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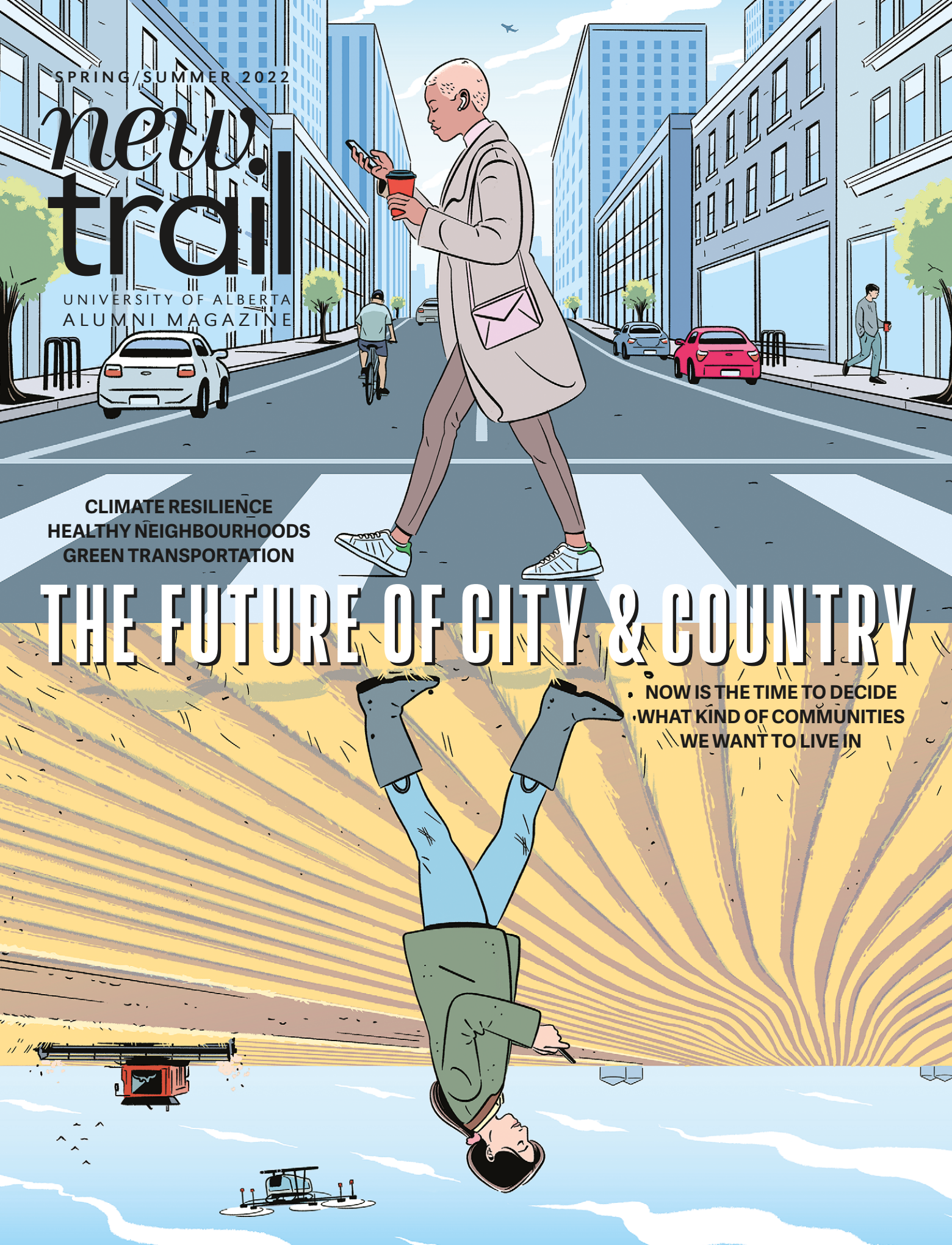
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ALUMNI MAGAZINE

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38-23307-422

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Rana Elsadig, a new civil engineering grad, and her sister Rowan at spring convocation in June. Read more about this year's ceremonies on page 2.
Photo by John Ulan

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ON THE COVER

Rural and urban communities are closely connected and so are the decisions we make about our future. To reflect that, half of our covers have the rural image on top and the other half, urban. Which one are you holding? Page 18.
Illustration by Madison Ketcham

Take Time to Celebrate Together

I ALMOST DIDN'T ATTEND MY CONVOCATION. After five years of university and with a chunk of student debt in tow, I was anxious to find a job and get started with my career. I didn't see the point in spending the afternoon waiting to walk across a stage in a rented gown. Thankfully my then-girlfriend, Anne (she's now my wife), convinced me to go.

Looking back, convocation marked an important transition for me from student to grad. I don't remember which exam I was writing a month before, or which company I was applying at two weeks later. But I remember listening to honorary degree recipient **Desmond Tutu**, '00 LLD (Honorary), give his speech to graduates. I remember hearing my name called out. That day was the marker separating my university and career experiences.

Something special happens during convocation. Each person enters the stage as a student and leaves as a grad. For that moment, your classmates, family, teachers and friends cheer for you, and an enormous and respected institution singularly recognizes you and your accomplishments.

For the students who graduated from the U of A during the pandemic, convocation was probably not the experience they expected. That's why this summer, thousands of people who graduated virtually were invited back to campus to celebrate at an in-person event, Celebrate Together. Graduates suited up in their caps and gowns to cross the stage while their loved ones cheered them on. The event came on the heels of spring

convocation in June—the first in-person convocation since the pandemic began.

We haven't had a lot of opportunities to get together in the past couple of years. So events like U of A Days (formerly Alumni Weekend), coming up in September, are all the more appreciated. Regardless of when you received your degree, U of A Days is a chance to connect with others, hear from expert speakers and tap into the student within you. Flip to page 54 for some takeaways from one of last year's events.

I may not have realized it when I was younger, but it's important to commemorate big milestones like graduation. And there's a reason we celebrate with the community of people who rooted for us and sat beside us on the roller-coaster that is the student experience. Convocation is an opportunity to briefly pause after years of hard work. It's a reason to look back at everything we've accomplished before launching into the next adventure.

As Tutu said at my convocation: "You who have graduated from this extraordinary place should be those who are ready to dream dreams, to be idealistic, to be bearers of hope."

So it is with a sense of achievement, and with the knowledge that we are seen and appreciated, that we go into the world to do what U of A grads do.



Tyler Hanson, '00 BSc(MechEng)
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What do you think about the magazine? Let us know by email or the old-fashioned way; you'll find the addresses on page 4. Letters may be edited for length or clarity.

Step Aside, Cinnamon Buns

In doing interviews for my book *Taking Care*, I met a woman named **Evelyn Magee Poznansky (Chebuk)**, '68 BEd. She was one of the first students to eat in the new Lister cafeteria in the 1960s. And the most popular item on the menu? Cinnamon buns. It turns out that Evelyn's aunt Eva "Irene" Yakemchuk (pictured) was a cook, baker and dishwasher in the Lister kitchen. And Eva was a fabulous baker. "Yes," says Magee Poznansky, "she was an accomplished baker but it is said in my family that her doughnuts were even better than the cinnamon buns!"



—Ellen Schoeck, '72 BA(Hons), '77 MA, Edmonton

Seasonal Adaptations

I enjoyed reading Curtis Gillespie's article "Let It Snow" in the Winter 2021 issue. I can relate to his layering up, but I never really learned to like Edmonton winters after moving from Kingston, Ont., in 1983. Much to my delight, however, I found summers more than made up for winter. On the warmest days, the clouds drift across the sky like small balls of cotton and the sun rises at 5 a.m. and doesn't set until 10 p.m. I took full advantage of those days to "de-layer" as much as possible, wearing shorts from the first warm day to well into October if possible, knowing winter was just around the corner. I remember one day in late October wearing shorts on my bike ride across the High Level Bridge to my studio in the Fine Arts Building and coming outside later to a snowstorm. I had to call a taxi to get home. I've learned to cope with winter from my experiences in Edmonton all those years ago, but I still don't really like it. Thanks for a great read and for the memories of being cold too, Mr. Gillespie!

—Steven Bowie, '87 MVA, Blue Mountains, Ont.

The Grads Behind the Gold

In response to "Grads Go For Gold" in the Winter 2021 issue, **Susan Massitti**, '87 BSc(PT), '87 BPE, emailed to let us know about her connection to the Olympics. She worked as a sport physiotherapist for Team Canada's canoe/kayak team at their pre-Olympic training camp in Tokyo, leading up to the Summer 2020 Olympic Games. Massitti has attended seven Olympics over the years and competed in long track speed skating at the 1998 Olympic Games in Nagano, Japan.

CORRECTION

In the "In Memoriam" section of the Winter 2021 issue, we mistakenly published the name of **John Harry Sprague**, '62 MD, as John Henry Sprague.

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



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CONTACT US

Email (Comments/Letters/Class Notes):

newtrail@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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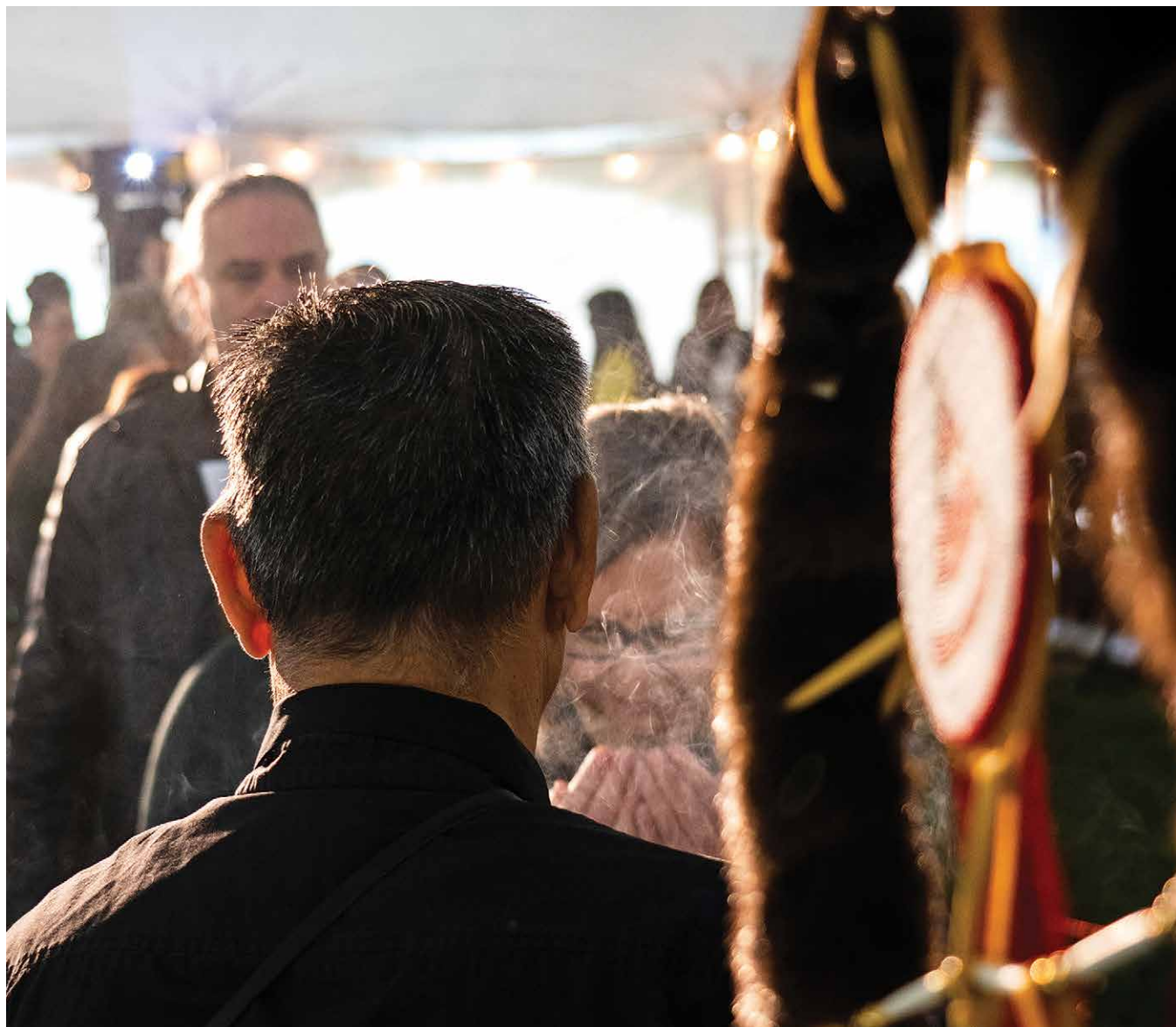
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notes

WHAT'S NEW AND NOTEWORTHY



Breaking Ground

Indigenous-led strategic plan sets concrete goals to overcome colonial barriers

ELDER FRANCIS WHISKEYJACK LEADS A SMUDGE at the June 21 launch of the university's first Indigenous Strategic Plan: *Braiding Past, Present and Future*. The five-year, Indigenous-led plan includes broad strategies and responsibilities to move toward reconciliation in post-secondary teaching, learning and research. It was developed under the leadership of **Florence Glanfield**, '79 BSc, '82 BEd, '89 MEd, '03 PhD, vice-provost of Indigenous programming and research, through more than two years of consultation with First Nations, Métis and Inuit individuals, communities and organizations as well as partners within the university. "The university is a colonial structure, and this plan hopes to break down some of those colonial barriers that have existed for Indigenous Peoples, nations and communities to fully participate," Glanfield says. —GEOFF MCMASTER

CULTURE

Community Partnership Aims to Revitalize Indigenous Languages

THE U OF A IS PARTNERING WITH INDIGENOUS COMMUNITIES on a five-year project to revitalize Indigenous languages through research and programming.

Called Supporting Indigenous Language Revitalization, the project will work with Indigenous nations and communities to carry out their own language revitalization efforts.

"SILR will be looking to the community to provide direction to determine how cultural arts and technology can be used to teach Indigenous languages," says **Pamela McCoy-Jones**, '02 BA(NativeStu), executive director of the project.

"From this engagement we will move forward to support community-led educational curriculum in language teaching and learning."

The initiative will draw on some of the university's established Indigenous language and education programs, including the Canadian Indigenous Languages and Literacy Development Institute and the Young Indigenous Women's Circle of Leadership, as well as support offered by First Peoples' House, the Faculty of Education and the School of Public Health.

One of the goals is to increase opportunities for Indigenous teachers to embed language and Indigenous knowledge in their classrooms. Other goals include encouraging Indigenous teenage girls and young adults to become peer mentors and

developing pathways to allow Indigenous language speakers to become accredited teachers.

With this collaboration, the U of A is responding to a recommendation from the Truth and Reconciliation Commission of Canada, which called for the revitalization of Indigenous languages in Canada for current and future generations.

The project will benefit both communities and the university, says **Florence Glanfield**, '79 BSc, '82 BEd, '89 MEd, '03 PhD, vice-provost of Indigenous programming and research. "We provide the opportunity for people to gain the experiences they can gain from a university, and as a university, we want to contribute to the language ecosystem." —BEV BETKOWSKI

The project is funded by a \$12-million grant from the BHP Foundation, an international charity.

NUMBERS

50K

The university's enrolment goal for 2026. With \$48.3 million in funding from the provincial government, the U of A plans to expand enrolment in high-demand programs over the next three years to advance toward the 2026 target.

ENERGY

HYDROGEN ENERGY IS ON THE HORIZON

Alberta is poised to become a global leader in the production and export of hydrogen, which many countries are eager to buy to reduce their carbon footprint, says engineering professor **Amit Kumar**, '04 PhD.

The province is already Canada's largest producer of hydrogen, Kumar says. By expanding that capacity and shifting production to "cleaner" hydrogen, Alberta could become a leading source of hydrogen in a global market that's expected to hit more than \$2.5 trillion a year by 2050. He says the skilled workforce in Alberta's energy sector could easily be trained for large-scale hydrogen production.

Hydrogen is one of the cleanest sources of energy, producing only water when burned or used in a fuel cell. However, the current process to produce hydrogen is energy intensive and emits carbon dioxide. The province plans to use carbon capture and storage technologies to make production cleaner, says Kumar. The challenge will be to harness wind and solar energy in order to produce even greener hydrogen, as the cost of production using these resources is high.

Kumar advised the Alberta government on its Hydrogen Roadmap, released in 2021, which outlines steps to expand the province's hydrogen economy on the world stage.

—GEOFF MCMASTER



SONGS OF SOLIDARITY Members of the Ukrainian and U of A communities gathered in March for a fundraising concert for Ukraine. It was one of many university-related efforts to support people affected by the crisis in Ukraine, including waiving tuition fees for Ukrainian students with Canadian study permits, creating an emergency fund to support students and scholars and offering other financial aid. To learn more or donate, visit uabgrad.ca/Ukraine. The university has many partnerships and relationships in Ukraine through the Canadian Institute of Ukrainian Studies, the Kule Folklore Centre and the Kule Institute for Advanced Study.



URBAN GARDENING MURAL BLOOMS Master's student and artist Jill Thomson has painted a colourful mural for the Canterbury Heights seniors residence in Edmonton as part of a collaborative project involving human ecology professor **Megan Strickfaden**, '89 BA(Spec), '02 MDes. The massive painting, which shows people of all ages planting a garden, celebrates the intergenerational connection between the residents and the community and incorporates neighbourhood landmarks. Thomson looked to a city councillor and community league for input and participated in art workshops with seniors whose garden-themed drawings appear in a banner below the mural. "The fact that they have a part in how the whole painting developed makes the piece really rich," says Thomson. —BEV BETKOWSKI

WELLNESS

BUILD RESILIENCE AND BOOST MENTAL HEALTH

Even now, the COVID-19 pandemic continues to take a toll on our collective mental health. "Everyone's going through it," says Suzette Brémault-Phillips, associate professor in the U of A's Faculty of Rehabilitation Medicine. "The amount of fear and anxiety, the fragility of life, people wondering about their own well-being and what happens if they get sick and how quickly things can change on a dime." No one can predict the future, but there is one thing you can do to better prepare yourself for whatever comes next: foster your resilience and adaptability. Brémault-Phillips helps members of the military, veterans and first responders process trauma. She offers tips to help you cope. —ADRIANNA MACPHERSON

START SMALL

You don't have to completely revamp your routine to make a positive change. Go for a walk, get out in the sunshine or lend a helping hand. Even small changes can affect your biochemistry and thought processes.

SPRUCE UP YOUR DESK

Whether you're working remotely or are back in the workplace, make sure your workstation is pleasant. Add some plants. Play your favourite music. Invest in a "SAD lamp," which simulates sunlight and may alleviate seasonal affective disorder.

REFRAME THE NARRATIVE

If your Twitter feed is a black cloud of bad news, take a moment to reframe the situation. "Be a little bit flexible in your thinking—not thinking the worst all the time but choosing to see what might be good in a situation, however unfortunate it may be."

WORKPLACE

ADAPTING TO A SHIFTING JOB IS BETTER THAN QUITTING, STUDY SHOWS

If you're one of thousands of workers facing big changes at work due to the pandemic or shifts in the economy, you might try giving the revised role a fair chance before you quit in frustration.

A study by U of A business professor **Trish Reay**, '76 Dip(Nu), '81 BA, '91 MBA, '00 PhD, concluded that workers who found themselves in redesigned jobs eventually adapted if they were given the right training, encouragement and support by their employers. Many even decided the new way of doing things was better.

Reay's study followed U.K. health-care professionals who faced major job changes that required them to perform tasks for which they had no training. About a third of the employees quit and the rest displayed denial and avoidance.

"People clearly didn't like it," said Reay. "They would say, 'I didn't sign up for this, and I don't want to do it.'"

The turning point comes when workers "park" their professional identities and temporarily set aside the old ways of doing things to try something new, says Reay.

"That turned out to be a bridging piece to move through what they needed to do, and then kind of pick up their identity again, much like leaving your car in a parking lot. You come back to it, and you can think about it a little differently," she says.

When adapting to changes, Reay suggests, workers should be immersed in their new assignments as quickly as possible with clear expectations from management. When given the time and space to work through the new job processes, many employees in her study saw an improvement in service delivery and reported positive professional and personal growth. —GEOFF MCMASTER

HEALTH

A Milestone in Diabetes Research

Study shows insulin-producing cells grown from stem cells are safe for transplant

RESEARCHERS ARE ONE STEP CLOSER to getting patients with diabetes off injected insulin for good.

A clinical trial conducted by an international team of diabetes researchers, led by the University of Alberta, showed that tiny implants containing millions of stem cells can help people with the disease produce insulin. For the more than three million Canadians living with diabetes, this research is another step toward a functional cure.

"It's not the endgame, but it's a big milestone along the road to success," says **James Shapiro**, '01 PhD, first author of the study and Canada Research Chair in Transplant Surgery and Regenerative Medicine.

In the trial, adult patients in Canada, the U.S. and Europe received several small implants—ranging from the size of a postage stamp to half the size of a credit card—filled with millions of cells. The cells were derived from stem cells, then chemically transformed and programmed to become islet cells, which help regulate blood glucose levels.

Of 17 patients who received implants, 63 per cent had evidence of insulin production inside the devices when they were removed after a year.

This study builds on the Edmonton Protocol, a treatment developed by Shapiro's team in the 1990s in which donated islet cells are transplanted into people with Type 1 diabetes.

While the treatment was a breakthrough, patients are required to take anti-rejection drugs, which come with side-effects. The supply of donated islet cells is also limited.

Shapiro's ultimate goal is to develop an unlimited supply of islet cells that can be transplanted without the need for anti-rejection drugs. An upcoming clinical trial will test the efficacy of transplanting islet cells that have been further engineered to remove the targets that are normally attacked by the immune system.

"We've seen a lot of advances in the last 100 years since the Canadian discovery of insulin," he says. "The race isn't over yet, but we're on our last laps and I really do believe that we can cross that ribbon." —GILLIAN RUTHERFORD

Funding from: Alberta Diabetes Foundation, Diabetes Research Institute Foundation of Canada, ViaCyte, Stem Cell Network of Canada and community support



RANKING

U OF A COUNTED AMONG THE BEST IN THE WORLD

The University of Alberta is among the top institutions in the world, according to a number of recent global rankings. Ranking bodies evaluate post-secondary institutions on factors such as reputation, quality of faculty members and research, and graduate employability. Here's how the U of A stacked up.

#1

Our nursing and petroleum engineering programs are the best in Canada, based on the latest QS World University Rankings by Subject. The programs rank ninth and eighth in the world, respectively, while the university on the whole placed 110th, putting us in the top eight per cent. We also placed fourth in Canada, moving up one spot.

#11

The U of A is the world's 11th most sustainable university, according to the 2022 Times Higher Education Impact Rankings. The rankings assess institutions based on their contributions to the United Nations' 17 sustainable development goals, including food security, gender equality and sustainable cities and communities.

#77

The Center for World University Rankings rated the U of A 77th in the world out of 19,788 universities. This was the university's best showing on the list, due in part to highly cited researchers and distinguished faculty. "We take great pride in being members of a community that inspires and supports such important, relevant and groundbreaking research and scholarship," says U of A president Bill Flanagan.

