

new trail



UNIVERSITY OF ALBERTA
ALUMNI MAGAZINE



100 JOKES A DAY

Inside the rapid-fire mind of a Simpsons writer

AND

COMING OF AGE

Why sex ed needs to get beyond the plumbing

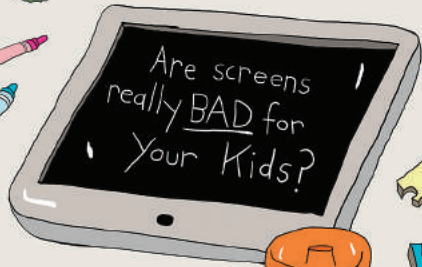
Is there a way to get

Unused Food

to hungry families?



Can small towns SURVIVE?



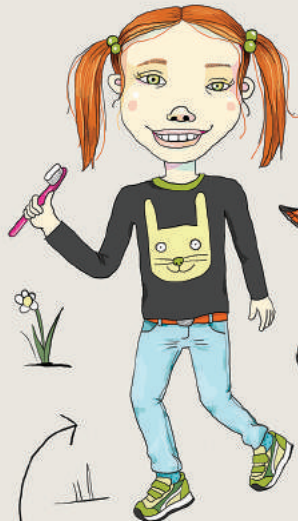
How can we protect aging parents?

Answers Wanted

How we're solving everyday problems together

Where can we go if we can't afford DENTAL CARE?

WHO makes sure RAILWAYS are SAFE?





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Illustration and lettering by Monika Melnychuk

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Answers come when universities and communities look for solutions together



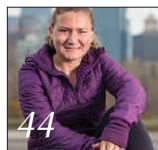
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upfront

I believe “community” is forged and sustained by the connections we have with each other, and our willingness to get involved and help when help is needed.

I know first-hand what it means to depend on community. Several years ago, I was out of town on a business trip when I received an alarming call. My daughter, Caitlyne, had been in an accident. She was crossing the street at a crosswalk on her way to the U of A when a driver sped past the other stopped cars, hit Caity and drove off.

My heart stopped when I got that phone call. Something had happened to my child and I wasn't there to care for her.

But during Caity's terrible moment, an amazing thing occurred: strangers leaped into action. Two parked their cars and rushed to her aid (she was shaken and bruised but thankfully OK). Others called the police and ambulance. Still others followed the hit-and-run driver and shared the licence plate and description of the car. People saw an opportunity to give and didn't hesitate.

As children, we believe our families will always be there to look out for us; as parents, we know that isn't always the case. Sometimes we can't help the ones we love. Sometimes the care comes from strangers, members of our community, who take action in a time of need.

I wish I had been there to care for my daughter as she sat in shock on the cold pavement that autumn afternoon, but I take comfort in knowing she was not alone. The community stepped in. One stranger did what I could not: she took off her coat, wrapped it around Caity, hugged her and told her everything would be all right.

We are privileged to be part of a tremendous alumni community stretching across the globe. We are privileged to be part of the University of Alberta, an outward-facing institution that acts for the public good. If you wonder where you fit, I encourage you to find out what moves you to action, and get involved. (“Where do you fit in?” on page 24 is a great starting point.) Find the courage to connect and to give—even small gestures can have meaningful and significant effects.

While I never met the person who consoled my daughter or the others who helped after her accident, I remain eternally grateful to them all. They define what “community” means to me. Though we are strangers, we are connected and guided by similar principles and values: a willingness to help in times of need, a willingness to do good for our neighbours and a willingness to give. What strength there is in community!



Mary Pat Barry
Mary Pat Barry, '04 MA,
 President, Alumni Association

your letters

We would like to hear your comments about the magazine. Send us your letters by post or email to the addresses on page 1. Letters may be edited for length or clarity.

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Keep in touch between *New Trail* issues. Find web-exclusive stories, videos and more online, or sign up for our monthly e-publication, *Thought Box*, by visiting ualberta.ca/newtrail.

Memorable Moments with a CanLit Legend

Scot Morison's article on Rudy Wiebe ("The Annotated Rudy Wiebe," Autumn 2016) and his creative writing class made me nostalgic. I vividly remember the seminar room, the circle of students and Rudy's intensity as he explained the importance of point of view. I was his student in 1985, and I remember him sharing his personal grief with us; his celebrating with us the rare times we wrote something from life that leaped up into the shining light of competence; his passionate and intimidating critiques of diction; and his compassionate insistence that every story had at least one redeeming quality, no matter how small. Reading the article, with Rudy's marginalia, made me pull out the stories I wrote for his classes and reread his comments. Morison is right: no matter how much a comment hurt or angered me at the time, Rudy's advice was always right. I once told Rudy that I wished I had enough cash to buy "all the books in the W section," which is one of the few times I recall him laughing out loud. The W section of my personal library has kept growing over the years, as has my appreciation for Rudy's place as a great CanLit writer and teacher. —*Laura Holland, '86 BA(Hons), Mississauga, Ont.*

Image Reinforces Discrimination

I was super disappointed while looking through my Autumn 2016 edition of *New Trail*. In the article "Party at the Taj," you published both racist cultural appropriation as well as a misogynist transphobic image. Firstly, the name of the dentistry students' house, "Taj Mahal," is racist in its cultural appropriation. The Taj Mahal is a real place, with real cultural implications for Indian people, not something for young privileged white men to appropriate for a "party house."

Secondly, the photo shows the all-male class of dentistry students dressed up for the "Molar Mambo." They are dressed up as women, and it clearly implies the humour of femininity on male bodies. This is transphobic and reinforces discrimination toward transgender women (assigned male at birth but who identify as women). Trans women experience staggering amounts of violence, including unfathomable rates of murder and suicide. To publish this sexist and transphobic image is really disgraceful.

It's incredibly upsetting to see *New Trail* celebrating the University of Alberta's racist and transphobic past. As a transgender alumnus, it makes me feel like there is no place for me and my community at the University of Alberta. Shame on you. —*Daley Laing, '07 BA, Edmonton*

EDITOR'S NOTE

Inclusion is important to us. Thank you for taking the time to write. Your letter has helped make us more aware of these concerns.



What's a 'Puke' Draft?

Simpsons writer Joel Cohen (page 26) shares his cure for writer's block.



Learning From Failure

An entrepreneur offers five lessons learned on the way to success.



Hard-Hitting Facts About Concussion

What parents—and others—need to know to keep brains safe.



The High Cost of Cheap Clothing

Disposable fashion is taking a toll on people and the environment.



Put This in Your Thought Box

Read more stories like this in *Thought Box*. Not already getting it? Update your contact information online.

@Wittmeier: Love this #NewTrail Choose Your Own Adventure, @kategblack, but I really hoped for at least one macabre outcome.

—BRENT WITTMIEIER



@mhingston: This is the best piece of service journalism I've ever seen. Dreamed up by @NewTrail_Lisa, written by @kategblack.

—MICHAEL HINGSTON



your letters

Kudos and Criticism

There is much to learn from this issue: Rudy Wiebe, a writer dedicated to his craft and someone who gave me pause, since my parents and I also escaped from Eastern Europe, but 14 years later [than Wiebe]; and Samuel Óghale Oboh, an architect interested in making our environment meaningful. But when I turned to “A Healthy Dose of Humour” in the Books section, I was distraught to find the photo which harshly lowered the level of the issue. Much of our attention to important text today is thoughtlessly “grabbed” in this manner. I wish you well in writing with inspiration from Wiebe. –Victor Snieckus, '59 BSc(Hons), Kingston, Ont.

Fire Escape Escapades

I am a longtime resident of B.C. but had the privilege and good fortune to grow up in Windsor Park, just west of the U of A campus. Attending Garneau junior high meant walking through the campus every day on our way to and from school, which often involved sliding down the circular fire escape at St. Stephen's, stopping at the Tuck Shop for a drink or running into the tackling dummies lying on the field during football practice. Not to mention the numerous Bears football, hockey and basketball games we snuck into on the weekends. Such easy access to the university grounds and facilities became a huge part of my life, and I thoroughly enjoy the articles in your

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BY KATE BLACK



ILLUSTRATED BY BRIAN AJHAR

magazine as there is always reference to a building, an event or a name that brings back some strong memories for me. As Mary Pat Barry mentioned in her column in the most recent edition, the fall always means a new beginning for me, complete with the first Bears football game on a sunny Saturday afternoon followed by the Bar None Dance that night. Thanks and keep up the great work—*New Trail* is a superior publication. –Andy Gilbert, '74 BEd, Coldstream, B.C.

'Fear of the Other'

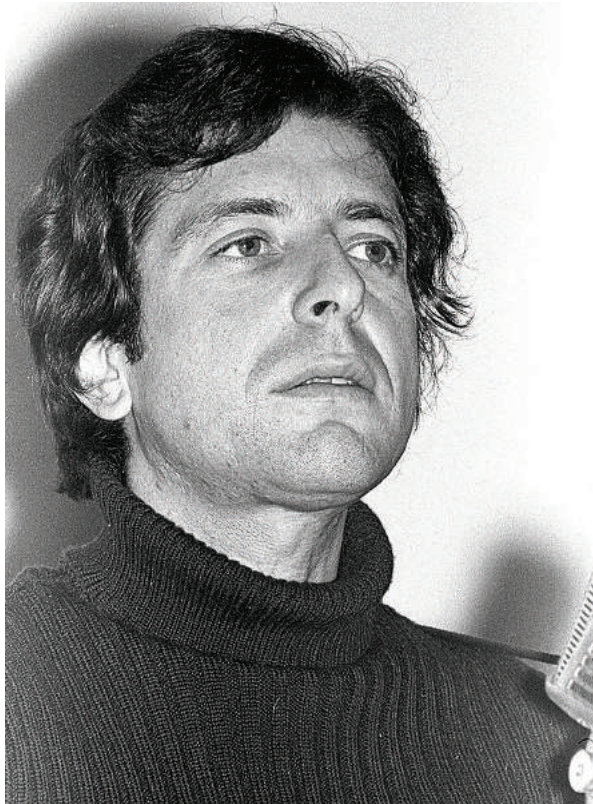
I would like to comment on the story “The Department of Risk Mismanagement” (Autumn 2016) by Curtis Gillespie. I enjoy Curtis's writing style and, in this case, also thinking about his experiences in Algiers. My being Jewish had me thinking, while reading this story, that I feel it is sad that being Jewish makes it more difficult to visit Algeria (and many other places that I might want to visit). Curtis wrote an introspective final paragraph commenting on “the fear of the other.” I think it is still the case that religion can/does make it difficult to do certain things, and this is a sad thing. Maybe someday things will be different. –Albert Calman, '90 MSc, Karmiel, Israel

A Brilliant Adventure

New Trail, Autumn 2016, is so great! From the bold art-direction

decision to obscure the title on the front cover (is that a new thing?) to the subject-annotated article on the great Rudy Wiebe, I love it. But the pièce de résistance is the “Choose Your Own Adventure” book for arts students ... brilliant in concept, art and especially the writing. Engaging, informative and convincing. Congratulations to Kate Black, Brian Ajhar and everyone else involved in the production of this publication. –Janine Gliener, '78 BA(RecAdmin), Toronto

bear country



The Power of His Song

SOMETHING SHIFTED IN A BIG WAY FOR LEONARD COHEN WHEN HE ARRIVED AT THE UNIVERSITY OF ALBERTA IN 1966.

At the age of 32, he had already acquired modest distinction as a poet and novelist, especially after publishing *Beautiful Losers* earlier that year, but suddenly he was drawing crowds. Some 500 people came to see him perform in the Tory Building at a time when a poetry reading on campus would usually attract two dozen.

It was the '60s after all, and students were irresistibly drawn to the dark mystique of this Byronic *enfant terrible*,

says **Ken Chapman**, '69 BA, '74 LLB, a commerce student at the U of A in 1966.

"I first came across him in the Tory building by happenstance and heard him play," says Chapman. "I kind of followed him around as part of the crowd, and that's when I realized I didn't want to be in commerce; I wanted to be in English." Under the spell of Cohen's aura, Chapman switched his major to English and economics.

"It was his persona, his attitude, his sense of humour," says Chapman. "It was an angst-ridden time for young people at university in the '60s, and his words were very resonant. But it wasn't the

politics, it was the romance."

Cohen's popularity gave rise to parties at Edmonton's Hotel Macdonald, where he was staying. It also brought curious fans to the front desk, overwhelming hotel staff. Cohen soon found himself thrown out with no place to stay. That's when he met two U of A undergraduates, Barbara and Elaine, who offered him their basement. Their hospitality and love, "graceful and green as a stem," inspired one of his best-known songs, "Sisters of Mercy."

Cohen's success in Edmonton meant that one week turned into five, with more appearances, including one at the Yardbird Suite.

From Ordinary Person to Celebrity

"He basically went from an ordinary person to a celebrity while he was here, with all the attributes of that—fans and groupies," says Kim Solez, a U of A professor of transplant pathology who, until 2011, spearheaded Edmonton's annual Leonard Cohen Night.

It was during those five weeks in 1966, Solez says, that Cohen discovered the power and reach of the tower of song. On Dec. 4 that year, he wrote a letter to his lover and muse, Marianne Ihlen (of "So Long, Marianne" fame), about his intentions to become a songwriter.

Chapman is working to have two statues built to commemorate Cohen—one by the Tory Building on North Campus and one downtown by the site of the old Alberta Hotel.

"I imagine him looking longingly up into one of the hotel room windows," Chapman says.

—GEOFF MCMASTER

ALUMNI IN THE NEWS

U of A alumni who made headlines recently



Ontario's Stratford Festival will feature its first Inuk director, **Renetta Arluk**, '05 BFA, in the 2017 season. Arluk will direct *The Breathing Hole*, a play that tells 500 years of Canadian history from a polar bear's perspective. The production is one of eight directed by women at next year's festival. —TORONTO STAR

Chris Perron, '14 BDes, has his dream job (and likely many people's dream job) as a junior product designer for Lego. The industrial design grad's love for Lego began with his first set—a City Hovercraft he had as a child. While still a student, Perron worked as a supervisor at Southgate Centre's Lego Store. He always had it in his mind that he wanted to work as a Lego designer, so he started applying to the toy giant's headquarters in Denmark. Three years and 14 rejections later, he got the designer job and moved overseas. —MACLEAN'S

Four of 11 new schools in the Edmonton public school district have been named after U of A alumni: **Lila Fahlman**, '62 BEd, '71, MEd, '76 Dip(Ed), '84 PhD; **Donald R. Getty**, '13 LLD (Honorary); **Svend Hansen**, '55 Dip(Ed), '56 Dip(Ed), '57 BEd; and **Jan Reimer**, '73 BA. The schools' names were chosen from among more than 3,000 suggestions from the public. —CBC

Member of Parliament for Edmonton Centre **Randy Boissonnault**, '94 BA, was named special adviser on LGBTQ issues by Prime Minister Justin Trudeau in November. Boissonnault will advise the prime minister on the development and co-ordination of the federal government's LGBTQ agenda. Boissonnault retains his duties as parliamentary secretary to the Minister of Canadian Heritage. —GLOBAL NEWS

New Test for Premature Birth Risk

An international team led by the U of A has developed a test that can identify women at risk of premature delivery.

Premature birth is the leading cause of child-related deaths in the developed world. Knowing which mothers are at risk earlier in their pregnancies can save lives. The new test can be used at just 17 weeks of gestation, compared with 40 weeks with current tests.

Led by David Olson, a professor of obstetrics and gynecology in the Faculty of Medicine & Dentistry and a member of the U of A's Women and Children's Health Research Institute, researchers examined data from about 3,300 women in a community-based pregnancy study in Calgary. By carefully studying blood samples taken at two times during pregnancy and factoring in each woman's clinical history, the team discovered it could predict the likelihood of premature delivery.

The test still needs work and more studies are planned, but Olson says it could be ready for clinicians in just a few years. He expects it will help in the development of new drugs and interventions to delay preterm labour and prolong pregnancy. —DWAYNE BRUNNER WITH FILES FROM ROSS NEITZ

RESEARCH IN THE NEWS

U of A research is always garnering media attention. Here's the lowdown on what's been causing a buzz.

Dinos of a Feather Flocked Together

The idiom "birds of a feather flock together" may also be true of the animal's feathered prehistoric ancestors, according to a U of A study published in *Nature*.

The study's lead author, paleontologist **Gregory Funston**, '13 BSc(Hons), and fellow researchers studying an extensive Mongolian bone bed of *Avimimus* fossils were surprised to discover it contained only adults of the species. Normal flocks would include both adults and juveniles. This suggests a behaviour in which the adults excluded young individuals—possibly for the purposes of mating or foraging, Funston says. Researchers have yet to determine what these particular bird-like dinosaurs were doing when they died. —TORONTO STAR



Tiny Fruit Flies Lead to Big Discovery

Those pesky fruit flies buzzing around your bananas could someday help reveal what makes humans tick.

Researchers at the U of A were surprised to learn that the circadian rhythms of the tiny insects can influence significantly more than just sleeping and eating patterns. They can be critical to how—and whether—the organism develops.

Though the internal clocks of humans are much more complex, these findings could lead to more research into the workings of our pituitary glands, which are critical to our growth and development. The study, co-authored by Kirst King-Jones of the Department of Biological Sciences, was published in the journal *Current Biology*. —EDMONTON SUN

UNLOCKING THE SECRET TO A SUCCESSFUL MARRIAGE

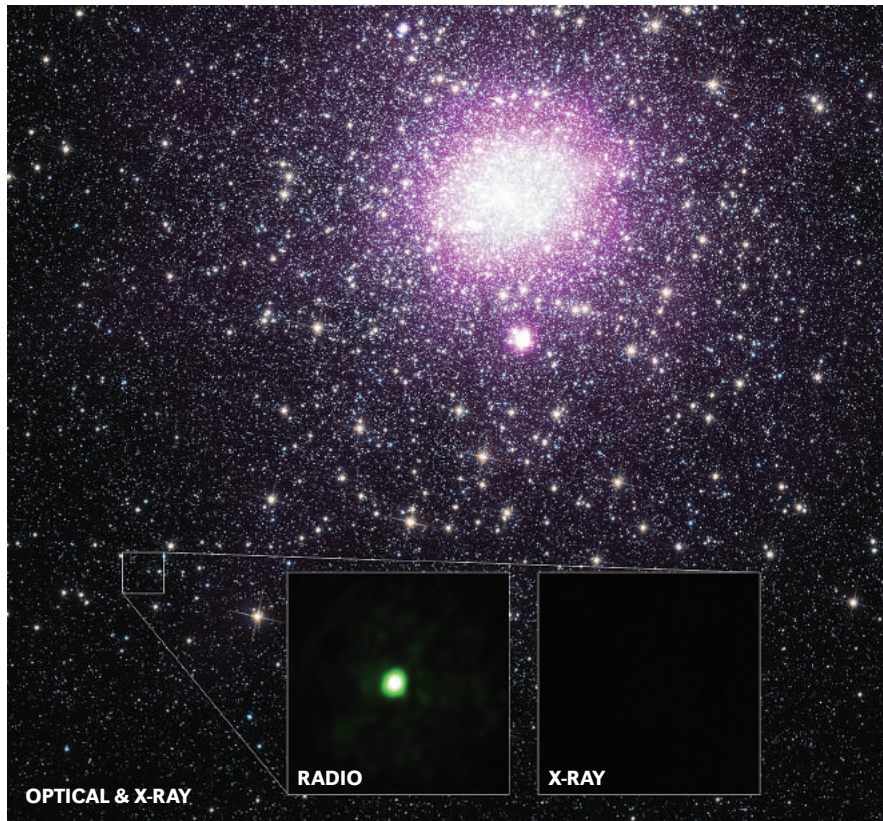
Believing your spouse is compassionate and positive can make for a happier marriage. But perceiving one other quality in your partner might go the longest way to ensuring you live happily ever after.

In a recent study published in the journal *Family Relations*, Adam Galovan of the U of A's Department of Human Ecology pored over telephone surveys of more than 1,500 men and women in the U.S. (All participants were married, though not to each other.) He and his colleagues learned that perceiving humility in one's spouse was the strongest predictor of marital satisfaction, especially for women.

