

WINTER 2019

new. trail

UNIVERSITY OF ALBERTA
ALUMNI MAGAZINE

The BAKING LEGENDS OF



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BUN + ME

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GET IT!

VTS





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* Source: The Star, 100-Year Old Canadians Fastest-Growing Age Group In The Country, 2017.

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contents

features

18
What's With Those Cinnamon Buns?
These iconic bits of baking hold a special place in the hearts of alumni from many eras. We investigate why

26
Alumni Awards
32 grads who ask questions, then find the answers

departments

3
Your Letters

5
Notes
What's new and noteworthy

10
Continuing Education
Be prepared. Be very prepared

13
Thesis
Open your mind and absorb a few thoughts on learning

41
Trails
Where you've been and where you're going

44
Class Notes

51
In Memoriam

56
Small Talk

ON THE COVER

For decades, the U of A cinnamon bun fuelled many a study session, and even a few daydreams and doodles. Curtis Gillespie pays homage to this yeasty legend. Page 18. Illustration by Hylton Warburton; photos this page and cover by John Ulan; cinnamon buns by Lorraine Huntley

When Anything Is Possible

UNIVERSITY OF ALBERTA ALUMNI aren't quick to brag. We have a reputation for humility. A modest strength. We don't do great things seeking recognition, we do them because it's the right thing to do at the right moment. But after attending the Alumni Awards this past September, I wonder if we should change our tune.

Sitting in the audience, I got goosebumps. Here were people from my community who saw serious problems — issues where it would be so easy to just turn a blind eye — and did what needed to be done to help. None of them was seeking accolades. All of them acted with a social conscience.

This year was the 25th anniversary of the U of A Alumni Awards, which recognize professional achievement, community service and innovation from our community. You can meet the 32 grads honoured this year on page 26.

Listening to the stories of these grads, I realized there's no limit to where our degrees can take us. We are equipped to handle the tough jobs, even when they're unexpected. For example, **Gary Lobay**, '68 MD, could not have anticipated that on his first on-call shift he'd have to treat a child with a severed arm. But he was ready. He had a medical degree from the U of A and had just spent six months learning from the

top microsurgeons in the world. His team successfully performed the first replanted arm surgery in Canada and saved that child's limb. That's amazing.

Stories like that inspire me. They make me feel as if anything is possible. In an age when, let's face it, most of the news we get is negative, hearing stories of alumni making good on the U of A's promise to uplift the whole people is the dose of positivity I need. It's meaningful to be part of a group that includes so much good and so much potential. It fills me with hope.

That's why I think we should be less modest about alumni success — because we could all use a little hope these days. We don't need to brag about our own achievements, but we should happily brag about the achievements of our neighbours and people in our community. They deserve recognition and it feels good to give it. The more alumni I meet, the more stories I hear, the better I feel about our future.

At the Alumni Awards I heard 32 incredible alumni stories. That means I've got another 289,968 stories to hear. What's yours?



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

@wadekelly:
Whoever is responsible for #NewTrail @UAlbertaAlumni, you're killing it. I have been a student at three universities and yours is the only alumni publication I read.

Wade Kelly, '04 BEd, '12 MEd, Melbourne, Australia



No Holds Barred

Editor's note: The following letter arrived in the New Trail mailbag, accompanied by "a little memorabilia," which turned out to be this fantastic Bar None patch (pictured). Elaine Mellor sent the note in reference to a short item on page 40 of the Autumn 2019 issue, which mentioned the origins of Bar None. If anyone knows more about the "Take Your Professor for Coffee" tradition, contact us at alumni@ualberta.ca.

When I read the *New Trail* item "Did You Know?" I was reminded that I have a small crest from Bar None. The dances were fun — and featured square dances — and there was a chuckwagon, if I remember correctly. At the time I took part in these festivities I was not aware of the original meaning of the Bar None symbol.

I also remember something called "Take Your Professor for Coffee." I don't remember at what time of the year this occurred but the idea was, a female student would invite the professor for coffee — they would troop off to the Tuck Shop and the rest of the class would disperse. At the time I was the only female in a group of engineering and geology classes in one of those old green army huts. When I got to the classroom door with my prof, I was swarmed by several engineering students, all holding \$1 each and their professor, and saying to me, "Please take our professor for coffee!" So, I went off to the Tuck Shop with a gaggle of professors who all went along with this bit of silliness.

When did this tradition start? Did it last long? Did this practice take place only in the sciences, when most profs at the time were male?

—Elaine E. Mellor, '63 BSc, '66 BEd, Edmonton

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

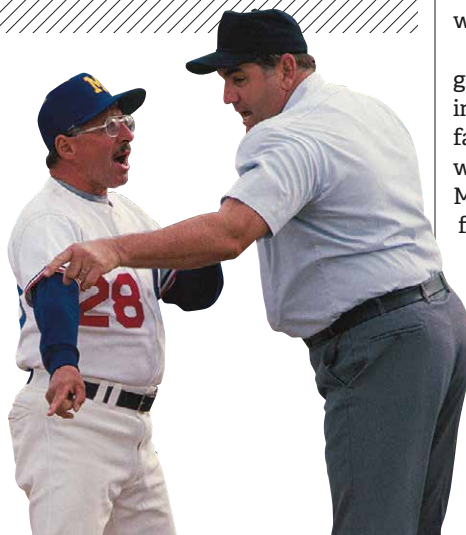


Fresh From the Oven

Make your own Tuck Shop cinnamon buns at home with this handy video

Baseball's Bench-Clearing Fights

Half brawl, half ballet — despite the spontaneity, these tussles are highly ritualized and predictable



Part of a Balanced Breakfast

I wanted to pass along how much I enjoy reading this publication! It helps me feel connected to the U of A even though I live in Toronto now. And it makes me so proud reading about all of the research and accomplishments of my fellow alumni.

Reading the autumn issue was a great way to enjoy my Saturday coffee!

—Stacy Oleksy, '97 BSc(HEcol), '02 MSc, Oakville, Ont.

'Unsubstantiated Folklore'

Editor's note: Bert MacKay wrote in reference to the story "How to Catch Fire" (Spring 2019, page 23), in which we stated that Karl Clark, a chemist and oilsands researcher, "dumped oily sand, hot water and caustic soda into an old-fashioned washing machine" while experimenting with oil extraction techniques.

I find this comment not only historically incorrect but addressing Karl Clark so poorly in an unsubstantiated folklore myth is sad. I am a close friend for many years of the family of the late Dr. Karl Clark, the chemistry expert who is credited with developing the oilsands extraction process. His daughter **Mary Clark Sheppard**, '49 BA, told me he never at any time used a washing machine and this "is a pure malevolent myth."

It's notable that stories in the magazine do not provide source material, which is anathema to me as a technology writer, historian and former power engineer. I expected a story on wind turbines, solar, geothermal, nuclear, fusion, tidal, hydro, natural gas — but that never happened. Only generic words that gave little fact or conclusion.

The late Mary Clark Sheppard is a graduate of U of A and spoke to students in university 20 years ago about her father's remarkable research work, which I also researched for 40 years. Mary compiled an excellent book on her father's incredibly detailed energy work and all of the Alberta scientists who were involved. The book is called *Oil Sands Scientist: The Letters of Karl A. Clark, 1920 - 1949*, printed by the University of Alberta Press.

—Bert MacKay, Edmonton

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Digital
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CONTACT US

Email (Comments/Letters/Class Notes):
alumni@ualberta.ca

Call: 780-492-3224; 1-800-661-2593

Mail: Office of Advancement, University of Alberta,
Third Floor, Enterprise Square, 10230 Jasper Ave.,
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notes

WHAT'S NEW AND NOTEWORTHY



Play Ball!

56 people play for 84 hours to hit a home run for cancer research

A MARATHON BASEBALL GAME in Sherwood Park, Alta., in August raised more than \$486,000 to support human trials of a promising new cancer drug, PCLX-001. The drug, based on a U of A finding, shuts down the abnormal chemical signalling in many common cancers and triggers those cells to die, but spares the healthy cells. The Dianne and Irving Kipnes Foundation matched donations dollar for dollar up to \$250,000 toward the total raised for the Cure Cancer Foundation. Organizers of the World's Longest Game hope to claim the Guinness World Records title for longest baseball game. —ROSS NEITZ



HANDS-ON LEARNING

Porcupine Goes to the City

Students learn traditional teachings of Cree and Métis art of porcupine quilling

SKINNING A PORCUPINE in a classroom is far from a typical learning experience. But for some U of A students, it was a transformative one.

“A lot of us have not been raised learning our cultural traditions or ways of doing things, so I think it’s really important to have this here at university,” says Pam Greene, a student in the Faculty of Native Studies.

The course, Porcupine Goes to the City: Quillwork

Teachings, was the first land-based class the faculty has offered in an urban setting. Métis artist Melissa-Jo (MJ) Belcourt Moses, Edmonton’s Indigenous Artist in Residence, introduced students to the process of porcupine quilling, including harvesting — in this case, from roadkill — plucking, cleaning, dyeing and stitching.

But the teachings go much deeper.

“It’s not just the technical

aspect of quilling,” says Sara Howdle, course co-ordinator. Knowledge keepers stressed the importance of the sacredness and teachings within those technical pieces.”

The class teaches about porcupine quilling in relation to *wahkohtowin*, a Cree and Métis concept of the interconnectedness of all beings and relationships, says Howdle. It shows the rich relationship between the porcupine and Indigenous peoples and emphasizes the sacredness of the art.

Howdle says land-based learning opportunities are valuable but can be expensive and require students to be away from home for stretches of time. Bringing the experiences to urban settings can create opportunities for more people to participate.

“This allows us to bring more elders onto campus and make campus feel not only more welcoming, but also more of a space where Indigenous knowledges are not just seen as legitimate, but truly a part of the nucleus.”

The course was created by the Rupertsland Centre for Métis Research and the Indigenous Women and Youth Resilience Project in response to requests from students for more land-based and traditional teachings.

—JORDAN MAE COOK, '07 BA

NUMBERS

80%

Increase in how quickly garden waste decays using a new mixture created by U of A soil scientist Scott Chang and researchers from Beijing Forestry University

RESEARCH

DISCOVERY COULD PAVE WAY TO NEW ALZHEIMER'S TREATMENT

U of A researchers are one step closer to what they say could be an effective treatment for Alzheimer’s disease.

Neurologist **Jack Jhamandas**, '74 BSc(Hons), '76 MSc, and his team have found two short peptides that, when injected daily for five weeks, significantly improved memory in mice genetically modified to have Alzheimer’s disease. The peptides, or strings of amino acids, also reduced some of the harmful physical changes in the brain that characterize the disease.

The discovery builds on the team’s previous research into a compound called AC253 that can block the toxic effects of amyloid beta, a protein many scientists believe to be a major contributor to Alzheimer’s as it is often found in large quantities in patients’ brains.

AC253 is too complex to be able to make it an effective oral drug, so the U of A team chopped it into smaller peptide strings and discovered two shorter strings that have the same beneficial effect as the full compound when tested in mice. These shorter peptides are potentially easier to turn into an effective oral drug.

The find builds on 15 to 20 years of work, Jhamandas says. The next goal is to manufacture an oral version of the drug so human clinical trials can begin. —RYAN O’BYRNE, '06 BA

“Social media lets narcissists make a perfect picture of themselves, edit it, doctor it, throw it online and watch the stream of potentially global social approval. It’s the narcissist’s perfect tool.”

Psychology professor Kyle Nash, whose study suggests approval on social media can help certain kinds of narcissists deal with the psychological distress of being excluded



DO CHICKADEES UNDERSTAND HUMANS? The excitement you hear in your friend’s voice when she tells you about her promotion — chickadees can recognize it, too. In experiments, PhD candidate **Jenna Congdon**, ’15 MSc, exposed humans and black-capped chickadees to high- and low-arousal calls from different species. Both were able to identify the difference in each other’s vocalizations and that of giant pandas. “This is fascinating because a chickadee that has never come across a giant panda before is able to categorize high- and low-arousal vocalizations,” Congdon says.—**KATIE WILLIS**, ’13 BA, ’18 MA

EXPERT ADVICE

HOW TO COPE WITH EMOTIONS AT FAMILY EVENTS

Holidays and special events are a time for celebration, but if you find yourself feeling blue in the midst of a family gathering, you’re not alone. **Michaela Kadambi**, ’98 MEd, ’03 PhD, a psychologist with the university’s Counselling & Clinical Services, says events like these can make us feel gloomy by calling attention to strained relationships, the absence of loved ones or things missing from our own lives. So, instead of feeling guilty the next time you find grief or anger amid the confetti and cake, embrace your feelings and try these practical tips.—**BEV BETKOWSKI**

ACKNOWLEDGE ABSENT LOVED ONES

Think about ways to include the person you’re missing, whether as a group or privately. Set a place for them at the table or include something that reminds you of them, like a piece of jewelry.

TAKE A TIME OUT

If you’re having a hard time holding it together, take a breather. Go somewhere quiet, get some air or have a cry. If you have a supportive friend who can go with you, take them along.

EMBRACE GOODBYES

Don’t avoid emotional goodbyes to loved ones who live far away. It’s normal to cry, Kadambi says, and those shared moments where feelings are visible can make for a beautiful farewell.

Footnotes

A brief look at what’s new at the U

Cuts Require ‘Tough Decisions’

The university faces a \$79-million cut in funding for the 2019-20 fiscal year. The provincial budget, released Oct. 24, announced post-secondary funding cuts of 12.5 per cent over four years, as well as tuition increases of up to seven per cent in each of the next three years. “Meeting the challenge of this budget cut and changes anticipated for the following years will not be easy, and we will need to make tough decisions,” said U of A President David Turpin. Updates will be available at uab.ca/budget.

New Dean of Medicine & Dentistry

Brenda Hemmelgarn will take over in January as dean of the Faculty of Medicine & Dentistry for a five-year term. She most recently headed the Department of Community Health Sciences at the University of Calgary.

Indigenous Centre Gets Funding Boost

The Wahkohtowin Law and Governance Lodge, a U of A centre that supports Indigenous groups in revitalizing their governance and legal traditions, has received a \$134,000 federal grant. It will support development of the lodge, workshops and Indigenous public legal education strategies.

LAW

Not Your Average History Lesson

YouTubers tell the story behind the Constitution

HOW DO YOU GET YOUNG PEOPLE INTERESTED IN SOMETHING as seemingly dry and boring as the Canadian Constitution? You summon the help of six YouTube stars and create a flashy drama featuring retro costumes and 1980s pop songs.

That's what the U of A's Centre for Constitutional Studies did when it teamed up with the National Film Board of Canada to create *Supreme Law*, an interactive documentary that details how and why the Constitution was created in 1982.

The tale is anything but boring. Getting all parties to agree to the Constitution involved "Gangs! Backstabbing! *Trahison!* (betrayal)," as the ad-libbing co-hosts gleefully tell it.

The drama is told in five narratives, with popular Canadian YouTubers representing five points of view — then-prime minister Pierre Trudeau, Quebec, the West, Indigenous Peoples and women. Viewers can also check out 11 bonus "deep dives," background essays reviewed by U of A researchers that feature historic photos and video clips.

"It's very important to understand what went into the making of our Constitution because it's very much a reflection of the people we are," says **Patricia Paradis**, '75 BA, '76 Dip(Ed), '83 MEd, '88 LLB, executive director of the Centre for

Constitutional Studies.

"It's a reflection of our values and of our federal structure — the provinces and the federal government had bitter fights during this process. There were winners and losers, big personalities, fascinating stories."

During a 2011 conference hosted by the centre, some of the surviving participants of the 1981 Constitution negotiations were interviewed for a documentary that was never made. Paradis contacted **Bonnie Thompson**, '93 BA, at the NFB to see if the material could be preserved.

"This was an enormous and rare opportunity to learn about constitution-making from those who participated and negotiated the final deal," Paradis says.

The show can be streamed on the NFB website at nfb.ca/supremelaw. —HELEN METELLA

For more on these and other great U of A stories, visit folio.ca.

NUMBERS

10,000

The number of visitors to the university's open house for prospective students in October, a new record

REAL LIFE

NEW RELATIONSHIP, SAME OL' YOU

There's a reason your new romance feels a lot like your last one. A U of A study has found that after the honeymoon phase fades, people tend to have the same dynamics in new partnerships as in past ones.

The study surveyed 554 people at four points: a year before their first intimate relationship ended and again during the final year, then within the first year of the new relationship and a year after that. It looked at seven indicators, including relationship and sexual satisfaction, ability to open up to a partner and confidence in whether the relationship would last.

All but two indicators remained stable across both relationships. Frequency of sex and expressing admiration for their partner improved early in the second romance, says human ecology professor Matthew Johnson, who led the study. But by the middle phase, most relationship indicators were similar to the same phase of the first partnership.

"This research shows that chances are, you are going to fall into the same patterns in many aspects of the relationship," Johnson says.

To combat these patterns, he advises taking stock of past partnerships and addressing personal issues that may be contributing to problems. "Having a more balanced view of the negatives and positives gives us realistic expectations for the new relationship."

—BEV BETKOWSKI





TREE OF LIFE

Scientists Unlock a Billion Years of Plant Evolution

International group undertook genetic sequencing of more than 1,100 species

Scientists have completed a nine-year quest to get to the root of the complex genetic history of green plants — a wide-ranging group that includes everything from green algae and farm crops to mosses and trees.

The One Thousand Plant Transcriptomes Initiative, or 1KP, brought together nearly 200 plant biologists from around the world to sequence and analyze genes from more than 1,100 plant species. Their study, published in *Nature*, provides the most comprehensive evolutionary tree for green plants and sets up a framework for understanding plant diversity around the planet.

“In the tree of life, everything is interrelated,” says U of A genomicist Gane Ka-Shu Wong,

lead investigator on the project. “And if we want to understand how the tree of life works, we need to examine the relationships between species. That’s where genetic sequencing comes in.”

The study gives insight into how green plant species — nearly half a million of them — evolved over the last billion years. By sequencing and analyzing genes from a broad sampling of plant species, the researchers were able to gain a more complete picture of the gene and genome duplications that enabled evolutionary innovations such as the ability to grow tall and make seeds, flowers and fruits.

Study co-author James Leebens-Mack, a professor of plant biology at the University of Georgia’s Franklin College of Arts and Sciences, says the research shows that over the last billion years, ancestral green algal species split into two separate evolutionary lineages. One included flowering plants, land plants and related algal groups, and the other lineage comprised a diverse array of green algae.

—ALAN FLURRY AND
KATIE WILLIS, '13 BA, '18 MA

TRUE OR FALSE?

THE LOWDOWN ON FLU SHOTS

A flu shot is a safe, effective way to reduce the risk of getting or spreading a truly unpleasant and sometimes deadly illness, says a U of A infectious disease specialist.

“You can protect yourself, you can protect others and it’s a safe vaccine,” says Lynora Saxinger. “I actually see very little downside to it.” But myths persist due to outdated information or outright misinformation, she says.

See if you can tell myth from fact when it comes to influenza injections. (The information below refers to the available injectable vaccine, not the live intranasal vaccine.)

—GILLIAN RUTHERFORD

YOU MIGHT STILL GET THE FLU

TRUE. “The vaccine doesn’t make you bulletproof,” says Saxinger. But if you do get the flu, it tends to be milder and patients are less likely to require hospitalization or die.

THE VACCINE ISN’T SAFE

FALSE. Vaccines have among the highest levels of testing, safety and monitoring of all modern medical interventions, she says. A flu injection poses zero risk of contracting influenza because it contains no live virus. Vaccine ingredients such as formaldehyde and aluminum may sound frightening, but the amounts are minuscule and most occur naturally in the body in higher amounts. The risk of Guillain-Barré syndrome, an immune disorder that can occur after triggers such as infection, is much higher after being infected with influenza than after getting a flu shot, Saxinger says.

FLU SHOTS ARE UNSAFE FOR MANY PEOPLE

FALSE. People with an egg allergy can safely get a flu shot, though those with a previous severe reaction should check with a public health unit regarding whether they should get further doses. Those you might think of as medically vulnerable — seniors, people with chronic illnesses — should be immunized because influenza can be so harmful for them, and in the case of pregnant women, influenza can harm their pregnancy.

I’M HEALTHY, SO GETTING THE FLU ISN’T A BIG DEAL

FALSE. “Most people cannot function with influenza; it’s quite different from a cold. On average it’s five days of being down for the count and 10 days of illness.” In some closed environments, such as a workplace or school, almost everyone can get sick. That causes a lot of disruption in people’s lives, says Saxinger, not to mention the risk posed to others’ safety.

