

WINTER 2018

# new trail

UNIVERSITY OF ALBERTA  
ALUMNI MAGAZINE



## MAKE THE INK Old-Fashioned Way

## CLEAN your PHONE

(SERIOUSLY, IT NEEDS IT.)



## SPOT PSEUDOSCIENCE

So, what do you do for a living?

## AVOID DEATH by SMALL TALK

Ugh, not THAT question again.

# The HOW-TO ISSUE



## SPEAK IN FRONT OF AN AUDIENCE

(AND DO IT WITH A PLOMB)

18 practical things you can do right now to make your life better (and more fun!)\*

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#### **ON THE COVER**

Whether you want to make small talk or a paper airplane, our 22 experts have got you covered, starting on page 20. Lettering by Angela Southern

**Alexis Hillyard**, '06 BEd, '11 MEd, shakes up stereotypes on her YouTube cooking series, *Stump Kitchen*. Page 42. Photo by John Ulan

## The World Is Your Classroom

I USUALLY TREAT VIDEOS that land on my social media accounts as trivial distractions in the day. But sometimes, a nugget of wisdom leaps off the screen and stays with me. In one such video, a retired American admiral, William McRaven, addresses new graduates at his alma mater, the University of Texas at Austin. Standing on the stage, a rainbow of service stripes clustered over his crisp, white U.S. Navy uniform, McRaven offers this advice:

“If you want to change the world, start off by making your bed.”

True confession: I hated making my bed as a kid, and even more as an adult. If I could get out of it, I would. But McRaven puts a whole different spin on what I’d always dismissed as a mundane chore. “If you make your bed every morning,” he tells the grads, “you will have accomplished the first task of the day. It will give you a small sense of pride. And it will encourage you to do another task and another and another.”

It’s the little things in life that matter, McRaven says. “And if you can’t do the little things right, you’ll never be able to do the big things right.”

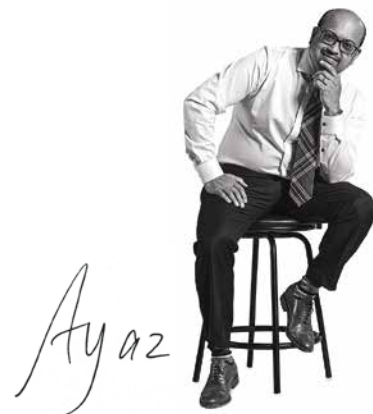
McRaven knows a thing or two about “big things.” In four decades as a U.S. Navy SEAL, he and his comrades were in constant peril on their missions. While most of us don’t have to dodge bullets or fight terrorists for a living, we face our own challenges that, some days, can seem daunting. Overwhelming. There are times when I ask myself, “How on earth will I get through this?” It helps to remember McRaven’s advice: Start small. Bring care and quality into the tiniest

acts and see where it takes you.

Since watching that video, I have made my bed every morning.

You don’t have to make “hospital corners” a way of life, but there are a lot of opportunities to bring more quality into your day. As part of the U of A community, we have a wealth of professional expertise available to us. In this issue of *New Trail*, we harness the research and expertise of alumni, faculty and staff to offer options for better living. Writer and journalist **Malcolm Azania**, ’91 BA, ’94 BEd, offers tips on making small talk at parties. Geriatrics doctor **Roger Wong**, ’90 BMedSc, ’92 MD, meanwhile, offers tips on making your parents’ home safer as they age. We even have an engineer offer his take on paper airplane designs.

You can find these and more ways our U of A community can improve our lives, starting on page 20. We never stop being a student. Our classroom just gets bigger.



**Ayaz Bhanji**, ’91 BSc(Pharm)  
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## Photo Memories

I always enjoy reading *New Trail*. In the Autumn 2018 issue, I especially liked the note about the Digital Library North (page 7), which included a photo I am familiar with from my work on the Aulavik Oral History Project in the 1990s. While being interviewed, Inuvialuit elders named people unidentified by the photographer, RCMP Const. Robert C. Knights, who was stationed at Sachs Harbour (Banks Island). The original photo is part of a collection donated to the NWT Archives.

—*Murielle Nagy*, ’97 PhD, Quebec City

### MORE ONLINE

Find these stories and more at [ualberta.ca/newtrail](http://ualberta.ca/newtrail).



#### Become a Better Bystander

Do you know how to help if you see behaviour that crosses the line? The U of A Sexual Assault Centre offers some tips.