So how does humility translate in a marriage? Galovan says it means thinking about your partner more than yourself, with a focus on being caring and compassionate. That can influence your partner to do the same, which in turn can leave you feeling more satisfied with the relationship.

—EDMONTON JOURNAL





Dark Cosmic Mysteries Illuminated

International research team discovers two never-before-seen celestial phenomena

In deep-space games of “I Spy,” U of A physicists have led a group of international astronomers to a major win.

Using data from some of the world’s most advanced observatories, Gregory Sivakoff, assistant professor in the Department of Physics, and his students helped discover two never-before-seen phenomena—stealth black holes and ultraluminous X-ray bursts.

Stealth Black Holes

Combining data from NASA’s Chandra X-ray Observatory, Hubble Space Telescope and the Very Large Array, Sivakoff led a group of researchers in the discovery of a stealth black hole being orbited closely by a star about a 10th to a fifth as massive as our sun. Systems like this are usually called X-ray binary

systems (two stars that orbit around their common centre of mass and emit X-rays). This stealth black hole binary system was hidden by its relative lack of electromagnetic signals. The findings suggest there may be many such black hole systems in our galaxy that have gone unnoticed.

Ultraluminous X-ray Bursts

In two galaxies not so far away, Sivakoff and a second group of international colleagues have made another unprecedented discovery—objects that flare spontaneously and erupt with hundreds or thousands of times more X-rays than typical bright X-ray binary systems. In astronomy, Sivakoff explains, discoveries of flaring sources with new properties have proven extremely important; their flaring properties often

“**The mind-boggling large size of the universe provides ample opportunity to discover the exotic, discover the beautiful, discover the rare and discover the important.**”

—Gregory Sivakoff

reveal intriguing physical origins. He is optimistic this will be the case once more.

“The mind-boggling large size of the universe provides ample opportunity to discover the exotic, discover the beautiful, discover the rare and discover the important.”

—KATIE WILLIS, '13 BA, WITH FILES FROM JENNIFER JENSEN

CAMPUS NEWS

A brief look at what’s new at the U



» **The U of A community took a stand against racism after anti-immigration posters** appeared briefly on campus in September. Posters targeting the Sikh community with obscene and racist language faced immediate backlash on social media. President David Turpin appeared in a video with Yadvinder Bhardwaj, president of the Indian Students’ Association, encouraging people to “make it awkward”—referring to a Twitter hashtag popularized after racist confrontations in Edmonton. In a further show of support, people lined up in the Students’ Union Building to have turbans tied by volunteers from Edmonton’s Sikh community. “We are sending a message: it means that we are all united,” says Bhardwaj.

» **The university hosted the Building Reconciliation Forum, a national gathering** in September that brought together Canadian university presidents and leadership teams, First Nations, Métis and Inuit groups, student leaders and Indigenous scholars to discuss how post-secondary institutions in the country can take action on truth and reconciliation. The forum was in response to the Truth and Reconciliation Commission’s calls to action, 11 of which relate directly to education.

» **Post-secondary students in Alberta are getting a reprieve from a tuition hike** for the 2017-18 academic year. The provincial government announced an extension to the existing tuition freeze while it undertakes a tuition review. The review will incorporate feedback from post-secondary institutions, student advocacy groups, industry and others. A new approach to tuition and fees is expected to take effect for the 2018-19 academic year.

» **The Golden Bears soccer team won its first national championship** since 2006, beating the Université du Québec à Montréal Citadins 1-0 in November. It’s the fifth time in school history that the team has won the title.

FINDINGS IN THE FIELD

STUDENT LIFE

Q | A It was a clear, warm evening at the Mbuluzi Game Reserve in Swaziland, and the sun was just beginning to set behind the tall savannah grasses. After waiting all afternoon, Harrison Anzinger finally saw them: towering giraffes ambling toward the vehicle he was in. Soon, he was just metres away from the animals, who were lazily chewing on acacia leaves. It was just a regular day in class at the Faculty of Science's accredited Southern African Field School. Anzinger signed up for three one-month classes at the field school, in ecology, marine biology and zoonotic diseases. Now a third-year science student at the U of A, this aspiring doctor says the experience gave him a worldly perspective on his future goals.

Q | Learning about ecology and marine biology seems different from the steps people usually take to get into medical school. Why did you decide to go to field school?

A | I really like nature. I figured I'd take stuff that I found interesting, even if I didn't think it would result in a career or directly apply to my degree. But more and more I'm seeing that medical schools want people who are holistic. Even now at the U of A medical school, you don't have to take any prerequisite courses to get in.

Q | I understand you learned how to scuba dive in Mozambique. I have to ask: did you see any whale sharks?

A | In our marine biology module, we did field observations every week while scuba diving. Once, we saw not one, not two, but three whale sharks. When we were a few metres away from them, all of a sudden a bunch of manta



rays showed up. I was swimming like I had never swum before, trying to keep up to them.

Q | And I'm sure you did some things that were relevant to med school.

A | Totally. Being able to tour the communities in Cape Town, South Africa, in our zoonotic

diseases class made me more interested in the management aspect of infectious diseases. It gave me an appreciation for how some myths need to be debunked and how policy needs to be put in place—like, how do you deal with diseases like Ebola or HIV when people can't wash their hands or refuse to use condoms?

Q | How has field school changed your plans for the future?

A | I'm more interested in doing international medicine now, and I'd also like to get a master's in public health. I don't want to just be in a clinic doing one thing. I want to do things on a larger scale, as well. —KATE BLACK, '16 BA



‘We Are All Related’

SCULPTURE SYMBOLIZES THE RELATIONSHIP BETWEEN INDIGENOUS AND NON-INDIGENOUS PEOPLE

“We are all related.” These words inscribed on the base of a new sculpture at the University of Alberta serve to remind the campus community of its commitment to working toward respectful, meaningful reconciliation with Indigenous peoples.

The granite monument *The Sweetgrass Bear*, sculpted by Indigenous artist Stewart Steinhauer, was unveiled at North Campus’s main quad during a pipe ceremony. Elder Jimmy O’Chiese spoke to nearly 60 university and Indigenous leaders and community members of the importance of balancing traditional Indigenous and western education and languages. He said we must recognize the past, accepting that it cannot be changed, and move forward together.

“*The Sweetgrass Bear* reminds us that we are all treaty people,” said U of A President David Turpin. “She is a symbol of our relationships.”

The installation of the sculpture coincided with the 140th anniversary of the signing of Treaty 6, the territory that encompasses the university’s campuses. The sculpture is the first of four Indigenous art pieces that will be installed as part of a larger initiative to diversify cultural representation across U of A campuses. There is a smaller version of *The Sweetgrass Bear* in Enterprise Square, and *Treaty Bear* is on Augustana Campus.

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Why Mountains Matter

NEWEST MOOC
HIGHLIGHTS ESSENTIAL
ROLE OF WORLD'S PEAKS

BY SARAH PRATT

Mountains make up a quarter of the world's surface and are highly important (no pun intended) to people in nearly every country in the world. The University of Alberta's newest massive open online course explains why. Mountains 101, launching in January 2017, was developed by U of A faculty and researchers from a variety of disciplines and faculties in partnership with Parks Canada and the Alpine Club of Canada. Led by biological sciences professor David Hik and **Zac Robinson**, '07 PhD, assistant professor in the Faculty of Physical Education and Recreation, the 12-lesson course introduces students to one of the most dynamic landscapes on Earth.

CULTURAL VALUE

Mountains inspire imagination and are revered around the world. For centuries, they have been a prime focus for literary and artistic creations and have been considered places of restorative power and spiritual rejuvenation.

NATURAL RESOURCES

Mountain forests supply millions of people with timber, fuel and other products. The forests also help capture and store rainfall and moisture, maintain water quality, regulate river flow and reduce erosion. Mountain mines are a major source of the world's ores and precious metals.

A SOURCE OF WATER

More than half of the world's population relies on fresh water that collects in mountain regions, whether it's for drinking, domestic use, irrigation, industry or transportation. Hydro power from mountain watersheds makes up nearly 20 per cent of the world's electricity supply.



**BIOLOGICAL
CORRIDORS**

Isolated habitats and protected areas are connected by mountains, allowing species the space they need to migrate and thrive. In Western Canada, the Rocky Mountains provide the wild spaces that support grizzly bears, cougars and other large carnivores. Mountains also provide sanctuaries. For example, the last of the world's mountain gorillas, now numbering fewer than 300, are found in the Virunga Mountains, along the northern border of Rwanda in eastern Africa.

**HABITATS FOR
BIODIVERSITY**

Mountains are ecological hot spots that sustain a huge variety of species, from large plants and animals to tiny invertebrates and microbes.

FOOD

Many of the world's most important food staples, such as potatoes, wheat, corn and beans, were domesticated in mountainous regions. Industrious mountain peoples developed elaborate agricultural production systems and strategies. Many of these systems, such as terraced fields, are still in use today.

**CLIMATE
CHANGE**

Mountains are early indicators of climate warming. Recent studies estimate that mountain glaciers in the Rockies, Andes, Alps, Pyrenees, African Rift, Southern Alps and Caucasus, as well as in Scandinavia and Indonesia, are disappearing fast and will be mostly gone by 2100.

*Lake Louise in Banff
National Park, Alberta*



A Growing Fascination

A NEW APPRECIATION FOR NATURE TAKES ROOT IN A FEW CUBIC YARDS OF 'LOVE'

THE ONLY TIME I'D EVER HAVE DESCRIBED MYSELF as green-thumbed was just after high school, when I was working construction and missed with my hammer one day. I squashed my left thumb, and for a few weeks it looked like a mottled baby avocado. To be fair, in my adult years I have developed a better appreciation of the natural world

and have turned that interest toward writing and editing work promoting environmental consciousness. Still, there's no denying that I have never been much of a gardener or an outdoorsy type. Or a hiker. Or a patio diner. My favourite view of nature has typically been from behind a pane of mosquito-proof glass.

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.

Which is odd, given my life circumstances. My wife, Cathy, is a passionate nature lover. One of my close friends is a gardener by profession. I have good friends who are genuinely engaged with the natural world. But enjoying nature and even simple backyard gardening were things I never quite got. It's possible my disinclination can be retraced to the suburbs of Calgary, circa 1975. The sight from the kitchen window of my childhood home was a straight view into the backyard of our Austrian-immigrant neighbours across the lane. The father of that family, whom I'll call Gord, was funny and good-natured, and I liked him a lot, as did everyone in our neighbourhood. The only problem was that any time you stood at the kitchen sink you could see into their yard, and Gord, like many people of European heritage, was a devout nature lover. He also had a fondness for gardening in a Speedo that covered about a 10th of one per cent of him. It was his yard, his garden and his body, so he was well within his rights to do whatever he pleased, but the upshot was that for decades I associated gardening with heavy-set Austrian men wearing nothing but a slingshot. Let's just say it did not predispose me to an intense engagement with the natural world.

But then a strange thing happened. I was caught in a downpour playing golf in Scotland last year. (OK, that wasn't the strange part; it would be strange to *not* be caught in a downpour in Scotland.) But this wasn't just heavy rain, this was torrential, biblical, historic rain, with drops the size of raisins. It was without question the wettest I have ever been while fully clothed. But it was warm and there was no wind, and although it was pouring and misty, my vision seemed to actually sharpen. I saw ducks paddling happily in the stream. I saw frogs hopping joyously on pond banks. It seemed as if I could actually hear the blissful transpiration of the trees. The rain washed the entire planet clean, and



by Curtis Gillespie

then, after about 15 minutes, the clouds broke and the sun glazed everything in a shimmering platinum sheath. Elms seemed to double in height. Blades of grass stood out as individuals. The dense forest around us glittered and sparkled and mutated with each blink of the eye. I could smell spearmint and peat. We stopped and ate a handful of blackberries off a nearby bush.

That was when it hit me: nature was my friend, an ally, part of me. Not something to overcome or withstand or tolerate, but something to embrace ... in all its wildness and beauty and obliviousness toward humankind. Nature had revealed itself to me. Why? I'm still not sure, but the world seemed different after that day. I noticed things. I went for more walks. Made more of an effort to be alert to what was around me. Started to learn the names of things, to understand the patterns and habits of things I saw growing around me every day. Nobody's mistaking me for an outdoorsman yet, but my eyes are now open.

Which brings us to what *also* happened last year (and I don't think it's any coincidence). A couple of months before going to Scotland, as diligent readers of this column will remember, I replaced our fence. The unexpected consequence was that as soon as a deplorable fence no longer commanded our attention, we noticed just how awful our backyard was. Crabgrass sprouted beside dead patches of lawn. The flower beds were a mess of pine cones and needles and old branches. Our backyard was basically a "No thanks" to the beauty of the natural world. Having a new fence felt like putting a fresh coat of paint on a car with no engine. It was clear something had to be done. And Cathy made it clear who was going to do the doing. "Some grass and a few nice plants," she said. "Nothing major."

However, she neglected to take into account that, since my trip to Scotland, I had a new rapport with the natural world, that I had made a friend I was

learning about every day, that a wholly original relationship had entered my life ... or maybe I forgot to tell her. In any case, "nothing major" was not an option. Once I began to wade into the project, I realized how bad things really were. They don't call it getting stuck in the weeds for nothing.

The first stage was to remove the dead and tired organic matter from the area to be landscaped. My friend, Murray, the gardener I alluded to earlier, agreed to help make it all happen. His assistant Breanna joined in. Another friend, Danny, came over with his shovel and gloves. We got busy. In an afternoon, we filled a 10-cubic-yard garbage bin with a decade's worth of dead soil, pine needles, cones and spent loam. When the bin was removed, a truck arrived with a payload it dumped on the driveway.

A dozen cubic yards of love.

I'd learned from Murray that gardeners refer to particularly good soil as "love." But when a pile of dirt the size of an SUV is sitting on your driveway and all you've got is you, a shovel and a wheelbarrow, "love" is not the first word that comes to mind. I stopped counting at 125 wheelbarrows full, and there were dozens to go. When I got up the next morning, my hands and forearms were so stiff I couldn't hold a cup of coffee.

But when the love had been spread around the back garden, Murray brought some perennials and we set to work transforming the backyard from a wasteland to a wonderland. The point isn't just that it looks good; what matters is it's *alive*. It changes every day. A new petal. A different shade on a limb. A half litre of water in a dogwood's plant basin changes the entire feel of one of its delicate leaves. To those of you who are longtime gardeners or nature lovers, these things will seem basic and obvious. But to someone who took five decades to figure it out, it has been a pretty miraculous summer. So much so that there were times I stood out watering and weeding while mosquitoes buzzed around and I just

shrugged them off, both literally and metaphorically. Instead of dead soil, I see beautiful rhododendrons, delicate goat's beard, my fantastic Korean lilac, some spiky barberries. My hydrangeas were blooming tiny pink blooms and I brought one of them inside for my younger daughter. The lower leaves of my dogwood turned a dusty mauve when the weather got colder, and I have spent an inordinate amount of time staring at those leaves and admiring the subtlety of it all.

And now that autumn is upon us as I write this, I see the plants start to hunker down for the winter. It's almost as if my garden has put a finger to its lips to say, *Time to rest*. It's achingly beautiful and makes me wonder, What was I thinking all these years to have missed this?

I am not even sure what it all adds up to and don't really want to overanalyze. I have learned that my blue fescue needs less water than my dogwood. I've learned that rhododendron branches mimic rivulets finding their path. I've learned that turning a spadeful of earth is an intensely satisfying physical action. And although I have never been prone to Trumpian narcissism, I know now that I was not put on this Earth to own part of it but to *be* part of it. That seems to me one of nature's deepest lessons—that there's no hierarchy, that we're all part of a continuum of purpose and capacity. After all, my dwarf gem spruce can't do calculus, but neither can I.

There's only one major problem with all this. Now that I've beautified the fence and the garden, it's painfully clear just how decrepit our deck is. I guess I know what I'll be doing next summer. But to my family, friends, neighbours and the gas meter reader, I promise you one thing: I will not be wearing a Speedo. *That* would be unnatural. ■

Curtis Gillespie has written five books, including the novel Crown Shyness, and has earned seven National Magazine Awards. He lives in Edmonton with his wife and their two daughters.



When Truth Doesn't Matter

IT SEEMS THAT LIES NO LONGER COME WITH A COST THESE DAYS, BUT IF HONESTY AND HONOUR LOSE OUT TO STRATEGY, WHAT IS THE COST TO US?

ONE DAY WHEN I WAS A CHILD, I BIT MY LITTLE BROTHER. We were wrestling and I remember thinking, “I wonder what it would be like to bite his leg.” I wasn’t considering a gentle gnaw. I had tested that on myself. So I chomped. My brother wailed in pain and ran off to tell my mother.

While I waited for the inevitable, I did what people do: I made a choice between two options.

Option 1: tell the truth in all its haunting simplicity. Yes, I bit him. Why? Because I wanted to see what it felt like.

Option 2: lie.

I knew the consequences of option 1. There would be shouting and pointing, forced apologies and privations of various sorts. No fruit cocktail with ice cream, no *Sesame Street*, no jumping through the sprinkler or making a snowman or jumping in the leaves (I forget the season of my shame).

There was something delicious about option 2. Even if I failed in my lie, there was a chance I could avoid punishment. With a well-constructed lie I entered a place of hopeful uncertainty. I heard my mother’s heels on the green shag carpet of my childhood home. She turned the corner with her cigarette and her angry eyes and asked if it was true.

“No.”

“No? You didn’t bite him?”

“No.”

“What?” She yanked my brother over and showed me the bite mark. I had not broken the skin but tracks of my tiny, miserable teeth were visible. “You didn’t bite him? Then what’s this?”

“He bit himself.”

I will never forget the look on my mother’s face. She began with disbelief, moved into confusion—is this really happening?—and entered a moment of forensic analysis. Is such a thing even possible? She looked over at my brother, who shook his tear-streaked face in astonishment. Then she settled on it: colossal disappointment. She had given birth to *this*.

The motto of the University of Alberta is *Quaecumque vera*, “Whatsoever things are true.” When I was a student I never quite landed on the meaning of the phrase. What did Paul the Apostle mean when he wrote it in his letter to the Philippians? Who

was Paul? Who were the Philippians?

When I eventually took a religious studies course and looked it up, it seemed to mean what I always thought it meant: the truth is better, more beautiful, more dignified, more honourable than the easier route of, “He bit himself.”

Lying is a profoundly human thing, whether we’re four or 74. We empathize with liars, when they apologize, because we have all been there with the taste of our brother’s leg in our mouths.

It does seem that for a while, a brief moment in human history, there was a category of behaviour that we more or less agreed upon called “lying.” There were consequences for doing it. When a researcher or a journalist or a police officer or a private detective or a mother caught us in our lie, our reputation was at stake. A lie was impure, a dangerous thing that reached deep into us. A lie could end our careers, ruin our enterprises, destroy us.

I once thought the explosion of information on the Internet would make official lying more difficult than ever, even obsolete. Today, we’re all researchers. We can fact-check a political speech in real time, with our phones.

The trouble is that most of us consume media, and support governments and political parties, that reinforce our strongest opinions and feelings. A lie has become “whatever my enemy says.” Go ahead, fact-check. Call out the liars on social media. And see what happens, you elitists, you professors, you (insert racial slur).

I don’t want my daughters to choose option 2, “He bit himself.” They’ll be tempted, of course, despite what they learn in school and in university. But I fear they will graduate into an era of strategy, not an era of honour and dignity and beauty, into far more “whatsoever” than “things are true.” ■

Todd Babiak, ’95 BA, works at—yes—a strategy company called *Story Engine*. His latest work of fiction, *Son of France*, is published by HarperCollins.



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Is there a way to get **Unused Food** to hungry families?