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



by Curtis Gillespie



Bring Out the Boy Scout

I TOOK 'BE PREPARED' TO A WHOLE NEW LEVEL ON MY SUMMER HIKING TRIP. I'D LIKE TO THINK THAT'S WHY MY FRIENDS AND I CAME HOME ALIVE

I was in the Boy Scouts of Canada between the ages of about eight and 12. I don't remember much of it except for having to wear a funny hat and neckerchief, and that we began and ended each weekly meeting by squatting in a circle on our haunches like a wolf pack listening to our Sixer (our leader) shout, "DYB, DYB, DYB!" Meaning, Do Your Best. To which we'd leap up with two fingers over each ear to imitate young wolves as we shouted, "DOB, DOB, DOB!" Meaning, Do Our Best. Our uniforms had ample space across the chest and down both arms to sew on badges and proudly display them as evidence of our skill at things like pitching tents, chopping wood, staunching wounds, tying knots and starting campfires.

Some years after my siblings and I left home, my parents gave each of us a hand-constructed memory chest with keepsakes from our childhood. It's a cherished part of my life and I look through it often with pleasure and gratitude. But the things I recall with a little embarrassment are my Cub and Scout badges, which my mother must have unstitched from my various uniforms and stored for safekeeping. I love her for a million reasons and that's one of them, but it had to be a bit of a bummer for her because there were just so few badges. The lonely three or four that have settled like dried flower petals at the bottom of the chest are hard to decipher for what they signify, but they appear to be recognizing such things as good hygiene and politeness, which, I don't really need to say, were turned into badges purely to prevent the empty-shirted humiliation of those of us not quite at the top rung of Boy Scout achievement. Getting one of these badges was like going to Navy SEAL training and getting a commendation for knowing which fork to use for the salad course at a formal dinner. If you were hopelessly non-outdoorsy, as I was, the empty spaces across the front of my shirt and down the arms were actually a kind of semaphore (another skill I didn't have) telling the world, "Do not under any circumstances put your life in this guy's hands!"

Yet, astonishingly, three of my friends did just that (possibly because I neglected to inform them I had never earned the camping badge) when we decided to hike the West Coast Trail this past summer. It is a notoriously challenging six- to eight-day trek on the west side of Vancouver Island through the rainforest and along the coastline. You have to pack everything in and out — all your food, cooking gear, toiletries, tent, sleeping bag, clothes, emergency supplies, toilet paper. And it's a commitment. There is one escape hatch on the trail, roughly halfway through, but other than that, it's genuine *be ready or you're in trouble* adventuring.

ILLUSTRATION BY KELLY SUTHERLAND; PHOTO BY JOHN ULAN



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Donors Dilip Kembhavi, '74 MEng, '78 MBA, and his wife, Alaka

Hundreds of guidebooks and online resources offer many thousands of tips, but they all pretty much give the same fundamental advice:

Be prepared.

As departure day loomed I could feel the Scout in me coming out. I sensed the clean fingernail badge wasn't going to do us much good four days into the trail with no roads or escape routes or rangers or cell signals, not to mention possible bears, cougars, cliffs, tides, streams, ladders and campfires. So I did what any self-aware and insecure Scout would do. I overcompensated. To say that I went over the top in my gear preparations is like saying the Rolling Stones don't know when to quit. My wife, Cathy, eyed my near-daily trips to the equipment store with bemusement, pausing one day to say, "You do know you have to put all this on your back, right?" I packed and unpacked my backpack seven or eight times, laying every item out on the floor in the basement. I analyzed each according to my ruthlessly logical standards, which was how I ended up bringing 30 cubes of bouillon, a dozen tea bags and a huge sack of powdered milk — but only one hiking shirt. (The one thing I probably didn't prepare for enough was the actual hike. I suspect I spent more time debating whether to bring two or three pairs of hiking socks than I did in those socks training for the trip.)

The way we prepare for something says a lot, not only about who we are but also about who we think we are and how we want others to perceive us. I think the four of us displayed four types of preparation, all of which flowed from our individual natures. Greg was nimble and efficient in a quirky scientist kind of way. Jon was self-reliant and trusted his wealth of experience. Danny was both analytical and physical per his nature. And I pursued outright disaster mitigation. My goal was to plan ahead for the inevitable mishap I was likely to trigger but which I could then resolve through having anticipated triggering it. When we hit the trail, I had in my pack bear spray (which I didn't use), cougar

repellent (which I didn't use), dozens of metres of different strengths of rope (which I didn't use), a roll of heavy duct tape (which I didn't use), four or five different kinds of antiseptics and wound closure materials (which I didn't use), rescue and disaster materials such as foil body wraps (which I didn't use), extra batteries for my headlamp (which I didn't use, primarily because I didn't figure out how to use the headlamp until the fourth night), repair materials for tent, sleeping bag, backpack, hiking boots, clothing and poles (none of which I used), two kinds of Benadryl (which I didn't use), three hats (one of which I used) and a bug net for my head (which I didn't use). This is in contrast to the single pair of sunglasses I brought and lost on the second day.

The first half of the hike went pretty much as I had hoped. It was difficult; it was beautiful; it was a little treacherous in spots. It was taxing and exhausting, but doable. And best of all, I felt my preparations had paid off. Sure, I had way too much gear, but I felt I had things under control. I felt good, and I know my trail mates felt the same.

Then we crossed the Nitinat River and went from Hobbiton to Mordor. We soon realized the taxing and slightly treacherous trail we'd been on for the past three days was the gladiator training before hitting the lion-filled Colosseum floor. Most of the 40 kilometres to the finish line was across terrain that was up and down, up and down, often with some rock scrambling. And we were always — I mean always — negotiating a path choked with roots, branches, mud, rocks, ferns and logs. Nearly every step held injury potential. Every footfall had to be considered and judged. I was often exhausted at precisely the moment we'd arrive at a ladder complex. Ah, the ladders. There are some 70 to 80 along the trail, and the highest must be 30 metres. On one ladder I stopped counting rungs on the way down when I hit 80.

And we began to encounter other problems. I managed to fall into a tidal pool with the weight of my pack pulling me under. I scrambled around like a

beetle on its back for a few seconds but luckily the water was only a couple of feet deep. Danny's knee got wonky. Jon decided a six-day backpacking trip was a good time to experiment with a new camp fuel system and managed to singe a large patch of hair off his leg. Greg appeared to have no problems, a fact for which we will never forgive him.

According to the rules of narrative drama, it's at this point in the story that we should come to the crux of the matter, a dangerous event we encountered but overcame — a bear, a serious fall, a broken ankle, a tidal wave. While I can partly adhere to dramatic tradition (in that I nearly committed a homicide when a hiker we met assumed I was Greg's father; I am three years older), I have to report that there were no tragedies and no major dramas. One member of our troop suffered mild hypothermia but a big mug of hot miso soup set him right. No, the truth is that even though the conditions got worse and the trail got substantially more taxing the more tired we got, somehow, we did fine.

I suppose it's because we were prepared. Preparation, I learned, isn't only about bringing along what you'll need, but what you'll need to feel good about yourself. Solid preparation might sometimes sound like it's obsessively readying yourself for every potential calamity, but I wonder if it isn't actually the opposite. Maybe being prepared is a cosmic way of getting the universe on your side so that nothing disastrous happens. It's a hopeful, even optimistic, practice. If we feel ready for anything, then odds are it will go pretty well most of the time, which, by extension, means we should not be afraid to try new things and embark on new adventures. Even if we never got that badge. This is why the only real preparation advice I can offer you intrepid life Scouts is this:

DYB, DYB, DYB! ■

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

thesis

DIVING DEEP INTO ONE IDEA



Thoughts on Learning

A dynamic process, learning is part memory, part understanding and part openness to changing your mind in the face of new facts and experiences

THERE IS A LOT WE DON'T KNOW about how we learn — about the mechanics and magic of our brains and neural networks. And there's more to learning than what's between our ears. In the following pages, we explore how our brains do their thing: how our experiences help us change our minds, how ignoring a problem can help solve it, how neuro-atypical minds can help in the workplace. What we discover along the way is a little surprising. ■



When Your Thoughts Run Away With You

Learning is labour, and memory socks away its yields for a rainy day. But how we learn and recall involves surprising processes — and body parts

MY MOM IS A VISUALLY impaired nonagenarian. A few years ago, she started seeing things: colourful patterns on the floor and walls. Next came people, in pairs and dozens, going up and down escalators. Then car traffic showed up in the kitchen. She easily recognized that her hallucinations weren't real: they never goaded her or even interacted with her. A Swiss scientist named Charles Bonnet first described similarly benign visions in his own grandfather 250 years ago. About a third of people experiencing degrees of blindness later in life will develop the syndrome named after Bonnet.

Apparently, if parts of your brain don't have enough visual input, they'll start making images of their own volition. Clusters of specialized cells in our brains are customized during the act of learning to recognize things such as facial features, for example. It's why we see faces in car grills or wood grain. When those cells don't have enough input, they "think" those remembered images into being.

As Bonnet codified this syndrome, he marvelled at how "the theatre of the mind could be generated by the machinery of the brain."

We have less control over the relationship between our brains and the facts and

stories inside them than we might think. Consider, for example, all the work that takes place inside our brain as our conscious mind sleeps.

"When a person is in a resting state, there's a network of structures along the midline of the brain that are active," says Clayton Dickson, a psychology professor working with the U of A's Neuroscience and Mental Health Institute. "The same network shows up when you're lightly anesthetized or starting to fall asleep." Even in the absence of inputs from the senses, this network connects disparate parts of the brain and has a role in consolidating memories and socking them away. This important aspect of how we learn is a focus of Dickson's lab. But the default neural network doesn't act alone.

The theatre of the mind is generated by more than the machinery of the brain. We're awash in chemical neurotransmitters, too. Serotonin is a familiar one, the dearth of which is associated with anxiety and depression. A couple of studies indicate serotonin has an important role in memory. But here's where it gets weird: this part of the machinery of our brains is not in our head at all, but in our bowels.

"The more I dig into it, the freakier it gets," says Anna Taylor, neuroscientist and assistant professor in the Department of Pharmacology. "People often think of bacteria as 'the other,' but symbiotic bacteria make neurotransmitters, which bind to our receptors and activate regions in our brain." In fact, 95 per cent of our body's serotonin is made in our gut, thanks to the interaction between specific human cells and our bacterial colonizers.

Give it a minute: part of how we learn depends on other species living inside our gut.

During work she started in her post-doc and finished at the U of A, Taylor and her team found that gut bacteria of lab mice in opioid withdrawal existed in different abundances than they did in healthy mice. So, she transplanted the fecal matter of mice who were in withdrawal into the colons of the healthy mice. "We saw the healthy animals start to behave as though they were in opioid withdrawal. And we saw inflammation in their spinal cords and brains," she says. Though they'd never had an opioid, the composition of the introduced gut bacteria changed their behaviour, rewiring their "learning" process, making the mice less apt to behave in typical ways.

But we are not slaves to our neural networks or gut colonists. A man from Sherwood Park, Alta., brings good tidings about the conscious steps we can take to enhance our ability to learn, by making the task of memorization easier.

Jim Gerwing, '83 BPE, '14 MEd, just happens to be the winner of the 2019 Canadian Memory Championships. He believes a person's memory is more or less a genetic *fait accompli*. "But it's something you can hack," he says.

"I was taking a developmental anatomy class and I had to learn the stages of development of the fetus — all these Latin terms!" he says. So, he tried a technique known as a "memory palace," which involved an imaginary walk-through of a place he knew well — his apartment — and he assigned specific Latin terms to individual household items.

“The more I dig into it, the freakier it gets. People often think of bacteria as ‘the other,’ but symbiotic bacteria make neurotransmitters, which ... activate regions in our brain.”

Anna Taylor
Neuroscientist and assistant
professor in the Department
of Pharmacology

After this exercise, Gerwing was able to recall 100 per cent of those unfamiliar terms in the correct order. Memorizing is not exactly learning, but once you’ve committed the facts to heart you are free to recall, analyze and apply them in different contexts.

Aside from making him a memory champ triumphing over competitors decades younger, 60-year-old Gerwing says his memory work (yes, it’s work — he trains every morning) helps him in other ways. He doesn’t keep a calendar, doesn’t need a grocery list. He’s great with names and faces and he can deliver a speech calmly and accurately without notes. “And it helps me really be present in the moment,” he says. His approach to hacking memory is kind of inspiring.

When we consider that clusters of cells in our brains can generate visions based on past learning, when we find that gut composition may change learning behaviour, when we imagine our default neural networks firing up while we rest — it’s nice to know that guys like Gerwing are trying to take charge of the process. —MIFI PURVIS, '93 BA



THE ART OF UNTHINKING

When answers are hard to come by, switch lanes

IT HAPPENS ALL THE TIME. You’re in the shower and a solution to a problem you thought about last week emerges from the steam. You’re walking the dog when a brilliant idea drops, seemingly out of nowhere. You’ve been unthinking.

“We’re always thinking, even though we might not be aware of it,” says Anthony Singhal, head of the U of A’s Attention and Action Lab and chair of the Department of Psychology. While our brain is constantly monitoring the external environment — so

we don’t slip in the shower or step in dog poop — it’s also monitoring our internal world.

“Part of our brain works in an automatic way that we’re not in direct control of. Our mind is always moving around,” he says. “In times of calm, quiet or meditation, we can have access to those parts of our mind that are outside our focus.” That’s when the “a-ha” hits.

But unrolling your yoga mat may not unfurl the eureka. “It’s tricky because it’s a paradoxical kind of thing,” says Singhal. “When you’re meditating or doing yoga, you are focusing your attention in a particular way, and the focus is to not be focused.”

It’s hard to empirically study the content of our consciousness, he says. But to unleash your unthinking, avoid screens and good books and do something mindless. Go for a walk, wash the windows, file that stack of papers. When you tune out the noise, you can tune in to your unthinking.

—JENNIFER ALLFORD, '84 BA

Change How You Think

Eunice Droni, '15 BA, '18 BA, '18 Cert(CSL), '18 Cert(IntLearning), grew up considering three career choices: lawyer, doctor, nurse. But, as she marched toward door No. 1, something changed her mind.

Once we choose — whether it's what car to buy or what subject to study — it's tough to switch. But we change our minds all the time, almost automatically. We choose different shoes based on weather, or we shift our grip on a Ping-Pong paddle based on the play. What's happening in our brains that makes decisions easy or hard?

"Whether easy or difficult, there are arguments for there being common mechanisms behind all decision-making," says Craig Chapman, associate professor in Kinesiology, Sport, and Recreation. But if we had to weigh every decision, we'd get nothing done. "Some decision-making happens below our level of awareness."

The point at which we stop considering new information and make a choice is called the decision threshold. "In a simple model, we can see what would happen if you commit at a lower threshold," Chapman says.

Decisions with more sources of information may have a higher decision threshold, giving a greater degree of confidence in the choice, as Droni found. In her undergrad, she took a class with a community service learning component, found herself in a placement at the Sexual Assault Centre and discovered careers in the non-profit sector. "I was like, 'Huh. That's a thing,'" she says. The experience provided new information that overtook the old.

"During my first degree, I was like, 'I have to chase the A's. I focused on school work,'" she says. "When I opened up to other opportunities, I realized that non-profit is where I want to be."

Chapman says changes to how we access information make our choices narrower, affecting our decisions. He advises we consider the source and pursue that which is outside our comfort zone.

In an age of recalcitrance, Eunice Droni did just that, and it worked out beautifully.

—**JENNIFER ALLFORD**, '84 BA, WITH FILES FROM **MIFI PURVIS**, '93 BA

Atypical Learning and Remarkable Results

Not everyone's brain operates the same way. Shouldn't we try to make the most of it?

MUCH HAS BEEN SAID of teenager Greta Thunberg's ascent as a climate change activist. She has read the science and is undistracted by political noise. Like other people with autism, Thunberg has what psychologists call "intense special interests," explains Heather Brown, a professor of educational psychology. "We happily absorb enormous amounts of detailed information about those interests." Though she's never met Thunberg, like her, Brown is on the autism spectrum. And like Thunberg, Brown says, "Many of us are more concerned with truth than we are with social approval."

Brown's research compares the abilities of people with autism to those of the general population. Her work contributes to a growing body of research that suggests in the right context, neurodiverse people will thrive. Neurodiversity is atypical neurological development, Brown says. "It is the result of natural human neurocognitive variation," she explains. "And we deserve acceptance and respect." With the right environment, neurodiverse people will lift up more than themselves.

This is the narrative arc of Brown's own career, which had a rocky beginning when she started teaching elementary school. "I struggled with parts of the job," she says. "Mostly the social challenge of working with other teachers." Then she learned that one of her students had autism.

"I began to wonder, as I watched that little boy, whether I was like him." Brown's hunch proved correct when, as a young adult, she was diagnosed as being on the autism spectrum.

She knew she needed a work environment that better matched her strengths. On the suggestion of her therapist, she tried grad school. She excelled. "The great thing about grad school for someone with autism is that you're allowed to have an intense special interest," says Brown. "The more intensely I studied and learned, the better I did."

But that doesn't happen on its own. Neurodiverse people can struggle to find the right work environment. Brown says the accommodations each needs to thrive are as unique as the individual, but it's worth the effort. "Society needs people with neurodiverse brains. Some of our greatest achievements have been conceived by brains that worked differently," she says. In addition to Thunberg, examples include Pokémon inventor Satoshi Tajiri and actor Anthony Hopkins.

Brown says one barrier to neurodiverse people finding thriving careers is a lack of appreciation for what they can bring. A second is that it can be hard for people to understand other perspectives. "Which is kind of ironic, since that's one of the diagnostic criteria for autism." —LEWIS KELLY

"Every single person is a different human being, and every single person has a different experience with any bit of language that you throw at them. We need to be in the middle of the mix, because we can't look at our language or our mind or our brain from the outside. It doesn't work that way."

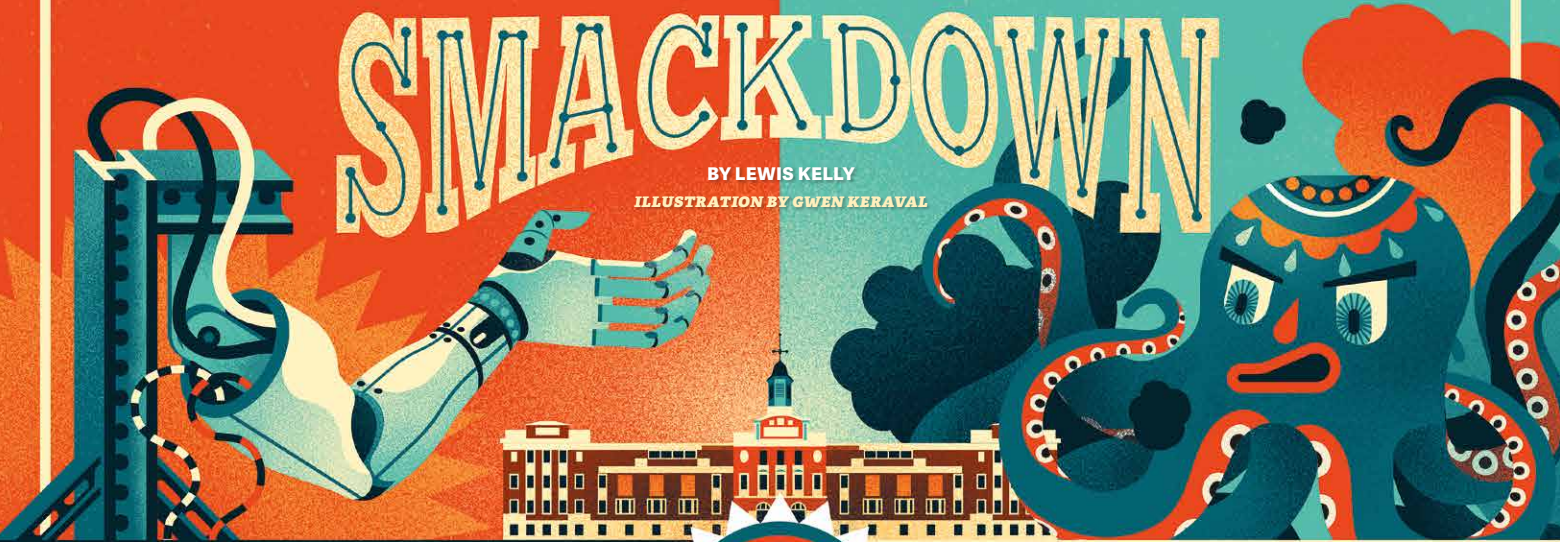
Juhani Järvikivi, co-principal investigator of Words in the World, a donor-funded project to take psycholinguistics research from the lab to the global community

In the arm-wrestle of intelligence, which limb would win?