—ADRIANNA MACPHERSON AND
KALYNA HENNIG EPP



AGRICULTURE

Natural Grazing Patterns Help Protect Grasslands From Drought

RANCHERS WHO FREQUENTLY rotate cattle between fields—resembling how large populations of bison once moved across Canada's prairies—improve drought resistance in grasslands.

As part of a five-year project, a team of researchers looked at adaptive multi-paddock grazing, or AMP grazing, as an alternative to more traditional methods in which livestock roam freely at large.

"The conceptual idea of [AMP] grazing is to graze a relatively small area for a short period of time and at a high animal density, followed by an extended period of rest for vegetation to fully recover," says Timm Döbert, post-doctoral

fellow in the Faculty of Science and lead of a study published in the journal *Geoderma*. "It's meant to reflect the more natural grazing patterns under which these grasslands have evolved."

Compared with soil on traditional ranches, soil on ranches using AMP grazing absorbs up to 30 per cent more water from the surface of the ground, researchers found. Methane uptake in the soil was also 1.5 times greater.

Grasslands naturally cover more than 30 per cent of the land on the Earth's surface and are critical for safeguarding wildlife and mitigating the impacts of a changing climate, says Döbert.

"The way we manage those grasslands has far-reaching implications for biodiversity, climate and food safety," he says. "If we can identify on-field management changes which are fairly easy to implement ... this will provide ranchers with potential strategies to better adapt to a changing climate." —MICHAEL BROWN

QUOTED

"People think space is the final frontier, but there's a whole world under our feet that is one of the last remaining unknowns."

Researcher and PhD candidate **Stephanie Chute-Ibsen**, '16 MSc, is investigating how soil-dwelling invertebrates such as mites and bugs can contribute to soil reclamation in coal mines

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**Covenant
Health**

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.



A Matter of Meat

I GRILL IT, FLIP IT AND SERVE IT, ALL TO PERFECTION. BUT MY REASONS FOR NOT EATING IT ARE LESS GLOBAL CHANGE AND MORE PERSONAL CHALLENGE

I was standing at the barbecue the other day overseeing the grill, paying close attention, as I always do, to the varied cooking preferences of immediate and extended family members. When you grill beef, chicken and salmon and everyone likes theirs cooked differently, you've got to be on your game. Luckily, I have two intrinsic talents, universally acknowledged as flawless. One is loading the dishwasher in a breathtakingly logical manner; the other is grilling meats perfectly. Anyway, while at the grill admiring my skill, a small chunk of beef fell into the flames, where it sizzled and charred, the smoky scent rising. The sense of smell connects profoundly to memory, and that scorched bit of beef shot me straight back to growing up in northwest Calgary in the 1970s.

I was brought up in a liberal household, rare for that place in that time. It's too easy to satirize it as a kind of socio-cultural desert. There were few restaurants, no coffee shops, a marginal arts scene. There were some local writers, such as W.O.

Mitchell, but the literary landscape was shallower than a prairie slough. It was a uniform world: you worked in the oilpatch, voted Conservative and your life moved between straight, white lines.

That wasn't the case in my house. My dad ran his own glass and trim company. My parents were the only two Liberal voters in Calgary and my mother had a thing for Pierre Trudeau. Their friends three doors down had a gay brother from Copenhagen whom my parents befriended and visited in the 1980s. We had Austrian neighbours across the alley attuned to the joys of sunbathing alfresco. Our house was full of great works of literature and all kinds of music. I'm sure my mother was the only adult in the neighbourhood who bought Pink Floyd's *The Wall* for herself. She even got us kids to practise meditation—a failure, but it showed a willingness to entertain ideas outside the mainstream. We kids had a rich and open upbringing on every front.

Well, except for one.

There was one cultural stance so far outside the norms of 1970s Calgary that neither my liberal parents nor our eclectic friends could imagine it. The practice was so unusual that it wasn't until well into adulthood that I realized there were people who adhered to this custom. When I first learned of it in university, I was skeptical, then incredulous.

I speak, of course, of vegetarianism.

Don't get me wrong. I suppose we did eat *some* vegetables when I was growing up. Or at least *a* vegetable. Mashed potatoes with gravy, boiled potatoes with gravy, roast potatoes with gravy. A potato is technically a vegetable, but to us it was something you covered with meat juice. We had celery with Cheez Whiz, so I guess that counts, and by that metric so would the lettuce on a taco or a jalapeño on nachos. I'm sure my mother will contest this reading of our nutritional history, but I don't have a single memory of eating a brussels sprout, a stick of asparagus or a yellow pepper. If she'd put bok choy in front of me I might



by Curtis Gillespie

not have even recognized it as a food.

It was a carnivorous time, and there was nothing that celebrated it more than the battle for the top piece of our Sunday roast. My mother would coat the roast liberally with salt and pepper and when it came out of the oven, the aroma of meat filled the house so deliciously that the only way to properly honour the scent was to score the top piece.

With five bloodthirsty siblings, it took cunning to secure that top piece. You had to observe shopping patterns, take stock of the freezer's contents, sometimes hide the frozen roast under french fries and fish sticks. Disinformation campaigns and fake menu reports often worked. Waking times were vital. My mother's, that is. Sunday was both church and roast day (one of which we welcomed). There was a rule that you couldn't call top piece until roast day, so there was often a contest on Sunday mornings to time one's rising to coincide with that of my mother, who was the final arbiter on top-piece calling. She had to hear you call it or it didn't count. Which meant you had to get to her early. Waiting until the roast was in the oven was pointless, since the scent drew siblings like zombies to a fresh corpse.

Once you secured top piece, even church wouldn't seem so bad. Then would come dinner and that roast would come out of the oven. My father would slice the top piece and place it on your plate, at which point you would admire its crispy, gluey, semi-burntness, while your siblings looked on jealously. The best days were when we had puffy Yorkshire pudding with dinner, purpose-built to hold gravy and meat bits.

Such were the flesh-eating habits of my upbringing. I share this partly out of remembrance but partly to demonstrate how deeply embedded are my childhood memories of meat. Eating meat seems connected with just about every major recollection, from Sunday roast to Saturday steak and tater tots (which accompanied *Hockey Night in Canada*) to pans of crispy bacon on holiday mornings to watching my dad barbecue hamburgers in the backyard to

cooking hot dogs over open fires while we camped at Gull Lake. Meat wasn't just food, it was our life. It never occurred to me that a life could be lived without it.

You know where I'm going with this.

Several years ago, a couple of vegetarian friends (an oxymoron until then) began badgering me, relentlessly pointing out that meat wasn't essential and that one's nutritional needs could be met without it. To quiet them down, I thought I'd dip my toe into the waters of vegetarianism. Just for a few weeks, just to see what happened.

The first days were lost in a fog of confusion about what, precisely, I was supposed to eat. My wife and daughters weren't helpful. They were and remain apex predator omnivores. I was on my own, scrambling for pasta sauces, bean dishes, curries. I was so busy trying to figure out what to cook that it wasn't until a few weeks later that something hit me.

I wasn't craving meat.

Weeks passed, then months, through a long Edmonton winter. I knew the test would come with barbecue season. Tossing a few chunks of chicken into a stew is a much different sensory experience than tending a steak on the grill. Late May came and my wife and daughters were keen to barbecue, so one night, they got some steaks. I was out there in the backyard, watching the smoke rise, smelling the admittedly delicious aroma. I poked, prodded, turned and basted as usual. When the meat was done, I took it inside and we had dinner—I don't remember what I ate, but the steaks looked and smelled pretty good. What surprised me was that my body didn't crave the meat.

Now, I have to make clear that I am not the strictest vegetarian, for two reasons. The first is that I still sometimes eat fish. That was just the bargain I made with myself long ago, that I'd give up land animals but still have the rare piece of fish. The second reason is that when we go to someone's house for dinner and they serve meat, I just eat it. I'd rather not make a fuss. My goal isn't to pass a purity

test but to have a lighter footprint.

What has been the result after nearly 10 years of not eating meat? You'd be warranted to expect a physical change. In fact, my wife has commented that I'm now "ripped" and that my physique makes her want to ... oh wait, sorry ... that's the fantasy novel I'm working on. Truthfully, I haven't noticed significant physical changes. When I was a slaving caveman gnawing on charred ribs, I was not particularly muscly and had a bit of a belly. Now that I nibble on lettuce and carrots, I am not particularly muscly and have a bit of a belly.

Nor do I claim to be a better person, so look elsewhere for an anti-meat diatribe. The reasons for not eating meat become more obvious the longer you adhere to them, and meat ultimately becomes less about food than logic. Why eat it when you don't need to?

So, if you are what you eat, what am I? Someone who made a change I never thought I'd make. I've learned how much we can change if we want to and, conversely, what we don't change because it's a routine or a childhood holdover. I've realized that we're more flexible than we credit ourselves with. And it's clear that the pleasure we draw from what we consume is more about variety than habit. I'm proof. Just recently, to test my ability to effect significant change, I had my martini with an olive instead of a twist.

So there I was the other day, standing at the barbecue, grilling a selection of meats even though I don't partake. I'm like an atheist offering communion at church. We humans have an amazing capacity for change and adjustment. Despite the sensory experiences that grilling invokes and despite my childhood memories, I know that although I'll grill the meat, tend the meat, serve the meat and be happy that others enjoy it, one thing I won't do is eat the meat. ■

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.

Some of our grads are at the centre of experiences others only read about. Their perspectives bring us close to the story. From Kyiv, **Olga Ivanova**, '18 MA, is an Edmonton writer and communications strategist whose parents' lives have been disrupted by the war in Ukraine.



by Olga Ivanova



We Can Hear the Fighting From Afar

THERE'S NOTHING I CAN DO FOR MY FAMILY IN UKRAINE—EXCEPT TO PLAN FOR BETTER DAYS AHEAD

“How's the night going in Kyiv?” I send yet another message to my family group chat and, in my house in Edmonton, I stare at the screen waiting for someone to start typing.

“It's been quiet over here,” my dad's speedy reply comforts me.

“Russian troops marched through the village where your aunt is staying. They are heading towards the capital. We are home. Happy birthday, my dear! Mom is asleep, we'll call you in the morning.”

“It's not until tomorrow,” I answer. This is notable because it's the first time my dad, the keeper of milestones in the family, has got my birthday wrong.

“I'm sorry, love! I jumped the gun. I don't have my calendar on me, and I completely lost track of time. I wish days would go faster and this nightmare would end soon.”

The war and the stress of it distort our sense of time.

When the war first broke out in late February, my parents spent their days in their apartment glued to the Ukrainian state TV. At nightfall, at the first sound of air raid sirens, they sheltered in a nearby school basement bunker, resting to the sound of shooting and shelling. They have since had to move, more than once.

“Are you guys OK? Can you hear the shelling?” I send another text at 4 a.m. — my worried mind keeps running amok. Though I am far from the turmoil, I haven't slept more than a few hours at a time.

“We're OK, in a shelter,” they respond. “We can hear the fighting from afar.”

As the Russian troops close in on the city, I decide there is no other choice for my family but to run for safety. Leave everything behind and seek refuge outside Ukraine. Start afresh where they won't have to fear for their lives.

At least, this is my conclusion. It's the only solution I can think of. A smart choice I made for them, commiserating and aching from the comfort of my home in Canada.

“You don't actually know what it's like to live in a country where innocent people get killed,” my mom writes, cutting me off while I list the many friends and family

outside Ukraine who could host them.

No, I don't know what it's like to have a war at my doorstep. I hope never to feel the pain and despair of having the life I worked so hard for ripped away from me. And then to be told to just take off! No matter how much I love my family, it is not my place to ask them to uproot and leap into the unknown. I need to trust that they know what's best for them.

So, instead of delivering them my idea of a resolution while I'm so detached, I've been grasping at the small bits of the present and the past that hold us together, latching onto what is immediately in front of us. I've been digging up old photos of our family trip to Austria, or telling them stories of my adventures in parallel parking. Listening to my mom scold me about still biting my lips. Laughing at my dad making up words in Ukrainian.

It seems as if there's no end to this nightmare, and I can't even begin to think how long and agonizing it will be to heal from this trauma. The only time I look ahead is when I fall victim to my Type-A brain's need to plan.

So I plan.

Where are we going on our next family vacation? I drift away to the thoughts of us wandering the streets of some old city, immersed in local legends and stories. If we were to visit a castle or a royal palace, we would have to start the day right: with a big brunch somewhere nice where the smell of fresh buns makes you feel at home. Locally roasted coffee is a must — and they had better serve light roast. My mom might want dessert, and my dad loves aged cheese. My partner, Marc, will definitely want a big plate of eggs — he's always starving.

And after we've pecked at one another's food, a new day will finally begin. A new day of making family memories. ■

Since she obtained her master's from the Faculty of Arts, Olga Ivanova has worked in communications, which marries her creative and analytical sides. At work, she hopes to engage, spark action and inspire change. She's now a proud Edmontonian who enjoys biking, skiing, disc golfing, and running in the river valley.

thesis

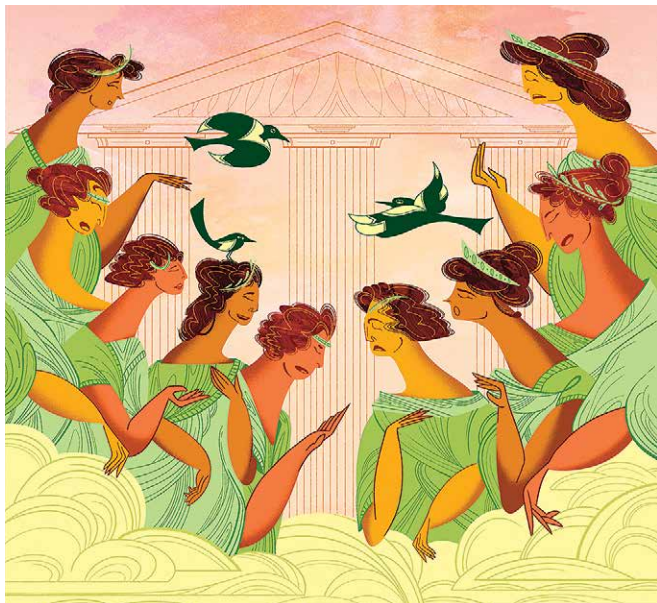
DIVING DEEP INTO ONE IDEA



Who Gets to Create?

The cure for the daily grind must certainly be the frisson of creativity. The good news? We have no limit on the latter

CREATIVITY IS AN INHERENTLY HUMAN IMPETUS. From doodling to solving complex problems, we people like to make things, even when that includes the occasional mistake. From medicine to business to fine arts and more, whether we are figuring out a new way of doing something or a novel approach to helping someone, our will to create is what makes our endeavours both successful and satisfying. ■



It Lies in the Making

Humans can't help but create—the evidence is in our books, our gardens and even in our gods. And in enacting our creativity, we define our humanity

GREEK LEGEND HAS IT THAT nine sisters once challenged the muses to a singing contest.

Not wanting to appear threatened by lesser mortals, the goddesses of the arts agreed. What ensued was an epic battle of song and story from which the muses emerged victorious. Enraged, the sisters rushed to attack the muses, but as they stretched out their hands, they saw their nails turn to claws. Their shrieks became squawks and feathers sprouted from their arms. Their punishment for challenging the gods was transfiguration. And so, magpies were born.

Creation stories are staples in mythology. They explain the existence of pretty much anything you can think of: the sky, humans, magpies—even

practices and values, says **Kelly MacFarlane**, '02 PhD, a teaching professor in the classics program at the University of Alberta. In these myths, it's often the gods doing the creating, but behind the scenes humans are at work, and they make a case for our collective need to create.

"We create our gods in our own image," she says. In Greek myths, that means gods often look and talk like humans and they embody human imperfection. It also means the gods themselves are creative. "We ascribe to the gods the creation of the cool stuff, like the universe," MacFarlane says, "and then we create stories about them."

At the heart of it, she says, is the desire to remember and be remembered.

Consider the muses: Each

one is the goddess of an art form—epic poetry, hymns, dance, comedy. They're also the daughters of Mnemosyne, the goddess of memory. The muses are the wellspring of the arts, the source of human creative ability. And what they're doing, MacFarlane says, is "inspiring you to do the things that make it possible to remember."

Modern storytellers have their own reasons for creating. For author **Gail Sidonie Sobat**, '83 BEd, '91 MA, nurturing creativity in her own life is good for the soul. And she's passing on the benefits to the next generation.

Twenty-six years ago, she started YouthWrite, a camp to cultivate creativity and writing skills in kids. But the seeds were planted much earlier, when her Grade 3 teacher called Gail's mom one evening. "She said, 'Do you know that your daughter is a writer?'" Sobat recalls. "That validation buoyed me up through the awful junior high years ... and assigned me an identity."

Now, she helps youth find that same encouragement through her camps. For a week, a community of young people make art, take risks and love words. In her experience, they head home with a lot of self-confidence, facility with language and the feeling that they have a voice.

For Sobat, writing does even more than that. It allows her to contemplate life's challenges and to consider everything she thinks she knows about humanity. "The arts teach us to look up from our lives, and to look to others," she says. "To look out at the world beyond, to develop empathy and compassion for others, but also to ask those big questions."

There's also the simple joy of telling a story or creating a

character you didn't know lived in your head somewhere, she says. "You look up and you see this character on the page who's developing and struggling and finding ways through, and showing courage that maybe you don't have." While she's not keen on happy endings, she offers readers slivers of hope. And she finds that the act of writing brings her some, too.

"It's a joyous endeavour to create," she says. "And then I can face the fact that the world is in dire shape. I can face that, somehow, through the act of creation."

For many, experiencing a world created by someone else can be just as powerful.

If you've ever visited the Aga Khan Garden at the University of Alberta Botanic Garden, you may have noticed the symmetry at the centre of the space, the presence of still and running water. You might have felt wholly serene.

"It's supposed to reflect heaven or eternity," says Emily Neis, former senior horticulturist for the Aga Khan Garden. Based on Islamic gardens from the Mughal empire, the Aga Khan Garden leads visitors through a peaceful space separated by stone walkways, rectangular pools and lowered beds filled with grasses and colourful flowers. Guests sit on the lawns to sketch or watch for wildlife. For the botanic garden's 100,000 visitors each year, the Aga Khan Garden is a taste of paradise.

"A lot of people come just to see something beautiful," she says. "They want to spend time outdoors and escape a hectic, busy life." But they also get a cultural experience. Not everyone can visit South Asia, but visitors to the garden can connect with Islamic culture through the architecture and planting style.

"It's a joyous endeavour to create. And then I can face the fact that the world is in dire shape. I can face that through the act of creation."

Gail Sidonie Sobat,
'83 BEd, '91 MA,
author and teacher

People familiar with Muslim traditions might notice that the geometric patterns in the concrete fences symbolize eternity, but you don't need to know the meaning behind every symbol in the garden to appreciate it. "If you're doing a good job creating an environment," says Neis, "you can really make people feel things."

Working with the garden is not always straightforward. When you create alongside other living things, such as plants, insects and animals, your work of art is bound to turn out different than you imagined. Such as when Neis buys a bunch of irises for a display and one is the wrong colour, or her tulips get gobbled up by deer. The imperfection, she says, is just part of creation. "A lot of times as humans we try to be perfect in our creative endeavours, but having those little mistakes—I think that adds beauty."

Imperfection is in our gardens and our gods. But that's just the human touch. MacFarlane, Sobat and Neis all agree—to create is innately human.

Creation doesn't have to be perfect. It just has to be.

—LISA SZABO, '16 BA



HOW DOES YOUR BRAIN CREATE MEMORIES?

There are the bare facts, and then there are the rich details and nuance of context

YOU ARE YOURSELF, IN PART, BECAUSE OF the way your brain stores experiences as memory. But these autobiographical memories—real-world memories from your past—are challenging to study because researchers can't measure contextual details. That is, when you think of a vivid personal memory, you don't recall bare facts—you also remember details such as your emotions, your physical state, scents and sounds. Some memory studies rely on neuroimaging such as fMRI scans, but this technology offers limited insight into memory creation because it lacks an immersive environment.

Technologies such as 360-degree, 3D video cameras and MRI-compatible binocular headsets are changing that. Familiar to virtual reality gamers, this technology is letting participants in a U of A study plunge into a virtual world. That, in turn, allows Peggy St. Jacques, a researcher in the Faculty of Science, to watch as people's brains create new memories in her Memory for Events Lab. St. Jacques is one of 118 exceptional early-career researchers across the U.S. and Canada to be named 2022 Sloan Research Fellows.

After the scan, participants in St. Jacques's study answer questions about their recollections. "We are understanding for the first time how the brain forms real-world memories," says St. Jacques, who also holds the Canada Research Chair in Cognitive Neuroscience of Memory. "Understanding how the brain supports how we initially form real-world memories has been elusive until now."

St. Jacques has her eye on practical applications. Her work has the potential to change how we understand memory, she says, and it could lead to new insights and treatments of Alzheimer's disease and post-traumatic stress disorder. Now that is memorable. —ADRIANNA MACPHERSON

When Athletes Make New People

PEAK ATHLETIC PERFORMANCE OVERLAPS WITH fertility. When you're an elite female athlete creating a new, tiny human while trying to stay at the top of your game, you're in uncharted territory. "You have to make the decision between being an athlete and being a mother. I can't imagine a bigger gender equity topic in sport than this," says Tara-Leigh McHugh, a researcher in the Faculty of Kinesiology, Sport, and Recreation. She worked on the project with Margie Davenport, an associate professor and former Canadian national team synchronized swimmer. Their findings lay out a path to better support female athletes.

Research Is at the Starting Blocks

Twenty athletes who trained or competed at the elite level before and during a recent pregnancy participated in a study, offering a first-hand perspective with implications for women's sport at all levels. The study resulted in findings that can be used to inform draft policies for pregnant athletes to navigate the overlap of sport and fertility. They found that athletes interested in having a family typically face three options: continue to compete and risk missing the window to start a family, retire from sport to become mothers, or attempt to do both with little support and few resources.

Pregnancy Isn't a Sports Injury

Pregnancy poses a risk to an athlete's livelihood. For example, Athletics Canada's Athlete Assistance Program is a source of funding for many elite athletes, and the organization uses a carding system to determine which athletes get financial support. Athletes who were injured and temporarily unable to compete may apply for an injury card—but only once. Female athletes would apply for the injury card to cover pregnancy but then they'd be ineligible for a second card if they sustained an actual injury later. In 2015 Athletics Canada changed the policy after a challenge. But pregnancy remains classified as an injury in other organizations.

Five Areas Need Better Support

The study identified five key areas to better support athletes: pregnancy planning and fertility, pregnancy disclosure and discrimination, training pregnant bodies, safety concerns, and equitable funding. Davenport also led the development of the 2019 Canadian Guideline for Physical Activity Throughout Pregnancy, which applies to ordinary Canadians. But she says that guideline doesn't apply to elite athletes, given the amount they need to train. There's a lack of evidence-based information to guide female athletes, their health-care practitioners and their coaching teams. McHugh says the athletes' responses provide the information necessary to birth new and better policies. —ADRIANNA MACPHERSON

A Bridge Between Muscle and Nerve

Researchers create the conditions for connections between these tissues by encouraging the nerves to grow faster

WHAT DOES IT TAKE TO CREATE A bridge between injured nerve and muscle? And why would you need to?