#### A Bitters Cocktail

Keenan Pascal, ’08 BCom, guides you through the steps of making a Vieux Carré (page 35) in a video how-to.

## Artificial Intelligence of Vore

Shortly after I graduated from the U of A, Canada’s first commercially available computer was purchased by the University of Toronto. The year was 1952 and I was eager to learn more about this new technology. Luckily, I had the chance to attend an extension course offered by the U of T about computers and their application, while working at Canadian General Electric Co. plant in Peterborough, Ont. Our company secured an IBM 650 computer soon after, primarily to perform design engineering calculations. That’s when I teamed up with fellow alumnus **Gordon Herzog**, ’46 BSc(ElecEng), to see if the computer could be used for making choices instead of just arithmetic.

Working together, Gordon (who would later have been described as the domain expert) and I (as the artificial intelligence specialist) succeeded in developing this new type of program and putting it to use. To distinguish it from the normal calculation programs at that time, it was called a synthesis program. These days, I try to keep abreast of AI developments through updates from the Association for Computing Machinery. The level of interest and the pace of change, to my mind, is astonishing.

—*John (Jack) Scrimgeour*, ’48(ElecEng), Nepean, Ont.

**Editor’s note:** This note came as a response to the Spring 2018 issue about artificial intelligence. Scrimgeour believes this AI program could have been Canada’s first.

Did you make the paper airplane from page 29? Or the ink? (22) Or even a robot? (32) Let us know how your how-tos go or just share your thoughts about this issue by tagging us @ualbertaalumni or using #NewTrailMag.

## Sharing the Word About Dementia Care

I am a social worker with the Alzheimer Society of Calgary and am responsible for the four support groups for caregivers. At one of our support group meetings today, a participant had a copy of your Autumn 2018 magazine, which contains several articles about dementia. This particular caregiver was very impressed with these articles and recommended them highly to the other participants in the group. Based on the glowing report which was shared this morning, I would like to make this issue available to all members of this support group.

—*Leanne Hill*, Calgary

“Out of the Shadows” by Bruce Grierson [Autumn 2018] is really informative and I know it is important that as many people as possible understand the challenges to caring for folks with dementia within our current health-care system. We are happy to share this article widely amongst our network here at Covenant Health.

—*Cecilia Marion (Munro)*, ’02 MSc, St. Albert

## Announcing the Dianne and Irving Kipnes Chair in Lymphatic Disorders



Dianne and Irving Kipnes know how challenging it is to suffer from a poorly understood illness. Like walking through the wilderness with no compass — where do you turn for advice?

They also know the power of research to shine a light on the unknown.

That's why they have given \$5 million to establish the Dianne and Irving Kipnes Chair in Lymphatic Disorders at the University of Alberta's Faculty of Medicine & Dentistry.

In addition, the University Hospital Foundation and their community of donors have matched a gift of \$1 million made by the Dianne and Irving Kipnes Foundation through the University Hospital Foundation, increasing the total commitment to this chair to \$7 million.

**To Dianne and Irving and the University Hospital Foundation — thank you. The lives of hundreds of thousands of Canadians will be transformed by this gift.**

