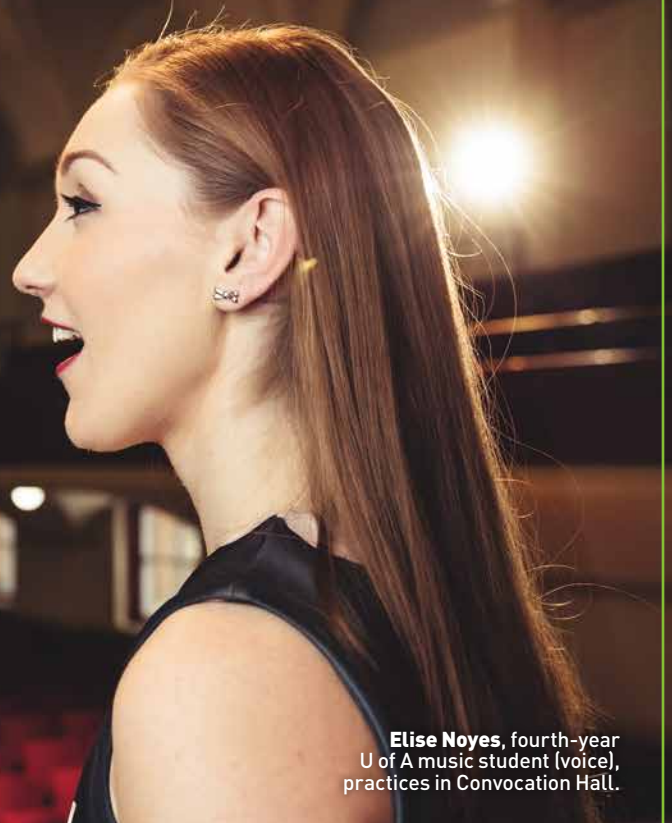


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Elise Noyes, fourth-year U of A music student (voice), practices in Convocation Hall.

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“Education is everything. The best way to encourage it is to help finance it for those who can’t afford it.”

Donors Alan Bell, '53 BA, '55 BEd, '67 MEd and Alice Bell, '63 BEd

For general inquires about ***New Trail*** or the Alumni Association, please contact us:
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