After an injury, if a regrowing nerve can't reach the muscle fast enough, "you're not going to get a functional repair," says Christine Webber. She is an associate professor and member of the Neuroscience and Mental Health Institute, which is a U of A-based teaching and research institute comprising more than 150 scientists and clinicians.

"We use the term 'time is muscle,'" Webber says.

She explains that, in about three per cent of trauma victims who incur peripheral nerve injury, nerves will regenerate too slowly to make the connection. When that happens the muscles may atrophy.

To create the conditions for healing, Webber is working with plastic surgery resident **Jenna-Lynn Senger**, '19 PhD, and physical rehabilitation clinician Ming Chan, to study conditioning electrical stimulation, or CES. They started by reviewing literature, and their latest work looks at animal models with

foot drop, a common injury that also affects human patients' quality of life by impeding walking.

Previously, the only treatments for foot drop were orthotics that affect a patient's gait, or surgery. Webber, Senger and Chan found that electrically stimulating the damaged nerves at the fairly low rate of 20 hertz for one hour, one week prior to surgery caused the nerves to regrow three to five times faster than surgery without the CES treatment. The results are promising and the group aims for further study.

CES could be an effective tool with the ability to create faster nerve regrowth elsewhere in the peripheral nervous system, for example. Chan, also a member of the Neuroscience and Mental Health Institute, has started a clinical trial using CES prior to surgery on the wrists of patients with carpal tunnel syndrome. Likewise, Webber hopes to bring the information she gained from stimulating and transferring leg nerves to clinical trials within the next year or two.

—ADRIANNA MACPHERSON

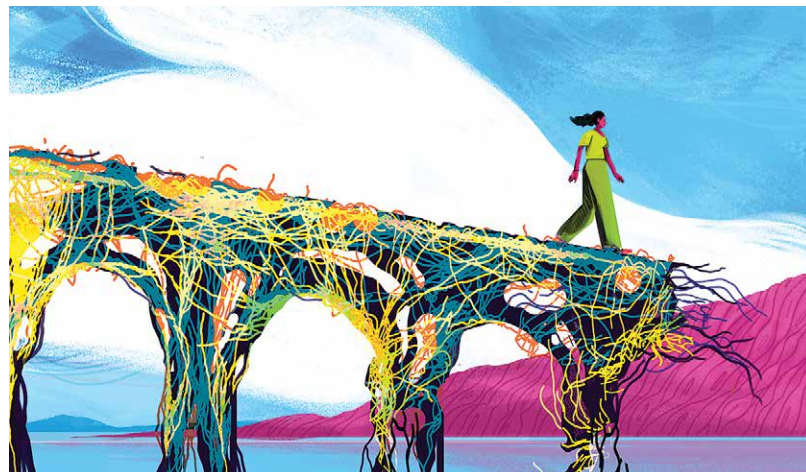
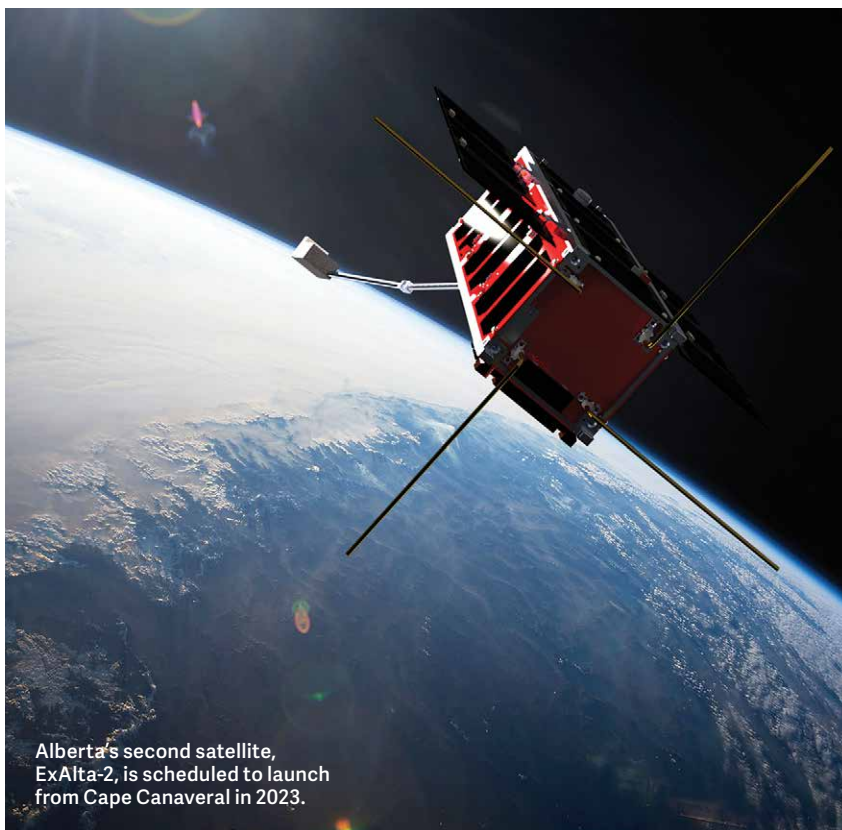


ILLUSTRATION BY JOSH HOLINATY



Alberta's second satellite, ExAlta-2, is scheduled to launch from Cape Canaveral in 2023.

STUDENT GROUPS CREATE THEIR OWN CHANCES

ENGINEERING PROJECT CLUBS PROVIDE a sandbox that lets future engineers make new things, sometimes starting with mistakes. COVID-19 put the clubs in jeopardy, but they are coming back strong and punching above their weight.

OVERHEAD

"It's not something you expect a group of students to do because of the technical complexity," says Thomas Ganley, an engineering physics student and project manager of the club AlbertaSat. The club is working to create the province's second satellite, Ex-Alta 2, scheduled for launch in early 2023.

AlbertaSat brings the processes, training and leadership of a professional engineering company to bear, which is kind of the point. "Tech and technology development, debugging, working through problems, designing or planning the phases of a mission gives you useful skills," Ganley says.

Ex-Alta 2, part of a group of satellites called Northern SPIRIT, is scheduled to

launch to the International Space Station in January 2023 from Cape Canaveral, Fla. From there, it will deploy into orbit, from where it will monitor earthly wildfires, wildfire risk zones and burned areas. It's one of a variety of engineering project clubs.

ON THE RACETRACK

Other clubs, like EcoCar, take on equally massive projects. EcoCar designs, manufactures and then races a hydrogen fuel cell vehicle every year against teams from around the world. Project manager Rafid Khan, a mechanical engineering student, says clubs give students spaces to fail (and try again).

"A lot of what we do in class is theoretical," Khan says. "With EcoCar, a huge focus is hands-on experience. If you want to design something, design it. You're going to make mistakes, learn and get better."

In April 2023, the EcoCar team will compete against hundreds of similar clubs in the Shell Eco-marathon, which

brings students from around the world to design, build and operate energy-efficient vehicles.

CLUBS, INTERRUPTED

From March 2020 until February 2021, like everything else, engineering clubs moved online, pivoting to a design-only focus. They were forced to manage project delays while losing members and struggling to find students to fill the gaps. Plus, EcoCar's competition moved to a virtual space that year — not quite as fun as racing a car you built with your bare hands.

"A big draw for us is to give students hands-on experience on machinery or welding or carbon fibre manufacturing," says Khan. "It was tough to keep them around without that."

The groups' funding suffered, too. "EcoCar saw corporate sponsorship quiet down at the beginning of COVID," says Khan. AlbertaSat's membership fell during the pandemic. "We have an obligation to the Canadian Space Agency to fulfil, and the work has to get done," says Ganley. And those experiences affect students beyond university.

IN THE REAL WORLD

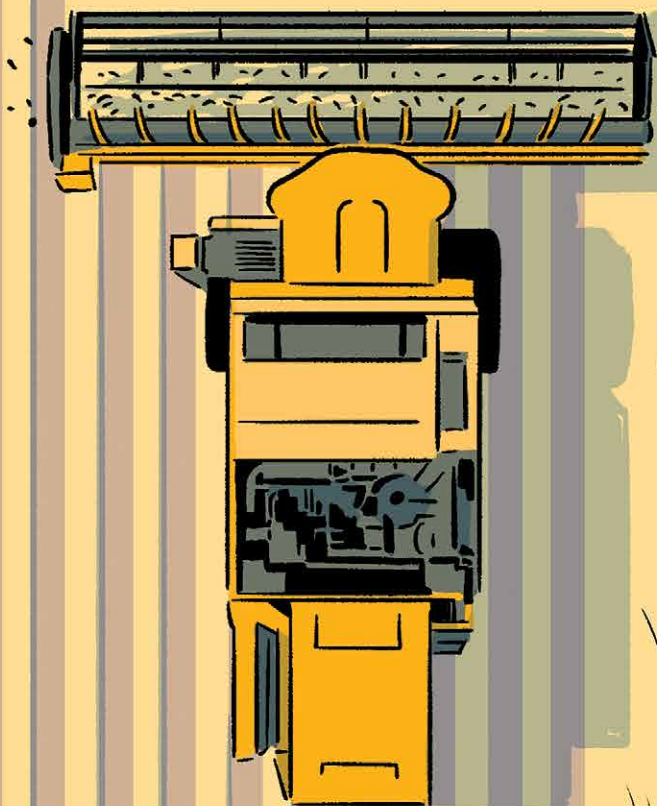
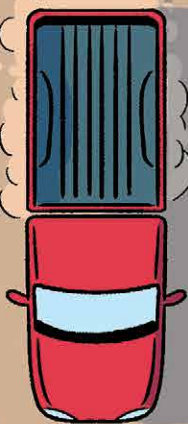
"I think of my job as EcoCar but in real life," says **Aishwarya Venkitachalam**, '20 BSc(MechEng), an EcoCar alumna and current mechanical design engineer at Tesla. "I'm doing similar things at Tesla now, just at a much higher magnitude."


Venkitachalam, who served in various roles in EcoCar, vividly remembers working long nights at the club. The experience allowed her to explore her creativity and gave her confidence when choosing a career in mechanical design. "My internships and my career couldn't have happened without EcoCar," Venkitachalam says. "Clubs give you what companies look for — a solid understanding that comes from practice. You will carry the experience throughout your career."

—KALYNA HENNIG EPP

Student project clubs, including EcoCar, AlbertaSat and others, enable students to hone their skills and prepare for their careers. Many clubs are generously supported thanks to the Spirit of George Ford Endowment Fund, founded in memory of the U of A's Dr. George Ford.

CITY AND COUNTRY: TH

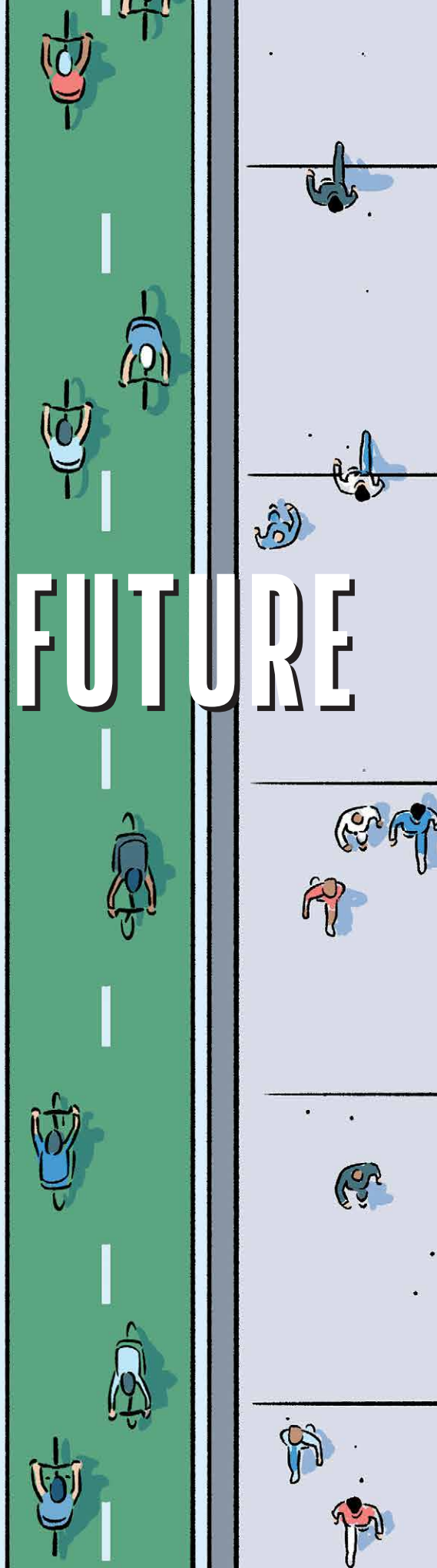
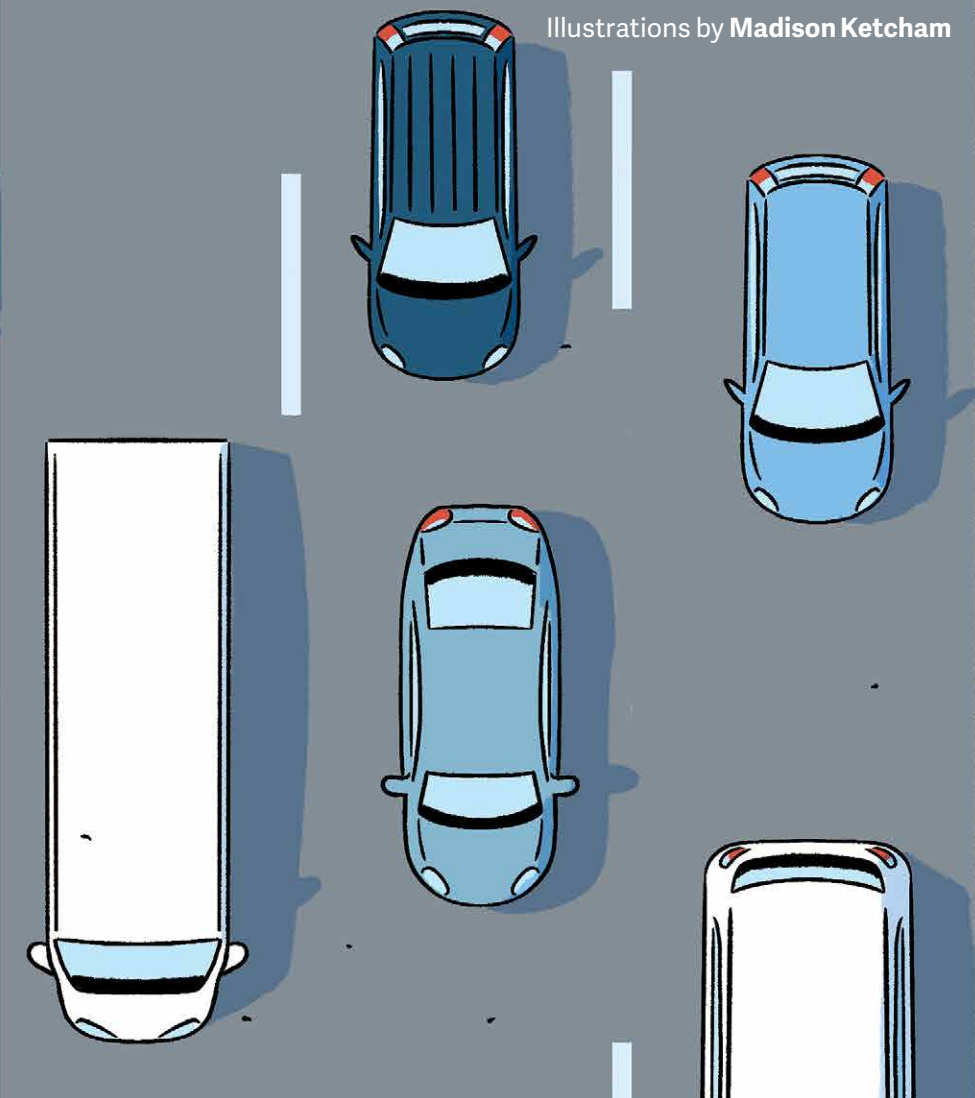




IF WE WANT LIVABLE, SUSTAINABLE
COMMUNITIES, WE WILL HAVE
TO TACKLE SOME OF THE BIGGEST
CHALLENGES OF OUR TIME.

E SHAPE OF THE FUTURE

Illustrations by **Madison Ketcham**



Cities and rural areas around the world are facing big changes and big challenges. A lingering pandemic. Climate change. Access to the food, fuel and goods we depend on to live. Fortunately, forward thinkers are harnessing research and bold ideas to create better communities for all of us. What will the future look like where you live? The answer, as with our two stories, requires examining rural and urban issues alongside each other.

REIMAGINING CITIES

By **Gillian Rutherford**

SANDEEP AGRAWAL SMILES AS HE CLOSES HIS EYES:

"Let me stretch my imagination," he says.

I've asked him to envision the next 50 years for Canada's cities. There are so many challenges ahead — environmental, political, fiscal, demographic — it would be easy to feel discouraged. But Agrawal loves this part of urban planning and it's not a surprise, given that he is a professor and the first director of the University of Alberta's School of Urban and Regional Planning.

On social media, Agrawal calls himself "a common sense planner," but he recognizes it's also important for him and other U of A urban visionaries to dream big.

"Just imagining the future is very difficult, and yet, it is upon us," he says. "It has the potential to bring the most significant change that has ever happened to our cities, ever."

As he casts his mind toward the future, the very first thing that comes to Agrawal has a Jetsons ring to it: autonomous vehicles.

That one factor — self-driving cars — could address some of the daily challenges of city living. If your car can drive itself, there's no need to park it right outside your house or office. You can send ➤

83

The percentage of Canadians who live in urban centres

RURAL FRONTIERS

By **Robbie Jeffrey**, '12 BA

I STILL REMEMBER THE FIRST TIME A HUMMER H2

parked at my small town's hockey rink. That's what high oil prices used to mean for rural Albertans: good-paying jobs, new vehicles in the occasional garage, McMansions on freshly paved cul-de-sacs and more money in municipal coffers. During the oil boom of the early aughts, I grew up near Lloydminster, Alta., where Husky Energy's refinery and upgrader dot the border city's boundaries. The fate of the community was intertwined with the fate of industry, that was clear, and when oil prices rose, so did our quality of life, far beyond consumer goods. New hospitals, rec centres, schools. No one likes taxes, but we liked what they built for us.

The heady days of oil booms in rural Alberta — and Alberta, in general — come and go with uncertainty. More importantly, the fate of small towns and rural areas appears to have come untethered from the resource industries that for so long kept these places alive. Even when oil and gas prices are high, rural areas continue to decline.

Rural communities around the world share the experience of decline. Almost anywhere you live, you can see it on a drive outside the sprawling bounds of cities. What were once thriving rural ➤



Sandeep Agrawal, director of the School of Urban and Regional Planning, has studied cities around the world.

REIMAGINING CITIES

it a text to come get you when you're ready. Since most of us use our cars for less than five per cent of the day, it makes less sense for everyone to own one, meaning greater use of ride shares and taxis and fewer cars on the road. Suddenly you've solved gridlock, shortened commute times and reduced carbon emissions. Cities might even find they no longer need as many roads, saving tax dollars for other priorities and freeing up space for more housing, parks and walking paths.

It's just one of the many possibilities we need to consider now to plan for a future in which cities meet the many challenges ahead — and also meet our desire for livable, equitable, healthy spaces.

ACCORDING TO THE UNITED NATIONS, 68 PER CENT of the world's population will live in cities by 2050. In Canada, more than 83 per cent of us already do.

Cities are the crucible where many of society's problems come into focus. In Canada, one of the most pressing challenges is a severe housing shortage. Canada would need to build 1.8 million more dwellings to have the same number of homes per capita as the average of other G7 countries, according to a January 2022 report by the Bank of Nova Scotia. Home prices have fluctuated recently but continue to rise in most cities, putting ownership out of reach for many. Every Canadian city has witnessed an increase in homelessness during the pandemic.

These are the kinds of challenges Agrawal and his colleagues at the School of Urban and

"[THE FUTURE] HAS THE POTENTIAL TO BRING THE MOST SIGNIFICANT CHANGE THAT HAS EVER HAPPENED TO OUR CITIES, EVER."

— SANDEEP AGRAWAL

RURAL FRONTIERS

communities struggle to sustain or grow their populations, provide basic services and upgrade infrastructure. People leave for the cities, seeking education and the "knowledge economy" jobs that, for the most part, aren't available in rural communities. Parents who want their children to take over their farms, homes or businesses also want them to have better lives, so they help their children move away and roll the dice on whether or not they'll return. Population decline means fewer workers and customers, a smaller tax base and less-viable businesses. The average age of the population increases, putting pressure on the few services — say, long-term care facilities — that still exist. It all contributes to a downward spiral for communities that can't find a way to remain viable.

Yet, paradoxically, researchers and other experts will tell you rural areas will — in fact, must — play a growing role in their countries' development.

According to the United Nations, rural areas are where "synergies between major development factors" such as migration, energy, health care, water and food security, climate change, and poverty will be realized. Already, among the 38 countries in the Organization for Economic Co-operation and Development, between 20 and 60 per cent of renewable energy investment is located in rural areas. Rural communities are on the front lines of catastrophic climate change, affected most immediately by drought, flooding, crop failure and wildfires, notes a 2021 report by Natural Resources Canada. Rural areas have an outsized influence on conservation efforts and policy, too. Above all, there are people behind these policy and development issues, and the question of what happens to rural areas is, at its core, a question of what happens to rural people.

One of my favourite songs from the Albertan rancher and country singer Corb Lund is called *This Is My Prairie*.

"I'll make my stand here, and I'll die alone," he sings.

DRIVE DOWN SOUTHERN ALBERTA'S COWBOY TRAIL, OR Highway 22, and you won't just see the cowboy-country landscape, like the Rockies in the distance, historic ranchland on either side, or the rolling foothills and woodlands. You'll see rural mythmaking, too. A self-consciously rural esthetic reveals itself in neon silhouettes of pensive cowboys, ranch resorts, trading post landmarks and rodeo murals painted on the brick walls of pit stops. More than almost anywhere in North America, the cowboy style, which underpins rural mythology, is alive and kicking in Alberta. But the reality behind the myth is evolving, say U of A researchers.

"The nature of agriculture has really changed ➤



REIMAGINING CITIES

Regional Planning examine to help municipalities and other levels of government prepare for unprecedented—and unpredictable—change. The school, in the faculties of arts and science, conducts research and provides policy direction on everything from climate adaptation to citizen engagement to transportation safety. Agrawal, who moved to Canada in the 1990s, has travelled the world to hunt for solutions, from India to the United States, United Arab Emirates, Brazil, Sri Lanka and across Canada.