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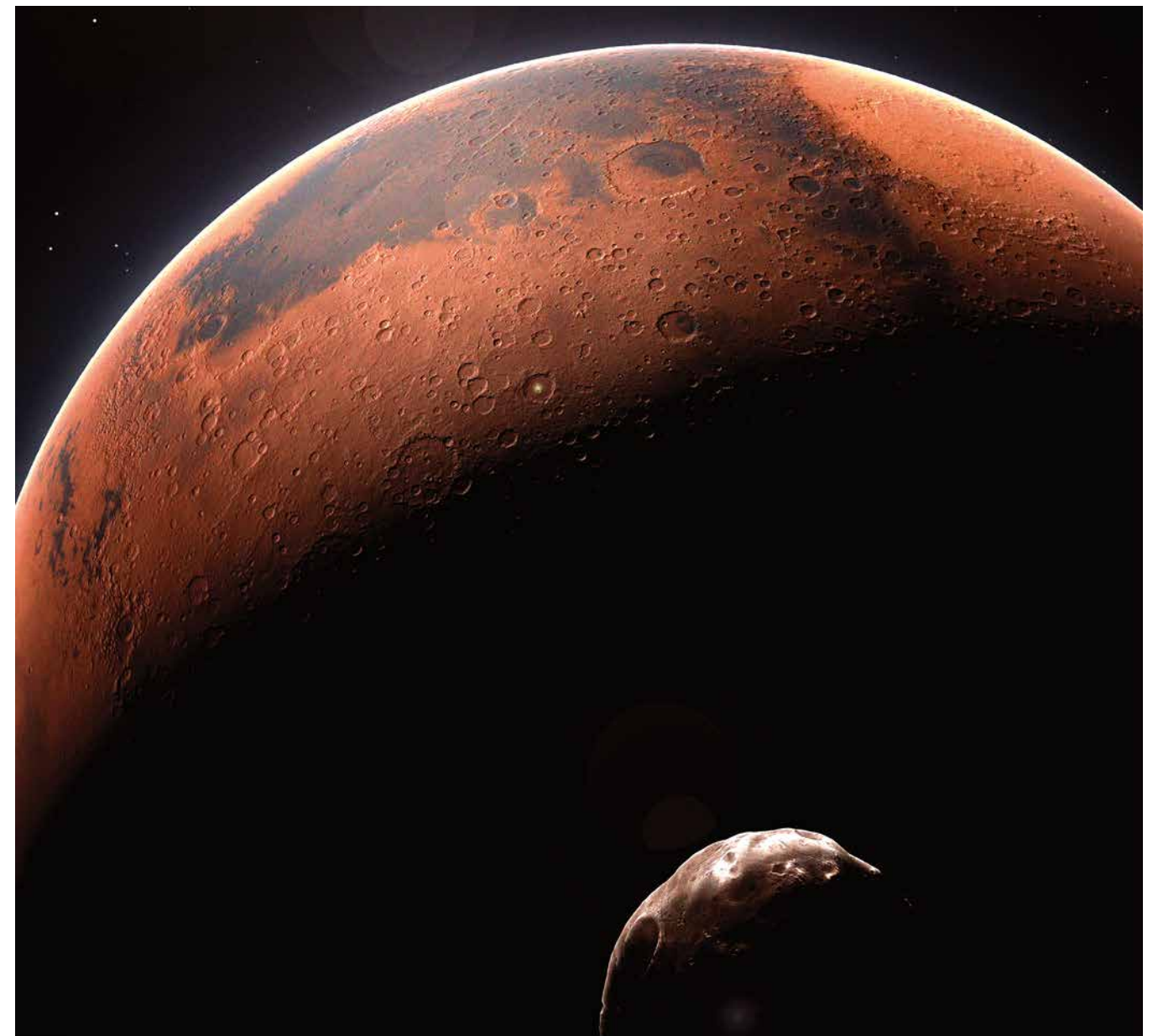


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# notes

WHAT'S NEW AND NOTEWORTHY



## That's No Asteroid

New research suggests moons of Mars are pieces of the planet, not asteroids caught in its orbit

**THE TWO MOONS OF MARS** are likely made up of chunks blasted off the planet itself, a new study suggests. That contradicts a long-held theory that the moons, Phobos and Deimos, were asteroids captured in the red planet's gravitational pull. Using data from 1998, when NASA's Mars Global Surveyor orbited Mars, researchers compared the reflection of light from Phobos with a meteorite that fell in British Columbia in 2000. "The study shows the Tagish Lake meteorite doesn't look like the moons of Mars, suggesting that these moons actually originated from Mars itself," says U of A geologist Chris Herd, study co-author. "This is similar to what we think happened with Earth's moon, at a much smaller scale." —KATIE WILLIS, '13 BA

LIFE

## Do You Have a Weight Prejudice?

Check your beliefs against this list of common misconceptions

**IF YOU MAKE UNKIND ASSUMPTIONS ABOUT THE lifestyle and willpower of someone who is overweight, you aren't alone.**

Weight bias — attitudes or beliefs about someone based on their weight — is so common that many people don't even realize they have misinformed beliefs, says **Ximena Ramos Salas**, '07 MSc, '18 PhD, a managing director of the U of A-based Obesity Canada.

The consequences are damaging. Being the target of discriminating comments or actions can reduce a person's self-esteem and increase their stress. The result is that they'll avoid things like going to the gym or seeing their doctor. Ramos Salas says weight bias is also a serious obstacle to developing a national strategy to prevent and manage obesity — which, she stresses, is a chronic health problem and not a lifestyle choice.

"Obesity is a chronic disease with complex causes that vary for each individual. We need to stop harbouring a belief that people with obesity can make simple diet or exercise changes to change their disease," she says.