Can small towns **SURVIVE?**

Illustrations by **Monika Melnychuk**



Answers IV

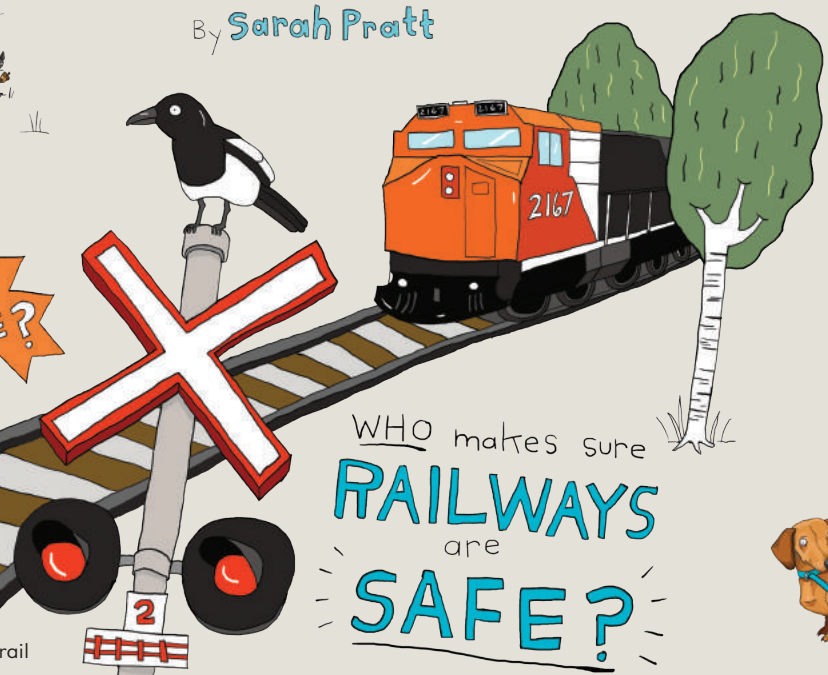


Whether it's working with people to tackle complex problems or connecting people with similar interests, universities are intricately involved in communities near and far

By **Sarah Pratt**

How can we protect aging parents?

Where can we go if we can't afford **DENTAL CARE?**



WHO makes sure **RAILWAYS** are **SAFE?**





University professors have long been depicted as lofty eccentrics in tweed suits, isolated from the real world by ivy-covered stone walls.

It's true that universities are home to curious scholars and "blue sky" research, but much of what the University of Alberta does is grounded in solving real-world problems. It involves working with — and learning from — people who are striving to make their communities better.

"A lot of people on campus got into research because they want to contribute to the world. It's often hard to do if you're working in an academic setting only," says Jeff Bisanz, a University of Alberta psychology professor. "The community supports the university, and the university is part of the broader community. It's important that the university not just exist and house expertise — it also has to continue to find ways to co-ordinate and collaborate with community."

Imagine if someone sat above your desk watching you work and then wrote a report about your job without talking to you, explains **Maria Mayan**, '90 BSc(HEc), '96 PhD, an assistant director of the Community-University Partnership

in the U of A's Faculty of Extension. It would be an incomplete picture.

To solve complex health and social issues, Mayan believes, researchers have to work with communities to get the whole picture. "A researcher can't solve

problems by separating themselves from the community where the issues are. You have to work with the people who live the issues."

One of Mayan's projects studies the high rate of tuberculosis among Indigenous Canadians. In 2011, the rate of active TB reported for Canadian-born Indigenous peoples was 34 times higher than for the Canadian-born non-Indigenous population — this despite the fact that effective treatment has been available since 1953.

"There shouldn't be TB; we licked this long ago," she says. "So we need community input and Indigenous knowledge to figure out why there are such high rates of transmission. We listen to community members, learn the culture and work with them to tell the story."

The work of U of A researchers, scholars and alumni extends far beyond campus borders, whether it's helping understand the impact of technology on children or working with rural communities to find ways to stay vibrant. In the following pages, we share with you a few of these stories and how they are making a difference in the day-to-day lives of average Canadians.

Of course, research isn't the only way the university connects outside its campuses — alumni reflect their U of A experience and values in their own communities. Through their roles in industry, volunteerism and interest-based groups, alumni harness their knowledge and apply it for the good of their families and neighbours. You'll find a list of ways to connect with your own U of A community on page 24.

Through teaching, research and alumni, universities share ideas, resources and expertise. They help create more robust communities where people feel cared about and supported. When we all come together to find the answers to society's questions, we make life better. ■



CAN SMALL TOWNS SURVIVE?

In the past 100 years, Alberta's rural population has changed drastically. In 1901, 75 per cent of Albertans lived in rural areas; in 2011, it was 17 per cent.

The impact has been immense. And the changes are ongoing, says Lars Hallstrom, director of the Alberta Centre for Sustainable Rural Communities at Augustana Campus. Small family farms continue to be replaced by large-scale

farm businesses. Young people are moving to cities for school and jobs, while retirees are moving to rural areas, causing rural communities to age faster. Changes in the commodity-based economy can create short-term fluctuations in population: when oil prices collapse, for example, a lot of unemployed people move back to their small towns. Figuring out how rural communities can adapt and thrive is the motivation behind Sustainability 101, a program for rural leaders at Augustana.

"Adaptation is synonymous

with sustainability. Our job as researchers, and a university, is to help communities become more adaptive," says **John Parkins**, '97 MSc, '04 PhD, a professor in the University of Alberta's Department of Resource Economics and Environmental Sociology. Parkins teaches one of five Sustainability 101 workshops. Each daylong workshop explores an aspect of rural sustainability: governance, economic, social, environmental and cultural.

The workshops bring people together to discuss the obstacles facing rural communities,

businesses and residents. Participants talk about how they can continue to thrive in the face of challenges like depopulation, fewer jobs and the instability of resource-based economies.

That dialogue among community members is invaluable, says Peter Vana, general manager of Development Services in Parkland County, adding he sees his community differently now that he has completed the program. "The courses helped me better understand how the pillars of sustainability work together in a rural context," he says, referring to the five workshops.

He looks forward to applying his ideas and insights to the Parkland County sustainability plan, which is being revamped. "We particularly want to integrate cultural sustainability by recognizing the culture in our community and building on it," he says. The plan is to create tours and geocaching quests to highlight the county's history and culture, which at the same time will promote tourism, recreation, environmental stewardship and economic development.

Vana is happy to see Sustainability 101 opening up conversations about the possibilities for rural areas. "It's a unique course. I can't think of any other place that really talks about it from a rural point of view." ■

Peter Vana of Parkland County finds a geocache in the hamlet of Carvel, Alta. The cache is tucked behind a sign that tells the history of Carvel. Tourists and recreation enthusiasts can learn about history in a fun way by using GPS to find containers of trinkets hidden by other geocachers.

Rural Alberta: Getting Smaller and Aging Faster

Rural Retirement

19 per cent of rural residents are 60 and older, compared with 15.5 per cent in metropolitan areas. And people are still retiring to rural areas.

More Seniors

Westlock, Alta., was among the top 10 towns in Canada in 2006 with the highest proportion of people 65 and older, at 27.1 per cent.

Family Farms

75 per cent of Alberta farms are now operating as large-scale businesses.

Aging Workforce

More than one out of five people in the rural labour force are between 55 and 64. This can create a large gap in available employees when workers retire.



Where Can We Go If We Can't Afford Dental Care?

➔ After Monica Baker lost her job as a veterinary medical assistant, one of her molars started to ache. The constant shooting pain in her jaw was debilitating but she had no dental benefits and couldn't afford dental work.

A friend suggested she look into dental programs run by the U of A, and she found the Student Health Initiative for the Needs of Edmonton, or SHINE. The clinic, run out of the Boyle McCauley Health Centre in downtown Edmonton, offers free basic services such as fillings and extractions to low-income patients of all ages. It's staffed and managed primarily by U of A dental and dental hygiene student volunteers working under experienced dentists from the Faculty of Medicine & Dentistry, also volunteers.

Some of the children who attend the clinic have never seen a dentist, and don't know how to brush or floss their teeth. Volunteers take the opportunity to teach the basics of oral hygiene. For older patients, access to basic dental care can prevent later problems such as painful and dangerous oral infections or diseased teeth that have to be extracted.

Students benefit, too, by getting hands-on experience in performing procedures and running a dental practice, as well as gaining a better understanding of the challenges facing low-income patients. ■

PHOTO BY JOHN ULAN



IS THERE A WAY TO GET UNUSED FOOD TO HUNGRY FAMILIES?

“I didn’t eat for three days one time.”

Unable to hold back tears, Salina* covers her face with a flowing pink shawl. Silence follows her words. She isn’t talking about life in her home country of Eritrea. She’s talking about her life as a refugee in Canada.

Salina is a widow who found sanctuary in Edmonton in 2006 after fleeing with her daughter from conflict in Eritrea. Since being laid off from a job as a housekeeper, Salina has been looking for work and living on government financial assistance. She uses nine-kilogram bags of barley flour to make breads and porridge and, by the third week of most months, has no money left for food.

A one-year pilot project called the Grocery Run is working to address the dire needs of refugees like Salina, who are trapped in chronic poverty, by collecting good food that would otherwise be thrown out and delivering it to refugee families. The Grocery Run grew out of research by two U of A professors and was initiated by the Community-University Partnership for the Study of Children, Youth and Families (CUP) in the Faculty of Extension.

Launched in the summer of 2016, the Grocery Run is the definition of a grassroots initiative. Food that would otherwise be thrown away because it’s blemished or the packaging is damaged is donated by local restaurants, hotels, retail outlets and producers. Grocery Run volunteers pick up and distribute

the food as quickly as possible to families that can’t even scrape together something to eat for that day’s meals.

Today, Salina has joined two other Grocery Run participants and fellow refugees at Edmonton’s Multicultural Health Brokers Cooperative, a CUP ally on the project and the program’s home base. The women sit close together, looking uncertain. Mirkuz, a single mother who arrived from Ethiopia three years ago, is quiet and has a guarded expression. Badata, who is originally from Ethiopia but arrived from a refugee camp in Kenya four months ago, nurses her toddler on her lap as her other young daughter cuddles at her side.

Acting as translator is Dinke Gamtessa, who works with the

women and other refugees at the co-operative. She is translator, caregiver and adviser to the refugees. Above all, she is a supportive role model. Gamtessa was a Crown prosecutor in her native Ethiopia before she moved to Canada as a refugee in 2011. After working through financial, cultural and emotional challenges to make a new life for herself and her daughter, she started her job as a “cultural broker” with the co-operative and has her own apartment.

“I don’t want these women to go through what I went through,” Gamtessa says. “I do everything I can to help them. I wish this program had been around when I came to Canada.”

“Dinke, she is like a mom to us,” says Salina, her voice cracking from emotion. “She is family. She helps us so much. Before I met her my face was not good, but now my face is better.” She pats her cheeks to show they are healthier.

Despite the stress of not always having enough food, Salina is happy to be in Canada. “My dream is to stay here and work,” she says. “My country is Canada now and there is peace. We can sleep here safely.”

During its first six weeks, the Grocery Run helped feed more than 80 families who would otherwise have gone hungry. While some clients are able to use Edmonton’s food bank, which provides crucial support, there are often times when the food runs out before they can get their next hamper: their children are hungry and they have to scramble to find food.

“There is so much treading water that families have no time or energy to find sustainable solutions until they find poverty solutions,” says Yvonne Chiu, a founding member and executive director of the Multicultural Health Brokers Cooperative.

Sandra Ngo, '12 BSc(Nutr/Food), '16 MSc, community resource co-ordinator with CUP, helps manage the Grocery Run. She works with volunteers and the cultural brokers, who are a vital link to the families. Logistics include tracking down donations and arranging pickup, finding culturally appropriate food that the families know how to cook, and rounding up delivery drivers. It's one of many CUP programs that help families create an environment where they can not only survive but also thrive. It's also part of a larger research program in the Faculty of Agricultural, Life & Environmental Sciences called Enrich, funded by Alberta Innovates – Health Solutions.

The Grocery Run emerged from a 2014-15 U of A study that looked at the effects of economic and cultural barriers on maternal health. Conducted by **Maria Mayan**, '90 BSc(HEc), '96 PhD, assistant director of CUP and a professor in the Faculty of Extension, and

Rhonda Bell, a professor in the Department of Agricultural, Food and Nutritional Science, the study revealed that healthy eating wasn't an option when many pregnant and postpartum women weren't able to get even their basic food needs met. Mayan took what she learned about poverty and health and applied it to her knowledge of food rescue.

"Most people don't know the depth of poverty in our community, especially for children. This research helps tell the story of poverty and find solutions that honour the dignity and strength of the people we help," says Chiu. "We need this research to facilitate change."

Mayan hopes that at the end of the 12-month pilot project, the Grocery Run program will get the nod of approval to continue.

"We have to consider this a human rights issue to be able to eat," she says. "A lot of these families are in emergency situations and need food right now." ■



Who Makes Sure Railways Are Safe?



Like people, railways in Canada endure cold temperatures, snow, ice and cycles of freeze and thaw. That can be tough on railcars and the 48,000 kilometres of track that move freight and people across the country. Researchers in the Canadian Rail Research Lab at the U of A are helping make the nation's rail transportation safer and more efficient. Led by Derek Martin in the Department of Civil and Environmental Engineering, the research focuses on reducing ground hazards, analyzing risks and helping ensure the safe transport of people and goods nationally and internationally.

Public safety is a priority in the Faculty of Engineering. By 2017-18, every U of A engineering grad will have taken at least one course through the David and Joan Lynch School of Engineering Safety and Risk Management. Starting in 2017, the school will further its reach by offering engineering professionals courses toward an engineering safety and risk management certificate. ■

Are Screens Really Bad For Your Kids?



Children are immersed in technology as never before, and we don't know much about the impact.

Jason Daniels, '00 BA(Hons), '07 PhD, is working to change that. He is part of Growing Up Digital Alberta, a project that tracks the time children spend on screens and their behaviour in an effort to understand the physical, mental and social effects of digital technology. Daniels, associate director of research

support services in the University of Alberta's Faculty of Extension, is working with the Alberta Teachers' Association and Harvard University to analyze survey responses from 2,200 Alberta teachers and principals.

Interim results show 71 per cent of teachers find educational technology enhances learning. Two-thirds report high levels of distraction in the classroom as well as increased social and emotional challenges in the past three to

five years. The next step, says Daniels, is to survey parents to find out how children and adults are using technology at home.

"We don't have all the answers yet, but as we collect data we have to get the information into the hands of people who can use it," says Daniels. "One of my personal goals is to create something for parents and teachers that takes all of this research and data and unpacks it in a way that is accessible to people." ■



Harvesting Hope

A healthy crop of kale donated by Lady Flower Gardens will provide much-needed nutrients to hungry refugees in Edmonton. Garden manager Kelly Mills (left) and community resource co-ordinator Sandra Ngo harvest kale for the Grocery Run, a food salvage pilot program led by the U of A's Community-University Partnership. (Story on page 20.)



How Can We Protect Aging Parents?

Three out of five Canadians with dementia wander away from their homes. If not found within 24 hours, half will suffer serious injury or die. It's a growing problem: 564,000 Canadians are living with dementia — and that number is expected to grow to 937,000 within 15 years, according to the Alzheimer Society of Canada.

A U of A study found that GPS locators helped keep track of people with dementia in case they wandered, bringing peace of mind to caregivers. The Locator Device Project, led by Lili Liu, chair of the U of A's Department of Occupational Therapy, allowed caregivers in Calgary and Grande Prairie to monitor in real time the whereabouts of home-care clients with dementia. Devices — which can be worn around the neck, as a watch or in a shoe — show a person's location on Google Maps and can send text messages or emails to caregivers if the person leaves a designated safe zone. Liu is now working on an online resource to help consumers compare locator devices and their suitability for different situations. ■



How Can Indigenous Language and Culture Be Preserved?



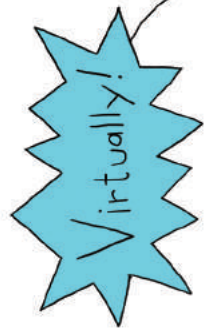
First Nations girls, some of whom have had little or no contact with their language, are learning traditional Cree knowledge at a U of A summer program.

The Young Indigenous Women's Circle of Leadership immerses girls 10 to 16 years old in a language and culture they may not otherwise have had access to, given the destructive legacy of residential schools. Guided by teachers from Cree communities, the girls learn traditional protocol, dances and prayers, experience traditional arts, talk with elders, attend sweat ceremonies, and pick wild sweetgrass and sage.

"A lot of the work we're doing is simply trying to give these girls access to that information that has been disconnected for well over 100 years," says **Rochelle Starr**, '12MEd, program co-ordinator, who is from Little Pine Cree Nation. Starr hopes to expand the program, founded in 2008 by U of A elementary education professor Heather Blair, to involve more girls and to create a parallel opportunity for boys. Local Indo-Canadian, Muslim and Jewish communities have been working with the program to fundraise and to raise awareness of Indigenous realities within their own communities. ■

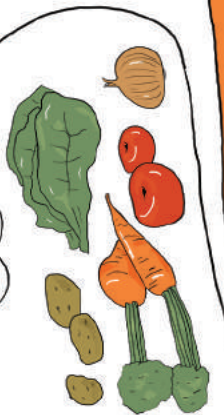
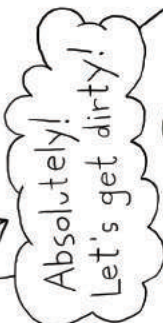
WHERE DO YOU FIT IN?

Find your niche in the U of A community. It reaches far and wide and covers almost any interest. So, how do you prefer to connect with your world?



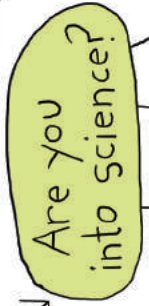
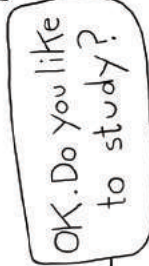
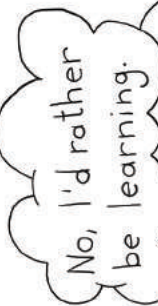
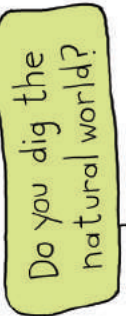
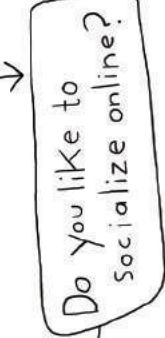
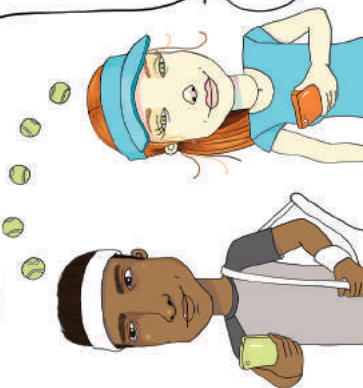
Prep for Paleo

Volunteers in the Dino Lab are often the first to see and touch fossils that are millions of years old. They clean and prepare delicate specimens for paleontology researchers in the Department of Biological Sciences.



Sow in a Row

It's back to basics for down-to-earth volunteers at Prairie Urban Farm who help plant, weed and harvest food on this mixed-crop farm on South Campus. Crop yields are shared with volunteers and sold to the public.

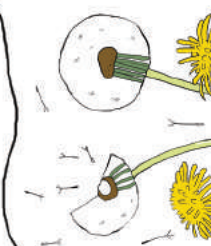


Learn for Free

The university's MOOCs—massive open online courses—are free to the public, so you can learn from your living room without paying a cent. The courses range from Understanding Video Games and Dino 101 to the upcoming Mountains 101 (see page 10) and Indigenous Canada.

Grow With Other Grads

Check out the fun online and find out how to volunteer, go to a lecture or beer tasting, and more. The Alumni Association keeps grads connected and learning in Edmonton and around the world.



Get Physical

If you love sports but your friends are more spectators than super jocks, the PlayCity app is for you. It connects people who play the same sports at the same skill level. **Alix Lavertu**, '14 MBA, is part of the team leading this startup.



I could talk about a good book all day.

Do you adore language?

But I like to party!

No, music is more my thing.

But I also like thoughtful conversation.

LOVE IT!

Yes, among other things.

Be a Citizen Scientist

Albertans can help climate change research by reporting when certain plants bloom and leaf out in spring as part of Alberta PlantWatch, co-ordinated by **Elisabeth Beaubien**, '91 MSc, '13 PhD, in the Department of Renewable Resources.