He knows that the solutions we come up with now will shape how we live, play and get around in Canada's cities over the next half century.

TRULY VISIONARY URBAN PLANNING LOOKS AT THE BIG picture. It has to include transportation planning and land use as well as economic, environmental and social goals. Edmonton is a leader in North America with its city plan, a blueprint for how the city will grow over the next 40 years. Spearheaded by U of A grad **Kalen Anderson**, '02 BA, '04 MA, the plan plots the path toward a city of two million residents, double the current population, who will need 1.1 million more jobs. It's an aspirational document that aims to honour the values of today—economic diversification, social inclusion, environmental responsibility, artistic opportunity—and build a community that feels like home to all residents.

“Long-range city planning is more like casting a spell than writing a prescription—everyone has to buy in and believe and work hard to achieve the vision,” says Anderson, who is now executive director at the developers' group Urban Development Institute – Edmonton Metro.

Like most cities across North America, from Winnipeg to Escondido, Calif., Edmonton has made it a top priority to reinvigorate the city's downtown. A strong downtown matters to everyone in a city, whether they live or work downtown or not, because it's often the economic heart. As of March 2022, there were 261 jobs per hectare in downtown Edmonton, and though the core accounts for only one per cent of the municipality's land base, it generated 10 per cent of the city's taxes.

A vibrant downtown requires more people: something like 30,000 more in Edmonton's case, Anderson estimates.

“We need to build a truly vibrant downtown that is full of people 24/7, with a diversity of housing—from the \$10-million penthouse to the most dignified supportive housing we can create—so everybody lives well and people aren't unhoused on our streets,” she says. ➤

20-60

The percentage of renewable energy investment estimated to be in rural areas of the world

RURAL FRONTIERS

over the last three or four decades,” says Clark Banack, an adjunct professor at the University of Alberta and longtime rural Albertan. He's talking about farm communities along the Cowboy Trail, such as Longview and Cochrane.

“There's been a real consolidation,” he explains. “The size of farms is growing exponentially, which means there are far fewer farm families living in rural areas. In addition, provincial government investment in rural communities has been in decline across Canada for decades.”

As Banack explains, since the Second World War, the industrialization of agriculture and the globalization of agri-food systems have marginalized small farmers and reshaped rural communities. But rural isn't synonymous with ➤



Clark Banack heads the Alberta Centre for Sustainable Rural Communities.

But it's important to get urban density just right. Too dense and it feels frenetic; in fact, it can be unhealthy. Not dense enough and the community isn't complete and can't sustain itself.

AGRAWAL HAS SEEN THE EFFECTS OF unchecked density first-hand in the small town of Ranchi, India, where he grew up. Having been away for 30 years, he set out to find his childhood home one sunny day. After searching all afternoon, it was dusk before he found it.

"The place had completely changed," he remembers. "There had been large green fields all around my house when I was growing up, and a river flowing nearby, but I couldn't see any of it. It was absolutely unrecognizable."

What was once a sleepy town is now a bustling state capital of just over a million inhabitants, an industrial heartland due to its proximity to mineral reserves and forest products.

Canada doesn't have quite the same issue with urban sprawl as does India, where Delhi almost doubled in geographic size between 1991 and 2011. Still, over the past 20 years, Canadian cities have grown by 34 per cent, while population density has fallen by six per cent, according to a CBC analysis in 2022 based on satellite imagery and artificial intelligence. Every day in Ontario alone new subdivisions eat up the equivalent of a family farm.

Agrawal and other planners agree that urban sprawl is likely to be reversed over the next half century. Places like Vancouver and Montreal are simply running out of room to expand, and there's a growing recognition that ever-bigger cities are too expensive to maintain. In 2018, the Organization for Economic Co-operation and Development estimated that urban sprawl triples public service costs, and it tags Canada as one of the places where growth should be checked.

Agrawal says Canadian cities must get denser, not larger. But greater density doesn't necessarily mean more skyscrapers. It means condos, townhouses, low-rise apartments and duplexes that house more people on the same plot of land than ➤

30

The per cent of Canada's GDP contributed by agriculture, energy, forestry, mining and other rural industries

3

The factor by which urban sprawl is estimated to multiply public service costs

agriculture: the number of rural workers employed in agriculture is declining in almost every OECD country. These broader trends of decline persist even in non-agricultural communities.

John Parkins, '97 MSc, '04 PhD, a professor in the Faculty of Agricultural, Life & Environmental Sciences, has researched rural development for more than 25 years, especially in forestry towns. "In forestry, it's the same thing," he says. "You can explain it with labour-shedding technologies and capital investments."

Another factor is consolidation of ownership, Parkins says. "Being competitive requires a certain scale of operation, and that has implications for the number of owners and where the benefits flow. Historically, the fortunes of industry and community were closely connected. Now it's the opposite. For the industry to maintain its competitive international position, to be efficient and produce for global markets, it needs to reduce costs. In contrast, communities need better livelihoods."

Banack heads the Alberta Centre for Sustainable Rural Communities, a joint initiative of the university's Augustana Campus and the Faculty of Agricultural, Life & Environmental Sciences. While plenty of non-profits and universities study rural development, the centre is focused on fusing research with local outreach. The goal is to improve the sustainability of rural communities by connecting the U of A's resources with rural organizations, researchers, students, policymakers and others who can create the needed changes. Rural resiliency, the thinking goes, depends on engaged, informed citizens, and the U of A holds a vast amount of knowledge that can be deployed outside its walls.

In the past few years, the centre has worked on projects related to inclusivity, park management, entrepreneurialism, food security and the health impacts of resource development.

One project underway is working to improve rural broadband in Alberta, a service that's universally recognized as a precondition for rural resiliency but is still unavailable to many rural communities around the world. In Canada, only 54.3 per cent of ➤

U OF A SUPPORTS SUSTAINABLE COMMUNITIES

THE U OF A RANKS 11TH IN THE WORLD AMONG POST-SECONDARY INSTITUTIONS IN SUPPORTING sustainable cities and communities—one of the goals measured by the 2022 Times Higher Education Impact Rankings. This goal measures universities' efforts to make cities more sustainable through research. The impact rankings are based on the United Nations' 17 sustainable development goals to be achieved by 2030. In all categories combined, the U of A placed 11th in the world and third in Canada. (See more on page 8.)

REIMAGINING CITIES

a single-family dwelling, no matter what part of town you live in. The current buzz name for the best in urban dwelling is the “15-minute district.” It’s a riff on the garden city movement first promoted back in the early 20th century in England to make industrial cities more livable. The goal is to find everything you need to live a good life—food, health care, work, exercise and entertainment—within a 15-minute walk, roller-skate, skateboard, bike or transit ride from home.

“It’s the reformulation of a very old idea,” says Anderson, noting the concept is a key part of Edmonton’s new plan. “People have always wanted to live in complete communities. The language has changed over time, but the idea is not new.”

According to a 2021 Statistics Canada report, only 20 per cent of Canadians live within that kind of proximity to the services and stores they need on a daily basis, so there’s plenty of scope for improvement. The 15-minute district concept has taken off in places as varied as Paris, Melbourne, Shanghai and Portland. In Vancouver, old-school shopping malls near SkyTrain stations are being replaced with new shops and denser housing developments. In Paris, the focus is on new bike lanes and better parks. As the pandemic has shown, we can’t always depend on global supply chains, so part of the appeal of a 15-minute district is that it is built around local businesses. Another key element is planning for more green space, not less—and many of us came to appreciate green space during the past two-plus years in a way we had not before the pandemic.

GROWING UP IN ST. ALBERT, A SUBURB OF EDMONTON, Karen Lee could never have imagined life without a car. Then she moved to New York City and, as a public health physician, contributed to creating health-promoting amenities along one of the best-used bike trails in the United States. The Manhattan Waterfront Greenway is a 52-kilometre trail that winds its way around the island. At certain times of the day the path is crowded with people with briefcases strapped on the back of their bikes, heading to work, stopping for coffee or a meal along the way, jostling with tourists snapping shots of the river views. People can stop to play basketball or tennis or go for a quick paddle in a kayak. Rather than a path to nowhere, this trail was built purposely to take people places they want to go.

For Lee, finding the perfect balance of urban density is a passion. Now director of the U of A’s Housing for Health project and author of *Fit Cities: My Quest to Improve the World’s Health and Wellness—Including Yours*, she has devoted her ➤



RURAL FRONTIERS

rural residents have access to the minimum broadband speeds set by the Canadian Radio-television and Telecommunications Commission. The Alberta Centre for Sustainable Rural Communities has a tool called the Rural Broadband Portal, which compiles hundreds of resources related to the socio-economic impacts and economic opportunities of broadband. It curates the literature and makes policy suggestions so policymakers can easily access the kind of insights that otherwise would be arduous to collect.

The U of A is behind other broadband projects, too. The Alberta Rural Connectivity Coalition, founded by U of A digital technology experts Rob McMahon and Michael McNally, is a forum where communities share insights to help make informed decisions about broadband.

Another project underway at the rural sustainability centre looks at how rural co-operatives—a business model that democratizes ownership and decision-making—can improve economic development. That model has had success in rural Alberta, in the past and today. “In rural areas, co-operatives became popular 100 years ago because it was essentially ‘co-operate or don’t succeed,’” says Banack, who hosted a webinar in 2021 called “Old Solutions

for New Problems: Why Alberta’s Small Towns Need to Consider Cooperatives.”

“They were an act of self-reliance. They had to co-operate to make ends meet, to acquire their farming goods at a reasonable price and to get a reasonable rate of return on the grains they grew.” The United Farmers of Alberta co-operative, for example, eventually formed government in the province and is still active today. Electricity and gas co-operatives have also played an important role in rural Alberta, and electrification programs carried out by co-operatives once provided about 90 per ➤

“THE NATURE OF AGRICULTURE HAS REALLY CHANGED OVER THE LAST THREE OR FOUR DECADES.”

— CLARK BANACK

career to promoting health.

She cites growing evidence that our built environment — the homes, streets and communities where we live — can actually make us healthier.

Lee encouraged health-supporting amenities along the Manhattan Waterfront Greenway when she was the inaugural director of New York's Healthy Built Environment and Active Design Program and deputy to the assistant commissioner for Chronic Disease Prevention and Control. The greenway is recognized as a prime example of urban planning that meets goals in transportation, recreation, economics and health, all at once.

The New York City team also introduced other health interventions such as mandated nutrition labelling in restaurants and minimum active playtime for kids in daycare. And they gathered data to prove it made a difference: better chronic disease outcomes, more active New Yorkers and lower obesity rates in children. New Yorkers' lifespan even increased faster than the average across the country. Traffic fatalities dropped for both pedestrians and drivers, and retail sales went up in many areas that had been improved for walking, cycling and transit.

Lee is now working to demonstrate how these ideas can work in Canada. She came back to Alberta in 2018 as associate professor of preventive medicine and adjunct professor in the U of A School of Public Health. She's pulling together 200 people from across the country — city planners, health professionals, developers, architects, academics, even community league volunteers — anyone with an interest in building healthier communities. They're working to produce the Canadian Healthy Community Guidelines by early 2023.

Lee says it doesn't cost extra to plan for health from the beginning of a development. First, it's important to select a location that's close to grocery stores, recreation, schools, jobs and active transportation options. Then make sure sidewalks and crosswalks are wide enough so that all residents, including those in wheelchairs, can get around safely. Next, design buildings so the stairs are the most obvious option for those who can use them instead of an elevator, and make sure the stairwell is clean, brightly lit and finished with paint so it doesn't feel like an afterthought. And even affordable buildings should offer fitness facilities. In one of ➤

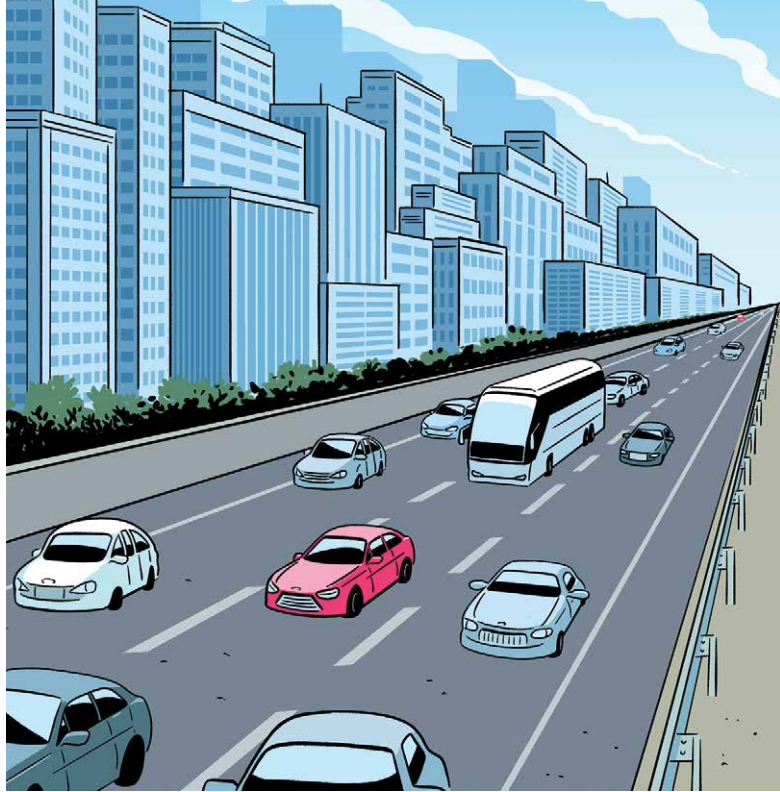
URBAN CONNECTIONS

Three of many U of A projects

Applying AI: The Faculty of Engineering's Autonomous Systems Initiative is using artificial intelligence to improve everything from robot-assisted surgery to urban transportation, including a project to optimize self-driving car routes and reduce emissions.

Partnering with Businesses: The Centre for Cities and Communities in the Alberta School of Business fosters urban research and community partnerships such as the Digital Economy Program, where students help Edmonton-area businesses build their online presence.

Disaster Proofing: Climate change is leading to more fires, extreme heat waves and flooding. Engineering professor Stephen Wong is studying "resilience hubs," places where people could seek temporary shelter from a natural disaster.



RURAL FRONTIERS

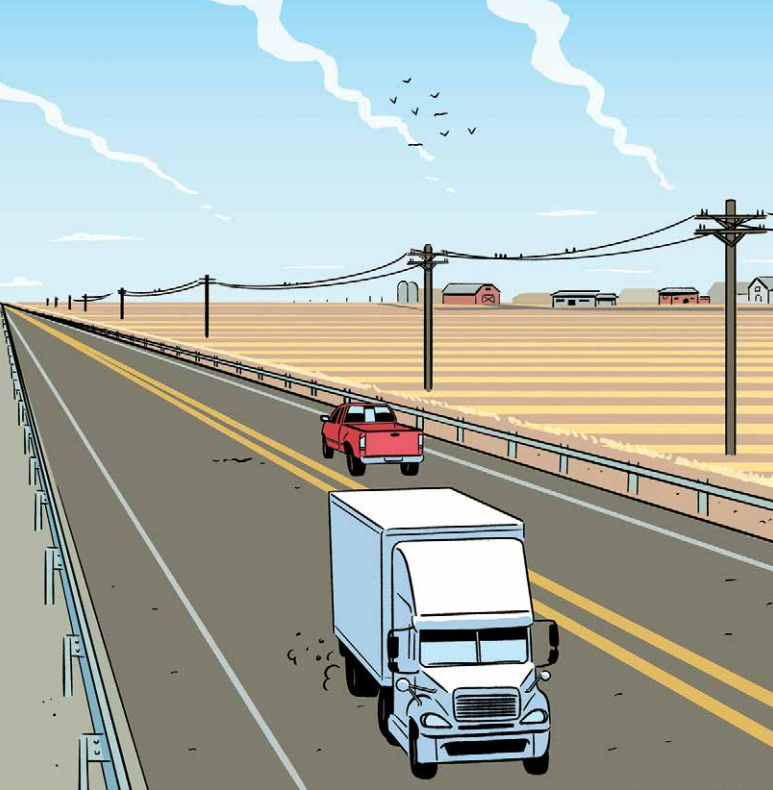
cent of Alberta farmers' electricity. In Smoky Lake, Alta., parents spearheaded a co-operative daycare, and in Saskatchewan there are more than 100 preschool and daycare co-operatives.

BANACK AND PARKINS BOTH STRESS THAT RURAL decline has no easy solutions. Many rural communities weren't built to last; they were service centres for economic organizations, specific industries, companies or settlement objectives that don't exist anymore. Look no further than some of Alberta's ghost towns: Coalspur, Coal Valley, Mercoal. Notice a theme? The challenge for many rural communities today is creating a future that moves beyond their origins — a stable future meant to last.

"Communities need a strategy if they want to define their own successful forms of rural development," say Kristof Van Assche, a professor of planning, governance and development with the Faculty of Science. His research spans Europe and the Americas to Central Asia and Africa. He has written nearly a dozen books and countless publications.

"It requires tough self-analysis from those communities. What do they want? What do they have? What's possible? They need a shared vision, then they can develop the policy tools and the autonomy to make bigger decisions. Often, there's more creativity possible than people think."

In a recent guide Van Assche co-wrote, *Crafting Strategies for Sustainable Local Development – A Community Guide*, he describes how there are no blueprints or silver bullets for moving small ➤



REIMAGINING CITIES

Lee's projects there's a golf simulator right next to the exercise room.

Lee says that as we adopt new technologies like self-driving cars it's important that cities prioritize opportunities to walk, cycle and use public transit — options that are affordable, accessible and promote social, physical and mental health.

"These daily things that we add to our lives, like walking around our neighbourhoods, running into a neighbour, using the stairs in our work and home buildings, can actually make a big difference to our health outcomes," she says.

That includes supporting people to stay healthy, mentally and physically, as they age. Nearly a quarter of Canadians will be over 65 years of age by 2051, according to Statistics Canada. That presents all kinds of challenges.

"If you have to leave your neighbourhood as you age, it means you're leaving your neighbours and friends and support systems," says Lee.

"We want to age in place in all of our neighbourhoods, but to do that, we have to create neighbourhoods where we have the option to walk to amenities or take transit if we're going further. That means we have to think about different types of housing typologies in multiple neighbourhoods, not just downtown."

CANADIAN CITIES ARE NOT EVEN MENTIONED IN THE Canadian Constitution; they are creatures of the provinces. And yet they have the responsibility to tackle some of society's biggest challenges at the level closest to our everyday lives: our

RURAL FRONTIERS

communities in new directions. A community is a complex system, and the infinite interactions between its components make the future less certain.

"Rather than predicting a future and organizing ourselves from there," he writes, "it is possible and much more desirable to envision a future and from there a set of goals."

Across the world, some of the most exciting success stories merge economic growth with conservation efforts. In Norway's Morsa watershed, a collective of farmers and municipal governments demonstrates exemplary water governance. In Mexico, a community forestry enterprise called Palo Seco boasts outstanding environmental management, which helps create long-term local jobs while funding infrastructure.

This is where the rural ethos of rugged individualism can serve communities well: as a survival mechanism.

"The rural virtues of strong individualists can be productive," Van Assche says. "If people feel like their family made this farmland and has been here for generations, or that they have worked together in this hamlet, it can be a strong safety net against the disintegration of rural areas."

But he says rural communities may have to accept the need to form bigger units. "If many of these places are played against each other, if they're just made to compete against each other for grants or for companies to settle there, that doesn't help. Nobody can really survive by themselves."

HOW DO YOU QUANTIFY THE SOOTHING glint of first light on a foggy harvest morning? The euphony of birdsongs and tranquil whispers of wind? Sometimes it's hard to articulate to outsiders why rural life is worth fighting for.

Roger Epp, '84 BA(Hons), has a gift for making those ineffable qualities clear. A professor of political science at the U of A, Epp is a native of rural Saskatchewan and a former newspaperman, which may explain why he writes so stirringly about rural issues. Parkins, Van Assche and Banack all cite Epp as an influence. He co-edited *Writing Off the Rural West*, a tome of great significance in Canadian rural studies.

To Epp, the way we define rural — as abstract as it seems alongside cold, hard economics — is no trivial matter. In fact, he considers it essential to imagining

RURAL CONNECTIONS

Three of many U of A projects

Career Training: Researchers from the School of Public Health are examining the implementation and outcomes of a zero-fee tuition initiative in Drayton Valley, Alta., that enables rural residents to train for new careers without having to leave their communities.

Remote Rehabilitation: The Faculty of Rehabilitation Medicine's Tele-Rehab 2.0 connects Albertans in rural areas to specialized physiotherapy care using wearable sensors, cameras and custom motion-capture software that collects data for physicians.

Grazing Upgrades: Researchers in the Faculty of Agricultural, Life & Environmental Sciences are studying livestock grazing techniques to gauge plant diversity and build drought resistance in grasslands and breed more efficient livestock.

PANDEMIC IMPACT

THE EARLY DAYS OF THE COVID-19 PANDEMIC HINTED

at a major shift in rural communities and cities, as people reportedly set out for country life in great numbers. As many began working from home, they pondered the new possibility of leaving the high costs of city living behind. In 2020, with the pandemic underway, a Re/Max survey found one-third of Canadians no longer wanted to live in large urban centres and would prefer to live in a rural or suburban community. In the U.S., Gallup polls in 2020 showed a nine-percentage-point increase in the number of adults who would prefer to live in a small town or rural area compared with 2018.

Statistics Canada noted that population growth in areas with a large share of rural lands near large urban centres was greater in 2020-21 than the previous five-year average. Some rural communities saw eye-popping real estate booms as urbanites fled expensive cities; east of Toronto, house prices in Prince Edward County jumped almost 80 per cent in 2021, straining municipal services and infrastructure. It's still not clear what the long-term impact of the pandemic will be; some say the trend was a blip that will reverse itself in coming months. But one thing is clear: it has made many of us think about how—and where—we want to live.

REIMAGINING CITIES

neighbourhoods, our jobs, our homes and our families. It's a big, messy task, and the tools cities have to shape the future are awkward.

But if that seems daunting, think back to Agrawal's vision of autonomous vehicles.

The best guesses say it could be a few decades before autonomous vehicles rule our roads. For Agrawal, their potential is much like the quantum progress in telephone technology since he left India. In 1990, it was almost impossible for a family to get a landline. Now everyone has their own cellphone and those personal cell numbers have revolutionized society.

"Individual identity in India was formed by those cellphone numbers. That cellphone gave individuals the independence to talk to whomever they wanted," says Agrawal. "It helped them with employment. It helped them in their mobility," he adds. "It helped them in so many different ways."

He is hopeful we will see a similar leap forward in accessibility and equity as our cities of the future develop. His new book *Rights and the City: Problems, Progress and Practice* is about how cities can improve human rights, whether by removing discriminatory zoning rules that keep certain kinds of housing out of a neighbourhood or by keeping the price of a bus ticket affordable. For him, the autonomous vehicles and other changes coming at us so quickly have the potential to make our cities not only more livable, but also more equitable.