SMACKDOWN

BY LEWIS KELLY

ILLUSTRATION BY GWEN KERAVAL



IN ONE CORNER:

THE BLINC LAB

VS

IN THE OTHER CORNER:

OCTOPUS VULGARIS

Introducing the amazing arm from the BLINC lab (a.k.a. Bionic Limbs for Improved Natural Control). Creating prosthetic devices that work naturally takes expertise in medicine, engineering, robotics, occupational therapy and more. The BLINC lab, led by Jacqueline Hebert and Patrick Pilarski, '09 PhD, brings researchers together to craft prostheses that seem straight from science fiction.

Here, we have the most marvellous mollusk of them all, Octopus vulgaris. The octopus doesn't confine its brain to its head. Two-thirds of its neurons are in its limbs. Each sucker on each arm is wired with thousands of neurons that guide its sense of taste and touch. In other words, the arms can think for themselves.

This arm can see. The U of A's BLINC lab has tested prosthetic arms that use cameras to "see" what the user is trying to pick up. Computer vision processing analyzes the images from the cameras and predicts how the prosthetic should move to achieve the user's goals.

SENSE AND SENSE ABILITY

Each of the octopus's eight appendages can touch, smell and even "taste" different chemicals. The arms seem to explore and gather information semi-autonomously, but the creature can direct them when needed.

The limited number of ways a user can interact with the prosthesis presents a design challenge. "For example, for a person with an above-elbow amputation, we have two signals we can use: biceps and triceps flexing," says **Riley Dawson**, '14 BSc(CompEng), a graduate student at the BLINC lab. Using just two signals to tell a machine to tie your shoes is tough. So, they build arms that can learn from inference and pattern recognition. Theoretically, Dawson says, this system could let users catch a ball, for example.

ARMED WITH WAYS TO LEARN

The octopus uses its brainy, neuron-lined arms and suckers to learn mazes, to unscrew a mason jar from the inside and to find and master escape routes. Mimic octopuses, which change their pattern, texture and colour in response to stress from the presence of potential predators, have a kind of "smart skin." It lets them camouflage themselves instantly, hiding in plain sight on a signal from their neural networks.

The BLINC lab's devices include the Bento Arm and HANDi Hand. "Together they're a fully functioning robotic arm that moves like a human's," Dawson says. But with only a few control signals available, he says users can't yet, say, operate fingers individually. Here's where artificial intelligence comes in: his team is building an arm that can learn. Predicting when the arms might be ready for widespread use is a fool's errand, but the technology makes gains all the time.

CHANGE WITHIN REACH

They say research moves slowly, but evolution is slower. Cephalopods, which include cuttlefish and octopuses, have been around for 500 million years. Some squid lost their shells 200 million years ago and octopuses evolved to lose theirs as long ago as 145 million years. And octopuses edit their RNA at greater rates than they do DNA, which serves to slow down their genome evolution compared with that of other creatures.

THE WINNER!!

The neural network of Octopus vulgaris's clever limbs is backed by millions of years of evolution, so it's our overall winner. But the BLINC lab's smart arm, with its artificial intelligence, is learning fast. Future competitions may be harder to judge.

BUNS. KNOTS. WHATEVER YOU CALL THEM,
THESE TREATS FUELLED THE STUDIES
OF U OF A STUDENTS FOR DECADES.
THE SLIGHTEST MENTION
ELICITS AN OUTPOURING OF

MOUTH-WATERING MEMORIES.
WHAT'S BEHIND THEIR
LEGENDARY STATUS?
WE INVESTIGATE...

The TWISTS AND INNAMON!

BY CURTIS GILLESPIE, '85 BA (SPEC)
PHOTOS BY JOHN ULAN
ILLUSTRATION BY HYLTON WARBURTON





Turns of the Sprinkled Trail



LORRAINE HUNTLEY WAS FRESH OUT OF COOKING SCHOOL in 1977 when she was offered a job by the iconic University of Alberta food services manager, Joyce Kerr. Without knowing what a fervent house of worship she was entering, Huntley took the job and was soon doing well enough under Kerr's exacting eye that she was elevated to the role of Holy Knot-Maker. The cathedral — the Central Academic Building, or CAB — had been serving its sacred cinnamon buns since 1971 in the basement cafeteria. Every day, working in the sepulchral depths of the temple where the buns were produced and sold, Huntley got a good look at the people for whom she was tying the knot: hordes of students so desperate for a bun that it was as if that baked knot of dough, sugar and cinnamon was all that separated pass from fail. (And as she gently reminds me when we talk, they were technically knots, not buns nor rolls.) Huntley recalls that they were delicious, huge and cheap. For a quarter, a student on a tight budget would get enough calories to last the day.

Some days it must have seemed as if every soul on campus was in line. Depending on the day of the week, Kerr, Huntley and the third Sister of the Order of the Holy Dough, Shirley Kaminski, would bake upwards of 50 dozen buns. The pans were empty by noon. "There would be lineups!" Huntley recalls with a laugh. "We sold so many of them that Mrs. Kerr told us once that those buns paid our wages." The rush sometimes induced a state of near panic in the front counter staff. "We'd be working away in the kitchen and every so often one of the girls from the front counter would yell back into the kitchen, 'Are they ready yet? Are they ready?! Are they done?!'"

Not that they rushed. Kerr was old school and it rubbed off on her staff, says Huntley. Kerr perfected recipes. She ran a fastidiously clean and organized kitchen. And nothing got wasted, ever, an ethos that her staff adopted to varying degrees. One time, Huntley recalls, there was a bomb scare and the building was evacuated. Outside, Kaminski began to get nervous. She had 16 dozen buns in the oven. Huntley was standing beside her.

"She started to go back inside, and I said, 'Shirley, let them burn,' and she said, 'There's no way I'm letting 16 dozen buns burn.' And so she went back



Above, Joyce Kerr serves cinnamon buns to hungry students in CAB. Staff would bake upwards of 50 dozen buns a day and the pans would be empty by noon. Though the recipe's origins are lost in time, the buns' name comes from the Tuck Shop, shown below and right in the 1910s.





“There would be lineups! We sold so many of them that Mrs. Kerr told us once that those buns paid our wages.”

—LORRAINE HUNTLEY

in while the alarm was still going, pulled the buns out of the oven and came back outside.”

If Kaminski hadn't gone back in — a brave culinary marine determined to leave no buns behind — a student probably would have done so in her place. Former students remember the cinnamon buns with the kind of passion normally reserved for first loves. Edmonton writer **Marty Chan**, '90 BA(Spec), penned an ode to the CAB buns in the Autumn 2017 issue of *New Trail*, in which he wrote that the buns “changed my life” when he realized he was organizing his days around the buns and, as a result, failing his engineering classes. Using his devotion to the buns as his inspiration, he switched to English and soared.

Over the years, grads have shared many a bun memory in *New Trail*. “Those buns got me through six years of early-morning lectures,” reminisced **Tom Fan**, '81 BSc(MechEng), '83 MSc. Wrote **Katherine Orrell**, '81 BA: “I worked in campus mail during the summer and I would take a break between my rounds and grab one ... the most delicious buns ever!” **Teri Nichol**, '87 BEd, became “instantly addicted” after her first bun and said, living in New Zealand, that thoughts of the buns made her homesick. “Just the smell of them made me feel able to cope with the full workload I had.”

THE ORIGINS OF THE ICONIC TREAT stretch back much further than the CAB cafeteria to the Tuck Shop, a café/corner store on the eastern edge of university campus originally set up in 1917. Tuck, as it was colloquially known, had a colourful history. It had been privately owned by an assortment of bookmakers and undertakers. According to reports through the years, Tuck at various times





Why is this simple cinnamon bun so powerful, exactly? Well, because it functions on so many levels. Obviously, they are delicious. But they are also symbolic.

housed a basement dance hall, a chicken coop inside the building proper and a set of old streetcar rails that stuck out from the north side of the building. Over many decades and through multiple transformations, the Tuck Shop was the main student hangout on campus.

“It was the centre of everything,” **Hugh Morrison**, '30 BA, recalled of the Tuck Shop in the 2001-02 Winter issue of *New Trail*. He actually took a class in Tuck. “There were only four of us, and we would meet with our professor — who was young, himself — at Tuck.”

The buns were a definite draw. **Joseph Rapaich**, '67 BSc(MechEng), told *New Trail* in 2018: “While attending U of A, a group of us lived two doors down from the Tuck Shop and enjoyed many, many, many of those famous buns.”

Tuck even played a role in the writing of our provincial history. **Peter Lougheed**, '51 BA, '52 LLB, '86 LLD (Honorary), was apparently besotted with a young lady who appeared on the cover of the U of A phone directory one year. Her name was **Jeanne Rogers**, '51 BA. They had a mutual friend named Dunc Stockwell, who arranged a meeting between the two at (where else?) the Tuck Shop. They would, of course, go on to get married and play a dynamic role as a couple in shaping what Alberta is today.

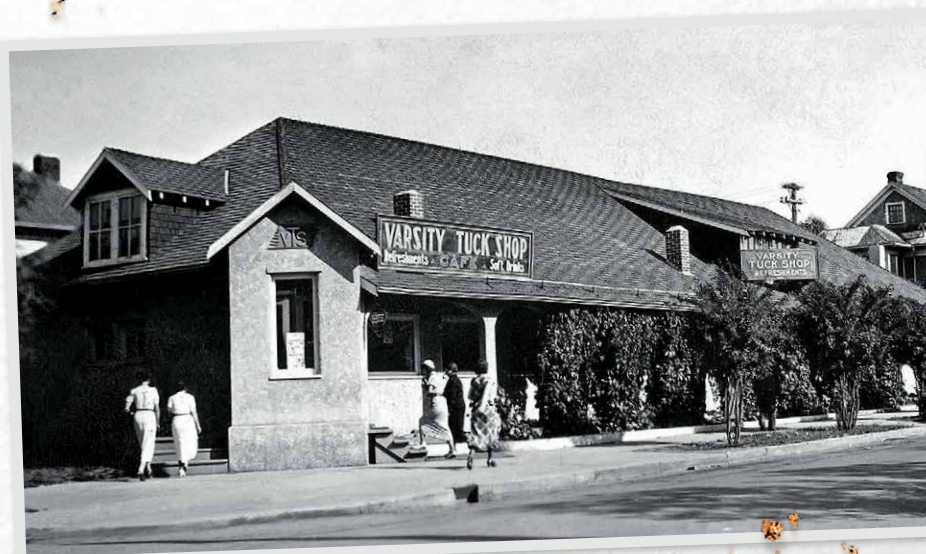
The U of A took over running the Tuck Shop in 1968. When the building was demolished in 1970 to make way for the Fine Arts Building, two things survived. One, thankfully, was Kerr, who ran the Tuck Shop in her role as food services majordomo. The second,

thanks to Kerr, was its iconic bun. As *New Trail* reported in 1982, Kerr was the right person in the right place at the right time to save Tuck's buns, as it were. In 1968, when the university had acquired the Tuck Shop, Kerr became manager of the lunch counter. “And there the fateful meeting took place.... She perfected and standardized the bun recipe, and when the Tuck Shop closed she ensured it would have a legacy by making the Tuck Shop Cinnamon Buns a feature of the new CAB Cafeteria,” the story notes. While the provenance of the original bun recipe is lost in the yeasty mists of time, it was Kerr — who ran a test kitchen in SUB that developed and tested recipes for all campus food operations — who created the recipe for the CAB buns that alumni came to know.

Like many iconic cultural signifiers of past and present that we tend to accept without ever truly unpacking the why and how of their hold on us — Elvis, the Cold War, the Kardashians — the Tuck Shop bun is shrouded in mystery, beset by persistent rumour, subject to misinterpretation and even misattribution, and even sometimes challenged by pretenders to the throne. **Michael Hinz**, '64 BEd, remembers an outlet called Hot Caf, roughly where the west end of CAB is today, where his mother worked as a baker. “One of the major attractions was the cinnamon buns that came out of the oven at 10 a.m. Students lined up for them!” Hinz recalls them as being very different from the Tuck Shop buns — they had raisins and were buttery. There is no record of cross-fertilization between Tuck and Hot Caf.

Java Jive in HUB also served an impressive cinnamon bun, supplied by Dagmar Kuehn,

The Varsity Tuck Shop went through various iterations over the decades. Below, Tuck in the 1930s. Right, Tuck with a '60s vibe.



who ran the Sugarplum Pantry from 1982 to 1997. Kuehn notes that she loved the Tuck Shop buns but used a slightly different recipe. (I can verify that the buns were rabidly consumed, as those were roughly the years I attended the U of A and, being an arts student, I tended to hang out in HUB rather than CAB.)

As for conspiracy theories, perhaps the most persistent still in play today is that the Tuck recipe was somehow airlifted, stolen, put on microfilm and probably put on CinnaLeaks by Edward Snowden expressly for use by the Highlevel Diner and the Sugarbowl, which sit close together just east of campus. Some have said that the cinnamon buns are, if not outright copies of the Tuck bun, at least its progeny.

Not so, says Kim Franklin, co-owner of the Highlevel Diner. "In fact," she tells me via email, "there is no truth to the story that our recipe comes from the Tuck Shop on campus. Our buns have nostalgically been compared to them but it is not the same recipe." Their recipe came from Toronto along with their first baker, she says.

It would seem logical to connect the two, given that the Diner bun and the Tuck bun share a certain girth and knottiness. But no, says Franklin. Pure happenstance.

Which would also then apply to the Sugarbowl bun, since it's derived from the same Diner recipe. Abel Shiferaw owns the Sugarbowl and tells me, over a Bowl bun and a coffee, that a Highlevel Diner employee brought the recipe with him when he reopened the Sugarbowl in 1988, though it was modified slightly over the years.

Decades of investigative reporting on this subject have demonstrated that the Highlevel Diner bun and Sugarbowl bun are Tuck-worthy representatives of the art, yet different even from each other, the

Sugarbowl bun being denser and more buttery. Which illustrates just how different buns can be, even when they use the same basic ingredients and originate from the same recipe.

AND HERE WE COME TO THE KNOTTY

side of the story. In theory, it doesn't seem that complicated to make or eat a cinnamon bun (follow a recipe, open your mouth), until you stop to think about the individual histories and memories that every bun seems to carry along with it: the stories, recipes, myths, rumours and reminiscences. Why is the Tuck Shop bun so powerful, exactly? Well, because it functions on so many levels. Obviously, they are delicious. But they are also symbolic. They are a shorthand reference that allows us to communicate with our past and present — the scent of the stories we tell about ourselves.

Yet as much as we might wax poetic, it turns out that it's not nostalgia that brings on a rush of fond memories when we smell a cinnamon bun like the ones



If collective memory can be transmitted in a scent, then the Tuck Shop bun was considerably more than a hunk of dough, sugar and cinnamon.

we ate as university students. It's biology.

I spoke with U of A researcher Clayton Dickson about what is actually happening inside our brains when we get a whiff of a scent reminiscent of one of those old Tuck Shop buns. Dickson is a professor in the departments of psychology and physiology and a member of the U of A's Neuroscience and Mental Health Institute.

Smells can call up deeply rooted memories from our past, he says. Smell is one of our most powerful senses and has even followed a different evolutionary path than our other senses.

To condense decades of brain research into a few paragraphs: sight, sound and touch are all processed through various specialized pathways before they can check in at the brain. But smells, says Dickson, go straight to our olfactory bulb, which essentially has two projections emanating from it. One goes to the olfactory cortex to download smells. The other, incredibly, drives straight into one of the older parts of our brain, the entorhinal cortex, which is one of the front doors to the hippocampus and the two medial temporal lobe regions that have evolved to hold episodic memory.

In other words, our olfactory bulb connects to parts of the brain that

process sensation and also to the parts that house memory. Which is why powerful scents can so instantaneously transport us across decades and continents to scenes so vivid they could be happening right in front of us. Other senses take gravel roads to get to the brain, but smells take the neural autobahn to the temporal lobe cortex, registering as both sense and memory.

It's even more amazing and mysterious than that. Dickson tells me researchers are conducting experiments on the connection between scent and memory in which people are given a task while, unbeknownst to them, a positive scent is pumped into the room. Later, while asleep and hooked up to brain monitoring machines, the scent is pumped into the room, at which point their hippocampus activates. The next morning, the subjects typically have better recall of the previous day's task.

"Our brain is screening the movie over again, in our memories, activated by a simple scent," says Dickson.

Which is why the smell of cinnamon and sugar and yeast so deliciously combined can not only make somebody hungry, it can also whisk them back decades to their lives as students, waiting anxiously in line in CAB: *I am so hungry I might pass out, when are the buns going to be ready? I might cry if they run out, man, I am so late for class, is that actually snow falling out there, I wonder if Suzy will acknowledge my existence today, I need to get those overdue library books returned, oh, here come the buns!* Memories ignited with dizzying immediacy and a microscopic attention to detail that is both soul-filling and a bit spooky.

And you thought this story was just about cinnamon buns.

THE TUCK SHOP BUN WAS SERVED IN CAB UNTIL 1994, when food services on campus were privatized, says Huntley. Kerr had retired by then and Huntley had moved to a different department. The Tuck bun was made no longer, but it hardly faded from memory. Huntley still gets wistful inquiries a few times a year from alumni waxing nostalgic, and she still makes the buns occasionally on special request (including for Alumni Weekend 2019 this past September). Students who swarmed CAB may never have set foot in the original Tuck Shop, but the Tuck legacy and a vital strand of U of A history lived on in their mouths and nostrils. And, as alumni, in their memories.

Kerr died in 2012. Her granddaughter, Melissa Wolski, has fond memories of spending the day with her grandmother making cinnamon buns. She and Huntley remain among the few who can say they've had a hands-on demonstration from Kerr. At a conservative estimate, Huntley has tied more than a million knots over the years. (She even made the buns photographed for this story.) "They have to be hand-cut and hand-tied. And if they aren't made right, they're not Tuck Shop cinnamon buns," she says. It's the kind of knowledge that seems almost inconsequential upon first brush, but the closer we get to losing it, the more it takes on an aura of profound learning. Who is going to have it in their hands to make the Tuck Shop bun once Wolski and Huntley no longer feel the knead?

If collective memory can be transmitted in a scent, then the Tuck Shop bun was considerably more than a hunk of dough, sugar and cinnamon. It represents a time of life that memory and nostalgia tend to airbrush ever so slightly; a time that, for many, was particularly meaningful. The thrilling intellectual discoveries of a university education. The first blushes of young love. The excitement of becoming who we are meant to become.

What could possibly capture the intellectual and emotional content of such an important stage of life? Books? Music? Friends made and lost? Yes, all of these.

But in the end, perhaps it would be best to simply follow our noses. ■

The RECIPE

Tuck Shop Cinnamon Buns

This version of the original recipe was adapted for home kitchens by Joyce Kerr, former U of A food services manager, and published in *New Trail* in 1982.

Soften 2 packages instant yeast
OR (not both) 1 oz Fleischmann's fresh yeast
In ½ cup warm water
And 2 tbsp sugar

Let this mixture set until the yeast is dissolved (about 10 minutes).

In a large bowl put 2 cups boiling water
Add 3 tbsp margarine
2 tsp salt
And 3 tbsp sugar

Let the margarine melt and the mixture cool a bit.

Then add 2 cups all-purpose flour

Beat this mixture hard until very smooth and creamy (about 5 minutes).

Then add softened yeast mixture
3 eggs
And ¾ cups more flour

Continue beating until dough is very smooth. (It should be a very soft dough.) Cover and let stand in a warm place to rise until the dough is doubled in bulk (about 1 hour).

While the dough is rising:

In a flat pan melt ½ cup margarine

Set aside to cool.

In a flat dish, mix 1 cup white sugar
And 1½ tsp cinnamon

Turn the raised dough onto a lightly floured work surface. Let the dough set 5 to 10 minutes to "firm up." Cut the dough into pieces about the size of an orange. Dip each piece of dough first into the melted margarine, then coat it well in the cinnamon-sugar mixture. Stretch the dough piece until it is 4 to 5 inches long and form it into a simple knot.

Place the knots side by side in a 9" x 12" x 2" pan. (Be sure the pan is 2" deep and allow a 3" square for each bun.) Let the finished buns rise for about 45 minutes. Bake at 375 F for 30 minutes. This recipe makes 18 good-sized buns.