Are you part of the problem? Your self-awareness, says Ramos Salas, can help give people living with large bodies or obesity the dignity and respect they deserve. Check your weight biases. —LESLEY YOUNG

**1 Obese people are lazy or lack willpower.** "There is absolutely no correlation between a person's body type, size or weight and any of their personal characteristics, such as intelligence, capabilities or skills," says Ramos Salas.

**2 They need to lose weight.** Excess weight isn't considered a health issue unless it impairs health, she says. Even then, weight loss alone may not be the best approach.

**3 They aren't trying hard enough.** This myth is a major contributor to weight bias, says Ramos Salas. "There are hundreds of factors that contribute to obesity, and no one has control over all of them."

**4 Fat jokes are funny.** Obesity is a frequent target of entertainers, but we wouldn't find it funny if the jokes were about race or gender. Instead of laughing, call attention to comments that shame people based on their weight, she says.

**5 The skinny on your social circle.** If you don't have close friends who are large, you may be avoiding obese people — and that, says Ramos Salas, is a shame. "People who identify as large or fat, or who have obesity, are as diverse and as richly human as the rest of us."

NUMBERS

27

Number of communities across Canada that have fully or partially banned fast-food drive-thrus as of 2016, according to a study by **Candace Nykiforuk**, '97 BA, a professor in the School of Public Health

QUOTED

**"Wildfire is a very important force on the landscape. ... It continues to have impacts long after the burning is done."**

▼ **Carolyn Gibson**, '17 MSc, whose study showed that wildfires across northern peatlands in Alberta and the Northwest Territories triple the rate of abrupt permafrost thaw for up to 30 years after the fire

NUMBERS

4,479

Species sightings by citizen scientists who have subscribed to NatureLynx, a new app created by the Alberta Biodiversity Monitoring Institute



**LOOK MA, NO DRIVER!** Residents in Edmonton and Calgary were invited to hop aboard a self-driving shuttle this autumn for one of the first road tests of the technology in Western Canada. Pacific Western Transportation partnered with the two cities, the U of A and the University of Calgary to assess the electric shuttle's performance in northern climates, citizen response and readiness, and possible future uses. The electric vehicle has no steering wheel but does have an emergency stop button. It's built by EasyMile, which reports it has deployed more than 170 driverless projects around the world without a safety incident. Oh, and it's called ELA, short for Electronic Autonomous.

HEALTH

### 'UNDERDOG DISORDER' GETS A RESEARCH BOOST

For reasons that are poorly understood, lymphedema — excess fluid causing swelling — develops in 60 per cent of cancer patients, as well as in people who've never had cancer. It's a painful, disfiguring, little-known condition with few treatment options and no cure. **Dianne Kipnes**, '09 LLD (Honorary), is among 300,000 Canadians with the condition. This fall, the U of A received \$7 million — \$6 million from **Dianne and Irving Kipnes**, '59 BSc(ChemEng), '09 LLD (Honorary), and \$1 million from the University Hospital Foundation — to establish an endowed chair in lymphatic disorders. —ROSS NEITZ

**DEBILITATING AND DANGEROUS**

Lymphedema is a chronic condition that causes localized fluid retention and extreme and painful swelling. It typically affects arms or legs, but can manifest in breasts, genitals and guts. The disorder can cause difficulty walking, serious infection or loss of limb function — or even require limb amputation.

**DIFFICULT FOR PATIENTS**

There is no cure and no effective drug treatment. Massage and compression can reduce swelling but provide limited relief. The disorders can carry a psychological wallop as well, triggering embarrassment, depression and isolation. Says Dianne, "I think we can help a lot of people who are dealing with a lot of pain."

**UNDERSTUDIED NO LONGER**

It can be genetically inherited or occur following surgery, trauma, cancer therapy, inflammation or infection of the lymphatic system. But this "underdog disorder" isn't really well understood, says David Eisenstat, U of A professor and chair of oncology. "This chair is a wonderful opportunity to say, 'This is important.'"

## Footnotes

A brief look at what's new at the U

### \$5M Boosts Research Into Pediatric Health

Seven pediatric scientists have been named as distinguished researchers in a new program to improve pediatric health in Alberta and around the world. The Stollery Science Lab is backed by \$5 million from the Stollery Children's Hospital Foundation as well as support from the U of A and Alberta Health Services' Stollery Children's Hospital. It will be administered by the Women and Children's Health Research Institute.

### Two New Residences Open for Students

Three generations of family were on hand Aug. 30 to celebrate the opening of Thelma Chalifoux Hall, named for the late Métis activist and Canadian senator. Part of the Lister complex, it houses 461 first-year students. A second new residence, Nîpîsy House, in East Campus Village, houses 300 students.