Agrawal sees that as the beauty and importance of considered, informed city planning. He believes necessity will lead to innovative solutions and that practical decisions informed by imagination will help us build safe, accessible, delightful spaces where everyone can find a home. ■

**IN 2018, THE OECD
TAGGED CANADA
AS ONE OF THE
COUNTRIES
WHERE URBAN
SPRAWL SHOULD
BE CHECKED.**

RURAL FRONTIERS

rural futures, a vital part of what he calls "the long road from dependence to self-definition."

One of the key elements to any viable rural future in the prairie West, he says, is an affirmation that rural is Indigenous space, too. As the Truth and Reconciliation Commission of Canada noted, the work of building a different way of living together is most real and most urgent in many rural places.

"The insistence that Indigenous communities are rural is a way of saying to rural communities, 'Your closest allies, the people who live with the same distance and crappy internet that you do, and the people living next to extractive industries, are Indigenous. And you're stronger with them than against them,'" Epp says.

The rancher and country artist I mentioned earlier, Corb Lund, re-recorded *This is My Prairie* in 2021 to support environmental activism in the Rockies. The new version features an ensemble of country stalwarts, as well as lesser-known artists such as Nice Horse, an all-female country group, Armond Duck Chief, who's a member of the Siksika Nation, and **Sherryl Sewepagaham**, 'oo BEd, from the Little Red River Cree Nation in northern Alberta. Sewepagaham has a singular voice, and she sings in Cree. At one point, the other vocalists go mute and her words take centre stage. The titular "My" is transformed from the voice of a solitary rural landowner to that of a collective that foregrounds women and Indigenous Peoples.

It's just a song, but it's also a possible vision of the future, one that creates common ground to solve not only rural decline but also some of the globe's great challenges.

"I'll make my stand here, and I'll die alone," goes the song. That's one possible future. Standing together is another. ■

This year's Distinguished Alumni Award recipients have protected our forests, helped bring a COVID-19 treatment to market, inspired with art and championed a new branch of medicine in Alberta.

These four grads have changed the world and motivated others to do the same. Read their stories. Be inspired.

The

2021

DISTINGUISHED **ALUMNI**

By Therese Kehler

*Illustrations by
Nigel Buchanan*

Watch for the newest group of Alumni Award recipients to be announced on Sept. 6. Visit uabgrad.ca/awards.



"Alumni can take away much in considering Liz Ingram's contributions: not least by being inspired, awed and perhaps provoked to action by her poignant and beautiful artwork."

Joan Greer, '76 BA, '85 MA, professor, U of A Department of Art & Design

Liz Ingram, '76 MVA

Visual artist, distinguished university professor emerita

FOR INSPIRING FUTURE GENERATIONS OF ARTISTS

AS A YOUNG GIRL ATTENDING A CONVENT SCHOOL IN INDIA, Liz Ingram wanted to be a nun. During high school in Toronto, a love of math and science attracted her to the idea of becoming a research physicist. By her first year of university, sociology was the plan.

Following her heart into art was one of the hardest decisions of her life.

Ingram's parents—a gifted painter and a former London Philharmonic violinist—were tough acts to follow. Plus, at the time, she thought that pursuing a career as an artist might be selfish. "But somewhere along the line, I realized that being creative is a way of contributing as well," Ingram recalls. "So, I made that leap to try and see."

After completing her master's in visual arts at the U of A, Ingram went on to become an internationally known printmaker, a beloved and award-winning educator, and a builder of the U of A's renowned printmaking program, where she taught for more than 40 years.

Her heart knew what it was doing.

INFLUENCES

Living in India as a preteen introduced Ingram to themes that would eventually become core to her artwork—the fragility of life, the sacred and the profane, humanity's connection to nature and to water. But it was a family property at Alberta's Obed Lake that ignited her creative muse. "It really took over where my creative spark comes from," she says. "That place, that site in the boreal forest."

TEACH THYSELF

When Ingram came to the U of A's studio arts graduate program, she fancied herself becoming an isolated artist in a garret. The required teaching duties came as a shock. "Every class, I'd throw up a bit before," she laughs. But she loved it, and the students loved her. In 2011, she was awarded the University Cup, one of the university's highest honours for faculty excellence.

BUILDERS

The U of A's world-renowned visual arts program grew out of the chutzpah and DIY ingenuity of a tight-knit group of professors and grad students, including Ingram. She recalls studio countertops built from scratch and a new press purchased through the sale of student portfolios. She's especially proud of the international artists that were brought in to work with students. In turn, the works those artists left behind helped build one of Canada's best contemporary print collections. "It's quite remarkable, when I think back," she says. "I was very lucky to land here."

World Wanderer

Ingram was born in Buenos Aires to a Polish-Jewish mom and British dad who'd met in what is now Pakistan. The family moved between Argentina, Toronto, India and England.

Landing in Edmonton

At first, Edmonton seemed like a strange city with sad, utilitarian architecture. Then winter ended and Ingram saw her ideas of fragility and strength reflected in the resilience of a Prairie spring. "It started to grow on me."

Creative Yet Disciplined

The printmaking process appeals to Ingram's science leanings but the measured pace lets her creativity thrive. "You have time to kind of ruminate ... and ideas pop up."

Close Connections

Underpinning Ingram's work are her worries about the environment and the impact of humanity on natural places. "We're water, we're air; there's no real separation. ... That's so related to the terrible situation we're in right now with the planet."

Life is Precious

Two prints Ingram created in 2020 were made using MRI images of her own brain combined with water—a very personal take on the fragile and precious nature of life.

"It is now incomprehensible to consider developing a new drug without the use of clinical pharmacology. This is due in no small way to the efforts of Brian Corrigan."

Patrick Mayo, '82 BSc(Pharm), '00 PhD, senior vice-president of clinical pharmacology with Hepion Pharmaceuticals and U of A adjunct professor

Brian William Corrigan, '89 BSc(Pharm), '96 PhD
Global head of clinical pharmacology, Pfizer

FOR PIONEERING NEW WAYS TO GET SAFE MEDICINES TO PEOPLE WHO NEED THEM

THE ROAD TO NEW MEDICATIONS IS STREWN with dashed hopes. Which makes Brian Corrigan's successes—including a recent one with a COVID-19 treatment—all the more remarkable.

"You can go through your whole career developing medicines and never have one come to the market," says Corrigan, Pfizer's global head of clinical pharmacology. "Our primary product is failed medicines."

Corrigan has been a pioneer in the pharmaceutical industry since receiving his PhD from the U of A more than 25 years ago. His pre-grad-school days included a brief and unremarkable stint as a pharmacist, but it was the growing field of pharmacokinetics that got his attention—and where he has made his mark.

"It was the idea that you could apply mathematics to understand biologic or physiologic processes and predict what might happen," he says. "We take it for granted in the new AI world, where analytics drives many of our decisions. But that wasn't the case 30 years ago."

In grad school, Corrigan devised a novel mathematical approach to look at different concentrations of drugs and predict how the body would break them down. These days, those mathematical models make it possible to estimate a drug's effectiveness, factoring in variables like potential drug interactions or the impact on specific populations—such

as the very young, very old or those with liver or kidney damage.

Mathematical models can hasten the process of bringing medicines to patients. And, as the world has seen over the past two-plus years, speed matters.

The group Corrigan oversees at Pfizer designed and ran the trials for Paxlovid, an oral treatment for COVID-19 that consists of two medications—the newly developed nirmatrelvir and ritonavir, an existing drug used as a boosting agent.

The trials looked at how the drugs broke down and eventually left the body, as well as possible interactions with other medications. "It was really some of those concepts—those basic clinical pharmacology concepts—that helped to design the program."

Corrigan becomes visibly moved as he describes how an interim trial analysis showed an 89 per cent reduction in risk of COVID-19-related hospitalization or death compared with patients who had received a placebo.

The results from the trial were so promising that the data monitoring committee told Pfizer it could stop testing. "That does not happen very often in a study," he says. "I don't think you can quite describe that emotion."

Paxlovid was approved for use in the U.S. one month later, in December 2021, and by Health Canada in January 2022.

Under the W

An Alberta farm kid who loved learning, Corrigan read and reread his family's set of the *World Book Encyclopedia*. "'W' was my favourite. It had World War One and World War Two in it."

Look Who's WFH

Many Pfizer employees tasked with vaccine development worked from home, as many of us did, in the pandemic's early days. He remembers worrying about setbacks to production but says people rose to the occasion. "It's as simple as that."

Fast Track

Things like regulatory interactions and finding participants can slow clinical trials. But there were no such delays during the pandemic, with an ample supply of willing participants and exceptionally responsive health authorities. "What would normally be three months for turnaround [was] three hours."

Successes and Failures

His work on neuroscience medications has seen successes, but he has also encountered frustration in developing drugs for Alzheimer's. He attributes that to the scant information about how the disease works. "Without that basic understanding, it's really hard to select good targets and design good medicines."





**"In a very quiet way, he has left
an indelible mark on this planet."**

*Bill Hardgrave, president, University of Memphis, and former provost
and senior vice-president of academic affairs at Auburn University*

Janaki Alavalapati, '90 MSc, '95 PhD

Dean, College of Forestry, Wildlife and Environment, Auburn University

FOR WORKING GLOBALLY TO SUSTAIN THE WORLD'S FORESTS

THE ENDANGERED RED-COCKADED WOODPECKER

put an end to much of the logging in Florida's Liberty County forests and cost thousands of people their livelihoods. Guyana's gold, diamond and bauxite mines are good for its economy but not for its vast rainforests. And in Rwanda, tea plantations flourish in mountainside forests but shrink the habitat for chimpanzees.

Sustainable forestry requires finding a balance between competing interests, such as tourism, the environment and the national economy, says Janaki Alavalapati, dean at Auburn University's College of Forestry, Wildlife and Environment in Alabama. What's "sustainable" depends on your perspective.

In the 40-plus years since Alavalapati started his forestry career in India, he has helped build an army of experts to guide governments, businesses and environmental agencies seeking that balance.

MAKING CONNECTIONS

As a university leader, Alavalapati has successfully expanded the forestry programs at two schools. But it's his extracurricular work as a senior fellow for the Energy and Climate Partnership of the Americas that really makes him proud. For five years, he was dispatched by the U.S. Department of State to places such as Guyana, Brazil and Belize, where he studied their forestry challenges and connected

them to governments and agencies that had gone through similar situations. "Did I have a silver bullet to solve all the problems? No. But at least they knew where the resources were for them to reach out."

BOOTS IN THE OFFICE

In 2007, Alavalapati was named a Jefferson Science Fellow, an American honour that saw him working with government and foreign agencies. He learned a lot about politics, policies and decision-makers in that role. More than a decade later, that experience set the stage for Auburn's Forest, Environment and Wildlife Leadership Academy, which gives a dozen students the opportunity to practise leadership skills with high-level government officials. "I always used to hear, 'Hey, we are boots on the ground. We don't want to face any public,'" Alavalapati says. "I tell them, 'If you don't face the public, you will lose. You've got to tell your good story. Otherwise, they will think that you are only here to cut trees.'"

LITTLE LIGHTS

Another of Alavalapati's projects is a nature preschool, where children explore plants, soil and bugs while learning to respect and understand the natural world. "I always tell my students, 'I want you to become a spotlight,'" he says. "You do your part and provide a little bit more light so that the dark goes away.'"

Love of Learning

Alavalapati remembers practising writing letters in the sand as a child in southern India. He credits his older brothers for shouldering the duties of the family farm, allowing him to go to school. "Only one person, that is me, went to school."

Edmonton-Bound

Alavalapati's first stint at the U of A came as the result of a project funded by the Canadian International Development Agency. When he later decided to pursue a PhD in forest economics, he chose the U of A again.

Cross-Cultural Classmates

His fellow PhD students hailed from Ghana, Iran and Canada. "We shared a lot of experiences — professional experience and also learning from each other cross-culturally."

Moving, Moving, Moving

A few years after he'd completed his PhD in Edmonton, he and his family made another big climate and cultural shift, driving for "four nights and five days" to Gainesville, Fla., where he had secured his first faculty position.

Play and Clay

Alavalapati loves playing tennis and watching movies with his wife. His secret ambition? "I would like to learn pottery. That is my long-term passion."

“Every gastroenterologist graduating from our program will credit Dr. Sherbaniuk with teaching the art of being ‘a real doctor,’ talking to patients, examining them, establishing an investigation plan and treating them with the best therapy of the day.”

Robert Bailey, clinical professor of medicine at the U of A

Richard W. Sherbaniuk, '48 BSc, '52 MD, '56 MSc
Gastroenterologist, professor emeritus

FOR BEING A BUILDER IN THE MEDICAL FIELD OF GASTROENTEROLOGY

AS A YOUNG MEDICAL STUDENT IN THE EARLY 1950s, Richard Sherbaniuk was exasperated by the inadequate teaching of digestive system disorders.

But with his innate curiosity, willingness to learn and legendary energy, Sherbaniuk helped build a renowned gastroenterology division at the U of A while also being a caring doctor to his many patients.

“The teaching in gastroenterology was so poor because nobody was really interested in it,” recalls Sherbaniuk, now in his mid-90s.

At the time, treatments for ulcers and inflammatory bowel disease were almost non-existent. Even Canada's Royal College of Physicians and Surgeons, unlike its American counterpart, hadn't recognized the need for doctors with specialized expertise in areas like infectious diseases or gastroenterology.

Sherbaniuk decided he'd become a gastroenterologist, join the teaching staff at the U of A and — most importantly — establish a division of gastroenterology.

“Which I did,” he says, a note of pride in his voice.

In 1956, Sherbaniuk headed to Detroit for a four-year residency. He returned as the sole gastroenterologist serving Alberta and parts of Saskatchewan, B.C. and two territories, which put his trademark energy to the test.

“It was so busy that it was unbelievable,” he recalls. “Patients were coming from

everywhere. Doctors who had problem gastroenterology patients ... finally had somebody they could consult with.”

Sherbaniuk's willingness to try new techniques made an impact on his medical peers, who watched his actions — like using a common antidepressant to treat pain — with both interest and skepticism.

“They called me ahead of my time, but I didn't think much about it,” he says. “I had read that tricyclics affected pain ... and sometimes they slowed down an overactive gut. And so I just adopted that in practice and never paid much attention as to what people were saying.”

In 1967, Sherbaniuk realized his bigger dream when, with **Ronald Wensel**, '54 BSc, '56 MD, he co-founded the U of A's Division of Gastroenterology and became its first director.

The division's early emphasis on teaching, research and care has strengthened, earning it international renown. It is now based at the Zeidler Leducor Gastrointestinal Health Centre, Canada's first multidisciplinary facility dedicated to gastroenterology patient care and research.

In a 2017 documentary about the division's history and impact, Sherbaniuk says he was lucky to have spent 50 years on the front edge of the medical discipline.

“So many new things, so much new technology,” he says. “It was a gas.”

Experts Needed

Imagine a sword swallower and you've got an idea of the rigid esophagus scopes of the early '60s. Sherbaniuk says it took skill to avoid tearing the esophagus on the way down. “That's why being an internist 'with an interest in gastroenterology' wasn't good enough.”

His Journalist's Hat

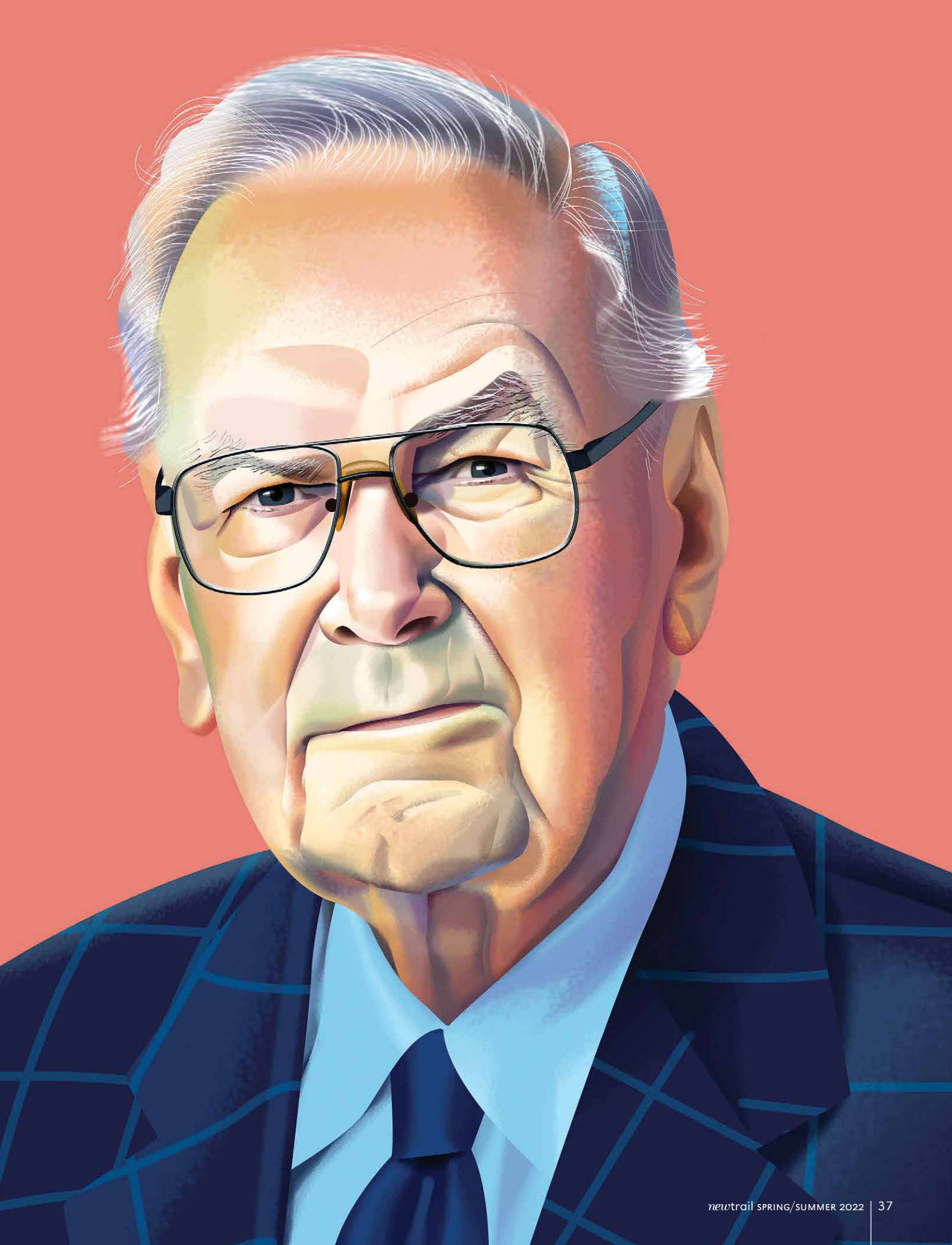
Sherbaniuk ran the newspaper at his Vegreville high school. At the U of A he became the editor of *The Gateway* (two issues a week plus a full course load) while moonlighting as an arts reporter for the *Edmonton Bulletin*.

Getting the Story Straight

A good medical history is important and Sherbaniuk used all his reporting skills to get it right. “Patients used to laugh at me because my first visit exams took longer than anybody else's.”

Beloved by Patients

“There's no doubt they got the best care I could give them. I prided myself on that.”



2021 ALUMNI AWARD RECIPIENTS

For their service to sport, innovation, their communities and professions

Alongside the four grads on the preceding pages, these 27 outstanding grads round out our cohort of 2021 Alumni Award recipients. For seeking out challenges and finding solutions, for taking good ideas and making them better, we celebrate these grads leading the way to a better tomorrow.

ALUMNI HONOUR AWARD

Recognizes the significant achievements and contributions over a number of years by University of Alberta alumni to their profession and/or their community.

CHERYL E. CABLE
'92 BSc, '97 DDS, '04 MBA

C. ADÈLE KENT
'77 LLB

SEUNG-RYUL LEE
'11 PhD

LINDA JEAN MACDONALD
'88 BSc(PT), '94 BA

ALBERT D. MURTHA
'85 BMedSc, '87 MD

M. ANNE NAETH
'76 BSc, '85 MSc, '88 PhD

ERASMUS OKINE
'90 PhD

JOHN RAMSEY
'62 BSc(ChemEng)

KATHY REID
'08 MN

MELYNNIE RIZVI
'95 BCom, '99 LLB

ALISON SCHNEIDER
'11 MBA

SHELLEY JANE SPANER
'86 BPE, '94 BMedSc, '96 MD

ALUMNI HORIZON AWARD

Recognizes professional achievements and/or contributions to community by recent grads under the age of 40.

TERRI-LEIGH ALDRED
'10 BMedSc, '11 MD

BILLY-RAY BELCOURT
'16 BA(Hons), '20 PhD

VICTOR DO
'19 BMedSc, '20 MD

SUMANTRA MONTY GHOSH
'16 PostgradCert(MedEd)

EVA GLANCY
'10 BA(Hons), '18 MBA

CHRIS HENDERSON
'05 BA

ALUMNI SERVICE AWARD

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

KRISTINA MILKE
'94 BCom

KAIRI PAWLICK
'05 BSc(CivEng)

ALUMNI INNOVATION AWARD

Recognizes a grad or group of alumni for an innovative program, process or product that has significantly affected their profession, community, society at large or the U of A.

XUDONG "TERRY" SONG
'10 MSc

XUDONG "SHELDON" ZHANG
'12 BSc(ElecEng)

SPORTS WALL OF FAME

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

PASCAL CARDINAL
'03 BSc

KRISTEN DANIELLE HAGG
'05 BSc(Kinesiology), '12 JD

MARK KORTHUIS
'07 BA(RecSpoTourism)

HEATHER MURRAY
'98 BA(RecAdmin)

DEBORAH YOUNGER
'93 BCom, '98 BEd

Learn how these grads are shaping the future and nominate a great grad for a future Alumni Award. Visit uabgrad.ca/awards.



UNIVERSITY
OF ALBERTA

ALUMNI

trails

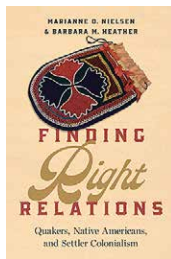
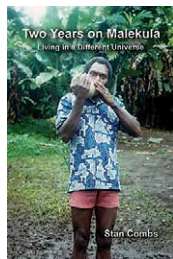
WHERE YOU'VE BEEN AND WHERE YOU'RE GOING



New grads prepare for photo ops around campus during the U of A's first in-person convocation since the pandemic began. More than 5,000 students were welcomed into the alumni community in June while friends and family cheered them on.

PHOTO BY JOHN ULAN

Books



Here are the latest books published by U of A alumni, including climate-change reckonings, a tale of a wine-fuelled tryst and sage advice to navigate anxious times.

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

FINANCE

Faster Safer Wealthier

by **Gregory Bott**, '06 BCom, '10 MSc, self-published

Bott offers a playbook for building wealth by buying a stable business instead of launching a startup.

MYSTERY

Heart of a Runaway Girl

by **Trevor Wiltzen**, '95 BA(Hons), '00 BSc, '13 MBA, self-published

Waitress Mabel Davison steps up to solve a teenage girl's brutal murder, uncovering hard truths about herself and her small town along the way.