Note: An electric mixer is needed for this recipe as it requires a lot of beating. If the dough is too soft to handle, add a bit more flour. However, the less flour used the better the buns will be.

The

32

CURIOUS. COURAGEOUS. COMMUNITY-MINDED. MEET 32 GRADS WHO DON'T BACK DOWN

It takes a lot of nerve to ask a question, and even more to search for the answer. When these grads asked how to get proper medical care in developing nations or how to help people come to terms with their identities, what did they do? They revolutionized TB treatment or they told difficult stories with hope. Read on for more ways these grads channelled their skills in service of answers.

By **Therese Kehler**

▼
DISTINGUISHED ALUMNI AWARD

FOR TEACHING CHILDREN TO CELEBRATE CULTURAL DIVERSITY

Mona Nashman, '79 BEd

Educator, global citizen



There's curriculum and there's education. Sometimes you need to build upon one to truly achieve the other.

Those are words that Nashman — an educator and ambassador for cultural acceptance and religious understanding — has lived by during her 40-year teaching career, about half of which was spent leading an international baccalaureate school in the Sultanate of Oman.

That's where she was when New York City's World Trade Center was attacked.

"In 2001, 9/11 happened and the Arabic culture and the Islamic faith were taking a beating. And I was right there in the middle of it," she says. "I was a Muslim woman and I thought, 'I have to stay. I have to right this ship.'"

Soon, students at ABA (formerly the American-British Academy) were on missions to counter anti-Islamism, one person at a time. Some trekked into the depths of Bangladesh to build a school, while others went to Tanzania and built a library. They fundraised for war survivors in South Sudan and a playground at a Syrian

ILLUSTRATION BY ROBERT CARTER



refugee camp. Nashman also founded an annual student leadership symposium, which gathered teens from all over the world to explore themes of social justice.

“Is education about a curriculum we deliver? Or

is it about teaching the kids about the world around them and how can they influence the world in the best possible way for the betterment of humanity?” Nashman says.

In 2015, Nashman returned to Edmonton. She

is a mentor and adviser at Edmonton Islamic Academy, where she continues to explore novel ways of teaching children to become better citizens.

“There are good things happening in our school

system, I know there are,” she says. “But there can be better things happening, where we teach kids to bring the world together, where we teach them the commonalities that exist in humanity.”

—SCOTT LINGLEY, '92 BA

SPORTS WALL OF FAME

Serge Lajoie,

'93 BEd, '11 MA

Lajoie played hockey for the Golden Bears from 1988 to 1993 and won national championships as a player, assistant coach and head coach. He now coaches players from young kids to Western Hockey League athletes.

SPORTS WALL OF FAME

Jane Cox Kolodnicki,

'91 BEd

While attending Campus Saint-Jean from 1989 to 1991, Kolodnicki was among Canada's best student-athletes in long jump and sprints. She now teaches in Calgary and coaches high school and university athletes.



ALUMNI AWARD OF EXCELLENCE

For transforming education in four Alberta First Nations

Brian Wildcat, '95 MEd

Educator and collaborator

Every discussion on the three-year path to the new education system in Maskwacis, Alta., came back to one question: What is best for the children? Guiding the process was Wildcat, superintendent of the Maskwacis Education Schools Commission.

Wildcat grew up in the central Alberta community

and, throughout his life, his mother, a teacher, and his dad, operator of the community's first school bus service, reinforced the importance of education. Today, Wildcat runs the schools commission, an authority that oversees 11 schools and 2,100 students from four neighbouring Cree Nations: Ermineskin, Louis Bull, Montana and Samson.

PHOTO BY JOHN ULAN

ALUMNI SERVICE AWARD

For going the distance for engineering students

K. Steven Knudsen, '84 BSc(CompEng), '87 MSc, Entrepreneur, mentor

When it comes to sharing his excitement for discovery and problem-solving, Knudsen goes the distance for engineering students. He drives thousands of kilometres, shares his experience as a mentor in the Pod — a maker community for students that he was instrumental in setting up — and helped create the Peer of Peers Award, allowing classmates to honour one of their own.

“The Peer of Peers Award is a really meaningful recognition; it means our efforts to engage in the community and share our enthusiasm and expertise didn't go unnoticed. It is even more of an honour because it involves fellow students in the nomination process.”

Ranek Kiil, '15 BSc(CompEng), a software engineer at Apple and a recipient of the Peer of Peers Award



Brian Wildcat visits with students in the Grade 1 classroom in Ermineskin Elementary School in Maskwacis, Alta. His daughter, **Devon Wildcat**, '16 BEd, is the classroom teacher. The phrase *Nehiyaw Niya*, visible on the bulletin board, translates to "I am Cree."

Wildcat saw potential for the four nations to be a strong united force so, in 2015, when he was superintendent of Ermineskin Schools, he began to work in earnest to create a collaborative system with a curriculum built around *Nehiyawatisowin* — Cree character — and improved student outcomes. As superintendent, Wildcat

keeps his eyes on future opportunities and day-to-day realities. "Sometimes it can be a tough job, but what keeps me going is the future — the sense of hope for the future," Wildcat says. "If we do our job right, not only are we affecting the lives of those kids today, we're affecting and changing future generations."

—SCOTT LINGLEY, '92 BA

ALUMNI HONOUR AWARD

FOR GIVING LUNG CANCER PATIENTS LONGER AND BETTER LIVES

Tony Mok, '82 BMedSc, '84 MD

Lung cancer researcher

In 1996, when Mok started his new job at the Chinese University of Hong Kong, lung cancer's deadly reach was well-known, but few efforts were being made to understand it better. China was home to one-third of the world's smokers and an inordinately high number of lung cancer diagnoses among female non-smokers. Mok opted to specialize in lung cancer — and that decision has changed the lives of innumerable patients who have benefited from his pioneering strategies. His dedication means that one day some lung cancers might be treated as a chronic condition rather than a death sentence.

Deaths in 2018 from lung cancer **1.8 million**

2004
Year that researchers from Harvard discovered a mutation in the epidermal growth factor receptor of some non-small-cell lung carcinoma (NSCLC), which sustains the cancer cell. By stopping the growth signal of this receptor, lung cancer cells cease to survive.

23%
Rate of NSCLC patients today who will survive for five years after diagnosis, up from 15 per cent in 2001.

#1 Knowing the higher prevalence of this mutation in Asia, Mok and his team built upon the Harvard discovery. They became the first to demonstrate how molecular targeted therapy — now known as EGFR tyrosine kinase inhibitor — was superior to standard chemotherapy in patients with the mutation's biomarker. The research, published in a 2009 journal article, showed that testing patients for the mutation and adapting treatment accordingly could result in longer life and better quality of life.

"The work I did in the Pod and the conversations that I had with Steven led me to start seeing the beauty and creativity behind everything engineers produce. School became less about getting through homework and more about learning to do cool things."

Portia Rayner, a second-year engineering student working on a bionic prosthetic hand with human-like intuition

"Sometimes, you go to Google and you don't even know which keywords to type in. It's hugely valuable to be able to reach out to Steven and say, 'Hey, I want to program 10 different LEDs to do something. Do you have any ideas?' And he'd usually come back with a few options."

Fred Drury, '19 BSc(CompEng), was a regular participant in the HackED hackathons and one of the first members of the Pod startup incubator. He is now a software engineer for Cyberrius Medical.

▼
DISTINGUISHED ALUMNI AWARD

FOR BRINGING CLIMATE CHANGE HOME

Reza Nasserri,

'70 BSc(ElecEng)

CEO of Landmark Group
of Companies

➔ In late September, climate change was fuelling discussions at the United Nations, headlines in the news and youth rallies around the world. It felt to Nasserri like an awakening — one that he fervently hopes will inspire governments to act.

"It's high time. People want to do something but it's hard to change," says Nasserri, whose Landmark Group of Companies works to reduce the environmental footprint of building homes. "If you really want to do something, make it legislation. Don't leave it at the voluntary because then you create a field that is not level."

Nasserri wants his company to lead the way in making a difference.

For example, with laser accuracy and machines working from a 3D blueprint, one arm of the company produces home components that already include all the extras — roofs with shingles, exterior walls with siding, and interior walls with electrical, plumbing and drywall. It makes home construction both less expensive and less environmentally taxing, says Nasserri. "If a house takes eight months to build, you can imagine how many hundreds of trips that big trucks, small trucks, make going back and forth."

Nasserri is keen to see this thinking adopted

by more home-building companies. That, he says, may take a push.

He points to efforts as simple as building new houses to meet better standards of energy efficiency as rated through the Canadian EnerGuide program. Adjustments to

lights, appliances, power supply and heating can help reduce a home's greenhouse gas emissions. Some builders, he says, fear these changes drive away buyers because of the increased cost.

Landmark Homes stepped up to take that risk as one of the original members of Built

Green Canada and the first in Alberta to sell Net Zero homes as standard pre-designed models.

"We did it," he says. Then other builders followed and the houses sold just fine, he adds. "If it is the same for everybody, that fear goes away and people just do it."



ALUMNI HONOUR AWARD

For bringing the joy of reading to children

Stacy Lee Collyer, '85 BEd

Founder, Calgary Reads

Collyer does it all with Calgary Reads, the children's literacy organization she founded in 1998: volunteers in schools and provides literacy learning opportunities for parents and teachers. She also established a book bank that handed out more than 44,000 books last year alone. So who better to recommend the next books you should add to your shelf? Collyer offers these five titles — three picture books and two adult reads about (of course) reading.

► **Say Something** by Peter Reynolds: A picture book about the importance of speaking up. "I love this book, which reminds readers that the world needs us all to say something with words, art, courage and our unique voice."

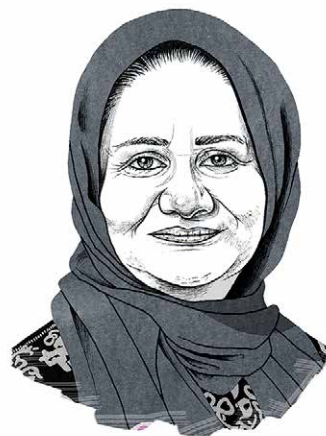
► **The Wall in the Middle of the Book** by Jon Agee: A young knight foolishly believes a wall protects him from the tiger, rhino and ogre on the other side. But when crocodiles and rising waters threaten his safety, he realizes the wall may be separating him from those who can help. "We never know for sure what is on the other side of the 'walls' in our lives," says Collyer. "Be brave and open to new possibilities!"

► **The Treasure Box** by Margaret Wild: This unusual children's book is centred on a treasure — the

last remaining book from a destroyed village library — that accompanies a refugee family fleeing from war. It's a story of resilience, the power of words and the importance of stories, Collyer says.

► **A Velocity of Being: Letters to a Young Reader** by Maria Popova and Claudia Bedrick: This collection of letters and accompanying illustrations reflects on the joys of reading and how books deepen the human experience. The letters come from the likes of Jane Goodall, Shonda Rhimes and Judy Blume. "[They are] an inspiring collection of reflections by lifelong readers who have lived extraordinary lives and hope to pass the gift of reading to the next generation."

► **The Enchanted Hour** by Meghan Cox Gurdon: Stories aren't just for little children at bedtime, and this title looks at how reading out loud consoles, uplifts and invigorates at every age. "This book will transform your understanding of reading aloud in the age of distraction," says Collyer. "It is an enlightening mixture of memoir and advocacy using science, history, art and literature."



ALUMNI HONOUR AWARD

For changing the experience of newcomers in distress

Lubna Zaeem, '07 MEd

Psychologist for new Canadians

Calm, compassionate and a onetime newcomer herself, Zaeem helps immigrants and refugees deal with turbulent times, including domestic violence, trauma and anger. A few key points along Zaeem's path:

Edmonton, the unknown destination of her dreams:

Zaeem was an ordinary woman with a dream to attain a higher education when, in 1992, she moved from Pakistan to Boston with her husband and two toddlers. That dream was still alive when the family came to Edmonton 10 years later. In 2007, after two decades attending universities in three countries, she completed her master's in educational psychology.

Cultural bonds: Being a newcomer helps connect Zaeem to her clients, many of whom believe talking about personal issues is a huge taboo. "It was easier for them to open up with me."

Counting her blessings: She raised two children, cared for aging parents and juggled jobs, studies, charity work and two international moves. Zaeem wouldn't have it any other way. "I wanted my children to see that it's not just about being successful in a career, but how you are as a human being." —SCOTT LINGLEY, '92 BA

ALUMNI SERVICE AWARD

For believing in the power of connections

Da Li, '98 BCom

Entrepreneur and community builder, founder and CEO, Deya Tech Enterprise

When Li couldn't find an alumni community in Beijing, he built one, growing the group from 30 to 360 members in seven years.

"Though Da is successful in business, he is always humble and graceful to everyone around him. He patiently listens to our questions and concerns and puts in effort to help us to go through challenges. He likes to share his experience at the U of A with new students and parents from China."

Winston Kan, managing director, Alberta Beijing Office

ALUMNI HORIZON AWARD

For building a community of fit moms and healthy families

Kellie Willie, '08 BPE, '11 BScN

Obstetrics nurse, owner of Fit Your Life

Willie combined her nursing and fitness expertise into an Edmonton-based fitness studio for pregnant women and new moms. Her clients say it goes beyond just their physical well-being, looking after the emotional and social health of women on their journey to motherhood and beyond.

"[Kellie] spent the first few years of her career working as a nurse in labour and delivery. A few years in, she told those closest to her that she would fuse both of her passions — physical fitness and helping women transition into a new season of their life, motherhood. What she didn't know is that she would build a strong community and shift a culture."

Lila Berg, '11 BEd, '11 BPE, teacher, Edmonton Public Schools

"Fit Your Life has now turned into so much more than just a fitness studio; Kellie has created an entire village of women that support each other through huge moments of their lives, through so much more than just physical fitness."

Amy Darby, nurse, Royal Alexandra Hospital and Fit Your Life client

"Kellie has single-handedly created an army of Fit Moms who band together to help and support one another and lift each other up daily. She is the leader of this army. She is the rock."

Jamie Straker, Fit Your Life co-owner and instructor

ALUMNI HONOUR AWARD

For changing the landscape of Canadian agriculture

Sidney H. Pawlowski, '54 BSc(Ag), '59 MSc

Plant scientist

In the 1960s, Western Canada's wheat farmers were in trouble — collapsed prices, growing quotas and massive surplus inventory soon had farmers being paid not to grow wheat. The need for diversification was clear and Pawlowski helped make that happen with two oilseed crops that changed the lay of the land.

As a plant breeder in Lethbridge, Alta., Pawlowski developed the world's first pure yellow mustard seed: Lethbridge 22A released

in 1967. At the time, Canada produced 60,000 tonnes of mustard but within 40 years production had quadrupled. Now the Canadian Prairies are a top producer and the world's second-largest exporter of mustard seed.

From there, Pawlowski moved to Saskatoon, where he worked with Keith Downey, the "father of canola." Downey's team had been working with rapeseed, historically used

as a lubricant in steam engines. It had almost disappeared until it was seen as a source of edible oil. In 1977, the team released Candle, the first strain that could be successfully grown in northern Prairie climates. Canola — as the new "Canadian oil" product was named — is now the second-largest field crop in the country.



ALUMNI HONOUR AWARD

FOR CREATING OPPORTUNITIES OUT OF HUMAN WASTE

Jing Cheng Yu, '89 MSc

President and CTO of CanFit Resource Recovery Technologies Inc., Beijing

With patented technologies and a strong belief in environmental protection, Yu is finding new ways to deal with China's waste, from biological handling techniques for kitchen waste to treatment plants that convert human excreta into useful products like clean soil, non-potable water and electricity. Since 2002, Yu's Beijing-based company, CanFit Resource Recovery Technologies, has tackled a variety of challenges presented by life in the world's most populous country — sorting domestic waste and recyclables, building disposal facilities, looking for ways to recycle landfill leachate (the liquid that results when rain passes through a landfill) and creating the nation's first manure recycling centre.

ALUMNI HORIZON AWARD

For wholehearted efforts to make a better world

Marnie L. Colborne,

'17 BScN(Hons)

Registered nurse, global activist, lecturer at the Faculty of Nursing

Colborne blazes with a passion to make a difference at home and around the world. She is a co-founder of the non-profit

Youthnited Nations, which connects young people with the UN's sustainable development goals. A current project, in connection with the Uganda Partnership, involves fundraising for a staffed and stocked medical clinic to be built in a southwestern Ugandan community, something keenly desired by residents. As a practising nurse at a hospital, as well as at a clinic specializing in esthetics and regenerative medicine, Colborne treats each patient with respect and dignity and never loses sight of her duty to protect their health and well-being.

ILLUSTRATION BY ADAM CRUFT

For designing new hope for transplant success

Darren Freed,

'97 BMedSc, '98 MD, '16 PostgradCert(Med)

Jayan Nagendran,

'00 BMedSc, '01 MD, '09 PhD

Surgeons, co-founders of Tevosol

Two patients are dying in two different cities. One is the story of heartbreak as a life is cut short. The other is a story of hope because an organ transplant can make the difference. An ice-filled cooler will transport the organ from one patient to the other. However, once the organ is placed in the cooler, a countdown begins. In just a few hours that organ will no longer be viable for a transplant. With support from financial donors, Freed and Nagendran designed a system that they say will help more organs make it to more patients.

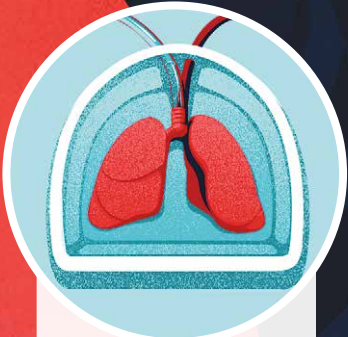
The Donor
"We'd like to take a moment to thank Alexander for his gift and for the family for consenting on his behalf. A moment of silence, please." This operating room scene, recognizing a person's final gift of organ donation, doesn't happen nearly often enough. With a rate of 21 donors per million people, Canada lags behind countries including Spain, the United States and the United Kingdom.

The Demand
One donor can potentially save eight lives but of the 4,500 Canadians waiting for a transplant, several hundred will die first. Consider lungs: only one in 200 deaths will qualify to be a donor. Of those, one in five are acceptable for transplant. This means one in three waiting for lungs will die before receiving a transplant.

The Match
The donor and recipient could be in the same hospital or across the country. Either way, medical teams plan every movement based on the whereabouts of the organ. The donor remains on life support until the retrieval team is on hand. The recipient's surgery begins based on the organ's ETA. The goal: as soon as the new organ arrives, the damaged one is removed.



The Journey
The existing gold standard for transporting organs consists of three plastic bags, various solutions and an ice box. Cooling slows metabolism and minimizes cell death. With this process, a heart can remain viable for about five hours, lungs for about seven and a liver for 12.



A Better Journey
Tevosol's Ex-Vivo Organ Support System aims to make warm the norm. The portable chamber, currently being tested on lungs, is built to replicate the inside of a healthy human body, providing a normal body temperature, oxygen and fluids. Clinical trials show promise, with recovered lungs able to remain viable for as long as 24 hours.

An Opportunity Lost
But the race against time and distance is often lost. About 75 per cent of donated hearts and lungs are discarded because they are no longer viable when they reach their destination.

More Transplantable Organs
Tevosol's portable chamber reduces the problem of travel time, while also providing an opportunity for damaged organs to be repaired. In November, Freed and Nagendran celebrated 12 successful lung transplants using the Ex-Vivo Organ Support system.



▼ DISTINGUISHED ALUMNI AWARD

FOR HELPING CONTROL TB AROUND THE WORLD

Donald Enarson, '69 BSc, '70 MD
Scientist, professor and medical doctor

➡ Over the course of his career, Enarson helped revolutionize the control of tuberculosis. Here are some of his thoughts on the past and present states of tuberculosis and lung disease.

► **Disease of the poor:** Tuberculosis is a curable bacterial disease that is spread through the air. Enarson's work helped make the connection between TB and poverty. The industrial age of the early 1900s was

accompanied by the rise of tuberculosis. It was tied to people moving into urban centres, "then settling in a two-room shack ... shut in together for months at a time," Enarson says. Similarly, TB in Canada was

a product of colonization and exacerbated by residential schools. "The way to eliminate TB is to eliminate poverty," he says. "But in the meantime, let's treat the TB patient."