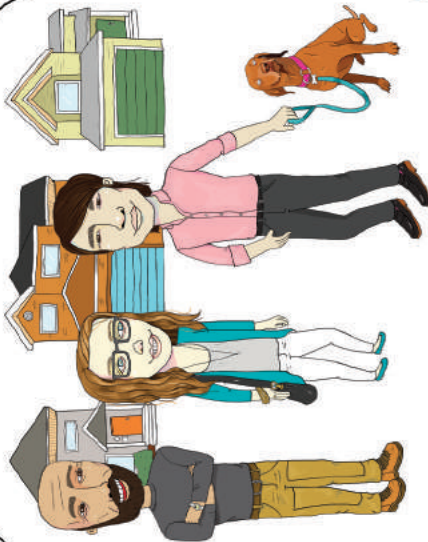


Advocate Online

Founded by **Nadine Adelaar**, '13 MA, and **Cynthia Spring**, '13 MA, *GUTS* digital magazine encourages conversation about feminism and other rights issues.

Explore the Airwaves

Campus radio station CJSR 88.5 FM welcomes community members to tune in or volunteer and gain experience in broadcasting. In his book *Music in Range: The Culture of Canadian Campus Radio*, U of A assistant prof Brian Fauteux delves into the history of campus radio and its impact on local music and culture.

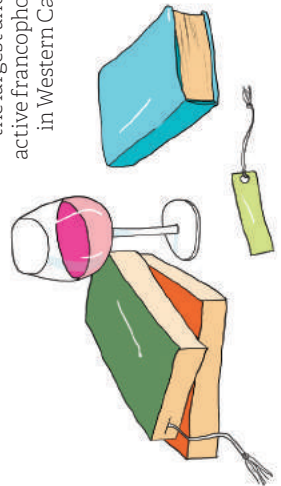


Allons-y!

The U of A's Campus Saint-Jean hosts clubs and events that promote French culture and language. One example is Chorale Saint-Jean, the largest and most active francophone choir in Western Canada.

Love Literature

On the Same Page, the Faculty of Education's book club, welcomes bibliophiles with and without links to campus. And an alumni ONEcard opens the doors to U of A libraries on campuses and online.



Look Waaay Up

Tackle great heights at the two-storey Wilson Climbing Centre in the university's new Physical Activity and Wellness Centre. With a ONEcard, alumni can also use the new fitness facilities as well as the University Pavilion and the Aquatics Centre.



Personalize Your Programs

Listen to U of A alumni and faculty speak about their favourite subjects on podcasts and video — everything from *Pet Sounds* with **Sarah Hoyles**, '05 BA, to *Surgery 101* with Jonathan White, professor in the Department of Surgery.

Rock Your Block

The Abundant Community Initiative connects neighbours block by block in an effort to build a localized culture of safety, caring and pride. **Howard Lawrence**, '86 BEd, organizes Abundant Community Edmonton.

Inside the
Animated Mind

of

JOEL
C
HE



MATT
GROENING

By **Curtis Gillespie**,
'85 BA(Spec)

Photos by
John Ulan



N

T

THE FOX STUDIOS COMPOUND IN LOS ANGELES

is a sprawling 10-block mini-city inhabited by faux streetscape exteriors, airy sound stages, chic executive suites, quiet grassy spaces, funky cafeterias and dozens of suites and trailers full of precisely the kind of beautiful and glossy people you'd expect to find on a Hollywood lot. Of course, those people are merely personal assistants to the *seriously* beautiful and glossy stars of the various shows filmed on the lot.

Also interspersed throughout the compound, like weeds growing through cracks in the pavement, is a smattering of rundown '30s-era boarding rooms converted to ratty offices, now mostly occupied by the lowest order on the Hollywood phylum: writers. Not that writers aren't crucial to the process. Just about every funny or smart thing that comes out of Hollywood originated in the head of a writer, but writers are not beautiful or glossy (unless a sheen of flop sweat counts), which means that they are treated as dull and distant moons weakly orbiting the vitalizing power of the true heat sources—studio bosses. Hence the relegation to the old boarding rooms, which is where I meet up with **Joel Cohen**, '88 BSc, one of the head writers for *The Simpsons*. After Cohen shows me the endearingly cluttered cubbyhole he calls an office, we make our way a few hundred metres north to Building 1 for a "table read" of an upcoming script.

Table reads, Cohen tells me, are a big deal. It is not just an informal working meeting to tinker away at a script; table reads are a key moment in the production process, the point along the way where everyone involved in this multibillion-dollar, 28-season, 31-E Emmy, seven-foreign-language franchise gets their first group chance to weigh in on whether the writers are earning their keep.

"These are our dress rehearsals," Cohen explains. "Because the show is animated, we rarely get live feedback, so this is our way to get an audience response."

What he fails to mention is that the "audience" usually consists of every star and executive attached to the show: the actors, as well as Matt Groening, the creator of the show; James L. Brooks, the producer of the



"One of the biggest motivations I have in my job and in my work, trust me, is to make the other guys in that writers' room laugh at something."

show; and Al Jean, the "show runner" (who is the person really running the entire circus).

We step into a large conference room, which contains a huge oval table with seats for at least 30 people. Natural light floods the space, giving it the feel of a small church. I take a seat against the side wall along with another couple of dozen invited guests.



Jokes fly fast and furious in the writers' room, where Simpsons writers collaborate on scripts.

The show's power brokers sit around the table. Beside them are various cast members, with some also on speakerphone. Conspicuously, there are about eight chairs lined up precisely against the rear wall, as if welcoming the featured guests at a firing line. This is where the writers sit.

"They always put the writers as far away from the talent as possible," Cohen says. "It's always been that way."

The mood around the table is hard to gauge—expectant and abuzz. A nervous anticipation bounces off the walls. It is the first official "reunion" of the full cast following a protracted and often-acrimonious dispute over salary between Harry Shearer (the voice of Mr. Burns, among many other characters) and the producers of the show.

The table read begins. Jean reads the direction notes and keeps things moving briskly. The A story features Smithers declaring his love for Mr. Burns. The jokes come fast and furious. There are songs. There are laughs. One of the lines that makes me laugh out loud comes when a character mentions something about the food chain and Homer, puzzled but suddenly attentive, says, "Where is this food chain you speak of?"

(This joke was eventually cut from the final script when the episode, "The Burns Cage," screened in spring 2016.)

Many of the cast and executive strata offer up the occasional laugh. The invited guests laugh more often, but not at every joke. But the writers aren't laughing. They are all scribbling notes furiously. Throughout the table read, I don't once see a single writer laugh.

At the completion of the table read, Jean thanks the entire crew and says so long to those on the phone line. People stand. Many mingle. Brooks and Jean leave quickly. There is still a giddy hue to the air, as the writers and a couple of cast members hang around to chat. Nancy Cartwright, the voice actor responsible for Bart Simpson as well as some minor characters, generously makes the rounds, thanking people for coming out to watch and listen, as if we are

the ones who've done her a favour. Cohen is at the back of the room, engaged in an animated discussion with a couple of the other writers. He finishes and comes over and suggests we go off-lot for lunch. When we get to his chosen spot — La Serenata, a Mexican joint on West Pico Boulevard, about 15 minutes from the Fox lot — I mention to him I'd noticed that none of the writers were laughing during the table read.

"Yeah," he says, half-scanning the menu, "but that's because the table read is for us to find out what other people think is funny. We want to hear what jokes are working and what ones aren't. I mean, you have to pay attention to the energy, or when people are confused, or when no one knows why the story took the turn it did. It's a big part of what we base our rewrite on."

He goes on to tell me that perhaps one of the reasons the writers don't laugh at the table read is, one, that it wouldn't be in the original script if they didn't think it was funny and, two, that by the table read stage, a script has already been through as many as a dozen story cycles, during which every one of them has pored over and finessed every joke a hundred times.

"We laugh at all the jokes," he says, grinning. "Of course! And one of the biggest motivations I have in my job and in my work, trust me, is to make the other guys in that writers' room laugh at something. That alone is hugely rewarding, to entertain these super-smart and talented guys."

Don't be falsely modest, I counter, suggesting they must feel the same way about him.

"I hate to disappoint you and the U of A," he says, stopping to wipe some salsa off his mouth. "But I am the dumbest guy in that room! Sorry, U of A! My education prepared me for nothing. Nothing!" He starts to mimic me writing in my notebook what his next words are going to be: *and then he said, Of course I'm just kidding. It was a really important time in my life.*

Except that isn't what Cohen says.

"That'll bum your editor out," he does say, "knowing the magazine completely wasted every dime to send



you down here to talk to me when my education was actually totally wasted on me." He pauses, perhaps to lure me yet again into thinking he was finally about to express something earnest and heartfelt. Nope.

"Man, that has to suck."



100 Jokes a Day

Joel Cohen's life is a joke. Not in the pejorative sense, of course, but in the sense that the engine of his day, every day, all day, is the joke. Well, hundreds of them, actually. They are his oxygen, his nourishment, his job. He can't help but seek — and usually find — the humour in everything, but that doesn't mean he *thinks* everything is a joke. In conversation, he is, in fact, a relentlessly probing and intelligent person. It's just that he also happens to have a sharp and somewhat anarchic sense of humour. He's not a guy who makes irritating wisecracks out of everything anyone



▼

LESSONS FROM **The Simpsons Writers' Room**

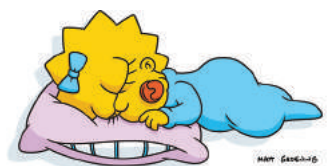
By *Stephanie Bailey*, '10 BA(Hons)

Diehard fans of *The Simpsons* may be able to rattle off obscure facts like Comic Book Guy's real name or Maggie's first word, but there is one trivia question they'd all be hard-pressed to answer: what is the secret to nearly three decades of success?

"When people talk about *The Simpsons*, they're quick to look at all the obvious stuff," says Joel Cohen, who entertained an audience at Alumni Weekend in September with "The Tao of Homer: Lessons on Creativity and Innovation in The Simpsons."

"We have an amazing voice cast, we have talented animators, we have super-ripped, buff, handsome writers, but the success of the show is the environment that it's created in," says Cohen.

He shares six lessons on fuelling creativity.



Lesson

1

CREATE A SANCTUARY FOR CREATIVITY...

because writers produce their best work when they are given the freedom to do what they do: write. *The Simpsons* writers work within a protective bubble that is largely free from the bureaucratic interference facing other sitcoms. "If we want to do a joke, we do it. If we want to do a storyline, we do it. It's really a creative paradise."

says. Rather, he is an inherently witty person who has been trained relentlessly, every day of his life for the past 15 years, to take the ordinary and find the lunacy underneath it. His humour is more Monty Python than Mel Brooks, full of literary allusions and (sorry, Joel) deep education but always tinged with an edge of satirical probing. Michael Price, another longtime *Simpsons* writer, started on the show around the same time as Cohen. "The first thing anyone notes when they meet Joel is how fast he is, how quick he is. The guy is funny and deadpan and likes to say unserious things in a very serious way."

One can only wonder where that came from, since "comedic hotbed" is not a term you'd immediately attach to Alberta in the 1970s. Cohen was born in Calgary in 1967. Though he has lived in L.A. for two decades now, he still has strong connections to Alberta. He returns a few times a year to Calgary, and his older daughter still attends a summer camp near Canmore that she has been going to for a decade. Both he and his wife, a nutritionist he met in high school, still have friends and family in Calgary. "And I haven't missed a Stampede in ages!" he says.

Cohen's father, who died three years ago, owned and operated the Uptown Bottle Depot for many years in Calgary. Cohen worked there as a teenager and remembers he was very popular with some of the homeless guys, primarily because he'd save them the dregs of the empties. Not the most ennobling job to have as a kid, but it did have its upsides. "I'd be walking downtown with my friends and we'd come across some street guy, and out of the blue, he'd say, 'Hey, Joel, my man!' and it was great!"

Cohen moved to Edmonton for university in the fall of 1985 "and much to the dismay of the U of A, I'm sure, they let me in." He enrolled in pre-med, studying organic chemistry because he thought if he took the hardest course it would give him the most options. "Which only establishes what an idiot I was," he says. "I failed, took it again and still only barely passed. So I left pre-med and took the science courses I was interested in, like zoology, which eventually led to a biology degree."

His years at the University of Alberta, he finally admitted to me, were significant to him. "The U of A gave me a knowledge base I could draw on and I'm thankful for that." He matured in those key years, though he still floated a bit, unsure what he was meant to do or even what his passions were. Not that they were unsatisfying years. "I had a really good time at the U of A. I met a ton of great people, hung out at HUB and the Power Plant, lived in residence, played intramural hockey. After my degree, I took another half year and just took every class that interested me, things like

anthropology and computer programming. That allowed me to get a better sense of what I wanted to do with my life.”

After graduating, Cohen took a year off to travel through Europe and Africa, then did what every aspiring comedy writer does ... an MBA at York University. “Honestly,” he laughs, “I have no idea why I did that. I can’t remember a single thing I learned there.” He then moved on to work in Toronto for a now-bankrupt film distribution company in its home video department. He had discovered by that time that he wanted to try his hand at TV writing. Armed with a green card (his father had relocated to the United States in 1987), Cohen moved to Los Angeles in 1997 and got a job selling ads for Turner Broadcasting on CNN Asia and CNN Latin America. Shortly thereafter he met comedian Kathy Griffin, who was starring on a show called *Suddenly Susan*. She got him writing on that show, and his boss there — whose partner is George Meyer, a key player in turning *The Simpsons* from a cartoon short into a full animated series — set up an interview for *The Simpsons*. Cohen pitched a hundred jokes his first day on the job and, 15 years later, he’s still pitching a hundred jokes a day.



Survival of the Funniest

The day-to-day process of creating the show — meaning the reality of Cohen’s existence — is a combination of ceaseless originality married to inexorable routine. Typically, once a storyline is approved, the lead writer completes the first draft. Then Al Jean makes notes on the script. Everyone else in the writers’ room makes notes on the script (the “writers’ room” being both figurative and literal, in that the writers regularly leave their individual offices to congregate in a single meeting room to



bounce ideas off one another, but also in that the writers’ room is a notional space where the team works collaboratively on scripts in various stages of development). Then there are rewrites. Then more notes. Then more rewrites. Then more notes. Then they might finally arrive at a table read, after which there are further rewrites.

“It can be a nine-month process from the script getting handed in, to the show airing,” says Cohen, “and the script might go through as many as 10 drafts, including when we get to animation. By the end of it all, there might be five per cent of the original script left. It can be an annoyingly iterative process, but the final outcome is always better than the first draft. You have to surrender to the collaborative process.”

It’s something of a humour factory, if only because that’s the only possible way to produce a show with that much story, that many jokes, that many characters and that has been running for so long.

“The bottom line is that you just have to keep delivering and keep bringing it,” Cohen says. “Like anyone’s job, you have your small victories and your small defeats every day, but you just keep plowing away.”

“Honestly, there’s no magic in our job, and so much of it is just persistence. Everyone is pitching all the time and, like in baseball, even if you had a .300 batting average, getting three out of 10 jokes in, that’d be phenomenal.”

The scale and volume of jokes being pitched is somewhat dizzying when you think about it. There are 10 to 12 writers in the room on any given day, and when they know they are working on one joke slot — meaning a moment in the show that they all know calls for a joke — they will spend an hour pitching jokes to one another and might come up with a hundred jokes. In one hour. For one single five-second joke slot. And then when they agree on



Lesson

2

WELCOME WASTE ...

because the creative process is inherently inefficient.

It can take nine months of rewriting to create an episode of *The Simpsons* and as many as 40 hours to perfect a single joke. “I don’t think creativity can be efficient. You know when you’re done, but you don’t know how long it’s going to take.”



Lesson

3

DON'T GET MARRIED TO AN IDEA ...

if it takes away from the larger story you're trying to tell. "Even if you have a great idea, it's sometimes even a better idea not to use it because it hurts the overall picture, the big picture. Don't fall in love with the little gem; look for the bigger gem."



Lesson

4

FIGHT YOUR FIRST INSTINCT ...

and push yourself to think more creatively. In the writers' room, the writers often flip an initial idea and try to think of it from a totally different angle. "The first thought is often not the most creative thought — it's the most obvious one."

a joke, it'll still go through five rewrites. And it still might not survive the table read. If it survives the table read, it'll still get rewritten another half-dozen times prior to animation and voicing. The ruthlessly Darwinian nature of a single joke's evolution is staggering to behold. For every joke that makes it on the show, there might have been a few hundred that didn't.

"That's not the worst, though," Cohen says with a laugh. "The worst is when we need a name for a character. It freezes the room. I'm not kidding. *Doug? How about Doug? No, Doug's not funny anymore. How about Dirk? OK, that's funny. Let's go with Dirk. But what about a last name that you can pair up with Dirk?!* Seriously, we sit there flipping through the phone book."

The only possible way to survive is through collaboration, Cohen says. The writers carry one another along. It's not competitive in the writers' room because that's a sentiment they don't have time for. It's so hard

sometimes to come up with a joke that works, says Cohen. "You're just begging anybody to say something, anything, that's going to get in. You just surrender to the process because you need a team of people. You're just throwing man-hours at it."

Fellow writer Price says Cohen is pitching all the time, "and he was pitching fast the first day I met him 15 years ago. Which is good. When you're rewriting, you want someone who pitches a lot and who pitches good stuff but someone who also has the confidence to pitch bad stuff, because sometimes it's the bad stuff that inspires the next good idea or moves the needle in a different direction. There's no ego around any of that stuff because all we want is to just go home to our families."

Cohen likens the process to a rally in volleyball, which he called bump, set, spike. Someone introduces a joke idea—the bump. Someone advances the idea—the set. And then someone finishes the joke off—the spike. The person who spiked it might get the credit for the joke but, as Cohen notes: “Anything creative on the show has multiple parents.

“But don’t get me wrong,” he insists between mouthfuls of a tortilla, “there might be a lot of repetition to the days, and a lot of joke after joke after joke, and the pressure of always having to find something funnier or better ... but we’re working with something that is just so joyful that it’s always great.”

Perhaps the expression of genuine feeling caught him off guard, or maybe he was just talking with his mouth full, because he appeared to aspirate a black bean or small chunk of chicken. He began to choke, for real, and I momentarily panicked inside. I winched the Heimlich manoeuvre out of my memory. Thankfully, he recovered in short order—and was immediately ready with a joke, though spoken hoarsely. “As you can tell, this is very emotional. It’s going to be very hard for me to get through this interview ... though if I do choke and die, at least you’ll have an audio recording of it.”



A Modest Guy

Cohen loves his work. “I mean, let’s face it, I haven’t had to be out in the real world where I’ve actually had to reinvent myself, like, *Now I’m a drama writer! Now I’m an action writer! ...*”

Yet he knows the day will come when he won’t be part of *The Simpsons*, if only because the show might one day get cancelled.



He has been working on a variety of secondary projects in the last year or two, including online shorts, feature films and other TV shows. He’s also working with a couple of other *Simpsons* writers on an animated film and has tossed around a few projects with his brother Rob, who also works in L.A. and recently made a well-received documentary, *Being Canadian*.

“I’d love to see Joel be a show runner on a show he created,” says Price. “He’d be terrific. The show would be funny, natural, full of smart observational stuff with a silly side.”

“I’m always dabbling,” says Cohen. “I love *The Simpsons* and want to stay as long as I can, but I also feel like I’m ready for the world outside the show whenever that happens. But I think you’ve got to keep fresh, and you’ve got to keep judging yourself against an outside arbiter. I mean there’s a lot of horrible stuff out there ... and I want to write something horrible on my own one day! I need the freedom to fail!”

His sardonic self-deprecation isn’t just for my



Lesson

5

ADMIT IT, SOME IDEAS ARE JUST BAD ...

but there are benefits to bad ideas. When people aren’t mocked for a dumb idea, it helps create a safe environment in which they feel comfortable taking risks. And bad ideas often lead somewhere great. “There might be a nugget in that idea that someone else can hear, pick up on and build upon.”