### Meal Plans Offer Flat Rate for Food

Two residences have launched new meal plans to encourage students to eat well and to provide greater financial certainty for parents and students. Residents in Lister Centre or Peter Lougheed Hall pay for seven-day or five-day meal plans for \$4,999 or \$4,400 for eight months and can eat as much as they want.



MALVEN / ISTOCK / GETTY IMAGES

PHOTO BY DAVID BLOOM / EDMONTON JOURNAL, A DIVISION OF POSTMEDIA NETWORK INC.

OUR BODIES

## Microbes in Your Gut Could Have Roots in Infancy

Discovery has potential to benefit lifelong health

**NEW RESEARCH SUGGESTS** that the first bacteria introduced into our gut as infants have a lasting impact on our health as adults—a finding that could one day allow scientists to help ward off serious chronic diseases.

Findings by U of A microbial ecologist Jens Walter and colleagues from other universities suggest the unique collection of microbes in our gastrointestinal tracts likely depends on the first micro-organisms to arrive in our gut after birth and the order in which they arrive.

The discovery sheds new light on how these microbiomes, which are as personal as fingerprints,

establish themselves and what drives their unique nature. That's key to figuring out how to change microbiomes for the better, says Walter. "Each of us harbours a microbiome that is vastly distinct, even for identical twins. Microbiomes are important for our health, but they appear to be shaped by many unknown factors, so it's hugely important to understand why we are all different," he says.

Studies have shown that genetics, diet, environment, lifestyle and physiological state all make small contributions to variations in the gut microbiome. But those factors account for

less than 30 per cent of the variation, notes Walter.

In the study, researchers introduced distinct microbial communities collected from adult mice into the gastrointestinal tracts of young, genetically identical mice. As the young mice grew into adults, the microbes in their intestinal tracts were most similar to the first microbiome introduced. Even using a cocktail of four different bacteria, the researchers repeatedly found that the first microbes showed the highest level of persistence and the strongest influence on how the gut microbiome developed.

The finding about timing brings scientists one step closer to understanding how microbiomes might become disrupted—for example, through antibiotic use—and how that predisposes us to chronic diseases. Poor gut health has been linked to obesity, Type 2 diabetes, heart disease, inflammatory bowel disease, colon cancer, neurological disorders, autism and allergies.

"If we know what drives specific microbiomes in specific people, we can have a much more rational approach to potentially altering the microbiome and developing strategies to address those diseases."

—BEV BETKOWSKI

QUOTED

**"Even a full year of exercise wasn't enough to get the habit ingrained."**

Heather Larson, '07 BEd, '07 BPE, '14 MA, who found 60 per cent of non-exercising adults on a three-times-a-week workout plan dropped out partway through and almost all stopped after the study ended

BRAIN HEALTH

## CONCUSSION STUDY TAILORS REHAB TO EACH ATHLETE

A two-year study of university athletes is testing how to more quickly assess concussion injuries and better individualize treatment.

The current six-step protocol to treat concussion is generic and lacks data on its effectiveness, says clinical neuropsychologist **Martin Mrazik**, '89 BSc(Spec), '94 MEd, a sports medicine expert involved in the study.

"We used to tell players to rest and sit in a dark room until they felt better," he says. "First, who wants to do that, and second, research found it wasn't helpful."

The NFL-funded study is testing rehab tailored to an individual's symptoms. Baseline checks are performed on athletes before injury to assess mental health, learning disorders and other details. After an injury, active rehabilitation puts athletes through a series of activities within 48 hours to figure out their symptoms, which can include dizziness, balance, headaches or memory loss. The team designs a recovery plan around each patient's deficiencies, which evolves at each assessment.

The study involves 12 universities in Canada and the U.S., as well as the CFL and pro rugby players in Ireland and New Zealand.—MICHAEL BROWN

For more on these and other great U of A research stories, visit [folio.ca](http://folio.ca).



QUOTED

**"This is probably the most exciting thing that's happened to me in my life. I hate to think I've peaked at 19 ... but I might have."**

U of A science student Timothy Fu speaking about being a contestant on *The Great Canadian Baking Show*



SAFETY

## Keep Pot Away From Pets

Even a small amount can poison a dog or cat

**WITH LEGALIZATION MAKING** cannabis products more common in households, it's important to know that it is toxic for pets and can be fatal.

"People get high; dogs get poisoned," says U of A animal science instructor **Connie Varnhagen**. "They can die from the overdose."