► **TB in Canada today:** In 2017, Canada had the world's second-lowest rate of active TB. The worrying statistic, Enarson says, is that among Inuit communities the rate is almost 300 times higher than that of the non-Indigenous, Canadian-born population. "Canada should do better. Canada should always do better."

► **A retirement speech with impact:** When Enarson's mentor, Karel Styblo, retired, Enarson summarized his mentor's work in a speech. That speech grew into the five components of the DOTS (Directly Observed Therapy, Short-course) strategy, which was adopted by the World Health Organization in 1994 and became policy around the world.

► **Empowering the people:** In Nicaragua, a clinic worker following the five-point protocol decided to travel to a patient's home, says Enarson. En route, her Land Rover ended up between two warring factions. She waited on the floor until the bullets stopped, plus another hour for good measure, then carried on to her patient's home. "There was somebody who was incredibly proud of what she was doing and committed — with her life — to doing it. That's the person that should have gotten the [alumni] award."

ILLUSTRATION BY ROBERT CARTER

ALUMNI HONOUR AWARD

For bringing Canada's Indigenous stories to the stage

Kenneth T. Williams,

'90 BA(Spec), '92 MFA

Playwright, assistant professor

Williams' path to becoming a renowned Indigenous playwright has included being a bartender, door-to-door encyclopedia salesman and journalist, along with earning a half-star review for his play *Thunderstick*. Known for his wicked sense of humour, onstage and off, Williams now has several acclaimed plays, which address uncomfortable subjects and portray his Indigenous characters as multi-dimensional and complex, reflecting the world they inhabit. He was the U of A's first Indigenous student to earn a master's in playwriting and he has returned as a professor, mentoring young artists to become future storytellers.

ALUMNI INNOVATION AWARD

For opening new doors to fitness and health

Tim Gourlay, '09 BCom, '18 MBA

Entrepreneur, fitness fanatic

It took five years of building the nerve to start his fitness enterprise. Now, Gourlay offers some "pool-side" wisdom that he wishes he had taken at the outset. "Go for it," says Gourlay, a former volleyball athlete. "Jump in and figure out how to swim afterwards." Fitset, an app that acts as an on-demand membership pass to 86 Edmonton exercise studios, staves off ennui by connecting users to yoga, spin classes, climbing centres, and, yes, even swimming pools. Once Gourlay took the entrepreneurial plunge, the only obstacles between him and his next venture were the ones designed for his Fitset Ninja gym facility, which opened in 2018. Gourlay received guidance from the ThresholdImpact University of Alberta Venture Mentoring Service and he continues to offer inspiration to members of the university's entrepreneurship centre, eHUB. "He gets his energy from deeply held values rather than from extrinsic motivators such as money or recognition," says mentor **Tom Viinikka**, '04 BA, '15 MBA. "Those deeply held values are loves for fitness and health — not just for himself but for everyone."



ALUMNI INNOVATION AWARD

FOR HELPING NORTHERN TEENS BECOME FUTURE LEADERS

Candice Lys, '06 BA(Hons)

Founder of FOXY (Fostering Open eXpression among Youth) and SMASH (Strength, Masculinities, and Sexual Health)

Motherhood was a turning point in Lys's understanding of the impact of residential schools, which took away cultural values, ceremonies — and little children, just like her son, Luca (pictured above).

"I can't imagine the idea that somebody would come and take my baby," she says. "The fact that residential schools haven't had an even greater impact, that really speaks to the resilience of Indigenous Peoples."

Lys has tapped into that resilience with FOXY and SMASH, organizations she co-founded that are working to help northern teens grow into "more able-to-cope-with-the-world" people.

With arts-based school workshops and summer on-the-land retreats for peer leaders, teens learn about sexual health and making good decisions in an environment rooted in traditional ways and healing ceremonies.

"The way we look at it is that sexual and mental health are so intricately entwined. You can't have one without the other," she says.

Luca went to the retreats this year, along with Lys's mom, **Julie Lys**, '00 BScN. "The relationship between the three of us — to see that support, what that looks like across generations — I think that's really special and important for young folks to see."

Jenna Broomfield

'14 BA (Native Stu), '14 Cert (Abor Gov/Ptnshp), '17 JD

Lawyer, throat singer and member of Inuit Edmontonmiut

There's such a large representation of First Nations and Métis in the Treaty Six territory but oftentimes there is not a connection with Inuit communities. [Bearhead] wanted to ensure that our voices were also being heard. If she was at a table where she realized that we weren't there, then she made sure that there was a seat at that table for someone from our community.

Seneca Crowe
National Education Strategist for the Moose Hide Campaign

She's never one that really wants to take any credit for the work that she does. She's always been like that. ... When she does a project, it's like, well, I didn't really do it. It was everybody else in the room. She can't really say it's anybody else this time. I think it is awesome that she is getting recognized for the work that she has done.

Layla Dumont
Indigenous Relations Co-ordinator, Alberta School Boards Association

I carried so much guilt and shame ... It was never acceptable for me to just be who I was until I met [Bearhead] and she told me this history and got me connected, and she just had this never-ending belief in me and what I could do. So if I didn't meet her, I honestly don't know where I would be.

Danielle Powder
Manager, Indigenous Knowledge & Research Centre, Concordia University

I definitely see her influence in the way that I work with students, with people in general. I'm just trying to follow her teachings of love, kindness and patience. Whenever I am getting frustrated, I can go to her. And she always says something like, "It might be frustrating that we're not moving as quickly as we should, but at least we're on the path!"



ALUMNI HONOUR AWARD

FOR HELPING CANADIANS WITH RECONCILIATION

Charlene Bearhead, '85 BEd
Educator, advocate

Bearhead (pictured centre, above) has been behind the scenes of some of the most important educational efforts helping Canadians learn about reconciliation and Indigenous history. But only a privileged few see the work she does on a personal level. A few of these women talk about how her encouragement, kindness and willingness to listen has helped in their own work.

PHOTO BY JOHN ULAN

ALUMNI HONOUR AWARD

For a 'do the math' approach to cleaning dirty dirt

Bruce C.W. McGee,
'80 BSc(ElecEng), '84 MEng, '98 PhD

President and CEO, McMillan-McGee

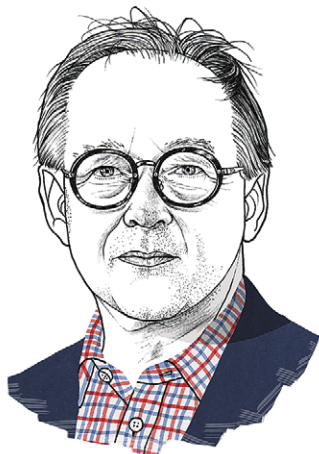
Tell it with data, math and analysis. Then sell it with a story.

For McGee, founder of a company that has remediated more than 120 of the world's most chemically contaminated sites, the story is simple: clean "dirty dirt" at heavily polluted sites and protect clean water resources for future generations.

To do this, employees of McMillan-McGee send electricity to custom-made electrodes buried deep in the ground and inject water to help conduct electrical currents between the electrodes. As the ground temperature rises, trapped chemicals become a vapour that is vacuum-extracted for safe disposal.

But the key to success, according to McGee, is math and data — constant numerical modelling that monitors and adjusts for the electrical, thermal and chemical changes taking place in the ground.

McGee developed the core technology while a graduate student in the electrical engineering department, creating an industry that didn't exist even 25 years ago. "We are privileged to live in a free society and culture that supports and embraces entrepreneurship," he says. "Love it and live it."



ALUMNI AWARD OF EXCELLENCE

For giving words to a refugee and his story

Winnie Yeung, '04 BEd

Teacher, author

As the daughter of Chinese immigrants, Yeung knew stories of her family's grief at having left their home for a better life. As a young teacher in Japan, she experienced the exhaustion and feelings of being "underwater" during two homesickness-filled years in a strange land.

The first-time author drew on those emotions in writing *Homes: A Refugee Story*, which chronicles the life of Abu Bakr al Rabeeah, a 14-year-old Iraqi citizen who was

the first Syrian refugee student at Highlands junior high school in Edmonton, where Yeung teaches.

"Everything is just a little bit harder," Yeung says. "It's an ebb and flow; it doesn't go away after three magical months. Those waves of homesickness kind of hit every so often."

In *Homes*, Yeung shares the efforts made at the school to make Abu Bakr feel at home, such as halal food in the cafeteria, a private prayer space and soccer. "Our secretaries learned to say hello in Arabic. It's those little touchstones that make you feel less like an outsider."

When Yeung suggested the book's title, Abu Bakr was enthusiastic, instantly relating it to Homs, the city in Syria where he'd lived.

"Then I explained homes," Yeung says. "It's not like a house. It's where our heart feels the most at ease."

ALUMNI HONOUR AWARD

FOR HONEST WORDS ABOUT THE STORY OF THE MÉTIS IDENTITY

Marilyn Dumont, '90 BA

Poet, teacher

Dumont's poetry is graceful, dignified and brutally honest as it speaks to the Métis identity and people. From school textbooks to her award-winning collections, the imagery in Dumont's writing is painfully vivid as she explores how the legacy of Canada's colonial history is still a reality for First Nations and Métis communities. This poem comes from her collection, *A Really Good Brown Girl*, which has been reprinted 15 times since its original release in 1996. The poem is part of the English 12 First Peoples course in the British Columbia curriculum.

Leather and Naughahyde

BY MARILYN DUMONT

So, I'm having coffee with this treaty guy from up north and we're laughing at how crazy 'the mooniyaw' are in the city and the conversation comes around to where I'm from, as it does in underground languages, in the oblique way it does to find out someone's status without actually asking, and knowing this, I say I'm Metis like it's an apology and he says, 'mmh,' like he forgives me, like he's got a big heart and mine's pumping diluted blood and his voice has sounded well-fed up till this point, but now it goes thin like he's across the room taking another look and when he returns he's got 'this look,' that says he's leather and I'm naughahyde.



ALUMNI SERVICE AWARD

FOR KEEPING BOTH THE PAST AND THE FUTURE ALIVE

Ronald Grant McCullough, '54 BSc(Ag)

Businessman, volunteer and rancher

To McCullough, being true to your school means nurturing those past relationships and building for the future. In the 65 years since graduating, McCullough has kept his grad class connected with a periodic newsletter and by organizing class reunions. One favourite: the 1994 Midnite Sun Saggy Aggie Skinny Dip in the Pelly River north of Whitehorse. McCullough has also been part of many initiatives to improve student opportunities in the Faculty of Agricultural, Life & Environmental Sciences. Like in 2015, when McCullough suggested a "Centennial Club" be established to celebrate the faculty's 100th year and encourage grads to give back. He bought the first "membership" and helped fund the McCullough ALES Centennial Dutch Fund, which allows students to study in the Netherlands to learn Dutch high-tech agricultural techniques. He and his wife, **Brenda McCullough**, '74 BEd, '03 MBA, have also sponsored the Lilian McCullough Breast Cancer Research Chair. "Keep close contact with your alma mater," he says. "And be ready to give back."

DISTINGUISHED ALUMNI AWARD

For safeguarding human health while valuing education

Ram Deva Mehta, '72 PhD

Leader in genetic toxicology



Humans come into contact with thousands of chemicals each day. Since 1984, Mehta has been a leader in the science of finding the substances that could be hazardous to our health, analyzing everything from food, pharmaceuticals and chemical products to water and air quality.

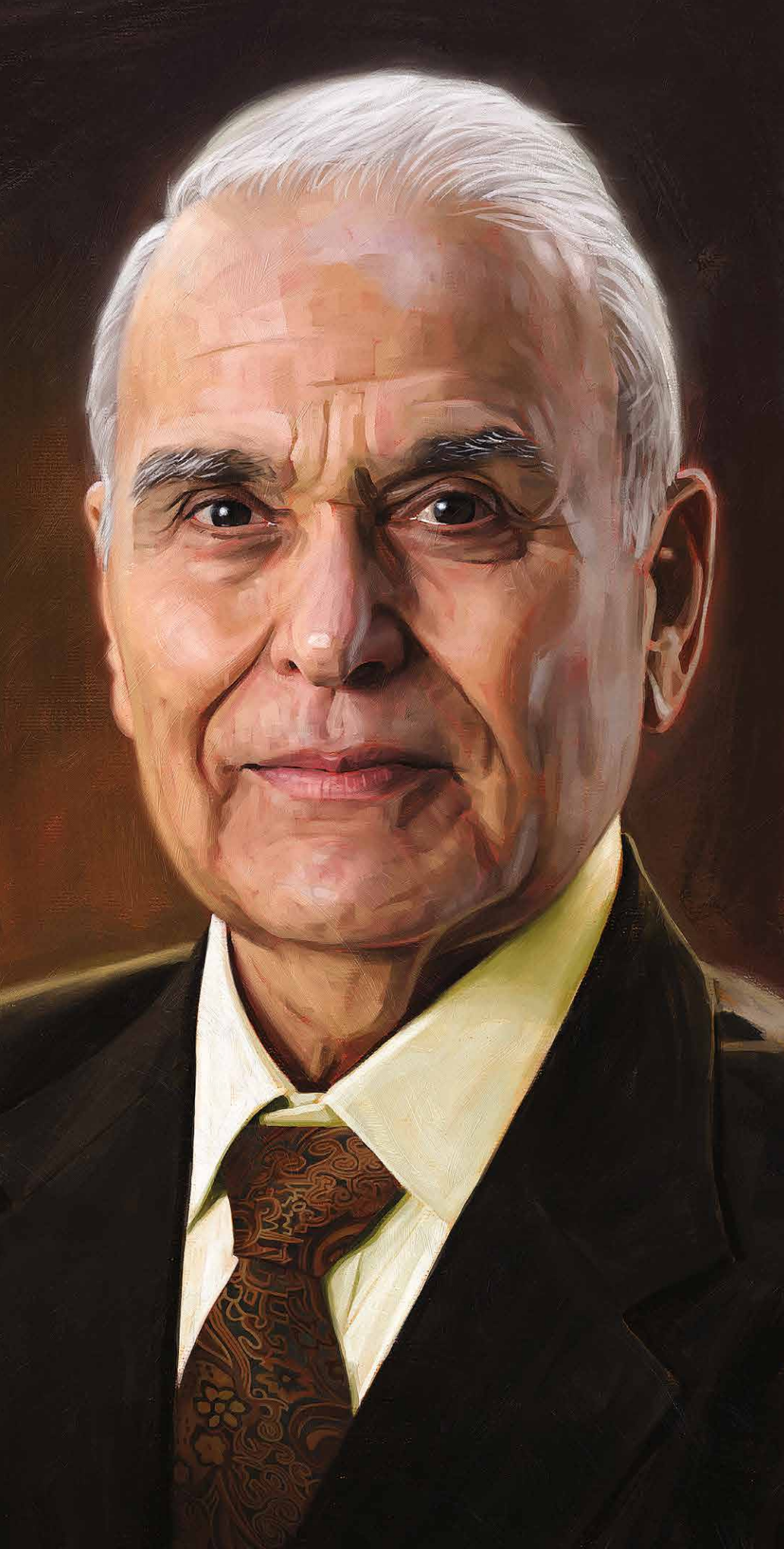
His PBR Laboratories was one of the first private-sector ventures in Canada to develop and employ genetic toxicology tests, with an innovative process that used bacteria, yeast and animal-derived cell lines instead of live animals. "Genetic toxicology provides the simplest way to exclude a number of potential cancer-causing chemicals before going to animal and clinical studies," he says. By 1997, PBR had become the first Canadian laboratory to earn an international quality assurance designation that allowed its results to be accepted around the world.

Mehta says he is humbled and conscious that his achievements have been possible thanks to the great gift he received as a child in India, when he became the first of his siblings to be allowed to attend the village school. Mehta's gratitude fuels his other passion: to make education a basic right.

He is co-founder of three charities that make education accessible to children in Nepal, India and Canada. He notes with pride that today the literacy rate in his former village is 90 per cent; 60 years ago it was less than 10 per cent.

Mehta and his company have also helped students gain hands-on experience, through mentoring and opportunities to work on various R&D projects at PBR. Some projects have even had real-life impact, such as the high school test of air quality in a school portable. When students found worryingly high levels of mould spores, it led to the portable being closed.

"Education has become a paramount thing in my mind," he says. "Everybody must get educated."



ALUMNI HONOUR AWARD

For pioneering a microsurgery that has macro impact

Gary L.W. Lobay, '68 MD

Plastic surgeon, medical pioneer

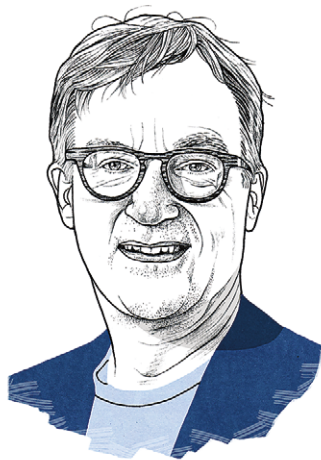
Microsurgery involves repairing tiny blood vessels, nerves and tendons and offers enormous benefits to people whose limbs or digits have been severed through trauma. Lobay is an innovator who led the field's evolution in Western Canada. A few highlights:

▶ **An accident and an opportunity.** Lobay had spent six months learning from the world's top microsurgeons when, in 1974, he returned to Alberta and made history. He used his new skills (along with specialized sutures he'd recently brought back in his pocket) in a groundbreaking surgery to replant (a term that means to surgically reattach) the severed arm of a three-year-old farm girl. The child's arm function was restored — and Lobay's career path was set.

▶ **New frontiers, exciting challenges.** In the next four decades, Lobay had more firsts, including being the University of Alberta's first microsurgeon and conducting Canada's first series of thumb replants, in which full function was restored.

▶ **A doctor and a gentleman.** Renowned for his bedside manner and his ability to connect with patients, Lobay is also lauded for his humility: working with the team, sharing the credit and persevering until the job is done.

▶ **Shaping the future.** Lobay took pride in helping hundreds of medical trainees develop their surgical skills. His former students are equally grateful for his lessons on how to be a good doctor — one who listens and cares about all aspects of a patient's needs.



ALUMNI SERVICE AWARD

For making the world (and the U of A) a better place

Dick Wilson, '74 BA, '75 LLB

Lawyer, tireless volunteer

Wilson's face registers a moment of surprise at the question, did he ever feel stretched too thin? It's in reference to Wilson's busy career as a litigation lawyer, his family, a nine-year gig as a law faculty lecturer, his work with numerous professional organizations and the lengthy list of university councils, committees and boards with which he'd volunteered for more than two decades. With a cheeky grin, he replies: "I never thought so."

Wilson offers these thoughts on making your own mark in the world.

With privilege comes responsibility:

Wilson's parents emphasized the importance of acknowledging a debt to society and finding ways to help out. "We were all blessed with good intellects ... and it was just expected that you would give back." Carrying on the custom, Wilson says his grown children are now finding their own ways to connect with the community.

Group therapy: Volunteering can be a lot of fun. Lively discussions and brainstorming sessions that harness the power of the group mind can present you with entirely new points of view. "It is a very energizing environment."

The real reward: Wilson's volunteer efforts were their own reward, time and again. "There is a sense of satisfaction from making the world a better place, or leaving it a better place — whether you did your best or not," he says. "But it's also satisfying to see that, you know, I did some good."

SPORTS WALL OF FAME

Sean Chursinoff

'91 BEd

A year after Chursinoff joined the Golden Bears basketball team in 1985, the Bears were ranked No. 1 in Canada. He is now a special needs teacher in Calgary.

SPORTS WALL OF FAME

Golden Bears Wrestling

'69 - '72

The powerhouse Golden Bears wrestling teams of 1969 to 1972 hold the distinction of being the U of A's first national championship dynasty, winning three consecutive CIAU titles.

ALUMNI HORIZON AWARD

FOR FILLING THE BELLIES OF HUNGRY KIDS

Jeremy Bryant, '12 BCom

Co-founder of Mealshare

The California Cobb salad at Original Joe's is packed with turkey, bacon and avocado, and it rings in at a little over 17 bucks. And if you've ever ordered the Cobb to fill your growling tummy, a hungry kid also got something to eat.

That's thanks to Mealshare, a non-profit created in 2013 by Bryant and his cousin Andrew Hall. Partner restaurants make a donation each time a Mealshare-branded item is ordered off the menu. Mealshare sends the money to charity organizations — ranging from local Boys and Girls Club chapters to the international Save the Children fund — that prepare and serve healthy meals to hungry youngsters.

Here is a little more food for thought:

3.5 million

Mealshare's goal for meals provided to youth in need by the end of 2019. As of September, the counter on the charity's website was at 3,077,294.