CULTURAL STUDIES

Queer Anxieties of Young Adult Literature and Culture

by **Derritt Mason**, '15 PhD, *University Press of Mississippi*

Mason considers the recent boom in young-adult media featuring LGBTQ+ characters and a dominant theme they seem to share: anxiety.

PHOTOGRAPHY

Edmonton Lost and Found

by **David Aaron**, '96 BEd, self-published

From the old Walterdale Bridge to the former facade of the Stanley A. Milner Library, Aaron shares snapshots of Edmonton buildings, businesses and architecture that are no longer around.

EDUCATION

Art, Ritual, and Trance Inquiry: Arational Learning in an Irrational World

by **Barbara A. Bickel**, '86 BA, *Palgrave Macmillan*

Bickel offers insight into the history and practice of trance-based learning.

MEMOIR

Under the Midnight Sun: Journey with the Sahtu Dene

by **Mary-Anne Neal**, '76 BEd, self-published

Neal returns to the Sahtu region of the Northwest Territories, reconnecting with an old flame from her first formative visit 50 years earlier.

INDIGENOUS STUDIES

Finding Right Relations

by **Marianne O. Nielsen**, '79 MA, '93 PhD, and **Barbara M. Heather**, '98 PhD, *University of Arizona Press*

Nielsen and Heather examine the contradictions between the pacifist beliefs of Quakers and their role in colonization.

MEMOIR

Hometown Asylum: A History and Memoir of Institutional Care

by **Jack Martin**, '70 BA, '72 MEd, '73 PhD, self-published

Martin explores the history of the Alberta Hospital Ponoka, once the largest psychiatric institution in the province,

and reflects on the ethics of caring for people who are experiencing mental illness.

POETRY

Breath, Like Water: An Anticolonial Romance

by **Norah Bowman**, '14 PhD, *Caitlin Press*

Bowman navigates her settler identity through her appreciation for Okanagan Mountain.

WELLNESS

Relax.: A Guide to Everyday Health Decisions With More Facts and Less Worry

by **Timothy Caulfield**, '87 BSc(Spec), '90 LLB, *Penguin Random House Canada*

A lot of the things we believe to be healthier and safer for us are not only rooted in misinformation, they're also stressing us out. Caulfield proposes a less anxious way forward.

FICTION

Love Decanted

by **Emilie Ryan (Milena M. Parent)**, '05 PhD, and **John Kowal**, self-published

New couple Julie and Peter take their first vacation together, a wine-tasting adventure in southern France. It's off to a promising start — until Peter's jealous ex enters the mix.

MEMOIR

The Rink Rat

by **Ron Watson**, '64 MSc, self-published

Watson details his lifelong dedication to hockey, from playing as a Golden Bear to building the University of

Western Ontario's hockey program as part of his 55-year coaching career.

POETRY

Swollening

by **Jason Purcell**, '15 BA, '18 MA, *Arsenal Pulp Press*

Examining the intersections between queerness and illness, these poems ask how one might find hope in a world tinged with sickness.

MEMOIR

... And Along Came Alexis

by **Emma Pivato**, '65 BA, '72 MA, '80 PhD, *MiroLand*

Pivato captures the emotional highs and lows of raising a daughter born with multiple disabilities.

CHILDREN'S LITERATURE

Crow and Maggie

by **Patricia Lin**, '97 BSc, illustrated by **Victoria Kitsco**, '70 BA, '72 Dip(Ed), self-published

Two birds overcome loss by forging an unlikely friendship.

POETRY

The Witch's Cadence

by **Julie Hladky**, '13 BSc(ElecEng), self-published

Hladky's collection observes enchantment and mystery in unlikely places.

MEMOIR

Two Years on Malekula: Living in a Different Universe

by **Stan Combs**, '74 BSc(Ag), *Manples Publishing*

Combs, who left his government job to work for an international development

agency, documents the experiences of his young family while living on an island nation in the South Pacific.

▼
HISTORY
Operation Payback: Soviet Disinformation and Alleged Nazi War Criminals in North America
by Lubomyr Luciuk, '84 PhD, Kashtan Press

Using a recently declassified KGB document, Luciuk discusses Soviet fake news operations in North American newspapers.

▼
CHILDREN'S LITERATURE
Life on Planet Earth: My Story
by Charalee Graydon, '79 BA, '82 LLB, Euclid University Press

This activity book introduces children to biodiversity and climate change through a series of interactive games.

▼
FICTION
The Annual Migration of Clouds
by Premee Mohamed, '02 BSc(Hons), '07 BSc(EnvSci), ECW Press

In a dystopian future ravaged by climate change, a young scientist must choose between moving to a safer place and protecting the community that relies on her.

▼
LAW
Inadmissibility and Remedies
by Raj Sharma, '13 Cert(InfoTechMgt), '21 Cert(AdvLeadership), and Aris Daghighian, Emond Publishing

This handbook provides lawyers with practical approaches to representing clients who have been barred from entering Canada.

▼
SPORTS
Overcoming the Neutral Zone Trap: Hockey's Agents of Change
edited by Jonathon R.J. Edwards, '06 MA, '12 PhD, and Cheryl A. MacDonald, University of Alberta Press

Fans, players and scholars expose exclusionary elements of hockey culture and celebrate

those working to make the sport more inclusive for all.

▼
CHILDREN'S LITERATURE
Crystal Palace: An Alternative History of Science
by Marguerite du Plessis, '06 BSc, self-published

A curious young scientist explores the greatest discoveries of the 20th century.

▼
CHILDREN'S LITERATURE
Nature is an Artist
by Jennifer Lavalley, '06 BA, Greystone Books

This picture book teaches young artists and crafters to draw inspiration from nature.

▼
MEMOIR
Cilemo: Memoirs of a Canadian Doctor in Africa
by Robert Greidanus, '91 BMedSc, '93 MD, The King's University Press

Greidanus shares memories and musings from seven years of practising medicine in Kenya and Namibia.

▼
PETS
How Dogs Make Us Better Humans
by Bea Bohm-Meyer, '88 BA(Spec), self-published

Bohm-Meyer tells 16 true stories that explore what dogs can teach us about leadership and unconditional love.

▼
MEMOIR
Impact: Women Writing After Concussion
edited by Elaine Morin, '85 BA, '89 BSc(ElecEng), and Jane Cawthorne, University of Alberta Press

This collection features 21 writers illustrating the impacts of concussion on their personal and creative lives.

▼
DESIGN
Situating Design in Alberta
edited by Isabel Prochner, '10 BDes, and Tim Antoniuk, '93 BDes, '03 MDes, University of Alberta Press

Contributors provide commentary on design in

Alberta through the lenses of history, education, business and sustainability.

▼
GAMES
The Seven-Letter Word Game
by Clayton Patterson, '76 BEd, Coolgrove Books

Readers are challenged to identify the word hidden within 111 symbolic drawings.

▼
POETRY
Fast Commute
by Laurie D. Graham, '99 BA, McClelland & Stewart

Graham's long poem laments the environmental destruction fuelled by modern built environments.

▼
MEMOIR
I Am My Father's Elder
by Dave Madole, '99 BEd, self-published

After losing his father as a teenager, Madole took to writing to cope — 30 years later, he details lessons learned from his teaching career and travels across the globe.

▼
POETRY
A Windswept Melody
by Julie Hladky, '13 BSc(ElecEng), self-published

Written in response to a 20-day poetry-writing challenge, this collection invites readers to cherish the simple moments in each day.

▼
MOTIVATION
The Earthquake: Your Journey from Setback to Breakthrough
by Vince Poscente, '85 BA(RecAdmin), Matt Holt Books

Poscente offers a modern parable and practical advice to bounce back after a life-altering setback.

▼
HUMANITIES
Creating a Masterpiece: The Arts and Climate Change Conflict
by Charalee Graydon, '79 BA, '82 LLB, Euclid University Press

Graydon demonstrates how the creative arts can help mediation professionals

address conflicts emerging from climate change.

▼
ART
Arts That Flow as Stories From Our Landscape: Alberta
edited by Jane Ross, '65 Dip(Nu), Battle River Writers

Evocative commentaries written by members of the Battle River Writing Centre accompany visual portraits of Alberta landscapes.

▼
PHOTOGRAPHY
Borrowed Time: Calgary 1976–2019
by George Webber, '73 BA, Rocky Mountain Books

Webber documents more than 40 years of his hometown with evocative street photography.

▼
YOUNG ADULT
Firebird
by Glen Huser, '70 BEd, '89 MA, Ronsdale Press

Set against Canada's "enemy alien" policies of 1915, the book follows a Ukrainian teenager's endeavours to locate his brother, who is incarcerated in a Banff internment camp.

▼
FICTION
Burning the Night
by Glen Huser, '70 BEd, '89 MA, NeWest Press

Curtis leaves small-town Alberta to live with an eccentric aunt in Edmonton — what follows is a cross-generational tale about art, love and coming to know one's queer identity.

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

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

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

Class Notes

1960s

'60 **Alan E. Mather**, BSc, '62 MSc, was celebrated by the *Journal of Chemical & Engineering Data* last year with a special issue published in honour of his contributions to thermodynamics and natural gas processing research. Mather, who taught in what was then the U of A's Department of Chemical Engineering from 1967 until his retirement in 2004, continues to write research papers and has

been recently published in the *Canadian Journal of Chemical Engineering* as well as the *Journal of Chemical & Engineering Data*.

'63 **J. Lorne Braithwaite**, BCom, is continuing to develop innovative real estate projects. This time, he's introducing modern and sustainable car wash technology to St. Albert, Alta., alongside his son, **Travis Braithwaite**, '98 MBA, who is at the helm of the company's operations. Opened earlier this year, ClearWater CarWash features biodegradable soap, recycles 70 per cent of its wastewater, and offers 13 dedicated vacuum stalls.

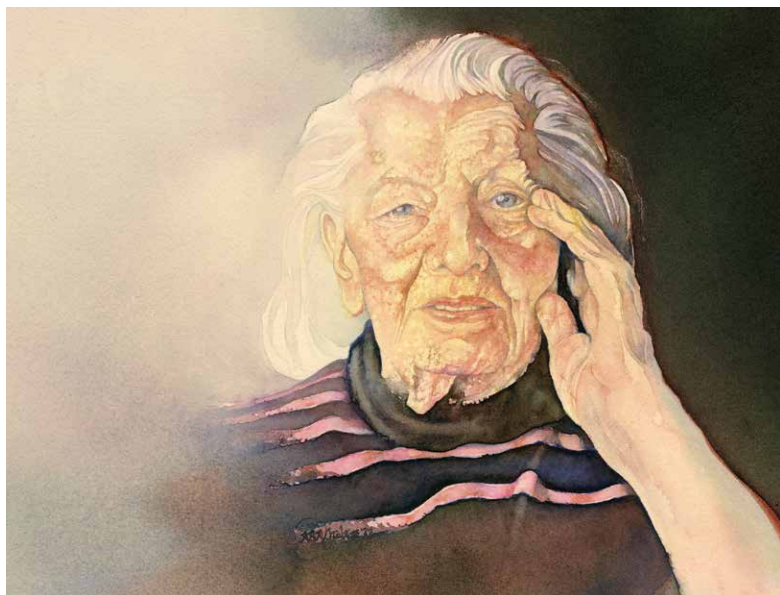
'69 **Ronald Hannah**, BSc, '73 BMus, '75 MMus, has released *Chamber Music*, an album

DID YOU KNOW?

In 1923, 400 students—almost half the student body—marched to the home of president **Henry Marshall Tory**, '28 LLD (Honorary), singing university songs in an effort to convince him not to accept a prestigious job offer in Eastern Canada. It worked. He stayed for another five years.



A portrait by Mary Whale



drawing upon his extensive list of works and featuring an ambitious piano ballade, a string quartet and various duets with flute, guitar, marimba and saxophone. Among his many works is the opera "The Illuminator," based on the life of St. Gregory of Armenia, which premiered in 2017. Hannah lives in Austria.

1970s

'72 **Richard Dowson**, BEd, '82 Dip(Ed), '91 MEd, has kept busy since retiring in 2000, with hobbies including alpine hiking, house-sitting across three provinces, renovating a home in Saskatchewan, going for walks and writing stories about Second World War veterans for *Moose Jaw Today*. Inspired by a hypothesis introduced in 1977, Dowson has also written a

series of three booklets on multiple sclerosis and the canine distemper virus.

'78 **Mary Whale**, BA, '83 BScN, has received a grant from the Edmonton Arts Council for her project "Between the Lines: Merging Portraits and Stories of Older Adults." Building upon Whale's 20 years of experience as an artist and gerontological nurse, the series will capture watercolour and narrative portraits of older adults. Octogenarians interested in participating in "Between the Lines" can reach Whale at mary_whale@telus.net.

'79 **Pamela Jean White**, BA, has been busy sharing her writing projects with readers around the world and helping organizations navigate quality management standards through her company, Qualidoc. Her publications include a children's book, *Billy Beaver's Adventures*, a guide to professional writing conventions, *Writers' Guide*, and an updated quality management guide, *ISO9000: The Easier Way*.

1980s

'81 **Christine Koch**, BA(Hons), '86 BFA, exhibited her painting "Never Melting Ice I" in the Canadian Pavilion at the World Expo 2020 in Dubai from October 2021 to March 2022. Held in the Global Affairs Canada Visual Art Collection, the painting depicts one of the glaciers in Labrador's Torngat Mountains, where Koch travelled as a guest with environmental researchers.

'82 **Wynne Shapka**, BCom, is celebrating a silver-medal win from the 2021 Pickleball Canada National Championship in Red Deer, Alta., where she played alongside her 31-year-old pickleball partner Michael Dingwall. Shapka has been retired for the past six years and is keeping busy "with pickleball, four wonderful grandchildren, a little gardening and some travel."



Carmen Gorgichuk

'85 **Carmen Gorgichuk**, BMus, is a faculty instructor of piano and theory at Northwestern Polytechnic in Grande Prairie, Alta., where she was the first female fine arts department chair in the university's more-than-50-year history. Her research on female composers was published in *The Composer on Screen: Essays on Classical Music Biopics*. Gorgichuk is using a sabbatical to study

music business through Berklee College of Music's online school and to adapt her Women in Music course for online delivery.

'86 **Maria Thompson Corley**, BMus, has recently released two new recordings. *Soulscapes 2*, a followup to her 2006 *Soulscapes*, features piano music by Black women from around the world, including Corley herself. In

Soul Sanctuary, released by Navona Records, Corley and soprano Maria Clark perform empowering spirituals from the past two centuries. Outside of her recording work, Corley was the co-recipient of an Opera America Grant with Diana Solomon-Glover for "The Boy From Troy," an oratorio about American politician and civil rights activist John Lewis, which is projected to premiere in



IN THE NEWS

By the Horns

The Edmonton Elks named **Victor Cui**, '95 BA, as the football club's president and chief executive officer earlier this year. The Edmontonian is a former senior executive at ESPN Star Sports and worked on the PGA Tour Bell Canadian Open. He also co-founded the Singapore-based One Championship mixed martial arts organization, which broadcasts to more than 150 countries. "Edmonton has always been home to me," he says. "Being away gave me even more appreciation of what a special city this is and what a privilege it is to represent this organization."—CBC EDMONTON

Digital art by Jenelle LeBlanc and Sofia Lukie



spring 2023 at Carnegie Hall in New York City.

'87 **Tony Fabbi**, BCom, has been appointed chief customer officer at Assembly Legal, a U.S.-based provider of legal case management software. Fabbi comes to the position following leadership roles at business communications and computer technology companies Mitel and Oracle. Assembly Legal writes: "An agent of change, Fabbi brings extensive experience in all aspects of the customer journey, and he will be leading Assembly's professional services, customer support and customer success teams."

'87 **Johnny Wong**, BCom, has worked with the Los Angeles County Department of Health Services since 2003. He was the finance manager for L.A.'s Whole Person Care pilot program from January 2017 to June 2022. He now works as the administrative services manager on the financial plans, costs and budget for implementing CalAIM—a multi-year plan

aiming to improve the health outcomes for people enrolled in Medi-Cal, a California public health-care program for those with limited income.

'89 **Sherry Heschuk**, BPE, '91 BEd, and Bethany McMillan secured a grant to produce an audio story celebrating the history and spirit of Edmonton's Bellevue Community League to mark Virginia Park's 100th anniversary. Digital art created by Jenelle LeBlanc and **Sofia Lukie**, '19 MFA, is available to view on the Bellevue Community League Facebook page and Instagram @BellevueYEG.



'90 **Albert Calman**, MSc, wrote to share his experiences of life in Israel after almost 20 years in Winnipeg. Highlights

of Israel include driving the scenic highways in the country's north, walking the streets in central Tel Aviv, enjoying local restaurants and produce, learning about Ethiopian culture from his neighbour as well as visits to an Ethiopian synagogue, and seeking work at two agricultural research stations. After spending nine years in Israel, Calman now lives in Cranbrook, B.C.

'93 **Shaheel Hooda**, BCom, and **Kristina Milke**, '94 BCom, partners at the Edmonton-based Sprout.vc venture capital fund, have launched their second technology venture fund. Their first fund, launched three years ago, drove investments towards 10 companies. This one will invest \$100,000 to \$300,000 in each of about 30 early-stage companies, in particular Western Canada-based startups with a diverse founding team. Most of the fund's capital was raised from Alberta business owners.

'97 **Karen Filewych**, BEd, '07 MEd, has been sharing her passion for literacy by providing professional development sessions to educators across Canada and visiting classrooms to support

students' writing skills. Filewych has also published two teacher resource books, *How Do I Get Them to Write?* and *Freewriting with Purpose*, with Pembroke Publishers and is working on a book for parents, several picture books and a novel for middle-grade readers.

'99 **Susan Sanford Blades**, BA, won a 2021 ReLit Award in the novel category for her first book, *Fake It So Real*, which was published in November 2020 by Nightwood Editions. The novel was also nominated for the 2021 B.C. and Yukon Book Prizes' Ethel Wilson Fiction Prize.



'00 **Claudia Gomez-Villeneuve**, BSc(CivEng), '01 MEng, was named a fellow of Engineers Canada in recognition for her advancement and advocacy of the engineering profession in Alberta for nearly 15 years. Highlights

(continues on page 46)



DID YOU KNOW?

The U of A's library collection is home to over 5.6 million titles and more than eight million volumes, making it the second-largest research library in Canada.



Lana Cuthbertson developed an artificial intelligence system that detects and responds to toxic talk online.

**FIVE THINGS
I'VE LEARNED
ABOUT...**

USING AI FOR SOCIAL GOOD

Instead of a career in journalism, one grad launched a startup to battle internet toxicity with technology

By **Caitlin Crawshaw**, '05 BA (Hons)

LANA CUTHBERTSON, '10 BA, didn't set out to create a tech startup—never mind battle internet trolls. But when a brief newspaper internship made it clear that a career in the world of media wasn't for her, she harnessed her love of politics to make the internet a more positive place for women. In 2018, she created ParityBot, an AI-powered system that detects abusive tweets aimed at women in politics and responds with positive ones. Four elections and plenty of positive tweets later, she and two co-founders turned their bot into a solution for businesses with their startup Areto Labs. Cuthbertson took a break from her myriad duties as CEO to share what she's learned about using AI for social good.

1 TROLLS LURK AROUND EVERY CORNER

Since the dawn of the World Wide Web, people have exploited internet anonymity to behave badly online. With the growth of social media, the problem is only getting worse. "Trolls are everywhere," says Cuthbertson. "There are thousands of public micro-communities online tucked within social media platforms." All are at risk of members within the group—and in some cases, bots—harassing others. Research

into the impetus behind trolling is growing, but in Cuthbertson's experience it boils down to power: bad actors realize the potential of noxious words to create disruption in society.

2 NEGATIVITY HAS MANY VICTIMS

The negative effects of trolling have a tremendous cost. Trolling hampers gender parity in politics and has negative mental health effects for individuals. There are also economic impacts. When trolls infiltrate online communities associated with organizations, they have the power to tarnish those brands, typically by harassing social media influencers. When organizations fail to protect their employees from online badgering, they can be at risk of lawsuits.

3 OPTIMISM IS PREVAILING

Awareness of online toxicity is growing, but many of those in the thick of it refuse to accept bad behaviour as inevitable. In conducting their own

research into the issue, Cuthbertson and her business partners have interviewed all kinds of people with a vested interest in solving this problem. Even those on the front lines, such as social media influencers, are hopeful. "There's this optimism we've found in people," she says. "Even people with the clearest sense of the problem, who are thinking a lot about what to do about it, think change is possible."

4 INNOVATION IS CO-OPERATIVE

Being the founder of a startup is a bit like finding a secret underground lake and trying to convince people to see your amazing discovery. "That's the thing about innovation," she says. "You have to be so relentless about helping others see what you see." It can be tempting to keep your cards close to your chest and safe from competitors, but this is the wrong impulse, says Cuthbertson. You can't make a difference if you withhold what you find. "The whole idea of abundance is, if I'm ultimately trying to make the world better, why would I keep that a secret?"

5 IT'S HARD WORK, BUT IT'S WORTH IT

When it comes to running an AI startup, the difficulty level grows as you go. It's a bit like climbing stairs, Cuthbertson says: "When you're on the 10th stair, you don't think back to the third and remember it being the hardest." But she is prepared to keep levelling up. "I think of all the different roles I've had before and how each of them didn't feel quite right," she says. "This role feels exactly right, and I think it's precisely because there's always a new challenge." ■



IN THE NEWS

Carving Time

Sandy Bonny, '03 MSc, '07 PhD, alongside Vanessa Hyggen and Lyndon Tootoosis created *anohc kipasikônew/we rise/niipawi*, an interdisciplinary collaborative art project celebrating Indigenous knowledge systems. Installed at the University of Saskatchewan's Gordon Snelgrove Art Gallery, the piece features reclaimed slate stair treads hand-carved with the names of the lunar cycle in Cree syllabics. —SASKATOON STARPHOENIX

(continued from page 44)

include teaching engineering concepts in elementary schools, writing exam questions for the engineering National Professional Practice Exam and serving on the Association of Professional Engineers and Geoscientists of Alberta's council. Gomez-Villeneuve also founded the Women in Engineering Summit non-profit organization, while raising three kids with her husband, Norm, and teaching pipeline project management and engineering at three universities.

'00 **Rebecca Lippiatt**, BSc, launched Edmonton in a Time of COVID—a website of stories and photos that document the experiences of Edmontonians during the first two years of the pandemic. The project allowed her to combine her interest in history and plagues—stemming from her education in microbiology—with her photography career. The stories can be seen at yegcovidstories.com and @yegcovidstories on Instagram.