Lesson

6

BE HUMBLE ...

when it comes to deciding on the best idea — the idea that will get the biggest laugh or make the greatest impact. “When you’re generating all of these ideas ... somebody has to make the decision, filter them all down and choose one The trick to being a filter is to take yourself out of it, be humble and recognize that the group, frankly, knows better than you do quite often. Surrender to that.”

“Everyone is pitching [jokes] all the time and, like in baseball, even if you had a .300 batting average, getting three out of 10 jokes in, that’d be phenomenal.”

sake. He comes across as a fundamentally modest guy. When he won the award at the 2014 Writers Guild of America for best animation writing, he accepted saying, “I pitched a story idea at our annual writers’ retreat that was so horrible it was immediately rejected and the producers double-checked my contract to see if they could get me off the show. But [Simpsons producer] Jim Brooks, in his generosity, gave me this idea, and with everybody’s help I wrote it. So I’d like to dedicate this award to every kid who hopes to be so pathetic that one day an Oscar-winning writer will give him an idea.”

Too soon, Cohen and I finish our lunch. He asks me how it was. “Great,” I reply. Our waitress comes by, picks up our plates and asks how our meals were.

“Delicious,” Cohen says. “Except for my friend here. His was terrible.” He looks at me. “Go on. Tell her. Don’t be shy.”

“He’s kidding,” I tell her. “It was good.”

It’s too late. Left eyebrow hoisted, she backs away, slowly. Cohen allows himself a small grin. It doesn’t occur to me until later that he had bumped and set, but I didn’t have the wherewithal to spike. (“It’s not your fault,” the funnier me would have said to the waitress, “but I’ll let you know what my doctor says.”)

Cohen and I stand and part ways so he can go dig in with his fellow writers on the notes from the morning’s table read. You can tell he’s happily anxious to get back at it. His obvious embrace of the show’s work ethic, even after all these years and all this success, makes me think of the classic mantra of athletic achievement: process, not outcome. Joel Cohen has both surrendered to, and mastered, *The Simpsons’* collaborative process because it perfectly suits his whip-smart but self-effacing personality.

The bonus for the rest of us is that the outcome isn’t half bad, either. ■

Charting a New Course for Sex Ed

By Kate Black, '16 BA

Why sex ed needs to come of age in a complex social world,
and three programs that are leading the way

Illustrations by
Sonia Roy



rose
Ed





For **Candice Lys**, '06 BA(Hons), the memory of sex ed is singular, uncomfortable and all too familiar. In Lys's first and only sex education class, her Grade 8 teacher put a female anatomy diagram on an overhead projector and had the class silently label the parts on worksheets. Next, he rolled out a VCR, turned on a video of a woman giving birth and walked out of the classroom.

Ten years passed and not much changed. Lys went back to the North to live in Yellowknife — 740 km from her hometown of Fort Smith, N.W.T. — while working on her master's degree in public health in 2009. She discovered that young women's sex education was still awkward and hardly relevant to their real lives. Behind closed doors, how many 15-year-olds are debating the positions of the labia minora and majora with their crushes, anyway?

In 2012, Lys founded FOXY, an arts-based sexual health and leadership program that grew out of her PhD research: a girls-only, one-day workshop that swaps labelling anatomy worksheets for drawing body maps of each girl's personality and replaces dry lectures with role-playing relationship problems. They get the facts about sex but it's through "myth versus truth" trivia games and candid conversations with peer leaders over pizza lunches. FOXY (which stands for Fostering Open eXpression among Youth) has reached more than 1,400 young women across the Northwest Territories, Yukon and Nunavut and recently started a similar program for boys called SMASH (Strength, Masculinities and Sexual Health). In 2014 FOXY received the \$1-million Arctic Inspiration Prize.

As one teen wrote after taking part: "Talking about sexual education before, I was, like, super awkward about it, but now it's just like another thing to talk about."

Another wrote: "I looked back at all I learned and realized how much more educated I had become, and for that I am grateful. At school we did sex ed but nothing will compare to what I learned at FOXY."

FOXY does more than debunk myths about sex, says Lys. It also gives teens confidence to be themselves. It's built on the belief that sexuality isn't separate from the rest of who we are. "We approach sex ed as one core component of the whole person," Lys says. "You can't have really healthy sexuality if you don't have really healthy mental health and physical health."

*Two-thirds of 15- to 24-year-olds reported having had sexual intercourse at least once; a third had first done so when they were younger than 17.**

WHAT IS SEXTING ANYWAY?

Alberta's sexual health curriculum is 14 years old. In digital technology years, that's an eternity. When the curriculum was introduced in 2002, Facebook was still two years away, and teens couldn't have imagined Snapchat, since the guy who invented it was 12 at the time. While some teens would have had a cellphone, few would have heard of sexting, the now-widespread activity of sharing explicit photos and messages over smartphones.



"You can't have really healthy sexuality if you don't have really healthy mental health and physical health."

CANDICE LYS

Digital technology has changed all that. Kids today live in a world where perceptions of relationships, body image, identity and sexuality are fraught with the powerful — but often-misinformed — influences of social media, the Internet and digital communication.

Ninety-nine per cent of students in grades 4 to 11 have access to the Internet outside school through various devices, according to a 2014 survey of more than 5,400 Canadian students by MediaSmarts, a non-profit organization focusing on digital and media literacy. The survey also found that 24 per cent of Grade 4 students and 85 per cent of Grade 11 students owned cellphones, and about 40 per cent of teenage boys had looked for pornography online.

Yet if young people live in Alberta, Manitoba or New Brunswick, their teachers don't have to mention sexting during sex ed.

"Sexual health education in Canadian schools varies by province, it varies by school board, it varies by school, and it varies by classroom. It ranges from non-existent, to terrible, to — in some cases — excellent," says Alex McKay, executive director of the Sex Information and Education Council of Canada.

The underlying problem with sex ed, he says, is North American society's long-standing reluctance to accept that many teens are sexually active.

"If we want sex education to make a meaningful contribution to the health and well-being of young people, we have to understand that adolescents are sexual beings. Their needs are broader than those simplistic messages that were always delivered in a strictly heterosexual context."

THE COST OF FAILURE

When Canada's sex education programs emerged in the early 20th century, the first goal was to lower rates of premarital pregnancy and venereal disease — back





when they still called it venereal disease. More than a century later, only half that plan has been successful.

Canada's teen pregnancy rate fell by 20.3 per cent between 2001 and 2010, and the teen abortion rate in Ontario dropped by 40 per cent between 2007 and 2013, according to the Sex Information and Education Council of Canada. Yet a 2013 report by the Public Health Agency of Canada stated that rates of sexually transmitted infections (STIs) have been rising steadily since the late 1990s and that young Canadians have the highest reported rates of STIs.

And then there's the issue of sexual consent in a media world that makes the boundaries extremely murky. While almost all Canadians agree that you should have consent to have sex, a 2015 survey by the Canadian Women's Foundation found that only one in three Canadians actually knows what it means — that only yes means yes. (According to the Criminal Code, any kind of sexual contact without a voluntary "yes," whether with words or body language, is sexual assault. That means being married, saying yes the day before, or staying silent do not count as consent.)

Sexuality is entangled in our identities and cultures, our emotions and deepest insecurities. Making sense of sexuality has never been as simple as pointing to body parts, in the same way that travelling has never been as simple as looking up capital cities on a map. We wouldn't call our teens good drivers for being able to buckle a seatbelt, but today's sex education hardly expects anything more from them.

MAKING IT REAL

Carol Ann and her boyfriend's nervous laughter and heavy breathing escalate until Carol Ann springs out of bed. "Mac, wait! I have to go. I ... left the stove on." She barrels out of bed, spilling the sheets on the ground, and walks to the front of the stage, baring her

"If these students get any sexual health education at all, it tends to focus on heterosexuals and not LGBTQ youth."

ANDRÉ GRACE



insecurities to an audience of 14-year-olds watching with wide-eyed, skeptical interest.

"That was close. Too close," Carol Ann says. "Suddenly it's happening and I'm thinking ... we need a condom ... I was so scared I just ... ran out of there."

Carol Ann and Mac are fictional characters in *Are We There Yet?*, a participatory play intended to give young people the tools to make healthier choices surrounding sex and relationships. In each scene, characters are pushed to dilemmas and turn to the audience for advice.

"Now I don't know what to do. What should I tell him?"

Carol Ann asks. Silence simmers across the audience for a few tense seconds, then a girl at the back pipes up.

"You could just tell him you need protection?" the student suggests. Carol Ann is still concerned. Will Mac think she's easy for bringing condoms? Other teens in the audience offer ways to soften the conversation. Later, Carol Ann meets Mac onstage and uses the words the audience gave her. It's full of awkward pauses and antsy giggles — just how the playwright intended it.

U of A drama professor **Jane Heather**, '75 BA, '93 MFA, wrote *Are We There Yet?* in partnership with Edmonton's Compass Centre for Sexual Wellness. It was produced by Edmonton-based Concrete Theatre from 1998 until 2013. Theatre companies across Canada also picked it up and performed it to

thousands of teenagers in diverse communities, from Vancouver and Toronto to Indigenous communities in Saskatchewan to rural towns in Nova Scotia.

The play asks teen audiences to problem-solve real-life situations — from talking to a partner about using protection, to being in a relationship where each person has different sexual boundaries — and applies their suggestions, both good and bad. A professional sexual health educator sits in on each play to answer questions during and after the play and visits the school a week later to give a formal sex ed workshop.

A five-year research study, led by drama professor **Jan Selman**, '79 MFA, that measured how more than 1,000 students' attitudes toward sexual decision-making changed after seeing the play found that they preferred it to learning about sex in a classroom, says Heather. Most participants recorded a "significant" change in their sexual decision-making.

"For a lot of the teens, the play is a revelation that sex is a choice. That it isn't something that just happens to you because you're at a party," Heather says. "It's actually something that you would decide to do."

BEYOND THE BIRDS AND BEES

"Quality sex education is so much more than learning about how babies are made and how to prevent babies from being made," says **Brea Malacad**, '06 BEd, '09 MEd, an Edmonton-area school psychologist whose graduate research focused on sexual health education.

She advocates for what experts call a comprehensive sex education — that is, one that goes beyond anatomical drawings and warnings against premarital sex. It would still talk about body parts and present abstinence as a legitimate decision for a teen to make but would also include many other aspects of sexuality — from gender expression, to sexual pleasure, to birth control.

"Comprehensive sex ed should also incorporate reflection on one's personal, cultural and religious values

regarding sexuality,” says Malacad. “It addresses all the emotions and behaviours surrounding sexuality and gets students to think about their own boundaries.” And contrary to what some think, it doesn’t cause young people to have sex. Research has consistently shown that it can actually reduce sexual activity among adolescents. They understand the implications and feel more comfortable with setting boundaries, she says.

McKay, of the Sex Information and Education Council of Canada, says that for many people, sexual health education is not at the top of the priority list. “But just as HIV in the 1980s woke us up to the implications of sex education for physical health, we’re now beginning to understand that sex ed has important implications for mental and emotional health, as well.”

SO MUCH MORE AT STAKE

If you were a teen in Alberta when the province’s sex ed curriculum was last updated in 2002, you could only daydream about marrying a same-sex partner. Until 2016, your school could still legally stop you from starting a gay-straight alliance club with your friends.

While things outside the classroom have changed for LGBTQ Canadians, curriculums still lag behind, says educational psychology professor André Grace. He says sexual- and gender-minority youth — people who don’t identify as a man or woman or aren’t straight — are consistently left out of talk in the sex ed classroom. “If these students get any sexual health education at all, it tends to focus on heterosexuals and not LGBTQ youth,” says Grace, co-director of the Institute for Sexual Minority Studies and Services. When sex ed is done right, he believes, it can save lives.

The Comprehensive Health Education Workers project, CHEW, has taken a creative approach to troubling STI and suicide rates among gender- and sexual-minority youth.

The institute created the program in 2014 in response to Alberta’s rising

youth STI rates, especially among young men who have sex with men.

Until its funding ran out last summer, the program hosted STI testing in the community and on campus, as well as self-care fairs, sex ed trivia nights, support groups and Art Jam workshops. CHEW still offers some of its services with piecemeal funding and the help of volunteers.

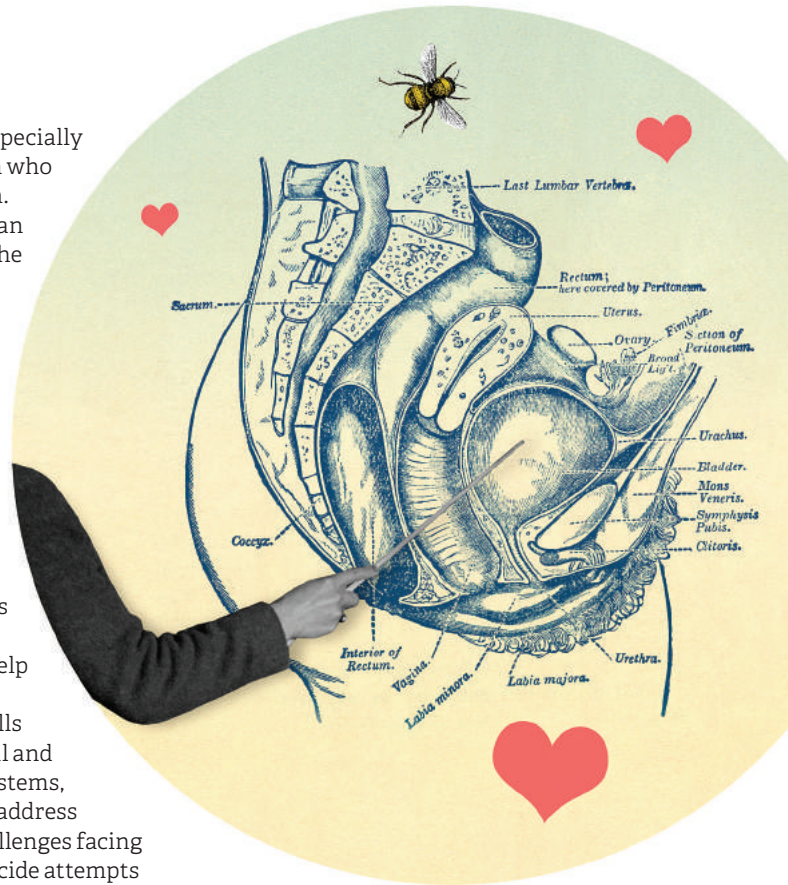
The program fills a key gap in mental and physical health systems, which often don’t address the particular challenges facing LGBTQ youth. Suicide attempts among LGBTQ youth are two to seven times higher than among other youth, surveys in various countries have consistently found. In Canada, up to 40 per cent of homeless youth identify as LGBTQ, according to a 2012 study, “No Safe Place to Go.”

“Everything’s so intertwined,” says CHEW facilitator Evan Westfal. “You have to deal with their other pertinent issues first before you can even touch on sex.” A teen might be struggling with gender identity and turning to street drugs to cope. Another might be diagnosed with an STI and find the weight of dealing with the stigma too much to bear.

That’s why CHEW’s goal was to be not only a sex ed classroom but a community hub and health clinic, too. Westfal says the CHEW team performed at least 48 suicide interventions in the first half of 2016 alone.

BETTER SEX ED FOR ALL

As a former sex ed scholar, Malacad knows there’s enough research to show what a good sex ed program looks like. For some young people, it means



modelling tricky situations; for others, it’s a place where they can finally learn to love themselves in a world that isn’t always willing to.

There is some movement across Canada toward a more comprehensive approach to sex ed. In Alberta, for example, the Ministry of Education has launched a review of six subject areas, including the kindergarten to Grade 12 wellness curriculum, which encompasses sex education. The review will consider current research as well as input from an expert working group and feedback from schools and the public through an online survey launched this fall.

“We know there are some concerns about Alberta’s sex education, and we think it could use some updating,” says Jeremy Nolais, chief of staff for Alberta Education. The department has started work on resources that will help teachers teach sexual consent, he says. It is also taking steps to ensure greater inclusion of LGBTQ students and staff in schools and inclusive language throughout the curriculum.

Making changes to sex ed curriculum can be tricky, though. Just look at Ontario. In 2015, the province

updated its 17-year-old sexual health curriculum to include teaching Grade 1 students the correct names of body parts, including genitalia, and mentioning sexual and gender orientation in Grade 3 in a discussion about how to show respect for people who might be different from you. Hundreds of parents pulled their children out of public school in protest. The protests show how emotional the topic of sex ed in schools can be. In one newspaper's photo, a little girl holds a sign reading: "I'm only 6. I like ponies, I like clay. Why do you want to take my innocence away?" Another protester's sign reads: "Don't Sexualize Our Children."

Another challenge in improving the sex ed curriculum, says McKay, is that while the best sex education programs tend to be tailored to the specific needs of a particular group of youth, that's very difficult to do in a provincial curriculum designed to meet everybody's needs.

At the classroom level, while most teachers want to improve sex ed, it's not easy to do, says Malacad, who taught a sex education course for future teachers in the U of A's Faculty of Education. It's an uncomfortable topic for parents and kids, let alone a teacher addressing a classroom of 30 young people. "So we often go back to how we were taught and what we're most comfortable with: worksheets, the anatomy, the overhead projected diagrams—teaching about the plumbing."

In Canada, there is no formal process for educators to become specialized in teaching sexual health. But as of September 2016, educators and health professionals from across the country can take an online graduate-level Certificate in Sexual Health through the U of A Faculty of Rehabilitation Medicine. Offered in collaboration with the Alberta Society for the Promotion of Sexual Health, the program is designed to teach skills in comprehensive sexual health education—and to fill a critical gap in training specialized sex ed



"Kids want to know the same thing they did 30 years ago—how to have good relationships."

ALEX MCKAY



Learn More

Useful resources for parents and teachers:

CHEW

Comprehensive Health Education Workers
chewproject.ca

FOXY

Fostering Open eXpression among Youth
arcticfoxy.com

Theatre, Teens, Sex Ed: Are We There Yet?

Script, DVD and manual
uap.ualberta.ca

MediaSmarts

mediasmarts.ca

Teaching Sexual Health

Developed by Alberta educators and health professionals
teachingsexualhealth.ca

Sex Information and Education Council of Canada

sieccan.org

Sex & U, Society of Obstetricians and Gynecologists of Canada

sexandu.ca

Talking About Sexuality in Canadian Communities

Resource for high-risk youth and youth with disabilities
tascc.ca



practitioners, says **Shaniff Esmail**, '88 BSc(OT), '93 MScRS(OT), '05 PhD, professor and associate chair of the Department of Occupational Therapy. Esmail says once the program is fully underway, it will be promoted to school boards as a resource for teachers.

MAKING HEALTHY CHOICES

FOXY's founder Lys says the goal, at heart, is to help young people make healthy choices for themselves. Research and feedback from participants show an increase in sexual health and HIV knowledge, a greater capacity for safer sexual health behaviours and—perhaps most importantly—stronger leadership skills and the confidence to be the people they want to be.

"We can give young people all the information they want, but at the end of the day, they have to make their own decisions," Lys says.

"Kids want to know the same thing they did 30 years ago—how to have good relationships," says McKay. "Sex is more than pulling out a condom and saying we're going to use this; it's about sitting down and talking openly with your partners. It's about both people knowing that their needs, health and safety are being respected.

"Then the conversation about condoms becomes quite easy. And we won't need to rewrite the curriculum every time one of these topical issues comes up."

Good sex ed benefits not only a young person's long-term sex life, but their health and happiness and how they treat others. The way it's taught, then, argues Malacad, shouldn't be relegated to the end of a curriculum when a teacher can fit it in. Instead, it deserves the investment our society gives sexuality itself—something more colourful and complicated than a worksheet could ever be. ■

—With files from Amie Filkow

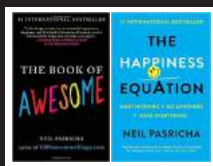
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by LESLEY YOUNG, '94 BA

Azalea Lehdorff, '14 MPH

The founder of the 100 Classrooms Project, future doctor and ultimate doer tells us what it's like to have to fight for an education

Within moments of meeting Azalea Lehdorff, you can tell how the public health grad has managed to raise \$800,000 and build 71 classrooms in Afghanistan over the last six years through her 100 Classrooms Project. Single-minded is an understatement when applied to Lehdorff, a project manager for international development organization A Better World, based in Red Deer, Alta. She speaks passionately about making education accessible to everyone and fully intends to meet her goal of 100 classrooms by 2018. She is also disarmingly candid about why she cares so much—she understands firsthand that education isn't always a given. At 14, Lehdorff had to leave home and her family in order to finish school.