Number of restaurants, in 40 communities, that have partnered with Mealshare since it started.

13,824

Number of meals served in 2018 through Edmonton's Youth Empowerment & Support Services, one of Mealshare's charity partners. Another partner, the Calgary Boys and Girls Club, offers meals to the 13,700 children and youth it serves each year.

500

850,000

Canadians who use a food bank every month; about 35 per cent are children and youth.

ALUMNI HORIZON AWARD

For efforts to reduce overdose deaths

Elaine Hyshka, '07 BA, '16 PhD

Assistant professor, School of Public Health, Scientific director, Inner City Health and Wellness Program, Royal Alexandra Hospital

As an undergrad, Hyshka learned that criminalization was ineffective for preventing substance use and could actually increase harm for some people. Yet policies were not being reformed. People with substance use disorders were dying preventable deaths. More than a decade later, Hyshka is driving that reform, advocating for programs that are compassionate, evidence-based and that build public understanding. "Our present response to substance use is oriented around moral judgment, stigma and criminalization," she says. "In the end, success looks like not punishing people for their health conditions and, instead, connecting them to effective care." —RACHEL HARPER

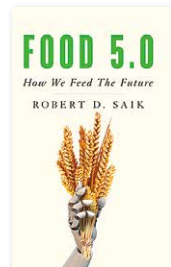
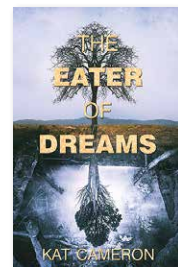
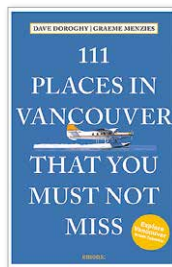
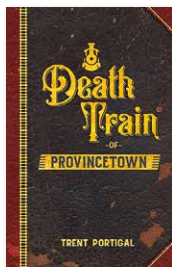
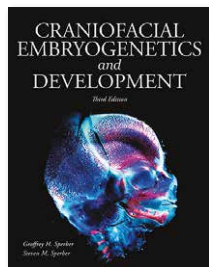
trails

WHERE YOU'VE BEEN AND WHERE YOU'RE GOING

Even when the heat was on, **Leah Kudel**, '07 BEd, kept a steady hand while competing in *Blown Away*, a new Netflix reality series about the art of glass-blowing. The Edmonton-based artist—and self-proclaimed pyromaniac—now plans to start her own glassware line and set up a studio for teaching in the next year.



Books



Check out the latest books published by alumni, including a history of personal hygiene, a travel guide to Vancouver and a love story set at West Edmonton Mall.

Compiled by *Kate Black*, '16 BA

▼
HEALTH
Rejuvenate Your Brain Naturally
by Robert Rogers, '71 BSc, self-published, selfhealdistributing.com

A herbalist's perspective on maintaining and regaining mental health.

▼
CHILDREN'S LITERATURE
Dreamer
written by Patricia Lin, '97 BSc, illustrated by Victoria Kitsco, '70 BA, '72 Dip(Ed), self-published

The evocative illustrations in this picture book inspire children to tap into their inner artists and dreamers.

▼
MEDICINE
Craniofacial Embryogenetics and Development
by Geoffrey H. Sperber and Steven M. Sperber, '95 BSc, '96 BSc(SpecCert), PMPH USA, pmphusa.com

This third edition describes recent technical advances and genetic insights in assessing craniofacial abnormalities.

▼
MUSIC
Saxophone Technique
by Sarah Anne Wolkowski, '02 MMus, self-published

A book of exercises to help saxophone players of all levels have fun while sharpening their skills.

▼
FICTION
Death Train of Provincetown
by Trent Portigal, '12 MA, Radiant Press, radiantpress.ca

A Dickensian novella following two improbable heroes as they resist establishment in a rigid prairie city.

▼
HISTORY
The Baghdad Set: Iraq Through the Eyes of British Intelligence, 1941-45
by Adrian O'Sullivan, '69 MA, Palgrave Macmillan, palgrave.com

This final volume in a trilogy provides the first intelligence history of Iraq during the Second World War.

▼
MEMOIR
Airline Pilot: A Day in the Life
by Grant Corriveau, '73 BSc, self-published

Commercial pilot Corriveau gives readers a front-row seat to the challenges and thrills of a day's work.

▼
HISTORY
El Salvador Today: Archaeological Sites, Arts & Culture, Government, History, Economy, Geography & Environment, and Science & Technology
by Carlos R. Colindres, '92 BSc, self-published

In seven chapters, *El Salvador Today* gives a comprehensive

look at the smallest and one of the most densely populated nations in the Americas.

▼
TRAVEL
111 Places in Vancouver That You Must Not Miss
by Dave Doroghy and Graeme Menzies, '04 MA, Emons Publishing, 111places.com

This guide ventures beyond Stanley Park and the Steam Clock with unusual highlights not on most tourists' radars.

▼
ESSAYS
Before I Was a Critic I Was a Human Being
by Amy Fung, '05 BA, '09 MA, Book*hug Press, bookhugpress.ca

Fung's debut collection lends an art critic's perspective on Canada's identity, settler colonialism and mythologies of multiculturalism.

▼
EDUCATION
An Education in 'Evil': Implications for Curriculum, Pedagogy, and Beyond
by Cathryn van Kessel, '16 PhD, Palgrave Macmillan, palgrave.com

It's easy to label historical and contemporary figures as "evil," but van Kessel argues that reimagining our use of the word can open new possibilities in and out of the classroom.

▼
FICTION
Twice Chosen Man
By L Leighton Decore, '62 BA, '65 LLB, FriesenPress, books.friesenpress.com

A group of French-Canadian voyageurs journey to the mouth of the Columbia River

amid the forces that will ignite the War of 1812.

▼
HISTORY
The Famous Five: Canada's Crusaders for Women's Rights
by Barbara Smith, '81 BA, Heritage House Publishing, heritagehouse.ca

A history of the five women who spearheaded the Persons Case, which established the right of women to be appointed to the Senate.

▼
SHORT FICTION
The Eater of Dreams
by Kat Cameron (Katherine Miller), '85 BA, '88 BA(Cert)), ThistleDown Press, thistledownpress.com

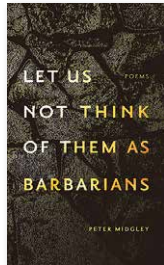
In 15 interconnected stories, women examine the inner fractures in their lives and remember lost relationships.

▼
WILDLIFE
The New Beachcomber's Guide to the Pacific Northwest
by J. Duane Sept, '72 BSc, Harbour Publishing, harbourpublishing.com

This updated edition of Sept's guide helps readers identify hundreds of species of marine life, from sea anemones to sea stars.

▼
HISTORY
Vital Signs, a Half-Century of Emergency Medical Services in Calgary
written by Zoey Duncan, edited by Tim Prieur, '76 BMedSc, '78 MD, Emergency Medical Services Foundation, emsfoundation.ca

A history of Calgary's ambulance services that tells



the stories of system-wide changes and front-line caregivers.

▼
SCIENCE
Food 5.0: How We Feed the Future
by Robert D. Saik, '83 BSc(Ag), self-published

Saik reflects on past, present and future agricultural practices to investigate the challenge of feeding a rapidly growing population.

▼
PHOTOGRAPHY
Homelands
by Pieter de Vos, '96 BA, '02 MSc, '14 PhD, Daylight Books, daylightbooks.org

Seven years of documentary photographs reveal spatial justice and social inclusion in Pretoria, South Africa, 25 years after apartheid.

▼
POETRY
Odyssey: Wanderings in the Global Village
by Larry Smeets, '90 LLB, self-published

A collection of poems explores the nature of the human condition through a wide range of perspectives and historical eras.

▼
ART
The Creation of iGiselle
edited by Nora Foster Stovel. With essays by Wayne DeFehr, '03 PhD, Emilie St. Hilaire, '15 MFA, Sergio Poo Hernandez '15 MSc, Laura Sydora, '13 MA, University of Alberta Press, uap.ualberta.ca

U of A researchers created a video game that reimagine the tragic narrative of

the 19th-century ballet *Giselle*. In this book, the interdisciplinary research team discusses the process.

▼
MUSIC
Sweet Thunder: Duke Ellington's Music in Nine Themes
by Jack Chambers, '70 PhD, self-published

Chambers identifies key themes in the jazz legend's 50-year career as a composer, orchestrator, pianist and cultural icon.

▼
HISTORY
Memories of Bonnie Doon: Our Stories, Our History
by Tom Monto, '83 BA, edited by Astrid Blodgett, '86 BA, '96 MA, designed by Craig Pinder, '05 BDes, co-ordinated by Margaret Russell, '72 BLS, '91 MLIS, Bonnie Doon Community League, bonniedoon.ca

Marking the 100th anniversary of the Bonnie Doon Community League, this collaborative effort features stories from the community's first century.

▼
CHILDREN'S LITERATURE
Sapphire the Great and the Meaning of Life
by Beverley Brenna, '10 PhD, Pajama Press, pajamapress.ca

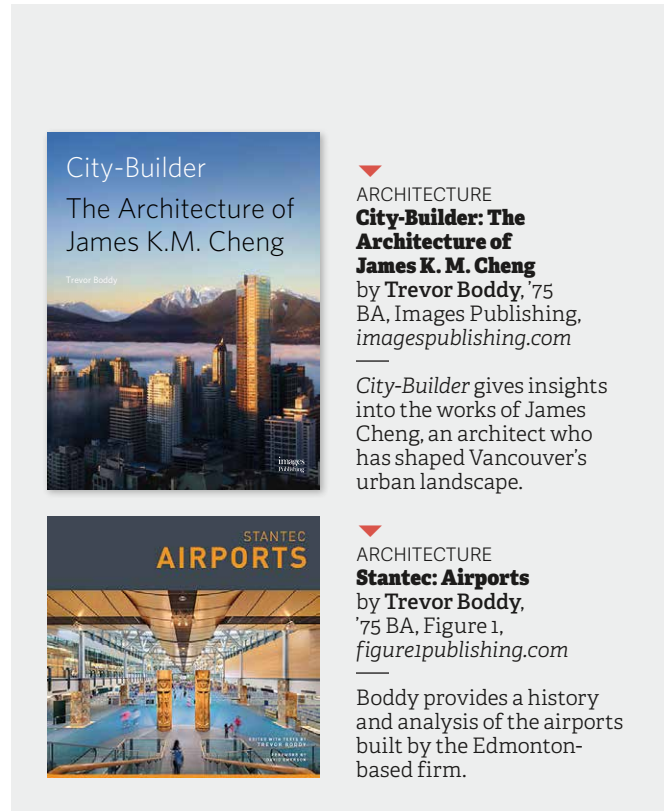
After learning her parents have split up, nine-year-old Jeannie and her hamster navigate changing family dynamics.

▼
HISTORY
The Clean Body: A Modern History
by Peter Ward, '64 BA, '66 MA, McGill-Queen's University Press, mqup.ca

A history of one of the most important revolutions in western culture: personal hygiene.

▼
FICTION
Love by Numbers
by Gary Dvorkin, '73 BA, '79 MD, self-published

On Valentine's Day in 2042, a company launches a DNA code guaranteeing eternal romantic



ecstasy and bliss. Political and personal chaos ensue.

▼
MANAGEMENT
Leading-Edge Research in Public Sector Innovation
edited by Eleanor Glor, '67 BA, Peter Lang, peterlang.com

A collection of top articles from *The Innovation Journal*, which is devoted to building knowledge about public sector innovation.

▼
CULTURE
Netflix Nostalgia: Streaming the Past on Demand
edited by Kathryn Pallister, '01 PhD, Rowman & Littlefield, rowman.com

A collection of scholarly writing that examines how Netflix satisfies pop culture's craving for nostalgia.

▼
POETRY
Let Us Not Think of Them as Barbarians
by Peter Midgley, '06 PhD, NeWest Press, newestpress.com

Midgely's poems give perspective on love, migration, and war in Namibia.

▼
ARCHITECTURE
City-Builder: The Architecture of James K. M. Cheng
by Trevor Boddy, '75 BA, Images Publishing, imagespublishing.com

City-Builder gives insights into the works of James Cheng, an architect who has shaped Vancouver's urban landscape.

▼
ARCHITECTURE
Stantec: Airports
by Trevor Boddy, '75 BA, Figure 1, figure1publishing.com

Boddy provides a history and analysis of the airports built by the Edmonton-based firm.

▼
EDUCATION
Promoting Social Inclusion: Co-Creating Environments That Foster Equity and Belonging
edited by Kate Scorgie, '96 PhD, and Chris Forlin, Emerald Publishing, books.emeraldinsight.com

This volume provides strategies for building equitable communities and promoting inclusion of marginalized people.

▼
FICTION
Molly of the Mall: Literary Lass and Purveyor of Fine Footwear
by Heidi L.M. Jacobs, '92 BA(Hons), '93 MA, NeWest Press, newestpress.com

U of A English major Molly looks for love while working at West Edmonton Mall.

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

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

Compiled by **Kate Black**, '16 BA

Class Notes

1940s



'46 **Irene Mitchell**, Dip(Ed), rang in her 100th birthday with family in Courtenay, B.C., in August. The celebration marks a century of adventure for Mitchell, from working as a teacher in Banff, Jasper and Calgary, Alta., to buying and operating the Snow White Motel with her husband, Jim, in Qualicum Beach, B.C. Mitchell has enjoyed trips to Israel, Greece, Germany, Australia, New Zealand and Fiji with her two daughters

and their families. She recently moved from an independent living residence in Nanaimo, B.C., back to Qualicum Beach to be closer to family. How has she stayed on top of it all? Mitchell's daughter, **Ambernadine Mitchell Tody**, '74 BSc(Pharm), shares her mother's secret to a good memory: memorizing something new, like a poem, every day.

Irene and Jim Mitchell with the Snow White Motel in Qualicum Beach.



1950s

Italian Steakhouse + Wine Bar in Edmonton and ended with views of the city from the Hapchyns' penthouse. Six other classmates plus their family members were able to attend — some of whom travelled from out of town for the occasion — including **Jim Hardy**, '59 DDS, **Myron Stechishin**, '59 DDS, **Ernie Rakochey**, '59 DDS, **Nestor Mitenko**, '59 DDS, **Don Upton**, '59 DDS, and **Ed Derworiz**, '59 DDS. The two remaining classmates, **Alan Richardson**, '59 DDS, '65 MSc, and **Louis Melosky**, '59 DDS, were unable to make it. The group enjoyed reminiscing and sharing photos from

'59 **Rota Dalderis Otto**, DDS, wrote in with a dispatch from her dentistry class's 60-year reunion this July. The event, arranged and hosted by **Peter Hapchyn**, '59 DDS, and his wife, **Anne Hapchyn**, '56 Dip(Nu), '57 BScN, began with a private luncheon at the Bistecca

DID YOU KNOW?

The first aerial photograph of the U of A was taken in 1919 by distinguished aviator Wilfrid "Wop" May, who survived the biplane fire that took down the Red Baron. May had briefly attended the U of A before enlisting in the First World War in 1916.

The 60-year dentistry class reunion: (from left, front row) Jim Hardy, Myron Stechishin, Rota Otto; (back row) Ernie Rakochey, Nestor Mitenko, Peter Hapchyn, Don Upton, Ed Derworiz. Bottom: The class's 15-year anniversary.



their U of A classes, labs and parties, and made a toast in honour of the 17 other classmates who had died since graduation.

1960s

'60 **Mary-Wynne Ashford**, BSc(HEc), '61 BEd, was awarded the Cam Coady Medal of Excellence, a Doctors of BC award that recognizes a physician's outstanding contributions to the medical profession in British Columbia. Ashford was honoured for her work as both a family physician and an international advocate for peace and nuclear disarmament. Notably, she was co-president of the International Physicians for

the Prevention of Nuclear War, which was awarded the 1985 Nobel Peace Prize.

1970s

'74 **Lorna Thomas**, BA, '75 Dip(Ed), '79 MEd, was awarded the Alberta Media Arts Alliance Society's Spirit of Helen Award in recognition of her advocacy and for her

award-winning documentary films. During her 30-year career as a filmmaker, teacher and community activist, Thomas's work has championed causes including



Lorna Thomas

Family Matters

Mother-daughter duo **Pearl A. Gyan-Dyck**, '84 MEd, and **Aum Nicol**, '85 BEd, wrote in with an update on where their paths have taken them since graduating. Nicol's mother, Gyan-Dyck, completed a doctorate in leadership education from the University of San Diego in 1998, taught for 30 years in central Alberta's Battle River School district and became an instructor at the U of A's Faculty of Education. After retirement, Gyan-Dyck moved to Creston, B.C., and is now serving as a worship leader at churches in and around Kootenay, B.C.

Nicol's teaching career led her and her husband, **Chris Nicol**, '84 BEd, to Westlock, Alta., where they lived for 17 years. They now live in Grande Prairie, Alta., where her husband is chair of the kinesiology department at the regional college and where she helped found the Grande Prairie Children's Festival in 2017. The Nicols have two children: their daughter is a surf instructor in Tofino, B.C., and their son has recently started his teaching career in Creston.

Publishing has also become a family matter. Nicol plans on reissuing her self-published book *A Multicultural Alphabet* under her own publishing brand, Sunara Press. She also recently published her mother's *Gift of the Gurus*, which draws upon Gyan-Dyck's doctoral research on developing the inner self of students.

disability inclusion, mental health promotion and harm reduction.

'79 **Ellen Criss**, BEd, '06 MEd, has retired from Roland Michener School in Slave Lake, Alta., where she has been the band teacher since 1995. Her students marked the occasion with a surprise performance in June.

1980s

'84 **Scott Bower**, BPE, shared how a *New Trail* story inspired him to launch his own business. The article, "Calling All Cars," in the Summer 2006 issue, profiled U of A student **Dominic McKenzie**, '12 BCom, who had recently won an award for starting up a business importing Japanese used cars.

"After teaching English in Japan for close to 20 years, I wanted to do something different," Bower writes. "The article in *New Trail* was the spark that lit the fire under my butt — soon after, a friend and I founded Japan Car Direct, a Japanese used vehicle dealership and car export company. It has been a long, twisty and very interesting road to becoming a successful and growing company now mainly run by three guys in their late 30s that I play ice hockey with. Our main markets are America, Canada, the United Kingdom and Europe, with

most customers coming to us through Google and good old word-of-mouth. So, I'm hoping it soon will be time for me to spend more time in the golf pastures, garden, gym and ice rink!"

'84 **Lubomyr Luciuk**, PhD, was awarded the

Cross of Ivan Mazepa from his home country of Ukraine. The cross recognizes his contributions to strengthening the international profile of that country. Luciuk is a professor of political geography at the Royal Military College of Canada in Kingston, Ont.

'85 **Chris Vilcsak**, BSc(MechEng), '97 MBA, is celebrating the 20th anniversary of Solution 105 Consulting, the Edmonton-based energy consulting company he founded to help organizations optimize the cost and impact of their environmental output.



My, How Time Flies

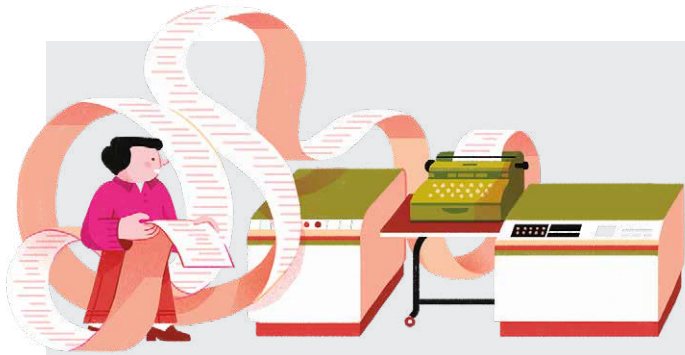
Before he was an Alumni Award recipient, **Ronald Grant McCullough**, '54 BSc(Ag), (page 38), had a wild summer involving an airplane, a close call with a mountain range and three run-ins with the law.

In April 1959, McCullough passed a note to his MBA classmate Robin Eccles during class at Western University. He wanted to do something new for summer break. His idea? Buy an airplane and tour South America. In the weeks that followed, Eccles rushed to get his pilot licence and the two bought a single-engine Piper for \$4,200, christened the Canada Goose by their dean's wife. On the 92-day journey, they were incarcerated thrice and nearly ran the plane into a cliff in the Andes near Curicó, Chile. Nevertheless, they



made it back unscathed in time for the start of the fall term.