'02 **Rita Sheena**, BSc(Pharm), is a full-time performance artist after nearly 20 years as a clinical pharmacist. Following a highly acclaimed run at the Vancouver Fringe Festival 2021, Sheena is performing her one-woman show, "Everybody Knows," at the 2022 Edmonton International Fringe Festival. An homage to Leonard Cohen, the show blends post-modern dance and spoken word into a semi-autobiographical narrative set to nine Cohen songs performed by the

Graduates of the Games

Two alumni competed in the 2022 Winter Olympic Games in Beijing, with **Daniel Sunderland**, '11 BSc(MechEng), competing in the two- and four-man bobsleigh events and **Marc Kennedy**, '05 BCom, bringing home a bronze medal as a member of Canada's men's curling team. **Roddy Ward**, '06 BSc, longtime nordic sport coach, provided commentary on the biathlon events for CBC. Two weeks later at the Paralympic Games, **Graham Nishikawa**, '17 BA, took part in para cross-country skiing as one of Brian McKeever's guides, helping the latter earn two of his three gold medals.

Swedish band First Aid Kit. She lives in Vancouver with her two daughters.

'06 **Dean Anderson**, BSc(CivEng), '10 MEng, a current MBA student at the U of A, launched Gravel Across Alberta (GRAAB): a 600-kilometre cycling challenge that guides riders mainly through off-road trails and gravel roads from the Rocky Mountains to Saskatchewan. Participants take selfies with landmarks along the way, including the Cochrane Cowboy and the world's largest dinosaur in Drumheller, Alta. Photos and finishing times can be logged on the GRAAB Challenge Facebook page. Anderson, who completed the ride in two days, seven hours and one minute in September 2021, writes, "what a wonderful ride it was seeing the route with the fall colours!"

'06 **Michael Brechtel**, BCom, led his team at Berlin Communications to win a prestigious *Communication Arts* award in excellence, presented by the world's largest international

trade journal of visual communications. The Edmonton advertising and public relations agency co-founded by Brechtel was recognized in the interactive category for Love Alberta Forests, a virtual forest tour narrated by Nathan Fillion and developed for the Alberta Forest Products Association. The virtual tour previously received awards from the Advertising Club of Edmonton, International Association of Business Communicators Edmonton, Applied Arts and the Advertising & Design Club of Canada.

'07 **Holly Walkey (Parker)**, BA, has launched a line of homemade eco-friendly products, including reusable makeup removal pads and aromatherapy rice bags. Based out of Walkey's home in Calgary, Dreamin Green Boutique is hosted on Etsy and is available to browse at etsy.com/shop/dreaminggreenboutique.

'08 **Colette J. Feehan**, BSc(Hons), completed a PhD in marine biology at



Dean Anderson

Rebecca Lippiatt



Rita Sheena

Colette J. Feehan and a master's student conduct research on a coral reef



Edward Porper



Dalhousie University after completing her studies at the U of A and is now an assistant professor of biology at Montclair State University in New Jersey. Feehan recently published a letter, "Embrace kelp forests in the coming decade," in *Science Magazine*, the peer-reviewed academic journal of the American Association for the Advancement of Science, and one of the world's top academic journals.

'09 **Brenda Beckman-Long**, PhD, published the article "Creating a Community of Witnesses: Acts of Reading in Anne Michaels's *Fugitive Pieces*" in *Canadian Jewish Studies* special issue on Canadian Holocaust literature. Beckman-Long is an associate professor of English at Briercrest College in Caronport, Sask., and published *Carol Shields and the Writer-Critic*, an exploration of the prolific Canadian writer's oeuvre, with the University of Toronto Press in 2015.

2010s

'11 **Edward Porper**, MA, has released his first album, *Vagaries*, with his collaborative ambient rock project, The Ministry of Ed. Porper has also recently self-published his first book, *Traversing the Global Village: Reflections on a Life of Travel*, which offers reflections on the extraordinary diversity of people, places and cultures he has encountered over a lifetime of globetrotting. Porper is currently at work on his next two albums, *The Northern Light* and *Trailblazers*.

'11 **Kendall Warawa**, BSc, '13 BEd, '17 MEd, completed an after-degree in education on the U of A's North Campus

following his graduation from Augustana. He met his wife, **Holly Warawa (Hudema)**, '08 BEd, '08 BSc, '17 MEd, while teaching high school science and construction in Two Hills, Alta., and he later completed a master's degree in educational studies at the U of A. They now live with their two children, Shelby and Lukian, in Vegreville, Alta., where Warawa, the former skip of Augustana's men's curling team, teaches science, coaches curling and competes on the World Curling Tour.

'12 **Norma Dunning**, BA(NativeStu), '12 Cert(IndigGov/Ptnshp), '14 MA, '19 PhD, a lecturer in the U of A's Faculty of Education, has received the Governor General's Literary Award, in the English-language fiction category, for *Tainna: The Unseen Ones*. The collection of short stories, which weave together Inuit spirituality and contemporary life, is Dunning's third book, coming

on the heels of *Eskimo Pie: A Poetics of Inuit Identity* and her first short fiction collection, *Annie Muktuk and Other Stories*.

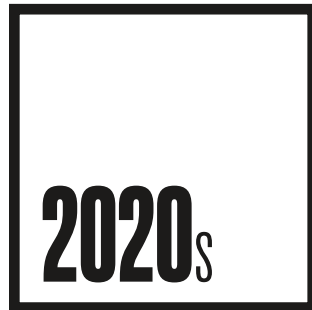
'14 **Samantha Matters**, BSc, '14 Cert(CSL), is a founding director of Future Ancestors Services Inc., a Black- and Indigenous-owned, youth-led social enterprise that offers training, research, consulting and speaking services at the intersection of climate justice and anti-racism. The company launched in April 2020 and serves more than 200 clients in the non-profit, public and private sectors. For more information, visit futureancestors.ca.

'14 **Tony Nguyen**, BSc(Kinesiology), has co-founded the Edmonton-based F.R.E.E. Fitness facility that offers pay-how-you-feel weightlifting, bootcamp and mobility personal training classes. Nguyen was recently celebrated in *Edify* magazine's Top 40 Under 40 list for his

innovative business model and community outreach efforts.

'19 **Michelle Kim**, BSc, '19 Cert(IntLearning), '19 Cert(Sustainability), '19 Cert(GlobalCit), **Isha Godara**, '21 BCom, '21 Cert(ILS), and **Melania Antoszko**, '21 BCom, started the Jivam Foundation, a charity based in India's Kheowali village. Since its inception in 2020, the organization has renovated a community centre and opened a library and art centre in Kheowali. Their team has hosted career workshops and fitness activities for youth and aided the village's COVID-19 pandemic response by distributing food, sanitation

and medicine kits as well as assisting in vaccine registry for people who lacked literacy and access to technology.



'20 **Chyana Marie Sage**, BA, is currently pursuing a master of fine arts in creative writing at Columbia University in New York City and has won first place in *The New Quarterly's* Edna Staebler Personal Essay Contest. While fundraising

Class Connection

'56 **Mathew Romanow**, BSc(ElecEng), wrote to share that the U of A's electrical engineering Class of '56 met last fall to celebrate the 65th anniversary of their graduation. Ten former classmates—hailing from Alberta, Ontario, Wisconsin and California—met virtually, with some reconnecting for the first time since graduating. "It was a very enjoyable experience to learn what we all had accomplished and experienced during our working years, and more particularly how we were spending our retirement years," Romanow writes.

for her next term of school on GoFundMe, Sage is at work on a memoir, which focuses on overcoming intergenerational trauma within Indigenous communities. She also has two children's stories in

submission for publication. "It's been a grind from the moment I arrived," Sage writes of her experience in New York, "but I feel so aligned on my life path and cannot wait to see what is still yet to come." ■



Are you ready to travel again?

After a necessary hiatus, we're ready to help you safely explore the world again. Choose from a range of exciting travel itineraries specifically curated for our alumni community.

To choose your adventure visit us at uab.ca/atravel.

All in the Family

'14 **Kirk MacLeod**, MLIS, **Lorisia MacLeod**, '14 BA, '18 MLIS, and **Kaia MacLeod**, '19 BA, '21 MLIS, are all graduates of the U of A master of library and information studies program and have been chosen as American Library Association Spectrum Scholars. Kirk, who is Kaia and Lorisia's father, is president of the Library Association of Alberta, and Lorisia recently became chair of the Canadian Federation of Library Associations, where she serves the profession at a national level. Kaia has a book chapter forthcoming in *Residencies Revisited*, in which she reflects on her experiences in the Indigenous Internship program at U of A libraries.



DID YOU KNOW?

During the Second World War, the Royal Canadian Air Force took over the residence at St. Joseph's College, cramming in 140 trainees—more than double the building's usual capacity.

WHAT YOU NEED TO KNOW ABOUT...



MANAGING IMPOSTOR SYNDROME

It's all a matter of perspective

By **Raylene Lung**, '18 BA

You think you're a fraud—that every success you've had is because of circumstance or chance. But it isn't that. You're experiencing impostor syndrome, a phenomenon in which people believe their successes are flukes and that at any moment someone is going to find out. So how do you convince your mind to catch up to your success?

Psychologist **Rebecca Ponting**, '04 MEd, shares some tips.

Seek Feedback

Asking questions about your performance can be scary. But it's an effective way to find out if your feelings of inadequacy are justified. "So many times, it'll turn out that somebody who's convinced that they're on the verge of being fired actually finds out their performance is perfectly fine," she says. If it turns out your work isn't

quite up to snuff, you'll get the information you need to start improving.

Look at the Whole Picture

"If somebody we know seems to have a distorted view of their own abilities, sometimes we can gently lead them to think about evidence for what they're seeing," says Ponting. Before jumping to the conclusion that your job is on the chopping block, consider all the facts. Perhaps your supervisor praised your work the other day. Maybe you recently had a great brainstorm and shared some new ideas. When you look at the whole picture, you might find you're being more self-critical than necessary.

Tell Yourself a Different Story

If you want to feel something different, says Ponting, you need to tell yourself something different or do something different. The "fake it till you make it" strategy is a good example of this, she says. The more you tell yourself you can do it, the more you will believe it. In time, this can help you bring your feelings about yourself up to the level at which you're actually performing. ■

The Alumni Association notes with sorrow the passing of the following graduates (based on information received between October 2021 and March 2022).

In Memoriam

1930s

'38 Aleta Josephine Sherriff (Vikse), BA, in January 2022

1940s

'44 John William Forster, BSc(CivEng), in January 2022

'45 Lawrence Archibald Fisher, Dip(Ed), '45 BSc, '49 MEd, in June 2021

'46 Adelle Lena Roginsky, BSc(Hons), in February 2022

'47 Neil Fraser Duncan, BSc, '49 MD, in December 2021

'47 Howard Townley Fredeen, MSc, in December 2021

'47 John Donald Marles, BEd, '63 MEd, in January 2021

'47 Vera Anne Ross (Johnston), BEd, in March 2022

'47 Doris Anne Salmon (Weinheimer), Dip(Ed), in November 2021

'48 Shirley Kathleen Bailey, BA, in November 2021

'48 Donald Frederick Hicks, BA, in September 2021

'48 Mary Rachel Packman, Dip(Nu), in February 2022

'48 Marvin Ernest Seale, BSc(Ag), in August 2021

'48 Donald Murray Shier, BSc, in October 2021

'49 Herbert Arthur Allard, BA, in January 2022

'49 Harold Alison Burns, BSc(ChemEng), in November 2021

'49 Edith J. Ruck (Cardiff), BEd, in February 2022

'49 Lloyd Weston Sheppard, BSc(Hons), in October 2021

1950s

'50 Jean Hylton Abt (Robson), BCom, in November 2021

'50 Douglas Morris Asp, BSc, '52 MD, in October 2021

'50 William Robert Bruce, BSc, in January 2022

'50 Ian Maclean Campbell, BSc(Ag), in November 2021

'50 Stephen Kraychy, BSc(Hons), in October 2021

'50 Raphael Lopatka, BA, '52 BEd, '65 MEd, in November 2021

'50 Alexander McDougall Love, BSc, in January 2022

'50 Erling Brynnyulf Stolee, BSc, in February 2022

'50 Margaret Audrey Swinton, Dip(Nu), in February 2022

'50 Bohdan Volodymyr Tataryn, BSc(Ag), '53 BEd, in October 2021

'50 Shirley Isabell Waldichuk (Rabbage), BA, in December 2021

'50 Marie Zemp, Dip(Ed), in June 2021

'51 Donald Charles Brinton, BSc(Ag), in February 2022

'51 Dorothy Irene Crowle (Griffiths), Dip(Nu), '52 BSc(Nu), in February 2022

'51 Marjorie M. Donais (Cole), BSc, in January 2022

'51 Hazel Beatrice Gould (McKenzie), BSc, in August 2021

'51 Michael Kinash, BSc(CivEng), in October 2021

'51 George David James "Jim" Letts, BSc, '53 MD, in October 2021

'51 Lawrence Roman Miskew, BSc(ChemEng), in December 2021

'51 Delbert Lloyd Tittermore, MD, in October 2021

'51 Francis George Vetsch, BSc(PetEng), in August 2021

'51 Edward C. Weale, BEd, in December 2021

'52 Gayle L. Bowron, MA, in September 2021

'52 Florence Mary Fryett (Boyer), BA, '53 Dip(Ed), in November 2021

'52 Rene Joseph Lemay, BCom, in March 2022

'52 Shirley Jean Swaddle (Weiss), BSc, in August 2021

'53 Lorne L. Clapson, BSc(Ag), in January 2022

'53 Richard William Jull, BA, '54 LLB, in February 2022

'53 Walter Dmytro Komhyr, BSc, '56 MSc, in February 2022

'53 Mary Audrey Ann L'Heureux (Gibson), Dip(Nu), '73 BSc(Nu), in December 2021

'53 Anne Laskosky, Dip(Ed), '71 BEd, in September 2021

'53 Harriet Dorothy McGurk, Dip(Nu), '54 BSc(Nu), in September 2021

'53 Peter Andrew Melnychuk, BSc(Pharm), '55 BEd, '65 Dip(Ed), '74 Dip(Ed), in November 2021

'53 Peter Michael G. Nettleton, BSc(CivEng), in March 2022

'53 Evelyn Gerda Wigham, BSc, in July 2021

'53 Shirley Ann Wolfe, BEd, in December 2021

'54 Allan Keith Clemenger, BSc, '56 MD, in July 2021

'54 Jeanne Marie Dawson (Racette), BSc(HEc), '55 Dip(Ed), '60 BEd, in February 2022

'54 James Roger Duncan, BSc, '58 DDS, in November 2021

'54 Rebecca Fayerman, Dip(Ed), in October 2021

'54 Myron Emil "Merne" Hrycun, Dip(Ed), '66 BEd, in December 2021

'54 George Douglas MacKinnon, BSc(MiningEng), in January 2022

'54 Bessie Belle Marshall (Wilson), Dip(Nu), in January 2022

'54 James Herbert McKibbin, BSc(ChemEng), in August 2021

'54 Phyllis Rae Murrell (Wobick), Dip(Ed), '80 BEd, in October 2021

'54 Toby Bella Reichert (Taradash), BSc(HEc), in November 2021

'54 William Sawka, BSc, '55 BEd, in October 2021

'55 Richard Alwyn Bramley-Moore, BSc(MiningEng), '61 MSc, in October 2021

'55 Irene Isobel Glasgow, DDS, in March 2022

'55 Graham Lisle Harle, BSc(Ag), '59 LLB, in February 2022

'55 May Gertrude Mardon (Knowler), Dip(Ed), in July 2021

'56 Olga Loza Chorney (Kochan), BSc(Pharm), in February 2022

'56 Eleanor Ruth Edgar, BSc, in October 2021

'56 Isidor Gliener, BA, in January 2022

'56 Frederick George Hulmes, BA, '59 MA, '70 PhD, in January 2022

'56 Bohdan Lew Kuzyk, DDS, in March 2022

'56 David Greenfield Page, BCom, in November 2021

'56 Judith Ann Peacocke (Schlosser), BA, in November, 2021

'56 Herbert William Schmidt, BSc(ChemEng), in October 2021

'56 Andrew Robert Seal, BA, '59 BDiv, in January 2022

'56 William D. Thomas, BEd, in January 2022

'56 Robert Montgomerie Watson, BSc(ElecEng), in January 2022

'57 Irene Franciska Black (Aastrup), BSc(Pharm), in January 2022

'57 Muriel J. Dais (MacLeod), BSc(Ag), in March 2022

'57 Carlie Jean Godfrey (Martin), BCom, in October 2021

'57 Bernice Audrey Heslop, Dip(Ed), in February 2022

'57 Helen Catharine Hume (Clark), Dip(Ed), '69 BEd, '70 Dip(Ed), in December 2021

'57 Harry Leskiw, BSc(ElecEng), in November 2021

'57 Kathleen Dorothy McClellan (Thomson), BSc(Pharm), in October 2021

'57 Ross Walkerdine Paisley, BA, '58 LLB, in December 2021

'57 Olga Porylo, BSc(HEc), '68 BEd, in February 2022

'57 Ronald Clifford Rud, BSc(ChemEng), '71 MD, in October 2021

'57 Keith Reginald Sveinson, BSc(Ag), in November 2021

'57 Gerald C. Whittaker, BSc(PetEng), in March 2022

'58 Joyce Hattie Sandra Baird (McCoy), Dip(Nu), '59 Cert(AdvObst), '77 BSc(Nu), '85 MEd, in February 2022