What was your childhood like? Life at home was tough. We were very poor. I grew up in Tennessee, but then we moved 26 times. We learned how to read and do basic math at home, but there wasn't a strong belief in education. I remember reading the story of Abraham Lincoln, who grew up in a one-room cabin. He wanted to change his future, and what made the biggest difference for him was getting an education.

What was it like to be denied an education? Part of it was thinking about my future and asking, "Is this what it's always going to be like?" When I was 14, I found a boarding school

in Syracuse, N.Y., where we were living at the time. I wrote letters to 90 people in my parents' address book asking them to send money to the school so my sister and I could attend. After the first semester, my parents made it clear they did not want us to continue, so we ended up running away from home. A teacher offered for us to stay with her, and I worked part time to help pay my way. The driving force was this far-off idea that someday I would go to medical school.

You graduated from high school and university, then took it upon yourself to give back. Why? I felt a deep sense of gratitude. What seemed impossible for me became possible simply because the opportunity existed—I could go to school and pursue my dreams. I read about the lack of access to education for children in Afghanistan. For a lot of them, they risked their lives to go to school. On one of my first visits there with A Better World, I toured schoolrooms that were riddled with bullet holes. I met one girl about the same age as me who had to study in secret. I could relate to that.

What has been your biggest revelation? It's easy to forget that education is a privilege. When you see how some people live, day to day—they're worried about putting food on the table. Education allows for

self-actualization. It allows you to ask, "What contribution can I make to society and how can I give back?"

How did your U of A experience influence what you're doing now?

Studying public health gave me a new perspective and the skills to understand how poverty and education affect health at the population level. I also learned that as much as I want to help as many people as possible, I like helping people one-on-one, too. That's why I'm in medicine now [at the University of Calgary]. I have yet to determine how I'll blend those two desires in the future.

You are one of the most driven people I've ever met. What do you do for fun? I head to the mountains to hike. Oh, and I also ran a marathon in June! I'm not motivated to do something unless I set a goal. I can't even go to the mall and enjoy a leisurely stroll without asking, "Why am I here? I need a reason!" It can be frustrating at times, but in the end it serves me well. ■

This interview has been edited and condensed.

Lehdorff's development work has helped more than 15,000 Afghan children, many of them girls, attend school. In August 2016 she received the Canadian Medical Association National Award for Young Leaders. For more information, check out abwcanada.ca/portfolio/100classrooms/.



A Well-Quenched Life

HOLIDAY GIFT IDEAS TO SATISFY THE BEER LOVER'S EVERY WISH

FOR MY FINAL COLUMN (more on that below), I'm taking a slightly different approach: a holiday gift guide that doubles as a road map to beer self-study. Consider it a variant on the "teach a man to fish" proverb. I like to think of it as "teach a person to appreciate beer, and you satisfy their thirst for a lifetime." Here are four gift ideas for beer fans this holiday season.

FOR THE BOOK LOVER

In the spirit of lifelong learning, I recommend two beer books to expand your giftee's beer knowledge and understanding. The first is *Tasting Beer*, a guide to drinking and appreciating beer, written by noted beer educator Randy Mosher. In the best resource I've read to tell your Wits from your Weizens, Mosher provides detailed descriptions of different beer styles while keeping the content highly entertaining.

For a more expansive and complete collected beer knowledge, look no further than the *Oxford Companion*

to Beer, edited by Garrett Oliver, brewmaster of Brooklyn Brewing. I can't help but think that the idea to publish this definitive compendium must have been hatched over many beers at the Oxford University Press. With contributions from 160 historians, scientists and brewers covering every imaginable topic in the world of beer, this book is the ultimate resource.

FOR THE SUAVE SIPPER

I don't know about you, but when I'm reading about beer it feels only natural to be drinking a beer. But you need

the right glass. The beer world hasn't quite reached the excessive glassware customization of wine, but there are some dos and don'ts to consider with beer glassware. The biggest and probably least-known "don't" may come as a surprise: the traditional straight-walled pint glass is the worst to drink beer from. The wide mouth of a typical pint glass actually dissipates all of the aromas you should be appreciating. A useful "do" is to drink fragrant beers from a standard wine glass, the design of which optimizes the collection and release of aromas while drinking. Better yet, there's a glass specifically created for beer appreciation. Designed in Italy and made in Germany, the Teku beer glass by Rastal can be found online and is a worthwhile gift for the beer aficionado.

FOR THE DO-IT-YOURSELFER

To expand your gift recipients' beer knowledge and independence, equip them with the tools to brew their own. It may seem like a daunting prospect to pick out the various brewing paraphernalia, but you'll find the folks at your local home-brewing store extremely helpful. There's no better way to gain a greater appreciation of beer than brewing your own, and it all starts with the first beer kit.

Finally, as I mentioned, this will be my final instalment. I'm expanding beyond beer appreciation to brewing. I'm building a brew pub in the Ritchie community of Edmonton, and I'm calling it the Blind Enthusiasm Brewing Co. to reflect my unbridled passion for the industry, and my big plans. It should be open in spring 2017, so please come by and don't be shy if you've got any beer questions you'd like to ask. ■

Greg Zeschuk, '90 BMedSc, '92 MD, is a beer judge recognized by the Beer Judge Certification Program. He is a beer writer for AskMen.com and runs a beer media channel called The Beer Diaries.



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VOLUNTEER OPPORTUNITIES

EXAM GREETER

EDMONTON | DECEMBER
Student Accessibility Services is looking for friendly volunteers to greet and assist students with accessibility needs.

SHARE THE CHEER

EDMONTON | DECEMBER
Share the joy of a Canadian holiday meal with international students spending the winter break in Edmonton.

PETER LOUGHEED LEADERSHIP COLLEGE LECTURE VOLUNTEERS

EDMONTON | JAN. 9; FEB. 6; FEB. 27; MARCH 20
Assist the Peter Lougheed Leadership College with setup, guest check-in and ushering, and then enjoy the lecture series that invites everyone to be informed, challenged and inspired.

INTERNATIONAL STUDENTS' HOCKEY NIGHT

EDMONTON | FEB. 3
Many international students have never experienced a hockey game. Help us give students an introduction to hockey, and then cheer Green and Gold to a win.

EASTER EGGSTRAVAGANZA

EDMONTON | APRIL 15
Volunteer for the Alumni Association's most popular family event—a giant Easter egg hunt in Quad.

UAPS COMMUNITY VOLUNTEERS

EDMONTON | ONGOING
Contribute to the safety and community on campus by supporting the work of U of A Protective Services.

More at ualberta.ca/alumni/volunteer



REGIONAL ACTIVITIES

Stay involved with the U of A through one of the more than 50 active alumni chapters around the world. Check online for information about events near you.

CALGARY | JAN. 24
Lecture Series: Alberta Economy and Climate Change, with business professor Emilson Silva

EDMONTON | JAN. 25
Lecture: Make 2017 Awesome, with author of *The Happiness Equation*, Neil Pasricha

FORT MCMURRAY | FEB. 5
Annual Family Tubing Event and Dinner

EDMONTON | FEB. 8
Educated Luncheon with chemistry professor Michael Serpe

EDMONTON | MARCH 2
Educated Reel with the Royal Astronomical Society of Canada

PHOENIX | MARCH 4
Annual Alumni Brunch at the Arizona Biltmore Hotel

EDMONTON | MARCH 8
Educated Luncheon with business professor **Lloyd Steier**, '85 PhD

VANCOUVER | MARCH 10
Dental and Dental Hygiene Alumni Reception at the Pacific Dental Conference

CALGARY | MARCH 15
Lecture: Smart Materials for Food Safety, with engineering professor Dominic Sauvageau

EDMONTON | MARCH 16
Educated Critic: Edmonton Opera – Elektra, with music critic Mark Morris

EDMONTON | MARCH 18
CIS Men's Volleyball National Championships

CALGARY | MARCH 19
Symphony Sundays for Kids: Symphonic Sorcery – The Music of Harry Potter

VANCOUVER | MARCH 24
Educated Critic: Les Belles Soeurs, with theatre professor **Stephen Heatley**, '79 MFA

EDMONTON | MARCH 31
2nd Annual Block "A" Alumni and Student Athlete Celebration

EDMONTON | APRIL 1
Symphony for Kids: How the Gimquat Found Her Song

EDMONTON | APRIL 12
Educated Luncheon with public health professor **Cameron Wild**, '84 BA(Hons), '88 MA, '93 PhD

EDMONTON | APRIL 15
Easter Eggstravaganza

VANCOUVER | APRIL 23
Annual Royal Vancouver Yacht Club Brunch



1. Alumni honour award recipients **Joel Cohen**, '88 BSc, **Carla Cuglietta**, '01 BEd, '01 BPE, and **Bob H. Aloneissi**, '84 BA, '87 LLB, get acquainted at the awards ceremony in September. *Photo by: Akemi Matsubuchi Photography*

2. Members of the dental hygiene alumni chapter reunite at their ninth annual alumni reception in September. (From left) **Kimi Khabra**, '12 Dip(DentHyg), '13 BSc(DentHyg), '16 MSc, **Jessica Mensink**, '14 Dip(DentHyg), '15 BSc(DentHyg), **Alysha Ferguson**, '08 Dip(DentHyg), '09 BSc(DentHyg), **Alexandra Sheppard**, '91 BA, '93 Dip(DentHyg), '05 MEd, **Darlene Fraser**, '74 Dip(DentHyg). *Photo by Helen Massini, '99 BSc(Spec), '03 Dip(DentHyg) (far right)*

3. **Amit Monga**, '96 PhD, and **David Steenwinkel**, '14 BCom, join Joseph Doucet, dean of the Alberta School of Business, at the Toronto president's reception honouring the School's 100th anniversary. *Photo by Simon Downey*

4. Staff and students from University of Alberta International show their pride at the Green and Gold Day parade during Alumni Weekend in September. *Photo by Ryan Whitefield, '10 BA*



5. U of A President David Turpin and his wife, Suromitra Sanatani, greet **Patrick Siu**, '94 BCom, and **Trevor Mak**, '82 BCom, '84 MBA, at the president's inaugural visit to Hong Kong in October. *Photo by Franklin Koo*

6. **Marilyn Fedun**, '62 BSc(Pharm), '66 MD, and **Marilyn Kish**, '66 MD, and the class of '66 celebrate their 50th anniversary at the annual Cap 'n Gown ceremony in September. *Photo by New Light Photography*

U of A alumni share their new books, including selected writings of Nellie McClung, a collection of recipes from Edmonton's best chefs and the first children's book by New York news anchor Pat Kiernan.

Compiled by STEPHANIE BAILEY, '10 BA(Hons)

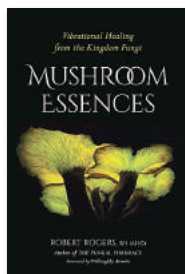


CHILDREN'S LITERATURE

The Week the Tooth Fairy Got Sick

by **Trent Gillespie**, '03 BEd, self-published, available on Amazon

Being the Tooth Fairy is a very busy job. When she gets sick, who can cover her work? Find out what happens when the Vegetable Fairy, the Dragon Prince, the Tickle Monster and many more decide to help her out.



HEALTH AND WELL-BEING

Mushroom Essences: Vibrational Healing from the Kingdom Fungi

by **Robert Rogers**, '71 BSc, North Atlantic Books, northatlanticbooks.com

Mushroom Essences explores the use of 48 fungi extracts for physical, emotional and psychological health, including information on how to create each essence, indications for

use and the healing effects the author says users might expect.

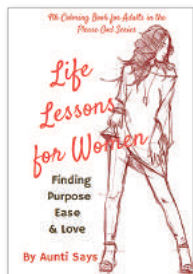


HISTORICAL FICTION

De poussière et de vent (From Dust and Wind)

by **Laurier Gareau**, '74 BA, '87 MFA, Éditions de la nouvelle plume, plume.avoslivres.ca

Fransaskois author Gareau follows the story of Hubert Lupien as he fights to preserve his language and culture during the Great Depression and the Second World War. Written in French.



SELF-HELP

Life Lessons for Women: Finding Purpose, Ease & Love

by Aunti Says (**Patricia Ogilvie**, '77 BEd), self-published, auntisays.com

The fourth instalment in a series of inspirational colouring books for adults, designed to reduce

stress, *Life Lessons for Women* features 50 motivational sayings accompanied by mandalas and other designs for colouring.

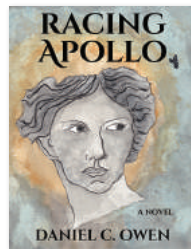


POETRY

Belly Full of Rocks

by **Tyler B. Perry**, '06 BEd, Oolichan Books, oolichan.com

These poems imagine the fates of fairy-tale characters as their lives unravel after their "happily ever afters," their cautionary endings and their viciously delivered justice.



FICTION

Racing Apollo

by **Daniel Owen**, '77 BA(Spec), '80 BEd, self-published, available on Amazon

One day, while secretly watching a Spartan general receive a prophecy from his oracle, 14-year-old Dip overhears the Spartan's plan to use this prediction to conquer Athens and the rest of the Greek city-states. Pursued by the Spartans,

Dip races to save his friends, warn the Athenians and fulfil his destiny.



CREATIVE NON-FICTION

Ladder

by **Brian Hau**, '04 BDes, self-published, brianhau.com

Hau writes a collection of personal essays that explores how we define success and how we learn to recognize and cherish the valuable things in life. Written in traditional Chinese and includes a section in English.

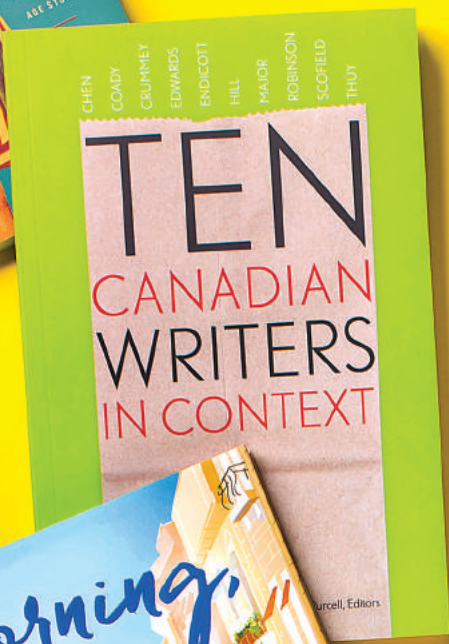


HISTORY/SCIENCE

The Meanings of J. Robert Oppenheimer

by **Lindsey Michael Banco**, '01 BA(Hons), University of Iowa Press, uiowapress.org

Scientific director of the Manhattan Project, physicist J. Robert Oppenheimer is a controversial (continued on page 53)



MEMOIR

Separation Anxiety: A Coming-of-Middle-Age Story

by **Miji Campbell**, '83 BEd, '03 MA, Writinert Press, hgdistribution.com

Miji Campbell grew up in a close-knit family in the 1960s and '70s. Her life proceeds in an orderly fashion—coming-of-age, university, first job, first apartment—and then suddenly, inexplicably, it begins to unravel. In this memoir, Campbell confronts the stigma still surrounding mental illness as she recounts living with, and overcoming, an anxiety disorder.

SHORT FICTION

As If

by **Alban Goulden**, '64 BA, Anvil Press, anvilpress.com

Set in Vancouver and the Canadian Prairies, Goulden's stories feature characters whose successes and failures are rooted in abrupt changes to their physical world. The way the characters react to those challenges tests their understanding of who and where they are.

LITERARY ANTHOLOGY

Ten Canadian Writers in Context

Marie Carrière; **Curtis Gillespie**, '85 BA(Spec); **Jason Purcell**, '15 BA (editors), University of Alberta Press, uap.ualberta.ca

The Canadian Literature Centre/Centre de littérature canadienne presents a sampling of the country's most exciting writers of fiction, non-fiction and poetry from Newfoundland to British Columbia. Each piece is introduced by a critical essay, serving as a point of entry into the writer's work.

CHILDREN'S LITERATURE

Good Morning, City

by **Pat Kiernan**, '90 BCCom, Farrar, Straus and Giroux, us.macmillan.com/fsg

While the baker, the ferry boat captain and the TV anchorman are busy at work, most people are cozily snuggled in bed. Then dawn's first light peeks through the tree branches. Wake up, city! There is much to be done in neighbourhoods all across the metropolis.

FICTION

Evaline:

A Feminist's Tale

by **Sheelagh Whittaker**, '67 BSc(HEc), Departure Bay, available on Amazon

Baby boomer Eva Sadlier is clear-sighted in her pursuit of a good job and a happy home life. Her story is full of struggle and success as she determines whether a work-life balance is a pipe dream or a real possibility.

FOOD AND DRINK

Edmonton Cooks: Signature Recipes From the City's Best Chefs

by **Leanne Brown**, '07 BA, and **Tina Faiz**, Figure 1 Publishing, figure1pub.com

A celebration of Edmonton's vibrant culinary scene, this compilation of more than 75 classic and contemporary recipes from the city's finest chefs is accompanied by photos and professional tips.

trails

BOOKS

The Seed of a Story

*How one bestselling author
finds inspiration*

by SARAH PRATT

At age 14, **Emma Hooper**, '03 BA(Hons), worked in a freak show at Edmonton's International Fringe Theatre Festival. Her first role was Spidora the Spider Woman, and she went on to perform as the Man-Eating Plant, Body Without a Head and Mermaid in a Bottle. Hooper's parents had put their shy preteen daughter in drama to bring her out of her shell. It worked. Now the intensely creative Hooper is a musician and author of the bestselling novel *Etta and Otto and Russell and James*, the story of an 83-year-old woman in the early stages of dementia who leaves her home in rural Saskatchewan and walks eastward to the sea. Hooper is also a researcher and lecturer at Bath Spa University in England, where she sat down to share her thoughts about discovering story ideas in unexpected places.

■ **Weird jobs build character—and plots.** "I grew up having the freak show as my first job. It skewed me into thinking jobs could be hilarious and weird. I saw actors in theatre—grown-ups with non-traditional career paths—and I realized that was something you could do. And my parents were really supportive of whatever I did. I also think it has led to loads of stuff, like being an author."

■ **Ask your mother (and your grandmother).** "My maternal grandparents, who lived in Saskatchewan and passed away before I wrote the book, were the inspiration for *Etta and Otto*. There are lots of little details I stole from them. A lot of the research involved talking to my mom."

■ **There are no coincidences, only metaphors.** "From my mom, I discovered that my grandfather's hair had gone white when he was a young man, after he went to fight in the Second World War. Strangely, I also have a white streak in my hair from when a lamp fell on me when I was seven. I was thinking of our hair turning white as a metaphor for shock and for how the body and mind deal with trauma. I wrote that detail down and put it

in a box of story ideas. The book started with that little kernel—the white hair."

■ **Set out on the landscape.** "There's something about starting with the land. In *Etta and Otto*, I wrote from Saskatchewan up, and in my new [still untitled] book, which takes place in Newfoundland, I'm writing from the island up."

■ **The senses can tell a story.** "I colour code a novel in my mind. *Etta and Otto* was orange, yellow and burnt sunset colours. This new book is very much blue, green and turquoise. I also have a soundtrack for each book. For *Etta and Otto* I listened to a lot of Owen Pallett. His album *Heartland* became the soundtrack. The new book is largely the Scottish singer King Creosote. Yet my writing style is similar in both books—the magic realism. The whimsy.

■ **Nap time is as good a time as any.** "I'm a writer, a musician, a lecturer—and I also have a baby. I often write during nap time. If you want to be a writer it takes time, and not many people are able to quit their job. So we do other things and write when we can. When I need a break, I switch from music to writing. It's a good way to refresh my head." ■

historical figure. Banco examines representations of Oppenheimer in American cultural texts since 1945 to understand how they have influenced public perception of the atomic bomb, the figure of the scientist and the role of science in war.