In August, 60 years later, McCullough and Eccles tracked down the Canada Goose near Edmonton, which is now owned and happily flown by a commercial pilot.

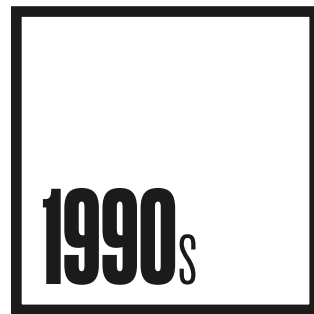


DID YOU KNOW?

The first computer on campus—the LGP-30, acquired in 1957 for \$40,000—was in use 24 hours a day, seven days a week calculating mathematical problems. What had taken a theoretical physicist a month or more to solve using a mechanical desk calculator, the computer could solve in an hour.

'88 **Sydney Lancaster**, BA(Spec), had her interdisciplinary artwork featured at the Art Gallery of St. Albert (Alta.) this fall. *Boundary/Time/Surface* features video that documents the creation and destruction of a 150-metre-long sculpture she built on the shores of Green Point in Newfoundland's Gros Morne National Park. Lancaster made the sculpture with natural materials to mark the geological boundary separating the Cambrian and Ordovician periods. Lancaster notes that John W. F. Waldron, a structural geologist at the U of A, provided scientific input and practical support for the piece.

'89 **Linda M. Green Abraham**, BA(Spec), had her photography exhibited at the juried Sooke Fine Arts Show in British Columbia this summer. As well, Abraham's poetry and short stories have been included in several Vancouver Island anthologies and shows.



'97 **Heather McPherson**, BEd, '07 MEd, wrote in to

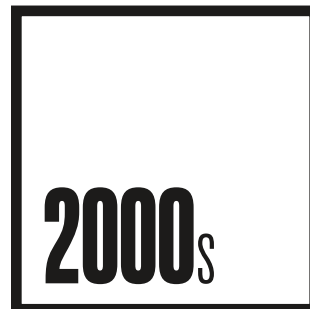
Sports Hall of Fame Inductees

Bill Mojelski, '70 BA, '74 Dip(Ed), and **Blaine Kjorlien**, '78 BEd, both former teachers at Wetaskiwin Composite High School, have been inducted into the Wetaskiwin and County Sports Hall of Fame. Mojelski was recognized for his efforts in documenting the county's sporting history. Kjorlien was honoured for his athletic record in football and wrestling at Camrose Lutheran College (now Augustana Campus) and the U of A, as well as his later influence as a high school coach.

Heather McPherson



say she was nominated as the federal NDP candidate for Edmonton Strathcona following member of Parliament **Linda Duncan's**, '70 BA, '73 LLB, retirement: "I am excited to represent the constituency that has been my home my entire adult life and to run in the riding of my alma mater." She has since been elected. (See page 48 for a list of newly elected alumni members of Parliament).



'01 **Jacqueline O'Neill**, BCom, was appointed Canada's

first ambassador for women, peace and security in June by Prime Minister Justin Trudeau. This diplomatic position was created by the Liberal government to advance its feminist foreign policy and advise on protecting the rights of women and girls who face violence and insecurity. O'Neill has been a federal adviser on peace and security for women since 2011 and she co-founded the Roméo Dallaire Child Soldiers Initiative, which aims to stop the use of children in armed conflict.

'04 **Christopher Carr**, BCom, has accepted a position with Boston-based Touchplan as its Canadian director. Touchplan has created a web-based collaboration tool designed for the construction industry. In his new role,



IN THE NEWS

Changing the Game

James Makokis, '04 BSc(Nutr/Food), (right) and Anthony Johnson are the first Indigenous, two-spirit couple to win The Amazing Race Canada. Earlier this year, they zigzagged across the country, beating nine teams contending for the prize. The pair took the opportunity to advocate for causes close to their hearts, donning outfits such as handmade red skirts for missing and murdered Indigenous women and blue shirts that read Water Is Life to show the cultural importance of water. —CBC

Carr is responsible for leading Touchplan's growth into Canada.

'04 **Jessica Heine**, BMus, has released her folk-pop album *Goodbye Party* with Edmonton-based Fallen Tree Records. *Goodbye Party*, which touches on themes spanning love, loss and life transitions, is her third album.

'09 **Carla Prado**, PhD, has been named to the Top 40 Under 40 list by the Caldwell Partners recruitment firm. Prado, an associate professor of nutrition at the U of A, is an expert in body composition assessment and has been recognized widely for her research surrounding diet and health outcomes of cancer patients.

2010s

'13 **Yuri Sulyma**, BSc(Hons) recently earned a PhD in mathematics from the University of Texas at Austin and has begun an assistant professorship at Brown University in Providence, R.I. Sulyma extends thanks to his professors in the honours math program at the U of A and to **Andy Liu**, '72 MSc, '76 PhD, who, through his SMART math enrichment program, allowed Sulyma to pursue his passion for mathematics in junior high.

'16 **Jamie Hudson**, BSc, '16 Cert(ResearchSci), has received an international student award from the Academy of Spinal Cord

Nine Alumni Elected as Members of Parliament

Nine alumni were voted in as members of Parliament in the recent federal election: **Blaine Calkins**, '92 BSc(Spec) (Red Deer - Lacombe), **Michael Cooper**, '06 BA, '09 LLB (St. Albert - Edmonton), **Don Davies**, '85 BA, '88 LLB (Vancouver Kingsway), **Jean-Yves Duclos**, '88 BA(Hons) (Quebec), **Matthew Jeneroux**, '04 BA (Edmonton Riverbend), **Greg McLean**, '85 BCom (Calgary Centre), **Heather McPherson**, '97 BEd, '07 MEd (Edmonton Strathcona), **Martin Shields**, '72 Dip(Ed) (Bow River), **Shannon Stubbs**, '02 BA(Hons) (Lakeland).

CAMPUS SAINT-JEAN

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

'68 **Claudette Tardif**, BEd, '78 MEd, '84 PhD, a reçu un doctorat honorifique en Droit de l'Université de l'Alberta en novembre. Reconnue comme une des principales championnes et défenseuses des droits des minorités linguistiques et culturelles, elle a contribué de manière importante à l'éducation postsecondaire et à la vie publique. Elle enseigne à la Faculté Saint-Jean à partir de 1977 et fut doyenne de 1995 à 2003. Elle était vice-présidente par intérim des relations extérieures lorsqu'elle fut nommée au Sénat canadien par le premier ministre

Paul Martin en 2005, fonction qu'elle occupa jusqu'à sa retraite en 2018.

'12 **Laurier Amyotte**, BCom, est un policier à *Edmonton Police Service* depuis 2012. Dans ses temps libres, il adore jouer au hockey et est enthousiaste de participer à l'organisation du match de hockey annuel de la Classique héritage du Campus Saint-Jean, dont l'histoire est étroitement liée au hockey. La 9^{ème} édition de la Classique héritage se déroulera le 25 janvier 2020 à l'aréna Clare Drake.

Music Is Their Forte

The U of A Summer Band presented its 31st summer concert in July at the Dutch Canadian Club in Edmonton. Directed by **Graeme Peppink**, '88 BEd, Jackie Malcolm and student conductor **Meijun Chen**, '18 BA, this 80-piece concert band features wind and percussion players from across the Edmonton area.

Injury Professionals for her essay on how to promote accessibility, develop interdisciplinary teamwork, and translate information about the Canadian health-care system for prospective international students. Hudson, who will soon begin her job as an emergency room nurse, will be the university's first nursing student to receive the Certificate in International Learning when she crosses the convocation stage in November. ■



▲ Jamie Hudson



LOUGHEED COLLEGE LECTURES
SPONSORED BY: Syncrude

WHAT'S NEXT FOR ALBERTA?

Free | Open to the Public

November 14, 2019
6:30-8:00 pm | CCIS, U of A
LEADERSHIP IN THE DIGITAL AGE

January 16, 2020
6:30-8:00 pm | Telus Centre, U of A
TRUTH AND RECONCILIATION
FEATURING AMAZING RACE WINNERS, THE MAKOKIS FAMILY

February 13, 2020
6:30-8:00 pm | Telus Centre, U of A
WILL MILLENIALS SAVE ALBERTA?
UNPACKING THE IMPACT OF GENERATIONAL TRENDS

MARCH 12, 2020
6:30-8:00 pm | Telus Centre, U of A
OUR ENERGY FUTURE

APRIL 9, 2020
6:30-8:00 pm | Telus Centre, U of A
THE FUTURE OF HEALTH CARE
PRECISION HEALTH

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UNIVERSITY OF ALBERTA
PETER LOUGHEED
LEADERSHIP COLLEGE



IN THE NEWS

The Thrill of Discovery

Paleontologist **Emily Bamforth**, '05 BSc(Spec), is passionate about dinosaurs — and inspiring the next generation of female scientists. She was recently awarded the 2019 YWCA Regina Women of Distinction science award for her work, which includes discovering and naming three new fossil species. Her latest feat was unearthing the skull (not the one pictured) of an *Edmontosaurus* near Eastend, Sask. — only the second found in that province. —THE LONDON FREE PRESS

Alumni Named to Order of Canada

Three alumni were named to the Order of Canada in June. **Eldon Godfrey**, '57 BCom, was recognized for his contributions to the sport of diving, as a judge, official and volunteer in Canada and abroad. **Brian Sykes**, '65 BSc(Hons), U of A professor emeritus and biochemist, was honoured for his protein-structure research using nuclear magnetic resonance spectroscopy. **Allan Wachowich**, '57 BA, '58 LLB, '10 LLD (Honorary), former chief justice of Alberta's Court of Queen's Bench, was recognized for his dedication to the law and his community as a volunteer with multiple charitable organizations.

ALUMNI ADVICE



HOW TO BREAK YOUR PLASTIC HABIT

Tips to free you from single-use products

By Barb Wilkinson

Everywhere **Melissa Gorrie**, '04 BSc(Hons), '07 LLB, looked she saw plastic: shopping bags, produce bags, fruits and vegetables wrapped in plastic. She wasn't imagining things: we use around 15 billion plastic bags a year in Canada alone. Most are in use for only a few minutes but take up to 1,000 years to decompose. Instead of just getting angry and frustrated, Gorrie teamed up with her husband, **Sean Stepchuk**, '04 BCom, '08 LLB, to launch Waste Free Edmonton. The organization targets single-use plastics and strives to raise public awareness about the environmental cost of convenience. They even started a campaign to develop a single-use plastics bylaw to discourage disposables, which was cited in a City of Edmonton report on the issue.

The city has since committed to creating a plan

to restrict single-use plastics as early as January 2021, as part of its new 25-year waste management strategy. In the meantime, Gorrie and Stepchuk offer a few strategies that anyone can use to curb plastic use.

Plan ahead

In addition to bringing your own shopping bags, Gorrie recommends thinking twice before popping fruits and veggies into store-provided clear bags. Most don't need it. For the rest, get some reusable produce bags. Bring your own containers to the bulk aisle to avoid unnecessary packaging. "Question what you're putting in single-use bags and push back if a store doesn't want you to use your own containers," Gorrie says. And keep reusable bags in a location where you'll actually remember to use them, like by your back door or in your car.

Trash-less takeout

One of Gorrie's most surprising suggestions is using reusable containers when you want to pick up restaurant food on the way home. "We call the restaurant and tell them we have our own containers. Most are happy to use our containers and some give us extra food," she says. Storing a kit of containers and mugs in your car can be handy for an impromptu coffee run or leftovers while dining out, too.

Re-evaluate recycling

Continue recycling — but treat it as a last resort. Only nine per cent of plastic waste generated each year in Canada is recycled. "We do a lot of wishful recycling," says Gorrie. In fact, about 25 per cent of the blue bag material in Edmonton ends up in the landfill either because it's not recyclable or not sorted properly. She recommends looking online to see if what you're discarding belongs in the recycling bin, a hazardous waste depot, a reuse centre or the landfill. ■

The Alumni Association notes with sorrow the passing of the following graduates (based on information received between June 2019 and September 2019).

In Memoriam

1940s

'42 **Jessie Eileen Morrison (Lancaster)**, BA, '47 BEd, of High Level, AB, in May 2019

'46 **James Hunter Robson**, BSc(Ag), of Calgary, AB, in December 2018

'46 **Stuart Redmond Wright**, BSc(ChemEng), '47 MSc, of Columbus, OH, in June 2019

'47 **Sonia Olga Batt**, Dip(Nu), '48 Dip(Nu), '73 BScN, of Edmonton, AB, in June 2019

'47 **James Alfred Brown**, BSc, of Calgary, AB, in March 2019

'47 **Catherine Hudson (Oviatt)**, Dip(Ed), in July 2019

'47 **John Anderson Randle**, BSc(CivEng), of Woodstock, ON, in June 2019

'47 **Stella Frances Staley (Holosko)**, BA, of Pacific Palisades, CA, in July 2019

'48 **William Daniel Dickie**, BCom, '51 LLB, of Calgary, AB, in May 2019

'48 **Marion Ethel Grimsrud (Brennan)**, Dip(Nu), '49 BScN, of Edmonton, AB, in September 2019

'48 **Elaine Margaret Kernahan**, Dip(Nu), '49 BScN, of Calgary, AB, in May 2019

'48 **James Malcolm Pritchard**, BA, '51 LLB, of Medicine Hat, AB, in June 2019

'48 **Mary Ellen Pyrch (Dickson)**, BSc, '74 BLS, of Victoria, BC, in August 2019

'48 **Wilma Elizabeth Russell**, BSc(HEC), of St. Thomas, ON, in September 2019

'48 **George Willford Sutherland**, BCom, of Victoria, BC, in May 2019

'48 **James William Thompson**, BSc, in July 2019

'49 **Richard Baker Frankish**, BSc(Ag), '51 MSc, of Surrey, BC, in July 2019

'49 **Kathleen Ellen Hyde**, BA, of Victoria, AB, in July 2019

'49 **Catherine Lavina Neighbor**, BSc(HEC), of Victoria, BC, in February 2019

1950s

'50 **Mary N. Dumaine (Wachowich)**, BSc(Pharm), in June 2019

'50 **James Arthur Halliday**, BSc, of Stratford, AB, in June 2019

'50 **Manoly Robert Lupul**, BA, '51 BEd, of Calgary, AB, in July 2019

'50 **Murray Santo Tempest**, BSc(CivEng), of Calgary, AB, in August 2019

'50 **Frederick Hamilton Trollope**, BSc, '51 MSc, of Calgary, AB, in June 2019

'51 **Geraldine Frances Brown (Fitzgerald)**, BA, of Sherwood Park, AB, in September 2019

'51 **Frederick Enns**, BEd, '59 MEd, '61 PhD, of Calgary, AB, in June 2019

'51 **Shirley E. Mutch (Fuller)**, Dip(Ed), of Calgary, AB, in August 2019

'51 **Donald O'Donoghue Stewart**, BSc, of Calgary, AB, in September 2019

'52 **Lawrence Lake Bell**, BSc, of Calgary, AB, in August 2019

'52 **William Allyn Dowling**, BSc(ElecEng), of Edmonton, AB, in March 2019

'52 **Elaine Mable Goodridge**, Dip(Nu), of Victoria, BC, in July 2019

'52 **Elizabeth Emily Paschen**, Dip(Ed), '55 BEd, '82 Dip(Ed), '83 MEd, of Edmonton, AB, in March 2019

'52 **Marvin Maurice Starko**, BSc, '57 MD, of Edmonton, AB, in August 2019

'52 **Astrid Ustina (Oro)**, BSc(Pharm), of Edmonton, AB, in June 2019

'53 **Kenneth Wilbert Bride**, BEd, '62 MEd, '73 PhD, of Victoria, BC, in August 2019

'53 **Norman Wolfe Simons**, BA, '54 LLB, of Edmonton, AB, in September 2019

'53 **Gordon E. Stephenson**, BA, '59 MA, of Edmonton, AB, in May 2019

'54 **Bernard Benedict Boyko**, DDS, of Calgary, AB, in September 2019

'54 **Rita Elna Calhoun (Dickson)**, BScN, of Edmonton, AB, in August 2019

'54 **Zelma Maude Gilbertson (Anderson)**, Dip(Ed), '57 Dip(Ed), '58 BEd, of Taber, AB, in July 2019

'54 **Donald Mackay Newton**, BPE, '54 Dip(Ed), of Sannamish, WA, in July 2019

'54 **Ronald Harvey Wensel**, BSc, '56 MD, in August 2019

'55 **John Andrew Agrios**, BPE, '56 LLB, of Edmonton, AB, in September 2019

'55 **Joan Gratz (Aplin)**, BSc(HEC), of Olds, AB, in August 2019

'55 **Laurence George Hoye**, BSc, '56 MSc, of Lethbridge, AB, in June 2019

'55 **Florence Lillian Walasko (Laidlaw)**, Dip(Nu), of Calgary, AB, in June 2019

'55 **Walter George W. White**, BA, '59 LLB, of Edmonton, AB, in September 2019

'55 **Zenon A. Wiznura**, BSc, '69 Dip(Ed), of Edmonton, AB, in August 2019

'56 **Paul Guy Piquette**, Dip(Ed), '65 BEd, '72 MEd, of Plamondon, AB, in April 2019

'56 **David William Smith**, BSc(Ag), '59 MSc, of Guelph, ON, in June 2019

'57 **Mary Agnes Baughn**, BSc(HEC), '58 BEd, of Victoria, BC, in September 2019

'57 **Lilian Jean Beland (Paul)**, Dip(Ed), '58 BEd, of Edmonton, AB, in August 2019

'57 **Arlene Olive Angelo (Boykowich)**, Dip(RM), of Qualicum Beach, BC, in May 2019

'57 **Irvin Herbert Frank**, Dip(Ed), '65 BEd, '70 Dip(Ed), of Camrose, AB, in June 2019

'57 **Winona Evelyne Miller**, Dip(Ed), '76 BEd, in September 2019

'57 **Gregory Mursky**, BA, of Mequon, WI, in August 2019

'57 **Lynn Allen Patrick**, BSc, '60 LLB, of Edmonton, AB, in September 2019

'58 **Patricia Joan Anderson (Sharplin)**, Dip(Nu), of Calgary, AB, in May 2019

'58 **Jean Margaret Beilman (Simpson)**, Dip(Nu), of Edmonton, AB, in July 2019

'58 **Shirley Joan Bolter (Brown)**, Dip(Nu), of Canmore, AB, in July 2019

'58 **James Gordon Boyd**, BSc(PetEng), in May 2019

'58 **Peter Laverne Cantelon**, BSc(CivEng), '66 BEd, in May 2019

'58 **Gordon Thomas Fletcher**, MD, of Prospect, PA, in August 2019

'58 **Jas Walter French**, BA, '59 BEd, of Edmonton, AB, in December 2018

'58 **Patricia Ann Otto**, Dip(Nu), of Clifford, ON, in August 2019

'58 **Jeanette Patricia Pick**, Dip(Nu), '59 BScN, of Calgary, AB, in August 2019

'58 **Adolphe W. Wenger**, BSc(ChemEng), of Saint-Léonard, QC, in May 2019

'58 **Kathleen R. Yaworski**, BSc(Pharm), of Edmonton, AB, in May 2019

'59 **Ronald Hjalmar Anderson**, BSc, '61 BEd, of Victoria, BC, in June 2019

'59 **Marilyn Islay Assheton-Smith**, Dip(Nu), '61 BScN, '87 PhD, of Edmonton, AB, in August 2019

'59 **David John Beiersdorfer**, BCom, of Victoria, BC, in August 2019

'59 **James Garvey Donlevy**, BPE, '61 BEd, '75 MA, of Calgary, AB, in August 2019

'59 **Charles Gordon Halls**, BSc(CivEng), '68 MSc, of Edmonton, AB, in December 2018

'59 **David Angus McCullagh**, BSc(CivEng), in August 2019

'59 **Alan Sedgewick Richardson**, DDS, '65 MSc, of Delta, BC, in September 2019

1960s

'60 **Helen Corns**, BEd, of Calgary, AB, in August 2019

'60 **Dagney Marion Hepburn**, Dip(Nu), of Edmonton, AB, in August 2019

'60 **Dennis Melvin Kadatz**, BPE, '65 MA, of Calgary, AB, in June 2019

'61 **June Colleen McDonald (Jamison)**, BPE, of Edmonton, AB, in July 2019

'62 **Robert Bertram Church**, BSc(Ag), '63 MSc, '15 LLD (Honorary), of Calgary, AB, in September 2019