'58 Terrance J. Collin, BSc, in February 2022

'58 Helen Mary Margaret Norton (Cummings), Dip(PHNU), in February 2022

'58 Marion Eileen Kasha (Lenz), BEd, in December 2021

'58 Mary Josephine Lyseng (Chiswell), BEd, '78 MEd, in December 2021

'58 Donald Wallace Mogridge, BSc(ChemEng), in September 2021

'58 Victor Roger Poulin, Dip(Ed), '64 BEd, in November 2021

'58 Paul A. Robison, BA, in January 2022

'58 Barry Cyril Vogel, BA, '59 LLB, in December 2021

'59 Martin Sean Brett, BSc, '65 LLB, in October 2021

'59 Keith Peard Cole, BSc, in August 2021

'59 Jean Marlene Finley, Dip(Nu), in January 2022

'59 Rebecca Margaret Gehman, BA, in January 2022

'59 Marcus Edward Heck, BSc, '61 BEd, in July 2021

'59 Donald Colin MacKenzie, BCom,

'03 LLD (Honorary),
in December 2021

'59 **Gilmour Frank
Hall Menzies**, BEd,
in March 2022

'59 **Myron J. Stechishin**,
DDS, in December 2021

'59 **Herbert James
Stubbs**, BSc, '62 LLB,
in December 2021

'59 **Carin Thomas
(Klemme)**, BEd, in
December 2021

1960s

'60 **Gerald Andrew
Berkhold**, BCom,
in October 2021

'60 **Padraic James
Clooney**, BPE, '62 BEd,
in December 2021

'60 **Roberta E. Cumming**,
BEd, in December 2021

'60 **Wilfred Paul
Dais**, BPE, '64 BEd,
in October 2021

'60 **Joyce Ella M.
Fairbairn**, BA, in
March 2022

'60 **Robert John
Frederick**, BA, in
November 2021

'60 **Jean Marie Gaucher
(Andrews)**, BSc, in
November 2021

'60 **Geraldine R.
Jarvis (Derby)**, BA,
in November 2021

'60 **Alfred Martin J.
Keen**, BSc(CivEng), '66
MBA, in June 2021

'60 **Donna Gay Paynter**,
Dip(Nu), in October 2021

'60 **Otto Zander**,
BSc(MechEng), in
October 2021

'61 **Harry Ernest
Afaganis**, MD, in
October 2021

'61 **Walter Dembicki**,
BSc(Ag), in January 2022

'61 **Harold Israel Eist**,
MD, in December 2021

'61 **David Frederick
Goodman**, BSc(CivEng),
in October 2021

'61 **Ann Carley
Graham (McGill)**,

Dip(Nu), '73 BSc(Nu),
in December 2021

'61 **Orest A. Karbonik**,
BCom, in January 2022

'61 **Calvin James
Lauber**, BSc(ChemEng),
in October 2021

'61 **Robert Hector
MacQuarrie**, BEd,
in October 2021

'61 **Jane Musey**,
BSc(Pharm), in
December 2021

'61 **Albert James
Patterson**,
BSc(ChemEng), in
September 2021

'61 **Harriet Frances
Pool**, Dip(Nu), in
September 2021

'61 **Terry Lyal Tomlinson**,
BSc(ElecEng), in
August 2021

'61 **Donald E. Tronsgard**,
BSc, in December 2021

'61 **Gordon Alexander
Wallace**, BSc(CivEng),
in December 2021

'62 **Henrietta Frances
Bone (Sheptycki)**,
BSc(HEC), in October 2021

'62 **Melvin Roy Farries**,
BSc(MiningEng), in
December 2021

'62 **Frederick Adam
Hilderman**, MD, in
November 2021

'62 **John Samuel Howie**,
BEd, in September 2021

'62 **Jean B. Jardine-
O'Neill**, Dip(Nu), in
December 2021

'62 **Gordon Neil
McDermid**, BA, '67 BEd,
'72 LLB, in October 2021

'62 **Norman Henry
Neufeld**, BSc(CivEng),
in October 2021

'62 **Douglas Tong Him
Wong**, BSc(CivEng),
in October 2022

'63 **David Roy Elgert**,
BEd, in June 2021

'63 **Edward Gadowsky**,
BEd, in January 2022

'63 **Bernard Dilo
Lavallée**, LLB, in
October 2021

'63 **William Clifford
Liddell**, BSc(CivEng),
in February 2022

'63 **Alma Freda
McLachlan (Shaw)**,
BEd, in June 2021

'63 **Walter Karol John
Mis**, BA, '64 LLB, in
November 2021

'63 **Margaret E. Plain
(Sanders)**, BA, in
September 2021

'63 **George Raffa**,
BSc(CivEng), '64 MSc,
in February 2022

'63 **Erna Stoik (Alghaer)**,
Dip(Nu), in March 2022

'63 **Andrew Vagvolgyi**,
BSc, '64 MSc, in
November 2021

'63 **Royce Williams**,
BEd, in October 2021

'64 **Wesley Abel**,
BSc(CivEng), in
December 2021

'64 **Lorraine Louise
Brodie**, BEd, in
October 2021

'64 **Doreen Marvis
Mager (Prier)**,
BEd, '83 Dip(Ed), in
November 2021

'64 **Kenneth Granville
Teare**, BSc(ElecEng),
in October 2021

'65 **George A. Cooke**,
PhD, in November 2021

'65 **Allan Gordon
Leinweber**, BEd,
in May 2021

'65 **James Stephen
Muldowney**, PhD,
in March 2022

'65 **Darwin Michael
Semotiuk**, BPE, '67
MA, in January 2022

'66 **Gilbert Jamieson
Clark**, LLB, in
February 2022

'66 **William Garnet
Gibson**, MA, '77 PhD,
in October 2021

'66 **Joseph Michael
Green**, BSc(ElecEng), '71
MEng, in November 2021

'66 **Erika Erna Juthner
(Hugel)**, BEd, in
February 2022

'66 **William Marianicz**,
BEd, in September 2021

'66 **Ellys Bert Piepgrass**,
BSc(CivEng), '68 MSc,
in September 2021

'66 **Henry Leo Rakowski**,
BEd, '76 Dip(Ed), '77 BA,
in November 2021

'66 **Gerd Friedrich
Steinke**, BA, in
November 2021

'67 **Wallace Leroy
Anderson**, BEd, '92
MEd, in June 2021

'67 **Joanne Louise
Bucklelee**, BSc, '75 MLS,
in February 2022

'67 **John Wallace
Fletcher**, PhD, in
March 2022

'67 **Ronald John
Hilton**, BSc(CivEng),
in November 2021

'67 **Kenneth Jensen**,
BSc(ElecEng), in
January 2022

'67 **Raymond Wallace
Johnson**, BSc(ElecEng),
in December 2021

'67 **Lorne Richard
Konelsky**,
BSc(ChemEng),
in July 2021

'67 **Ilona Marilyn
Noble**, BEd, '73 Dip(Ed),
in December 2021

'67 **Ralph William
Pechanec**, BSc, '70 BEd,
in November 2021

'67 **Malcolm Laird
Stewart**, DDS, in
February 2022

'67 **Jean Lenore Wilson**,
BA(Hons), in 2022

'68 **Enid Lee Davis**,
BEd, in August 2021

'68 **Gayle Yvonne Fehr**,
BEd, in October 2021

'68 **Kathleen Nadine
Sorochoan (Hancheruk)**,
BA, in February 2022

'68 **John Alfred
"Jack" Hoar**, BCom,
in December 2021

'68 **Diane Frances
Johnson (MacKay)**,
Dip(Nu), in October 2021

'68 **Stanley Lawrence
Kalita**, BEd, in
December 2021

'68 **Patrick Yiu
Sai Leung**, MD, in
December 2021

'68 **William James
Mayhew**, MD, in
August 2021

'68 **Malcolm Scott
McPhee**, MSc, in
November 2021

'68 **Robert James Moore**,
BEd, in January 2022

'68 **Doris Louise Parker**,
BEd, in October 2021

'68 **Kenneth William
Powell**, BSc, '70 DDS,
in February 2022

'68 **Paul Allen Winton**,
BEd, '69 Dip(Ed),
'76 MEd, in 2022

'69 **Geoffrey Harwood
Bate**, BA, in October 2021

'69 **Dennis Guy
Bergevin**, BSc(Ag),
in December 2021

'69 **Robert Stephen
Gawreluck**, BEd, '72 MEd,
'93 PhD, in February 2022

'69 **Russell Stanley
Heppell**, BCom, '71
MBA, in October 2021

'69 **Brian Wayne
Hesje**, BEd, '73 MBA,
in December 2021

'69 **Richard Joseph
Kroetch**, BCom, in
November 2021

'69 **Ann Poitras**, BEd,
in January 2022

'69 **John Dickson
Reid**, BA, '79 BEd,
in October 2021

'69 **Awatar Singh
Sekhon**, PhD, in
September 2021

'69 **Diane Michelle
Tougas**, BSc(MedLabSci),
'75 Dip(Ed), in
January 2022

'69 **Donald Robert
Young**, BSc(Ag), in
November 2021

1970s

'70 **Thomas Arthur
Bradley**, DDS, in
March 2022

'70 **Ruth Louise
Eagan**, MEd, '73 PhD,
in September 2021

'70 **Phyllis Hughson**,
BEd, in March 2022

'70 **Clara Lois Jonsson**,
BA, in March 2022

'70 **Theodore Gabriel
Kaklin**, BA, '73 LLB,
in November 2021

'70 **Sivajogi Dora
Koppula**, PhD, '79
MBA, in October 2021

'70 **Ezekiel Litwack**,
BEd, in March 2022

'70 **Anne Rasmussen**,
BEd, in October 2021

'70 **Colin Michael
Spencer**, BEd, in
September 2021

'70 **Robert Franklin
Wolfe**, BCom, in
February 2022

'71 **Murray Wilson
Brown**, MBA, in
January 2022

'71 **Linda Alice Duquette**,
BEd, in December 2021

'71 **David William
R. Hampel**, BSc,
'75 BSc(ChemEng),
in October 2021

'71 **Adam Edward
Kuziemyk**, BEd, in
December 2021

'71 **Raymond Einar
Lovlin**, MSc, '88 PhD,
in February 2022

'71 **John Steven Millar**,
PhD, in September 2021

'71 **Orest Peter
Myckan**, BA, '73 MBA,
in January 2022

'71 **John David Payne**,
BCom, '80 MBA, in
January 2022

'71 **Donald Joseph
Seidle**, BSc(Spec),
in January 2022

'72 **Douglas Barry
Agnew**, Dip(Ed), '72
BEd, in December 2021

'72 **Audrey Ione
Cartwright**, Dip(RM),
in March 2022

'72 **Heather Margaret
Dewart**, BA, '76 Dip(Ed),
in September 2021

'72 **Patrick James
Fahy**, MEd, '84 PhD,
in November 2021

'72 **William Scott
MacLeod**, BEd, in
November 2021

'72 **Ian Guy McDonell**,
BA, in December 2021

'72 **Terrance Douglas Orlick**, PhD, in August 2021

'72 **George Steven Sebest**, BEd, '91 MEd, in March 2022

'72 **Anthony Michael Simmons**, BA(Hons), '75 MA, '84 PhD, in December 2021

'72 **Joan Letitia Stroh (Rogers)**, BEd, in March 2022

'72 **Audrey Jean Sutherby**, BEd, in October 2021

'72 **Daphne E. Watters**, BEd, in December 2021

'72 **Bing Lin Wong**, BSc(ElecEng), '73 Dip(Ed), '75 BCom, in December 2021

'73 **Marion Ann Armstrong**, BSc, in December 2021

'73 **Tyler Duncan Cran**, BCom, in October 2021

'73 **Patricia Louise Daunais**, BA, '74 LLB, in February 2022

'73 **Joanne Florence Ellison**, BA, '75 Dip(Ed), '79 MA, in November 2021

'73 **Ernest Bryan Ford**, BEd, in December 2021

'73 **Paul Alexander Kelman**, BFA, in January 2022

'73 **Allen John Leander**, BSc(Spec), '76 BSc(ChemEng), in February 2022

'73 **Thomas William Robinson**, BA, '74 LLB, in December 2021

'73 **Paul Daniel Sereda**, BSc, in December 2021

'73 **Donald Frank Stark**, BSc(Med), '75 MD, in January 2022

'74 **Cathryn Leona Brecka (Sparks)**, BEd, '82 BA, in March 2022

'74 **Robert James Donahue**, BSc(Pharm), in October 2021

'74 **Gordon Ronald Larson**, BSc(MiningEng), in March 2022

'74 **Donald Campbell McEachern**, BEd, in February 2022

'74 **Hari K. Mittal**, PhD, in November 2021

'74 **Bruce Roger Oro**, BCom, in September 2021

'74 **Richard Brant Robertson**, BSc(MechEng), '76 MSc, in October 2021

'74 **Ida Sansom**, BSc(Nu), '95 BA, in October 2021

'74 **Glenda Patricia Simms**, BEd, '76 MEd, '85 PhD, '95 LLD (Honorary), in December 2021

'74 **Kin Wing Wong**, BSc, '76 DDS, '90 MBA, in January 2022

'75 **Douglas Kevin Affleck**, BA, in October 2021

'75 **Margaret Bowden Anderson**, BEd, in March 2022

'75 **Doreen Jean Batterham (McDowell)**, BEd, in June 2021

'75 **Annie Ruth Heinrichs**, BEd, in October 2021

'75 **Howard Douglas Janzen**, MMus, in October 2021

'75 **Harold Howard Kluczny**, BEd, '84 MEd, '98 EDD, in January 2022

'75 **Darcy Walter Koshman**, BA, '77 BA(SpecCert), in January 2022

'75 **Henry William Nychkalo**, BSc(Ag), in March 2022

'75 **Douglas Ralph Ohrn**, BSc(Forest), in January 2022

'75 **Joseph Francis M. Sadee**, BEd, in October 2021

'75 **M. Gail Shervey (Dunsworth)**, BA(Spec), in December 2021

'75 **Robert Edward Taylor**, BSc, in September 2021

'75 **Tony Lipwing Yee**, BEd, '76 Dip(Ed), '77 MEd, in October 2021

'76 **Sarah Jean Doughty**, BSc(Nu), '81 MN, in December 2021

'76 **Peter Hanisch**, MSc, in August 2021

'76 **Eugene Walter Korpan**, MEd, in December 2021

'76 **Larry Thomas Novak**, BSc, '77 BA, '80 LLB, in November 2021

'76 **Lawrence Schowalter**, BA(Spec), '03 BEd, in March 2022

'76 **Etty Anna Shaw-Cameron**, Dip(Ed), '93 MEd, in January 2022

'76 **Earl Arthur Wilson**, BSc(Forest), in October 2020

'77 **Simone Nola Adam**, BEd, in November 2021

'77 **David James Hamilton**, BSc, '79 DDS, in February 2022

'77 **Katrina Hoffman**, BA, in December 2021

'77 **Deborah Lynn Swanson**, BA, in February 2022

'78 **James Frederick Hamilton**, BSc(CivEng), in February 2022

'78 **Robert Bentley Hogg**, MEd, in February 2022

'78 **Ronald Stan Kupsch**, BEd, in February 2022

'78 **Marilyn Louise Lester**, BMus, in February 2022

'78 **Murray Chester Sapieha**, BEd, in December 2021

'79 **Jeffrey Kim Harries**, BA, in November 2021

'79 **Michael Eugene Newsom**, BEd, '90 Dip(Ed), in February 2022

'79 **Larry James Poulter**, MEd, in December 2021

'79 **Sandra Ralph**, BSc(Nu), in January 2022

'79 **Gordon John Sidjak**, BA, in December 2021

1980s

'80 **Sarah Jane Brown**, BSc(Ag), in January 2022

'80 **Doreen Mary Caldwell**, BA, in February 2022

'80 **Dwayne Joseph Dychkowski**,

BSc(MechEng), in October 2021

'80 **Stephanie Gay Mah**, BSc, in October 2021

'80 **Margaret Eileen Tait**, BScN(Hons), in November 2021

'81 **Patrick Baron Bartoshyk**, BCom, in December 2021

'81 **Robert John Burghardt**, BEd, in March 2022

'81 **Brian David Geary**, BEd, in December 2021

'81 **Betty Jeanne Heisler**, BEd, in February 2022

'81 **Andrea Lee Hubbard**, BA, in October 2021

'81 **Allen Andrew Jackson**, BA(RecAdmin), in January 2022

'81 **June Aileen McConaghy**, BEd, '86 MEd, '91 PhD, in June 2021

'82 **Erma Marlene Bosa**, BA, in February 2022

'82 **Brian Campbell Foster**, PhD, in October 2021

'82 **Alan Leslie Harris**, BCom, in January 2022

'82 **Douglas Stephen Skura**, BMedSc, '84 MD, in March 2022

'83 **Robert Gordon Butler**, BA, '86 LLB, in October 2021

'83 **Neil Allan Campbell**, BSc(Spec), in December 2021

'83 **Murray William Isaac**, BSc, in October 2021

'84 **Valerie Lynn Mellesmoen (Yushchysyn)**, BA, in February 2022

'84 **Donna May Pawliw**, BCom, in December 2021

'84 **Frances Mary Toohey**, BEd, in February 2022

'85 **Rhonda Valerie Gora (Steil)**, BSc(HEC), '90 MEd, '94 PhD, in January 2022

'85 **Donald Macnab**, PhD, in February 2022

'85 **Anita Joanne Oliver**, BCom, in December 2021

'85 **Mervin Harry B. Spady**, BSc(MiningEng), in October 2021

'86 **Janet Elizabeth McElhaney (Vlasschaert)**, MD, in October 2021

'86 **Mark Bernard Sweeney**, BSc, in February 2022

'87 **Bonnie Ann Blackwell**, PhD, in September 2021

'87 **Carol Ann Martin**, BScN(Hons), in January 2022

'88 **Corinne Yvonne Fontaine**, BSc(HEC), in November 2021

'88 **Elsie A. Shamota-Miller**, BA, '90 BA(Hons), in December 2021

'88 **Donna Louise Weitz**, BA, in December 2021

'89 **Jacquelyne Rae Herbst (Crump)**, BSc(Spec), in December 2021

'89 **Lorelei Margaret "Bunty" Nahorney (Carter)**, BEd, in June 2021

'89 **Olive Kathleen Thorne**, BA, in February 2022

1990s

'90 **Sherry Jean Beswetherick**, BEd, in October 2021

'90 **Graham Elwood Duff**, BSc, in December 2021

'90 **Katharine Gould Horton**, BA, in October 2021

'90 **Paul Samuel Tchir**, BEd, in March 2022

'91 **Heather Sykes**, BSc(Speech/Aud), in January 2022

'92 **Steven Thomas Karp**, MA, in March 2022

'92 **Tracy Leigh Wright**, BEd, '98 BA(Hons), in October 2021

'93 **Darwin Edward Risdon**, BEd, in November 2021

'94 **John Lachlan Campbell**, BA, in January 2022

'94 **James David Cuming**, LLB, in September 2021

'95 **Kevin Lee Skogstad**, BSc, in December 2021

'96 **Daniel Jean-Paul Joseph Archambault**, PhD, in September 2021

'96 **Robert Thomas Housman**, LLB, in October 2021

'97 **Cindy Kung**, BSc(OT), in October 2021

'97 **Arun Passi**, BA, '04 LLB, in February 2022

'98 **Colin Matthew Laforce**, BSc(Ag), in October 2021

'99 **Dustin Joseph Hartley**, BSc(Hons), '03 MSc, in September 2021

2000s

'01 **Gregg Shanks**, MSc, in February 2022

'05 **Michele Lorraine Hoffman**, BScN(Hons), in February 2022

'05 **Geoff Robert Hollis**, BSc(Hons), in November 2021

'05 **Brady Daniel Nielsen**, BA(Hons), '07 MA, in January 2022

'08 **Connie McLaws**, BA, '12 BEd, in September 2021

'08 **Wesley Craig Miller**, BSc(Spec), in 2022

'09 **Daina Calais Kvisle Aldous**, LLB, in September 2021

2010s

'11 **Lourdes Pelayo Ramirez**, PhD, in September 2021

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

thehub

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SPEAKER'S CORNER

HEALTH GETS MORE PRECISE

By Oumar Salifou, '20 BA

Imagine visiting your doctor to treat seasonal depression and receiving a treatment plan informed by data from every patient in your community who has your condition, similar genetic makeup and environmental exposures. With precision health care, this could be possible. Precision health care harnesses the power of AI, technology and a ton of data to diagnose and treat patients based on their specific makeup and risks. During Alumni Weekend last year, U of A researchers presented their expertise in this area. Here are some things you should know about this emerging field.

COMMUNITY TESTING SETS THE STAGE

Pharmacogenomic testing uses a patient's DNA to forecast how well a certain drug will work for them. With DNA collected from a cheek swab and compared with a vast databank, AI can predict which medications are likely to perform best. With her team, **Lisa Guirguis**, '97 BSc(Pharm), '00 MSc, an associate professor in the Faculty of Pharmacy and Pharmaceutical Sciences, plans to expand community testing to help Albertans find relief for



depression without the tedious process of trial and error.

DATA AND PRIVACY FIND BALANCE

Precision health relies on a ton of data to inform health decisions. But it can be difficult to share this information among researchers because of privacy concerns and regulations, says **Dean Eurich**, '03 MSc, '07 PhD, a professor in the School of Public Health. Machine learning can enhance privacy by creating synthetic health data—fictional data sets based on real patient information. "We have generated a data set of 80,000 fictitious opioid users in the province that mimics real-world patterns of care and outcomes," he says. As technology improves, we may see medical breakthroughs built around an army of fictional patients.

PRECISION HEALTH HAPPENS NOW

Innovation in precision health is being put into practice by AltaML, a Canadian applied AI company started by business grads **Nicole Janssen**, '02 BCom, and **Cory Janssen**, '04 BCom. In partnership with American company PROTXX, AltaML created a new benchmark for concussion diagnosis. The project combines head-mounted sensors that measure motion with machine-learning algorithms to improve concussion diagnosis. While we await the highly precise future of health care, we can benefit from what's already possible.

Guirguis and Eurich are two of many speakers to share expertise at alumni events. Visit uabgrad.ca/OnDemand for more content.

PODCAST WISDOM

"Always think about who's coming next and set the stage for them."

Jessica Vandenberghe, '00 BSc(ChemEng), '03 MSc, '10 BSc(ElecEng), assistant dean of engineering and incoming Alumni Association president, discusses why she chose a career in academia on the alumni podcast *What the Job?*



LIVING ROOM LESSONS

Your career journey is paved by countless decisions and experiences—and likely several cases of happenstance. Learn how to embrace your interests and turn chance events into meaningful career opportunities in the "Careers Aren't Linear" webinar featuring U of A career coach Tyree McCrackin. And check out other free offerings featuring U of A experts: uabgrad.ca/OnDemand.



DON'T MISS OUT ON ...

MOOCS

Mountains. Cool landscapes to climb or important sources of life? Explore the many benefits of these stony giants in Mountains 101, a free massive open online course (or MOOC). The 12-lesson course, curated by U of A grads and experts, covers everything from the geological origins of mountains to tips and tricks for navigating alpine environments. For more on Mountains 101 and other MOOCs, visit uab.ca/MOOC.

18,000

The number of grads invited to cross the stage in cap and gown this July after graduating virtually during the pandemic. The Celebrate Together event gave the classes of '20 and '21 the chance to relive their convocation in person surrounded by their friends, family and peers.

29

The number of trips on the Alumni Travel program's itinerary for 2023. Escape on a Tanzanian safari just in time for the Great Migration, wander through Europe's holiday markets or cruise through the Galapagos Islands alongside fellow grads.



Be Social



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@UAlbertaAlumni



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Former electrical engineer Harry Koumarelas recognizes how important education is to the future of our community and economy.

By arranging a gift of securities to the university, Koumarelas will help U of A students become the problem-solvers and change-makers of tomorrow.

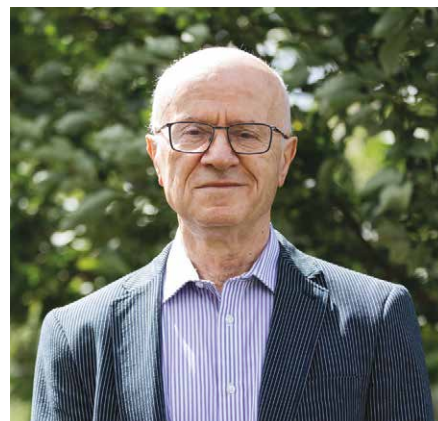
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780-492-2616 | giving@ualberta.ca | uab.ca/shares

I believe uplifting today's students will ensure a brighter future for our province, our country and our world."

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

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



smalltalk



After-class Activities

➔ Sometimes the best university experiences happen outside the classroom — like on a volleyball court or at the Gateway office. We asked grads to share the after-school memories they'll never forget. Tell us yours or find more campus memories at facebook.com/UAlbertaAlumni.

Volunteering with U of A Compliments and getting to participate in the flower shower each Valentine's Day! Tissue-paper flowers for everyone!

—*Jamie Hudson, '16 BSc, '16 Cert(ResearchSci), '16 Cert(Sustainability), '19 BScN, '19 Cert(IntLearning)*

I've continued as a volunteer in my fraternity in the U.S. decades after first joining it at the U of A. While Greek life is smaller in Canada, the quality of its impact on young hearts and minds at the U of A can be counted among the best anywhere.

—*Ashley O'Kurley, '97 BA*

Beverages at the Library Lounge with our professor after intense debates in political science class.

—*Taneen Rudyk, '00 BA*

Loved working at CJSR for a year. I got to meet former prime minister **Pierre Trudeau**, '68 LLD (Honorary). The other fun thing was hosting the Ukrainian hour on Friday nights. My buddy and I would sit there and spin all sorts of neat old Ukrainian records.

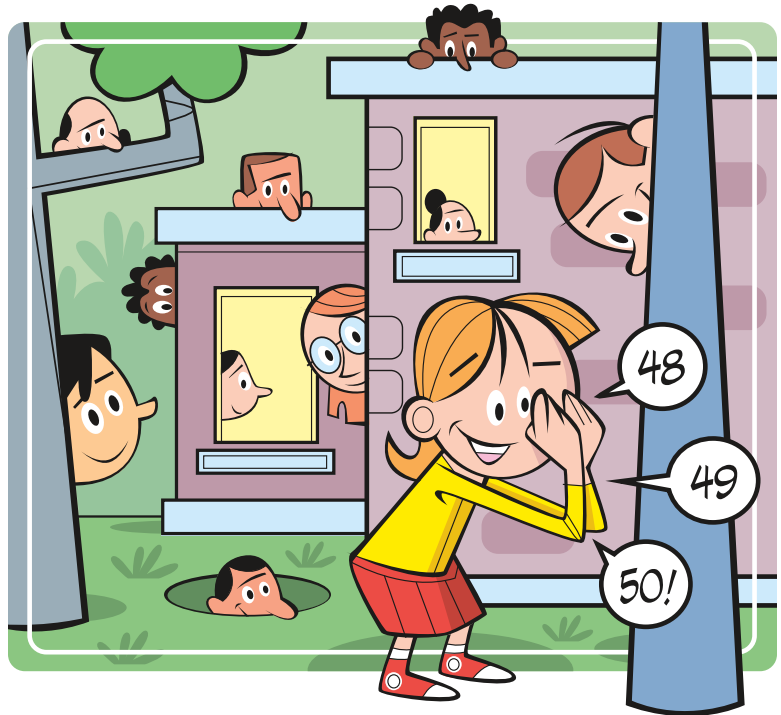
—*Jerry Iwanus, '83 BA(Spec), '86 MA*

Working on the Enough is Enough student government campaign in the early '90s. Long days and strategy-filled nights reaching for the brass ring. I don't quite recall what we had had enough of, but it was righteous and impassioned. Come to think of it, it also taught me about learning from defeat. The glories of youth!

—*Bree Claude, '96 BA, '06 MSc*

Cosplaying for *The Hobbit* movie premiere in 2012 with the University of Alberta Tolkien Society, and our club receiving a bunch of swag (including from Warner Bros.) to mark the occasion.

—*Megan Engel, '12 BSc(Hons), '13 MSc*



The U of A organized an event to break the Guinness World Record for the number of participants in a game of hide-and-seek. On the day of the event, they distributed headbands for all of us to mark the event. It was great to play hide-and-seek with hundreds of colleagues at the same time. We did not break the world record, but we had unforgettable fun and I still have the headband.

—*Mais Aljunaidy, '18 PhD*

The Great Northern Concrete Toboggan Race. In 1993 the U of A civil engineering class won the event in Sherbrooke, Que., in 1994 we hosted it in Edmonton and in 1995 we took a team to Montreal and won Best Team Spirit. Incredible fun with a lot of different people involved in these events. A great Canadian civil engineering tradition that has been running strong for 48 years!

—*Brian Maksymetz, '96 BSc(CivEng)*



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