HISTORY/BIOGRAPHY

The Valiant Nellie McClung: Selected Writings of Canada's Most Famous Suffragist

by **Barbara Smith**, '81 BA, and Nellie McClung, Heritage House, heritagehouse.ca

Though her name is synonymous with the women's suffrage movement, Nellie McClung's long and varied career included stints as a social activist, elected politician, novelist and journalist. *The Valiant Nellie McClung* highlights a selection of her syndicated weekly newspaper columns from the late 1930s that served as social commentary for the years leading up to the Second World War.

.....
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.

PHOTO BY SEAN MALYON

1950s

'57 **Jamie Wallin**, BEd, '62 MEd, is living and working in Thailand and wrote us to say: "I currently hold two visiting professorships: one at Chiang Mai University in the Faculty of Social Science, and one at International College, Rangsit University, in Bangkok. I love teaching and I'm not sure how I can ever stop. I commute each week from Bangkok to Chiang Mai and I have done so for the past 12 years. Fortunately, the one-hour flight between the two cities only costs about \$40."



Jamie Wallin

1960s

'61 **Larry Ewashen**, BA, retired in 2010. He helped found theatre programs at Ryerson University in Toronto and Canadore College in North Bay, Ont. While directing Harold Pinter's *The Homecoming* in



Larry Ewashen

1965, Larry struck up a correspondence with the Nobel Prize-winning playwright and recently donated the letters to the U of A drama department. Larry served as president of the Guild of Canadian Folk Artists and toured with musicians such as Stompin' Tom Connors. Larry has contributed to Doukhobor studies in Canada, producing and



Aubrey Bonnett

directing the documentary film *In Search of Utopia: The Doukhobors* and acting as a curator at the Doukhobor Discovery Centre in Castlegar, B.C. Since retiring, he continues to perform, teach music and lecture on Doukhobor history.



Brian M. Petrie

ALUMNI
NAMED TO
ORDER OF
CANADA

Salah Bachir, '16 LLD (Honorary), entrepreneur, philanthropist and president of Cineplex Media; **Donald Brinton**, '51 BSc(Ag), broadcaster and retired executive with Canwest Global Communications; **Carole Estabrooks**, '87 MN, '97 PhD, professor in the Faculty of Nursing and Canada Research Chair in Knowledge Translation; **Paul John Perry Guloien**, '07 LLD (Honorary), best known as P.J. Perry, Juno Award-winning jazz saxophonist; **Shar Levine**, '74 BA, science literacy advocate and award-winning children's author.

'69 **Aubrey Bonnett**, MA, recently became professor emeritus after 43 years of service at three post-secondary institutions in the United States, including the City University of New York and California State University. Most recently, he served as vice-president for academic affairs and professor of American studies at the State University of New York, Old Westbury. Now retired, Aubrey plans to do more consulting, writing and travelling.

'65 **Brian M. Petrie**, BPE, '67 MA, published *French Canadian Rebels as Australian Convicts* in 2013, which examines the lives of 58 French-Canadians who were sentenced to hard labour in Australia for their role in the 1838 Lower Canada rebellion. After his master's in physical education from the U of A, Brian completed a master's and PhD in sociology at Michigan State University. He taught at the University of Western Ontario in London, Ont., and Concordia University in Montreal, specializing in social class and structured inequality as well as the sociology of sport. Brian lives in Vancouver.

PAY IT FORWARD: BECOME A VOLUNTEER MENTOR & LEADER

JOB SHADOW WEEK

Have a student, alumnus or post-doctoral fellow shadow you at work for a day.

ALUMNI COUNCIL

Represent your fellow alumni and help guide the strategic direction of your Alumni Association.

CAREER CENTRE SPEAKER SERIES

Inspire students who are following a similar path to yours by sharing your stories, experience and wisdom.

REGIONAL CHAPTERS

Not in Edmonton? Help plan alumni engagement opportunities in your area.

U SCHOOL

Help get elementary and junior high students excited about university.

VENTURE MENTORING SERVICE

Help aspiring entrepreneurs set up high-impact ventures.

CLASS ORGANIZERS

Take the lead on getting the old gang together for Alumni Weekend.

FACULTY SPECIFIC MENTORSHIP PROGRAMS

Provide mentorship, work experience or internship opportunities to students in your faculty.

1970s

'72 **Andrew Scanlon**, PhD, received the Canadian Society for Civil Engineering Fellow Award in June. At the same time, his son Mark Scanlon, a structural engineer in Edmonton, received the society's Young Professional Achievement Award.

As a doctoral student in civil engineering at the U of A, Andrew was a letterman and captain of the Golden Bears soccer team. Early in his career he worked as a structural engineer for several companies, including Duthie Newby Weber & Associates and Reid Crowther & Partners in Edmonton. In 1982, he accepted an academic position at the U of A's Faculty of Engineering and later joined the faculty at Pennsylvania State University, where he held several positions including head of the Department of Civil and Environmental Engineering and associate director of the Thomas D. Larson Pennsylvania Transportation Institute. Now retired, Andrew remains a member of the Association of Professional Engineers and Geoscientists of Alberta.

'72 **Phyllis Yaffe**, BLS, recently took on the role of Canada's consul general in New York. After receiving her master's degree in library science from the University of Toronto, Phyllis worked as a librarian at Seneca College and served as executive director of the Canadian Children's Book Centre. She was appointed executive director for the Association of Canadian Publishers in 1980 and became vice-president of marketing for the children's magazine *Owl*. Phyllis joined Alliance Atlantis Communications in 1993, eventually becoming its chief executive officer. She was appointed a member of the Order of Canada in 2015 and inducted into the Canadian Association of Broadcasters' Hall of Fame in 2007.



Andrew Scanlon

1980s

'82 **Daniel Cullum**, BSq(Dent), '84 DDS, recently co-edited a textbook, *Minimally Invasive Dental Implant Surgery*, a guide for specialists seeking to refine their clinical expertise and minimize patient risk. He practises oral and maxillofacial surgery in Coeur d'Alene, Idaho, and is president of Implants Northwest Live Learning Center, which provides training for restorative teams using live surgery and hands-on application. Daniel is a diplomate of the American Board of Oral and Maxillofacial Surgery and a lecturer in oral and maxillofacial surgery at UCLA and Loma Linda University.

'85 **Amber Freer**, LLB, is retired and living in Victoria, B.C. While in Saskatchewan, Amber summarized court judgments for a reporting service, wrote curriculums and served on numerous councils, committees and boards, including for the Consumers' Association and the Society for the Prevention of Cruelty to Animals. Amber taught college law classes as a sessional instructor in Alberta, Saskatchewan and British Columbia.



Phyllis Yaffe



Joaquín Madrenas

'88 **Joaquín Madrenas**, MSc, '92 PhD, was appointed chief scientific officer at LA BioMed, a non-profit independent research institute in California. Most recently, he was a professor and Canada Research Chair in Human Immunology at McGill University. Joaquín has received awards for his research and teaching, including a Canada Foundation for Innovation Researcher Award, a Premier's Research Excellence Award and the Schulich Leader Excellence Award in Undergraduate Medical Education. In 2011, he was inducted into the Canadian Academy of Health Sciences. He also has been a TEDx speaker.

WE'D LOVE TO HEAR WHAT YOU'RE DOING.

Tell us about your new baby or your new job. Celebrate a personal accomplishment or share your favourite campus memories. Submit a class note at ualberta.ca/alumni/connect/class-notes or email alumni@ualberta.ca. Notes will be edited for length, clarity and style.



Daniel Cullum



Michael K. Weiss

'89 **Teresa Kisilevich**, BEd, stepped into the role of associate dean of trades and apprenticeship at Okanagan College in Kelowna, B.C., in July. Prior to this appointment, Teresa was seconded to the college's school of business as associate dean and spearheaded the college's participation in the Military Employment Transition program. She was also recently



Lynda Kiejko



Tara Whitten

ALUMNI COMPETE AT RIO OLYMPICS

'03 **Lynda Kiejko**, BSc(CivEng), competed in the Olympic women's 10-metre air pistol and 25-metre pistol events in Rio in August 2016.

Lynda comes from a shooting family: her late father Bill Hare competed at three Olympic Games, and her sister **Dorothy Ludwig**, '00 BA, competed at the 2012 London Olympics. The sisters competed together at the 2010 and 2014 Commonwealth Games, and took home bronze medals in the 10-metre air pistol pair event in 2010.

Lynda also has three Pan American Games medals to her credit, winning double gold in Toronto in 2015 (above left) and a bronze in Santo Domingo, Dominican Republic, in 2003. Her career highlight came in 2014 when she won the Canadian national title in the 10-metre air pistol just 15 days after giving birth to her daughter.

'07 **Tara Whitten**, BSc, '16 PhD, was Canada's top finisher in the women's cycling time trial race at the Rio Olympics, placing seventh.

Tara made her Olympic debut in London in 2012, where she won bronze in track cycling team pursuit and finished fourth in the omnium, a multiple race event. After the London Games, she took two years off from cycling to complete her PhD in neuroscience at the U of A. On an orientation trip to Rio in March 2016, Tara rear-ended a small bus during a bike ride. A CT scan showed she had fractured the base of her skull and would have to wear a neck brace for nearly three months. Just one week after the brace was removed, Tara finished second in the time trial at the Grand Prix Cycliste Gatineau in Quebec.

elected to the Senior Women Academic Administrators of Canada national executive, representing colleges in Western Canada.

'89 **Michael K. Weiss**, BSc, recently won the College of Alberta Denturists Award of Merit in recognition of his work advancing the profession. After graduating, Michael practised as a denturist in Calgary for 13 years. He moved back to Edmonton in

2007 to teach denture prosthetics at the Northern Alberta Institute of Technology. Michael has worked closely with the U of A's Learning Assessment Centre and Health Sciences Education and Research Commons to develop assessment for both theoretical and practical competencies for licensure in the profession. In June 2016, the U of A hosted the College of Alberta Denturists' new licensing exams.

2000s

'01 **Daisy Sahoo**, PhD, has been selected to the Hedwig van Ameringen Executive Leadership in Academic Medicine program at Drexel University College of Medicine in Philadelphia. The intensive one-year fellowship prepares women for senior leadership roles in academic health science institutions. Daisy is an associate professor of medicine and vice-chair of research at the Medical College of Wisconsin. Her research in the field of cardiovascular science investigates the movement of cholesterol and its effects on atherosclerosis and coronary artery disease.

'02 **Claire Clark**, BEd, a longtime community leader who helped hundreds of Aboriginal women in Edmonton advance their careers, recently retired. After earning her degree in adult education, Claire started the consulting company Claire Clark & Associates. In 2003, she co-founded the Aboriginal Women's Professional Association, a non-profit organization that offers training and helps connect women to potential employers. She also served as a founding board member of Edmonton's Aboriginal Business and Professional Association, and founded a Toastmasters Club for Aboriginal people.

Claire was featured on Global Edmonton's Woman of Vision, nominated for a YWCA Women of Distinction Award and received an Alumni Award from the U of A in 2011. In 2015, Athabasca University awarded her an honorary doctor of laws for community service.

'02 **Victor Drover**, PhD, wrote us to say: "After graduation, my partner **Daisy Sahoo**, '01 PhD, and I emigrated to the United States in 2002. After two kids and post-docs at Stony Brook University in New York, we settled into faculty positions at the Medical College of Wisconsin in Milwaukee. I retired from academia in 2011 to pursue a career in information technology that started as a hobby. I am now a seasoned entrepreneur, having started and sold software companies, and served on technology boards including Open Source Matters. My interests are centred around my Internet services agency Watchful (watchful.li) and my web development agency TreeFlame (treeflame.me)."

THREE GRADS COMPETE IN AMAZING RACE CANADA

'07 **Julie Greidanus**, MSc, and her husband, Lowell Taylor, finished sixth in season 4 of *Amazing Race Canada*, a popular reality TV competition. Lowell suffers from a degenerative eye disease and is legally blind. Julie wrote to tell us about their experience:

"My husband Lowell was the first visually impaired racer in any *Amazing Race* franchise, and we relied on our teamwork to get us through seven legs. As Lowell retains some vision, we had the opportunity to do and see amazing things during the race, from bungee jumping off the Jasper Sky Tram to flying a vintage warplane!

"Competing on *Amazing Race Canada* was a dream come true for Lowell, but the dream doesn't end there. He is now training to compete in road and track cycling at the Tokyo 2020 Paralympics. Our motto for the race was Racing With Heart, Not Sight, and Lowell will carry that sentiment with him as he aims for the Paralympics."

'15 **Rita Yakibonge**, BA, (left) and **Yvette Yakibonge**, '15 BA, are twin sisters who finished in fifth place. After graduating from U of A's Campus Saint-Jean, they signed up to take part in the competition, hoping to use the prize money to pay off their student loans and help their mother retire to the Democratic Republic of Congo, where their family originates. The sisters wrote: "The *Amazing Race Canada* was one of the most incredible experiences of our lives. It was surreal travelling from place to place, having to complete ridiculously challenging tasks. It was at once scary, stressful, exhilarating, exciting and fun. Through the toughest moments we never gave up and always had such a blast! Our experience on the race has taught us to shoot for the stars because the sky's the limit."



'04 **Paul Wynnyk**, MBA, was recently promoted to rank of lieutenant-general and appointed commander of the Canadian Army and chief of army staff. As a combat engineer, Paul has operational experience in Europe, Afghanistan, Cambodia and the Democratic Republic of Congo and was recently employed as Canada's

chief of defence intelligence. He has worked in policy, including in the Privy Council Office as the military adviser to the prime minister's foreign and defence policy adviser. Paul is married to **Marianne Howell**, '86 BSc(Dent), '87 DDS, '02 MPH, a clinical associate professor at the U of A School of Dentistry.

THE FINE ART OF STUDENT LIFE

Inspiration and lifelong friends found overnight in the art studio



I WAS AN ANXIOUS, high-strung kid by nature. A workaholic. I had many extracurricular activities, but the only one that allowed me to relax was drawing. All the adults in my life said I should pursue whatever made me happy. So, at 17, I prepared my entrance portfolio to the bachelor of fine arts program at the University of Alberta.

At U of A I specialized in printmaking, which is not for the faint of heart. It's kind of like learning how to draw using a pencil tied to the end of a garden hose. First, you create a plate that becomes a sort of stamp. The plate is then printed (or stamped) on paper, usually using large and heavy machinery. The print is the artwork, but artists spend most of their time and energy creating the plate. I fell in love with the process. I felt as if I had a bodily connection with my plate—as if it was an extension of my own body.

There were 12 students in my senior printmaking class whom I saw and spoke to nearly every day. We talked about everything from social justice to oppression to mental

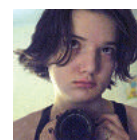
illness to mortality. We couldn't avoid these topics because they were the themes of our work. My close friend **Lauren Huot**, '14 BFA, made prints with the esthetic whimsy of children's books, but with an underlying message about animal cruelty. Clever messages poured out of her, like a vegan Barbara Kruger.

In fine arts, your final exam is a portfolio of your semester's work. We perfected our work until the last possible minute. During finals, the studio was a mess, equipment was in high demand and everyone was on edge. A few of us avoided it all by working from 5 p.m. until four in the morning. The Tim Hortons five blocks from campus was open late, and every four hours or so someone would make a run for coffee and fries—also known as the fine arts student's standard diet. Steven Dixon, our studio technician, referred to us as the "night shift." To this day, many of us remain night owls. You simply cannot beat the productivity of 2 a.m., when sleep deprivation tears down your apprehensions.

If I hit a wall creatively (or emotionally) during these late nights, I could expect my classmates to be ready to provide critique or comfort, depending on what I needed most. One night, in a moment of desperation, Lauren showed me how to print my work so that it looked darker and vibrant. We broke some rules but created some incredible art.

At the time, I had no idea how amazing those final weeks of my degree were. We were uninhibited and pushing out fantastic work, with the feedback and validation of talented peers.

Looking back, it's as if we spent four years living inside oysters and came out as freshwater pearls—a little lumpy but iridescent. The exterior walls of the Fine Arts Building even have the texture of an oyster shell.



Cara Seccafien, '13 BFA, works as an artist, designer and community organizer in Vancouver and Edmonton. She is co-founder of WePress Community Art Space in Vancouver.

ALUMNI AMONG MOST INFLUENTIAL OF 2016

Fifteen alumni have been named to *Alberta Venture's* annual list of the 50 most influential people in the province: **Jodi Abbott**, '93 MEd, '96 PhD, president and CEO of Norquest College; **Jane Alexander**, '93 MEd, '97 PhD, Bishop of the Anglican Diocese of Edmonton; **Timothy Caulfield**, '87 BSc(Spec), '90 LLB, U of A professor in the Faculty of Law and the School of Public Health; **Faith Davis**, '70 BSc(HEc), U of A professor and vice-dean in the School of Public Health; **Brian C. Ferguson**, '80 BCom, CEO of Cenovus Energy; **Brett Gellner**, '87 BSc(Forest), '89 MSc, chief investment officer of Transalta; **Daryl A. Katz**, '82 BA, '85 LLB, owner of the Katz Group; **Rachel Notley**, '87 BA(Hons), premier of Alberta; **Shannon Phillips**, '99 BA(Hons), '02 MA, Alberta minister of environment and parks; **Peter Tertzakian**, '82 BSc(Spec), chief energy economist at ARC Financial; **Kristopher Wells**, '94 BEd, '03 MEd, '11 PhD, U of A assistant professor in the Faculty of Education, director of the Institute for Sexual Minority Studies and Services, co-director of Camp Yrefly; **Neil Shelly**, '84 BSc(MechEng), executive director of Alberta's Industrial Heartland Association; **Peter Watson**, '83 BSc(CivEng), CEO of the National Energy Board; **Susan Green**, '74 BA(RecAdmin), chair of the Alberta Gaming & Liquor Commission; **Robert Gomes**, '78 BSc(CivEng), CEO of Stantec.

2010s

'10 **Samuel Óghale Oboh**, MA, became principal at Kasian Architecture, Interior Design & Planning Ltd. in Edmonton in August. This year, he takes on the role of honorary consul for the Republic of Botswana in Western Canada. Over his 24-year career, Sam has advocated for integrating architectural practice with research and academia. He worked with Public Services and Procurement Canada as prime architect and regional manager of the Architecture and Engineering Centre of Expertise in the western region. Sam is a Presidential Medal recipient, a member of the American Institute of Architects and a distinguished Fellow of the Royal Architectural Institute of Canada. In 2015, he was named president of that 109-year-old professional organization, becoming the first person of African descent to hold the position.



Samuel Óghale Oboh

'12 **Daniel Gervais**, BMus, '14 MMus, recently won first prize and the title of Canadian Grand Master at the 2016 Canadian Grand Masters Fiddling Competition held in Morinville, Alta. Daniel, a two-time winner of the prize, is the only Alberta fiddler to earn the title since the inaugural competition in 1990. He also won the People's Choice Award at this year's competition, which is determined by popular vote.