'62 **Richard Albert Nobbs**, BSc(CivEng), '67 MBA, of Duncan, BC, in May 2019

'62 **Gordon Dale Simpson**, BSc(Pharm), of Red Deer, AB, in April 2019

'62 **Warren D. Wilde**, BEd, of Victoria, BC, in August 2019

'63 **Janet Millicent Armstrong (Jackson)**, MA, in June 2019

'63 **William Robert Duncan**, BSc(MetEng), in July 2019

'63 **Ruth Mryglod (Olsen)**, BA, in September 2019

'63 **Frances Elaine Mueller (Meikle)**, BEd, '73 BA, in August 2019

'63 **Robert McBride Pogue**, BCom, of Calgary, AB, in July 2019

'64 **Theodore Maitland Gordon Charmbury**, BSc(Pharm), of Calgary, AB, in July 2019

'64 **Robert John Holmes**, BEd, of Summerland, BC, in June 2019

'64 **Zonia Lazarowich (Niniowsky)**, BEd, '70 MMus, of Edmonton, AB, in September 2019

'64 **Edward Arthur Meighen**, BSc, of Edmonton, AB, in January 2019

'64 **Gordon McKenzie Miller**, BEd, of St. Albert, AB, in July 2019

'64 **Maxine Isabel O'Riordan**, BEd, of Red Deer, AB, in May 2019

'64 **Lillian Soroka**, BA, '74 BEd, of Edmonton, AB, in June 2019

'65 **Frances Helen Engel**, BEd, of Edmonton, AB, in July 2019

'65 **Irvin Robert Gottschlich**, BSc(MetEng), of Leduc, AB, in September 2019

'65 **Raymond Einar Grimson**, BSc(Ag), '69 MSc, of Brooks, AB, in July 2019

'65 **Campbell Arthur Hancock**, BEd, of Vermilion, AB, in August 2019

'65 **Donald Robert McLeod**, BEd, of Edmonton, AB, in May 2019

'65 **Roland Wayne Phare**, BEd, '75 Dip(Ed), of Edmonton, AB, in July 2019

'66 **Dale H. Berg**, MA, '73 PhD, of Winnipeg, MB, in May 2019

'66 **Arthur Michael Danielson**, BSc(MechEng), '68 MSc, of Calgary, AB, in July 2019

'66 **George Lin Mah-Poy**, MD, of Calgary, AB, in August 2019

'66 **Martin Eugene Muldoon**, PhD, of Toronto, ON, in August 2019

'66 **Rex Amundson North**, BEd, '75 MEd, in August 2019

'66 **Patricia June Rock**, Dip(Nu), of High River, AB, in April 2019

'66 **Ernest Francis Stevens**, BCom, of Edmonton, AB, in July 2019

'66 **Rosalind Ann Sydie (Beard)**, MA, '70 PhD, of Edmonton, AB, in June 2019

'67 **Lionel Charles Benoit**, MEd, of Saskatoon, SK, in June 2019

'67 **Paul Joseph Labrie**, BEd, of Edmonton, AB, in June 2019

'67 **Norman Angus McDonald**, MD, of St. Albert, AB, in August 2019

'67 **Kenneth Dale Oliphant**, BA, of Medicine Hat, AB, in June 2019

'67 **Janet Simonton**, BA, of Calgary, AB, in May 2019

'67 **Siu Sik Wong**, BA, '70 BCom, of Edmonton, AB, in July 2019

'68 **Barbara Claire Allan (Murray)**, BA, '69 BLS, of Vermilion, AB, in June 2019

'68 **Jessie-Jerri June Gresniuk-Jackson**, BA, '70 BEd, '72 Dip(Ed), '86 BSc(HEC), of Edmonton, AB, in August 2019

'68 **Dennis Edward Malloy**, BCom, '76 BSc(MechEng), in September 2019

'68 **Denise Marie-Rose Nobert (Lambert)**, BEd, of Edmonton, AB, in April 2019

'68 **Lynn Eugene Stenhouse (Sundby)**, Dip(Nu), of Fairview, AB, in May 2019

'68 **Larry J. Wynn**, BEd, of Jasper, AB, in May 2019

'69 **Irene Helen Bochon**, BEd, of Edmonton, AB, in May 2019

'69 **Patrick Noel Heaney**, BEd, in December 2018

'69 **Helmut Charles Meckelborg**, BEd, of Lethbridge, AB, in April 2019

'69 **Judith Lynn Rappel (MacLeod)**, BEd, of Calgary, AB, in May 2019

'69 **Henry Francis Reinbold**, BEd, of St. Albert, AB, in August 2019

'69 **George Edward Taylor**, BEd, of Magrath, AB, in February 2019

'69 **Lynn E. Weinlos**, BA(Hons), of Edmonton, AB, in August 2019

'69 **Bradley Jackson Willis**, BA(Hons), '75 LLB, of Edmonton, AB, in July 2019

1970s

'70 **William Robert L. Askin**, BEd, '73 MA, in August 2019

'70 **Myron M. Dubyk**, BEd, of Mundare, AB, in July 2019

'70 **Audrey Ann Gargus**, BEd, of Edmonton, AB, in September 2019

'70 **Henry Raymond Groleau**, BA, of Edmonton, AB, in January 2019

'70 **Margaret Mary Moroz**, BEd, of Abbotsford, BC, in December 2018

'70 **Lorraine Audrey Schmitz (Kaiser)**,

BEd, of Edmonton, AB, in May 2019

'71 **Walter Cherniwchan**, BEd, of St. Albert, AB, in June 2019

'71 **David L. Fleiger**, PhD, of Edmonton, AB, in June 2019

'71 **James Steven Lazaruk**, BSc, '72 Dip(Ed), '73 BEd, in August 2019

'71 **Heather Ann McKay**, BEd, of St. Albert, AB, in June 2019

'72 **Willa Bowen**, BSc, of Calgary, AB, in September 2018

'72 **Douglas Martin Beingessner**, BEd, '76 Dip(Ed), '78 MEd, of Red Deer, AB, in December 2018

'72 **Christopher Brian Grey**, BCom, of Edmonton, AB, in September 2019

'72 **Laurier Jean Joly**, BEd, of Victoria, BC, in January 2019

'72 **Joseph Raymond Lajeunesse**, BEd, of Sherwood Park, AB, in July 2019

'72 **Nadine Elizabeth Meikle (Purpur)**, BPE, in July 2019

'72 **Katia Starchuk (Horobec)**, BEd, in July 2019

'73 **Mary Bartko**, BEd, in April 2019

'73 **Parminder Singh Basahti**, BEd, '78 Dip(Ed), of Edmonton, AB, in July 2019

'73 **Elaine Rose Eden**, Cert(AdvObst), of Qualicum Beach, BC, in April 2019

'73 **Donald Allan Mitchell**, MEd, of Truro, NS, in June 2019

'73 **William Dollinger Preston**, BSc(Med), '75 MD, of Orem, UT, in June 2019

'73 **Roger Francis Cooper Smith**, PhD,

of Charlottetown, PE, in June 2019

'73 **Richard Stanley Stelmaczonek**, BA, '74 LLB, of Edmonton, AB, in June 2019

'73 **Robert Samuel Thornberry**, PhD, of Edmonton, AB, in May 2019

'74 **Stephen Joseph Gawlinski**, LLB, of Edmonton, AB, in September 2019

'74 **Brenda Jean Heffernan**, Dip(RM), '79 BSc(PT), of Edmonton, AB, in September 2019

'74 **Dewayani Gajanan Pundit (Kekre)**, BEd, of Edmonton, AB, in July 2019

'75 **Kenny McHerbert Adams**, MA, in August 2019

'75 **Donna May Buchanan**, BEd, '76 Dip(Ed), in May 2019

'75 **Gladice Mary Ditzian**, MA, of Edmonton, AB, in June 2019

'75 **Jewel Fae Klaasen**, Dip(Ed), in September 2019

'75 **John Panchuk**, BEd, of Lac La Biche, AB, in April 2019

'75 **Brynly Hugh Roberts**, BEd, of Lethbridge, AB, in July 2019

'76 **Vera K. Drobot**, BA(RecAdmin), of Edmonton, AB, in September 2019

'76 **Bruce Cecil Duncan**, BCom, in March 2019

'76 **Peter Lorin Fuglem**, BSc(Forest), '79 MSc, in June 2019

'76 **Carol Klontz**, BEd, '85 Dip(Ed), of Viking, AB, in August 2019

'76 **Gregory Stephen Noval**, BCom, '78 BA, of Black Diamond, AB, in May 2019

'76 **Linda Susan Sharpe**, BEd, in March 2019

'76 **Raymond Albert Soucy**, BEd, of Vancouver, BC, in August 2019

'76 **Phyllis Evelyn Stewart (Mattoon)**, BEd, of Clairmont, AB, in January 2019

'77 **Dale William Janssen**, BCom, of Edmonton, AB, in August 2019

'77 **Angela Doreen Jeske**, BEd, '90 MA, of Red Deer, AB, in July 2019

'77 **Eileen Mae Loeffler**, BEd, of Sherwood Park, AB, in June 2019

'77 **Dennis Patrick Myers**, BSc, in May 2019

'77 **Heather Faith Parliament**, BEd, of Edmonton, AB, in June 2019

'77 **Marion Frances Peterson**, BEd, in August 2019

'78 **Vaughn Harold Alward**, MEd, '82 PhD, of Sackville, NB, in May 2019

'78 **Alexander Peter Campbell**, BEd, '88 MEd, of Cochrane, AB, in September 2019

'78 **Marshall Vance Eliason**, BSc(Ag), '83 MSc, in August 2019

'78 **Kristin Lish**, BEd, of Holladay, UT, in June 2019

'78 **Stephen Charles Long**, BSc, '81 BSc(Pharm), of Calgary, AB, in July 2019

'79 **Andrew Curran**, BA(RecAdmin), of Vernon, BC, in August 2019

'79 **Lorraine Genevieve Deschenes**, BEd, in September 2019

'79 **Brian Robert Fitzgerald**, BSc(Spec), of Edmonton, AB, in May 2019

'79 **Phillip Reginald Klics**, BSc, in July 2019

'79 **Norma Ann Soltice (McKoen)**, BEd, of Rocky Mountain House, AB, in May 2019

1980s

'80 **Helen-Mary Coates**, BEd, in May 2019

'81 **Stephen W. Wilson**, LLB, of Calgary, AB, in April 2019

'82 **Michael Emil Brandt**, BA, in September 2019

'82 **Donald Bruce Henderson**, BA, of Edmonton, AB, in September 2018

'82 **Frank Karamchand Seerattan**, BEd, in September 2019

'82 **Kenneth William Moore**, MLS, of Sooke, BC, in June 2019

'82 **Daphne Elizabeth Starr**, BSc(CivEng), in August 2019

'83 **Mary Catherine Johnson**, BA, of Edmonton, AB, in June 2019

'84 **Jon Rider Glover**, BSc(Pharm), in July 2019

'85 **Michael Harold Ellenwood**, BCom, of Abbotsford, BC, in June 2019

'85 **Daniel James Wahl**, BSc(Ag), in June 2019

'86 **Kathie Jean Walker**, BA, '89 BEd, of Edmonton, AB, in August 2019

'87 **Michael John Cooke**, BA, in July 2019

'87 **Shirley Isabell Missiaen**, BA, of Kelowna, BC, in June 2019

'87 **Linda Margaret Rogers**, BEd, in June 2019

'88 **Henriette Marie Beauchamp**, BScN(Hons), of Edmonton, AB, in September 2019

'88 **Bonnie Kim Kirkpatrick**, PhD, of Edmonton, AB, in June 2019

'88 **Lawrence Beverly Selzler**, BSc, of Sherwood Park, AB, in July 2019

'89 **Mark Oliver Chatenay**, BSc(Dent), '91 DDS, in August 2019

'89 **David John Kowalchuk**, BEd, of Sherwood Park, AB, in July 2019

'89 **Lydell Sheldon Melnyk**, BSc(MiningEng), of Calgary, AB, in September 2019

1990s

'90 **Heidi Chris Catherine Bundschoks**, BA(Spec), in May 2019

'91 **Duane John Baker**, BSc(MechEng), in August 2019

'91 **Vincent Morllen Gabert**, BSc(Ag), '94 MSc, '97 PhD, of Fort Saskatchewan, AB, in July 2019

'91 **Tracey Barbara Lubkey**, Dip(Nu), of Edmonton, AB, in August 2019

'92 **Francis Shepard McGowan**, MA, of Vancouver, BC, in August 2019

'93 **Gina Dawn Langager**, BA, of Edmonton, AB, in July 2019

'93 **James Leonard Sander**, BA, '98 BEd, in September 2019

'94 **Susan Sandra Brun**, BFA, in May 2018

'94 **Michele Louise Pearson**, BA, in August 2019

'96 **Isaac Yakoub Isaac**, PhD, of Edmonton, AB, in August 2019

'97 **Christopher James Postle**, BEd,

of Edmonton, AB, in July 2019

2000s

'00 **Norma Jaye Fredrickson**, MEd, of Edmonton, AB, in May 2019

'01 **Kelly James Smith**, BA, of Oakville, ON, in July 2019

'02 **Edana Celeste Mayes**, BA, in August 2019

'02 **Christopher Warren Fred Sargent**, BA, '07 MPH, of Edmonton, AB, in August 2019

'04 **Darcy Allen Dietz**, MSc, of Edmonton, AB, in June 2019

'05 **Matthew Michael Bogda**, BSc, of Edmonton, AB, in July 2019

'08 **Richard James Babott**, BEd, of Calgary, AB, in June 2019

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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SPEAKER'S CORNER

SIX TIPS TO BUTT OUT BURNOUT

By **Carissa Halton**, '03 BA

Where's the line between job stress and job burnout? It's difficult to spot. "Workplace burnout looks different for everyone," says **Margot Ross-Graham**, '86 BA(RecAdmin), business coach and CBC Edmonton AM's workplace columnist. Burnout happens when you can no longer cope with chronic workplace stress, but many of us don't recognize it until we've already quit a job or seen our personal life suffer. Here's Ross-Graham's advice to ease the pressure:

LEARN TO READ THE SIGNS

Are you feeling exhausted or depleted? Do you see yourself becoming distant or cynical about your job? Have you noticed a decline in your productivity? These are the three aspects of workplace burnout, according to the World Health Organization.

SEEK EXPERT ADVICE See what your employee benefits package has to offer, if you have one, and take advantage of any counselling that your employee assistance program may provide.



FIND SOMEONE YOU CAN TRUST AT WORK Lean on a confidant with whom you can vent safely, then brainstorm solutions. Beware of colleagues who pile on and fan the flames of negativity.

SHAKE UP YOUR ROUTINE If you have to speak with a colleague, walk over to their desk rather than emailing them. Not only do you get your blood moving, you counteract workplace loneliness, which exacerbates burnout.

ENJOY A NATURE BATH The Japanese practice of forest bathing — taking a nature walk — has been proven to

increase a sense of well-being. Research shows that greenery, even just a houseplant in your office, can significantly improve your mental health.

TAKE YOUR VACATION — ALL OF IT! Forty per cent of Canadians don't take their allotted vacation time. Some say they can't afford it. To this excuse Ross-Graham says, "You don't have to fly or drive anywhere — heck, just spend the week reading — but the fact is, we all need to recharge."

Ross-Graham is one of many speakers to share expertise at alumni events. Visit ualberta.ca/alumni/events.

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Are you passionate about your alma mater and eager to strengthen the relationship between the U of A and its alumni? Apply to join Alumni Council — a group of engaged alumni from the Edmonton area who lead the Alumni Association in supporting other grads and the university. Next deadline: Feb. 28. uabgrad.ca/alumnicouncil



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TARA DRAGON MARTIN, '00 BCOM



EVENT WISDOM

"I challenge each of you to exert your positive influence and bring forth the change you know is needed to help this troubled world. Allow the ideas and thoughts you spill onto what may at first seem infertile ground to touch the seeds of minds waiting to be presented with another point of view."

▼ **Mona Nashman**, '79 BEd, Distinguished Alumni Award recipient (page 26), in her speech at the ceremony this year

5,000+

The number of online scholarly journals, trade publications and magazines available to grads through Alumni eResources. Access everything from the latest in health research to the hottest celebrity gossip. alumni.library.ualberta.ca

33+

The number of flat tires replaced by forestry students since 1971. In total, they've driven more than one million kilometres on gravel roads during spring field schools. This year marks the 50th anniversary of forestry studies at the U of A.



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smalltalk



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➔ Freedom, finally! Nothing compares to that feeling of moving out on your own for the first time. But then the laundry piles up, along with your roommate's dirty dishes. We asked grads to tell us what they remember most about their first home away from home. Read more or share your story at facebook.com/UAlbertaAlumni.

Very "economical" ground floor. I just remember pretty much freezing to death waiting for the bus. Ahh, memories ...

—Colleen Chwedoruk, '85 BEd

Yes, my life began when I arrived at Pembina Hall in 1961, age 17. It was a shelter and social club that housed a bunch of naive and starry-eyed residents who had big plans – about 150 women just like me. We ate together in a basement dining room, and the “warden” talked to us about manners and social graces. We had to wear skirts to dinner and to class. A lot of rules, including a curfew, with locked doors. A lot of events such as dances and sing-songs (yes, sing-songs, the folk era). All very corny in hindsight, but at the time we loved it. Or at least I did.

—Anita Jenkins, '66 BEd

What happened at St. Joe's '79-'82 stays at St. Joe's ... —Joe MacKenzie, '83 BA, '85 BEd, '90 MA

My first home away from home was Lister Hall. I was so shy when I started university, and that didn't actually change until well after I finished my degree, but I still had a lot of fun and cherish my Lister memories.

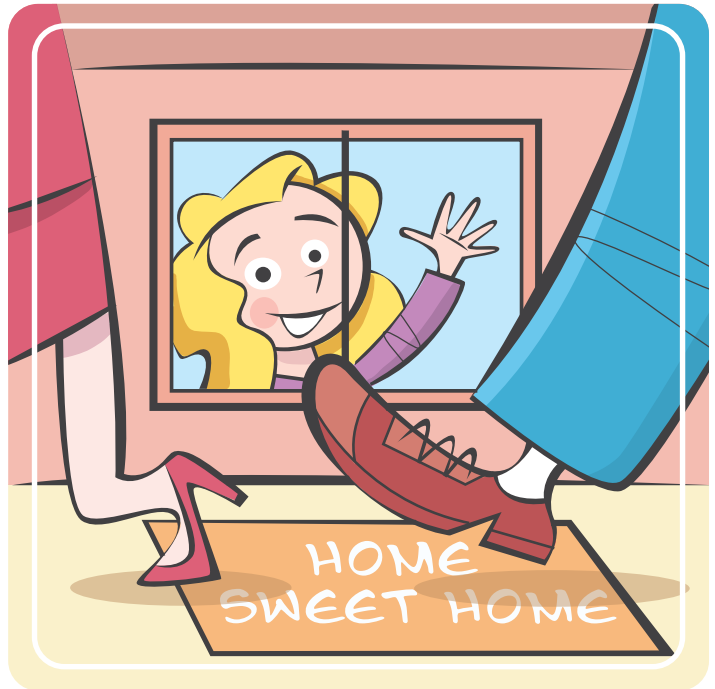
—Marie Eaton, '05 MA

My grandmother, Edith G. Hamilton, lived in Pembina Hall in 1918 and went on to graduate as a medical doctor from Long Island Women's Hospital in the 1920s to practise in Lacombe, Alta. My father, Douglas H. Shearer, attended U of A in agriculture from 1948 to 1952. He lived in St. Steve's in that time, where he made many lifelong friends! He helped to start Bar None!

—Carolyn Reilly

I remember waiting at the hitchhiking zone just north of the Windsor parkade. Usually didn't have to wait too long to get a ride back to the west end. Times have changed. Don't see many, if any, hitchhikers now.

—Don Charnaw, '77 BPE



I moved into a double basement room at Faculté Saint-Jean on my 18th birthday in 1989. My mom dropped me off with my clothes, bedding and an ironing board. LOL! All one needs for independence, I suppose. The carpet was 1970s orange and brown and there was a toilet in a small closet under the stairs. Each floor had a single phone to share and we had co-ed shower rooms. There weren't many secrets between dorm mates back then!

—Sandra Chaffee, '96 BSc



3A 9013 HUB. I still remember it. It was a -35 C day in Edmonton winter. Looked at classmates, jealousy was on their faces. Yes, the class was in Tory.

—Mu Liu, '06 BCom

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