Daniel Gervais

The Alumni Association notes with sorrow the passing of the following graduates (based on information received between June and September 2016)

'39 Norman Michael Haddad, BCom, of Edmonton, AB, in July 2016

'40 Leavert Edwin Johnson, MD, of Wetaskiwin, AB, in August 2016

'40 David Hughes Newson, BA, '41 LLB, of Norwalk, CT, in May 2016

'42 Therese Marguerite Lebel, BA, of Calgary, AB, in June 2016

'43 Catherine Alexander Fergie, BSc(HEc), of Spokane, WA, in July 2016

'43 Gerald Henry Heath, BSc(Ag), in June 2016

'43 Catherine Megan Lougheed, BSc(HEc), of Oliver, BC, in May 2016

'44 Norman Gordon Maxwell Tuck, BSc(ChemEng), '45 MSc, of Burlington, ON, in June 2016

'45 Muriel Brown (MacDonald), BSc(HEc), of Ottawa, ON, in May 2016

'46 John Michael Andrichuk, BSc, '49 MSc, of Calgary, AB, in May 2016

'46 Pamela Mary Bissell, Dip(Nu), of Surrey, BC, in May 2016

'46 Lois Gertrude Radley (Anderson), Dip(Nu), of Ottawa, ON, in July 2016

'47 Pearl Annie Marie French (Nicholson), Dip(Nu), of Dickson, TN, in July 2016

'48 Severin Andreas Heiberg, BSc, '50 MSc, of Port Coquitlam, BC, in July 2016

'48 William Nicholas Sande, BSc(ChemEng), of Guelph, ON, in June 2016

'49 Robert Lorin Brower, BA, '53 LLB, of Edmonton, AB, in September 2016

'49 Jack Lang Chapman, BA, '50 LLB, of Edmonton, AB, in August 2016

'49 Shirley Allison Minogue, Dip(Nu), of Edmonton, AB, in July 2016

'49 Thomas Joseph Walsh, BA, '53 LLB, '89 LLD (Honorary), of Calgary, AB, in June 2016

'50 Mary Joan Callaghan, Dip(Nu), in July 2016

'50 William Edward Curtis, BSc(CivEng), '55 MSc, of Calgary, AB, in May 2016

'50 Kenneth Stanley Gee, BSc, '50 BEd, of Lethbridge, AB, in June 2016

'50 Dorothy Isabel Loggie, BA, '52 BEd, of Fairview, AB, in April 2016

'50 William Alexander Scotland, BSc(ChemEng), in May 2016

'51 Stella Therese Baydala (Krawiec), Dip(Ed), '53 Dip(Ed), '53 BEd, of Edmonton, AB, in September 2016

'51 Nora Bernice Gee (Kennon), Dip(Ed), of Lethbridge, AB, in June 2016

'51 Ingram Burhoe Gillmore, BSc(ElecEng), of Mississauga, ON, in July 2016

'51 John Noel Lavallee, BSc, '53 MD, of Seattle, WA, in July 2016

'52 Madeleine Allison Johnson, Dip(Ed), of Calgary, AB, in July 2016

'52 George Alexander McNeill, BSc(ElecEng), in August 2016

'52 Mina G. Pool, Dip(PHNU), '72 BSc(Nu), of Edmonton, AB, in May 2016

'52 David Stelfox, BSc(Ag), '66 MSc, in May 2016

'52 Peter Steve Stevens, BSc(Pharm), of Calgary, AB, in June 2016

'53 John Leonard Holman, BSc(CivEng), of Calgary, AB, in September 2016

'53 Norman Eric Neame, BSc(Ag), of Calgary, AB, in May 2016

'53 Brian Hanson Nelson, BA, '54 LLB, of Calgary, AB, in September 2016

'53 Walter Werenka, BSc(CivEng), of Calgary, AB, in June 2016

'54 Boyd Keith Bresnahan, BSc, '56 MD, of Elm Grove, MI, in August 2016

'54 Elizabeth Anne Dorotich (Scarlett), BA, of Penticton, BC, in June 2016

'54 Madeleine Sarah Fregren, BA, '55 Dip(Ed), of Port Colborne, ON, in May 2016

'54 Donald Trevor Kenney, BA, of Calgary, AB, in July 2016

'54 Evangeline Beatrice Webster, Dip(Nu), of Meadow Lake, SK, in February 2016

'55 Dona Marie Erb (German), BEd, of League City, TX, in May 2016

'55 Barbara June Horricks (Samis), Dip(Nu), of Edmonton, AB, in July 2016

'55 Erik Sigurd Lefsrud, BA, '56 LLB, of Edmonton, AB, in June 2016

'55 Alan Leonard Lister, BSc(Pharm), of Cornwall, ON, in June 2016

'55 Gladys Eileen Saunders (McCoy), BPE, of Red Deer, AB, in September 2016

'55 Myron Eugene Warnick, DDS, of Seattle, WA, in May 2016

'55 George Zahary, BSc(MiningEng), of Calgary, AB, in September 2016

'56 Ronald Philip Allbright, BSc(CivEng), of Calgary, AB, in July 2016

'56 William Norman Holden, BEd, of Calgary, AB, in May 2016

'56 David Gordon Mack, BEd, of Calgary, AB, in June 2016

'56 Elidio Louis Mascherin, BEd, '76 MEd, of Calgary, AB, in July 2016

'56 Lloyd Dean Weicker, BSc(Pharm), of Calgary, AB, in July 2016

'57 Mildred Ann Doyle (Bloor), BEd, of Ashmont, AB, in June 2016

'57 Pearl Georgina Harvie, Dip(Ed), of Calgary, AB, in June 2016

'57 Gael Mary Lepp (Quittenbaum), BEd, of Squamish, BC, in July 2016

'57 Donald Ira May, BSc(ElecEng), of North Vancouver, BC, in June 2016

'57 Alan Gerald Smith, BSc, '61 MD, '64 MSc, of Camrose, AB, in September 2016

'57 Kenneth Ramsey Sproule, BSc(Pharm), of Red Deer, AB, in May 2016

'57 Knut Egil Vik, MD,
of Edmonton, AB, in July 2016

'58 Bertha Louise Bamber,
Dip(Ed), '73 BEd,
of Westlock, AB, in July 2016

'58 Olive Louise Enns, Dip(Ed),
of Fort Saskatchewan, AB,
in July 2016

'58 George Elmo Ferguson,
Dip(Ed), '62 BEd,
of Camrose, AB, in June 2016

'58 Joyce Marilyn Foster,
Dip(Ed), '69 BEd, of Calgary,
AB, in September 2016

'58 Frederick Charles
Jorgenson, BEd, of Calgary, AB,
in June 2016

'58 Maurice Conrad Landry,
BEd, '62 BA, '71 Dip(Ed),
of Lethbridge, AB, in May 2016

'58 Gwendolyn Lillian Leask,
Dip(PHNU), in July 2016

'58 Marilyn Joy Munday
(Moro), BSc, of Grande Prairie,
AB, in January 2016

'58 Elmo Cuthbert Price,
Dip(Ed), '59 BEd,
of Lloydminster, AB,
in July 2016

'58 Ann Carrol Richardson,
Dip(Nu), of Calgary, AB,
in September 2016

'59 Margaret Alma Umscheid
(Garland), Dip(PHNU),
of Vulcan, AB, in June 2016

'59 James Albert R. Holmes,
MD, of Kelowna, BC,
in June 2016

'59 David Brougham Murray,
BEd, of Calgary, AB,
in July 2016

'60 Marvin John Bartzen,
BSc(Pharm), of Edmonton, AB,
in July 2016

'60 Marjorie Jane Campbell
(McNaught), BEd,
of Coquitlam, BC,
in June 2016

'60 Henry Susumu Hasegawa,
BSc, '62 MSc, in February 2016

'60 Robert Joseph Kelly, BA,
of Calgary, AB,
in September 2016

'60 Louis Michael Lorincz, BSc,
'63 BEd, of Calgary, AB,
in July 2016

'60 Elizabeth L. Patterson,
Dip(RM), of Calgary, AB,
in June 2016

'61 Penelope Barr (Kellam),
Dip(Nu), of Comox, BC,
in June 2016

'61 Benjamin Herbert
Breitkreuz, BA, of New
Orleans, LA, in August 2016

'61 Alton Edward Dennis, BEd,
'67 Dip(Ed), of Penticton, BC,
in June 2016

'61 Jack Otto Handel, BEd,
of Sherwood Park, AB,
in April 2016

'61 Daisy Maduram, BEd,
of Edmonton, AB,
in June 2016

'61 Wayne Bernard Morris,
BSc, of Kanata, ON,
in August 2016

'61 Jack William Popowich,
MD, in July 2016

'62 Mervin Wendell Brower,
BSc(EngPhys), of Salem, VA,
in February 2016

'62 Harvey Allan Gabert, MD,
of Metairie, LA, in July 2016

'63 Margaret M. Archer, BSc,
of High River, AB,
in September 2016

'63 Lorne Henry Baldwin,
BSc(Pharm), in June 2016

'63 William Grenville Davey,
DDS, of Regina Beach, SK,
in April 2016

'63 Wayne Kenneth Duholke,
BSc, of Bradenton, FL,
in July 2016

'63 Carole Lynn Handy
(Heath), BA, of Calgary, AB,
in June 2016

'63 Denis Bruce Johnson, MA,
of Qualicum Beach, BC,
in January 2016

'63 John William Plumb, BEd,
of Edmonton, AB, in July 2016

'63 Gloria Ailene Wallington
(Gray), BA, of Edmonton, AB,
in July 2016

'63 Hector Athelstan
Williamson, BEd, of Calgary,
AB, in September 2016

'64 Elizabeth Ann Blowers, BEd,
'69 MEd, '75 PhD, of Edmonton,
AB, in July 2016

'64 John Gabriel Culliton,
BSc(CivEng), of Edmonton, AB,
in May 2016

'64 Lornce Henry Harder, DDS,
of North Battleford, SK,
in May 2016

'65 Richard Henry Hillson, BSc,
in June 2016

'65 Robert Ernest Leech, MSc,
'71 PhD, of Edmonton, AB,
in June 2016

'65 Baldev Singh Parmar, BEd,
'70 MEd, of Nanaimo, BC,
in April 2016

'65 Ethel Lorraine Strang
(Lyons), BEd, of Orléans, ON,
in February 2016

'66 Olga Allen, BEd, '80
Dip(Ed), of Edmonton, AB,
in November 2016

'66 Sally Ann Bishop, BEd,
in August 2016

'66 Olga Elkow (Ewanishan),
BEd, in September 2016

'66 Larry Lapierre Henderson,
BEd, '72 Dip(Ed), of Medicine
Hat, AB, in August 2016

'66 Fredrick Lorne James, BPE,
of Calgary, AB, in June 2016

'66 Harry Lynn Olson, BCom,
of Calgary, AB, in June 2016

'66 Terrance Stewart Bruce
Patterson, BEd, '67 Dip(Ed),
'73 MEd, of Sherwood Park, AB

'66 George Wayne Patzer, BEd,
in June 2016

'66 William David Wood,
BCom, of Sherwood Park, AB,
in January 2016

'67 Helen Anne Egbert, BEd,
'75 MEd, of St. Albert, AB,
in May 2016

'67 Amber Gray, BA,
of Edmonton, AB, in May 2016

'67 Harry Edward Kennedy, BA,
of Muskoka, ON, in June 2016

'67 Cecilia Stephania Kilar,
BEd, '79 Dip(Ed),
of Edmonton, AB, in July 2016

'67 Calvin Lawrence Merkley,
BCom, of Orem, UT,
in May 2016

'67 William Patrick Owens,
BEd, '70 Dip(Ed), '75 MEd,
of Sherwood Park, AB,
in June 2016

'67 Richard Gregory Powers,
BA, '70 LLB, of Kelowna, BC,
in June 2016

'67 George Anthony
Santarossa, BSc, '81 Dip(Ed),
of Edmonton, AB,
in September 2016

'67 Sandra Elaine Menna
(Foster), BSc, '70 MSc,
of Ottawa, ON,
in January 2016

'68 Evelyn Magdalena
Dragojevich (Grafenauer),
BSc(Nu), '71 MHSA,
of Calgary, AB, in July 2016

'68 David Michael Leigh, BEd,
'75 Dip(Ed), of Edmonton, AB,
in June 2016

'68 Brian Knut Nord, DDS,
of Pender Island, BC,
in August 2016

'69 Catherine Veronica
Descheneau, BSc, '74 MSc,
'81 PhD, of Edmonton, AB,
in August 2016

'69 Theodor Doerr, BEd(VocEd),
of Airdrie, AB, in June 2016

'69 Melvin Chris Rode, BSc,
'69 MD, of Edmonton, AB,
in May 2016

'70 Benita Bradley Fifield
(Mayers), Dip(OT), '72
BSq(OT), '81 MSc,
of Qualicum Beach, BC,
in April 2016

'70 Francis William Gardner,
BSq(Ag), of Chain Lakes, AB,
in June 2016

'70 Dwight Randolph Hayward,
BCom, '73 LLB,
of Gabriola Island, BC,
in June 2016

'70 Joan Elizabeth Speakman,
BA, in April 2016

'71 Roger Brian Movold,
BSq(ElecEng), of Nanaimo, BC,
in August 2016

'71 Heng-Joo Ng, MSc, '75
PhD, of Edmonton, AB,
in September 2016

'71 Brenda Carol Yamashita
(Sketcher), BA, of Calgary, AB,
in June 2016

'72 Alasdair Robert Kellie, MSc,
of Superior, CO,
in August 2016

'72 Henning Toustrup Lind,
BSc, of Orléans, ON,
in July 2016

'72 Patrick Noel Murphy, BA,
'73 LLB, of Dublin, Ireland,
in September 2016

'72 Larry William Paschke, BPE,
'73 Dip(Ed), of Edmonton, AB,
in May 2016

'72 Odellie Anne Theresa
Samwald (David), BEd,
of Vancouver, BC,
in August 2016

- '73 Joyce Elaine Andruchow, BSc, '75 Dip(Ed), of Smoky Lake, AB, in June 2016
- '73 Arlene Marion Flak, BEd, of Vancouver, BC, in June 2016
- '73 Nastor Wasyl Gryba, BSc(Spec), of Edmonton, AB, in July 2016
- '73 Owen Elmer Haythorne, BEd, of Cookstown, AB, in June 2016
- '73 Shirley Ann Nalbach, BSc(Spec), in March 2016
- '73 Donald Lawrence Polsfot, BA, of 108 Mile Ranch, BC, in July 2016
- '73 Brian Francis Stelck, BEd, '78 MEd, '94 PhD
- '73 George Yates, BA, of Sherwood Park, AB, in May 2016
- '74 Steve Peter Beres, BCom, of Calgary, AB, in September 2016
- '74 Edouard Robert Boulay, BSc, '75 Dip(Ed), of Edmonton, AB, in May 2016
- '74 Orval Jenkins, BEd, of St Albert, AB, in June 2016
- '75 Alex Mark Coumantarakis, BSc, of Edmonton, AB, in June 2016
- '75 Mundi Irving Josephson, PhD, of Arbutus Ridge, BC, in September 2016
- '75 Kevin Patrick Whelan, MSc, of Victoria, BC, in September 2016
- '76 Gary Burn Conger, BEd, of Robb, AB, in June 2016
- '76 Ernest Bruce McKenzie, BEd, in June 2016
- '76 Craig Lindsay Roxburgh, BEd, '81 MEd, '96 PhD, of St. Albert, AB, in July 2016
- '76 Marilyn Ann Ruzycy, BEd, of Edmonton, AB, in July 2016
- '76 Peter Tottrup, BSc, '85 BSc(PetEng), '86 MBA, of Calgary, AB, in July 2016
- '77 Joseph Clifford Berezanski, BEd, of Seba Beach, AB, in June 2016
- '77 Sharon Laura Berge, BA, of Edmonton, AB, in July 2016
- '77 Elisabeth Marie A. Bureaud, BPE, of Gloucester, ON, in July 2016
- '77 Wendy Patricia Cawson, BEd, in July 2016
- '77 Brian Michael Joyce, LLB, of Chilliwack, BC, in June 2016
- '77 Cameron Gordon Mack, LLB, of Victoria, BC, in May 2016
- '77 Owen Emil Neiman, BSq(MechEng), '79 MSc, of Edmonton, AB, in June 2016
- '78 Sandra Lynn Crosley (Krebs), BCom, of Sherwood Park, AB, in June 2016
- '78 Danny George Dechief, BSc, of Hay River, NT, in January 2016
- '78 Gail Sharon Froland, BEd, of Edmonton, AB, in June 2016
- '79 Catherine Ann Harlan (Chorney), BSq(Nu), of Edmonton, AB, in April 2016
- '79 Ross Irving Hastings, BSc, '84 MSc, of Edmonton, in June 2016
- '79 Darryl Robert Horon, BSq(Pharm), of Redcliff, AB, in March 2016
- '79 George John Rokicki, BEd, of Edmonton, AB, in December 2015
- '79 Robert Alan Scott, BCom, of Calgary, AB, in July 2016
- '80 Robert John Sokil, BCom, in June 2016
- '80 Margaret Rose Vogel (Kovacs), BEd, in September 2016
- '80 Margaret Siu-Ling Yan, MBA, of Toronto, ON, in July 2016
- '81 Kirk Douglas Ferguson, BEd, in March 2016
- '81 Alfred Clayton McGhan, LLD (Honorary), of Leduc, AB, in July 2016
- '82 Rishma Dunlop, BA, in April 2016
- '82 Darlene Joan Lee (Cooke), BA, of Edmonton, AB, in February 2016
- '82 James Gordon Pincock, MHSA, of Dubai, United Arab Emirates, in May 2016
- '82 Darren Lee Savard, BA, '86 BEd, of Carvel, AB, in July 2016
- '83 James Douglas McCaul, BEd, of Spruce Home, SK, in June 2016
- '84 John Tuckwell, BCom, of Edmonton, AB, in July 2016
- '84 Lenard Norman Wyatt, BA(Spec), of Port Coquitlam, BC, in June 2016
- '85 Andrew Douglas McGregor, BA, of Edmonton, AB, in August 2016
- '86 Mel Hurtig, LLD (Honorary), of Vancouver, BC, in August 2016
- '86 Patricia Lau, BA, of Edmonton, AB, in November 2013
- '87 Donna Marie Garrick, BSq(Nu), '87 BA, of Calgary, AB, in June 2016
- '87 Rene Joseph Marcel Lamothe, BA, in June 2016
- '87 Susan Michelle Sheridan (Dillabaugh), BCom, of Edmonton, AB, in June 2016
- '87 Nancy Ella Weaver, BSq(Dent), '89 DDS, '93 MSc, '93 Cert(Dent), of Sidney, BC, in May 2016
- '88 Mabel Edith P. Graham, BA(Spec), of Red Deer, AB, in July 2016
- '88 Rebecca Mary Murdock, BA(Hons), of Vancouver, BC, in June 2016
- '89 Cornelis (Kees) F.M. de Lange, PhD, of Guelph, ON, in August 2016
- '90 Cynthia Charlene Brokop, BCom, of Edmonton, AB, in May 2016
- '91 Christina Livingstone, BEd, in July 2016
- '91 Iain Henry Williams, BA, in May 2016
- '92 Betty Jane Hoyem, BA, of Edmonton, AB, in July 2016
- '93 Donna Margaret Hooper, BScN, of Victoria, BC, in June 2016
- '93 Jeff Clark Lechelt, BCom, of Calgary, AB, in January 2016
- '94 Nancy Katherine McLennan (Zittlau), BCom, of Edmonton, AB, in June 2016
- '97 Kevin Michael Pozniak, BA, of Melbourne, Australia, in June 2015
- '98 Richard Ronald Bilodeau, BEd, in August 2016
- '99 Liesle Danielle Dyck, BSc, of West Kelowna, BC, in March 2016
- '00 Judy Grace Harrower, PhD, of Calgary, AB, in June 2016
- '01 Damon Brock Baker, BSc(Spec), of Edmonton, AB, in March 2016
- '02 Arthur Garfin Hiller, DLitt (Honorary), of Los Angeles, CA, in August 2016
- '02 Jason Douglas Homan, BA, of Red Deer, AB, in June 2016
- '03 Marmie Hess, LLD (Honorary), of Calgary, AB, in September 2016
- '05 Helena Mitchell, BScN, of Edmonton, AB, in June 2016
- '05 Leah Jean Standeven, MSc, of Edmonton, AB, in August 2016
- '06 Norman L. Kwong, LLD (Honorary), in September 2016
- '06 Jeffrey Ryan Roberts, BA, '13 BEd, of Edmonton, AB, in August 2016
- '11 Bunny Ferguson, LLD (Honorary), of Edmonton, AB, in July 2016
- '15 Corrine Nicole Pelletier, BA, '15 BEd, of Calgary, AB, in June 2016
- '16 Annelise Kristina Rust, BA, of Camrose, AB, in August 2016

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

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Setting the Scene

Prop master Jane Kline works in the drama department's prop shop, where thousands of props are constructed for student productions at the Fine Arts Building and the Timms Centre for the Arts. Ranging from the pedestrian to the bizarre—a disembowelled rubber pig—these items have brought storytelling to life since 1950.

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