Dogs have many more cannabinoid receptors in

their brain and throughout their body, and that sensitive network can be overwhelmed by THC, the psychoactive cannabinoid in marijuana, says Varnhagen. Cats are also susceptible to cannabis poisoning but are less likely to ingest it, she says, because they are pickier eaters, don't generally have a sweet tooth and aren't particularly

attracted to unfinished joints or dried bud.

In advance of legalization in October, the Canadian Veterinary Medical Association issued a warning to pet owners explaining what can happen when pets ingest THC. It pointed to a fourfold rise in reported toxicity in dogs following legalization in Colorado.

The association also recommended smoking cannabis outdoors or away from pets. Varnhagen says

that even second-hand smoke can cause respiratory harm in pets, which have smaller lungs and much faster metabolism. "They're much less able to cope with smoke of any kind."

It doesn't take much to poison a dog or cat. A discarded joint or a small amount of an infused edible can throw an animal into distress, she says. If you do suspect your pet has ingested cannabis—showing symptoms such as dizziness or wobbling, unusual lethargy, loss of appetite or incontinence, agitation, vomiting, increased or decreased heart rate or lowered body temperature—keep it warm and offer water (but don't force it) to keep it hydrated. Don't induce vomiting because it could result in aspiration, also potentially fatal. Immediately take your pet to a veterinary clinic and, most important, be honest with the vet if you suspect your pet has ingested cannabis.—GEOFF MCMASTER



**BENEFACTOR VISIT** His Highness the **Aga Khan**, '09 LLD (Honorary), centre, walks with Premier **Rachel Notley**, '87 BA(Hons), and other dignitaries through the Aga Khan Garden, Alberta for an inauguration ceremony in October. The new garden at the University of Alberta Botanic Garden is a gift from the Aga Khan, the 49th hereditary imam of the world's Shia Ismaili Muslims.

STUDENT LIFE

## UNIVERSITY DESIGNATES CANNABIS CONSUMPTION ZONES

The U of A became one of few universities in Canada to allow cannabis consumption as of legalization Oct. 17.

Four locations have been designated on North Campus for smoking or vaping—three near student residences and one at the Students' Union Building. Evaluation is underway for additional sites.

As private property, the university can be more restrictive than Edmonton bylaws, says **Andrew Leitch**, '86 BA, co-chair of the campus cannabis working group. The group wanted to accommodate students living on campus yet also respect the wishes of those who don't want to be around cannabis. It was also felt that keeping it in the open might allow discussions about health and safety.

"People should be aware of the risks and able to make their own decisions," Leitch told the *Edmonton Journal*. "Ultimately, though, this is about permitting. We're not here to promote cannabis."—THERESE KEHLER

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



by Curtis Gillespie



## My Best Efforts at Self-Inoculation Fail as Contagion Sweeps the Land

URNS OUT MY ATTITUDE TOWARD AGING WAS THE MORE DANGEROUS VIRUS

**D**on't say I didn't warn you. There's a virulent virus sweeping the land. I first became aware of it last winter. Cooped up in little hothouses of bacterial activity (sometimes known as gyms), I began to see this virus flaring up regularly, usually in confined quarters and restricted to a particular demographic—one of society's more vulnerable populations, senior citizens. The plague continued to proliferate to the point where, entering the gym one day, I saw on the magazine rack an entire publication devoted to its dissemination. Incredibly, most of the articles seemed to promote the benefits of infection. I was aghast. After leafing through the magazine, I made sure to wash my hands with a disinfectant.

The virus I'm talking about is highly contagious, and although it might have a more scientific name, most know it by its colloquial label: pickleball. If you've been

living in a Tibetan monastery for the last few years you can be forgiven for not noticing that pickleball is everywhere (though it wouldn't surprise me if monks in robes were batting a ball around on Lhasan courts). Every time I step into the YMCA, I see pickleballers lined up in the gym waiting to get on the court. Our community tennis courts used to have people playing tennis on them; now hordes of pickleballers commandeer the space.

In case you don't know, pickleball is played on a court similar to a badminton court and can be played indoors or outdoors. The paddle is like an oversized table-tennis paddle, and the ball is a perforated plastic sphere about the size of a baseball. The net is just under a metre high. You plonk the ball back and forth, back and forth, back and forth. Play stops when someone hits it into the

# FESTIVAL OF health

P R E S E N T S

## TODAY'S MOST CRITICAL HEALTH TOPICS

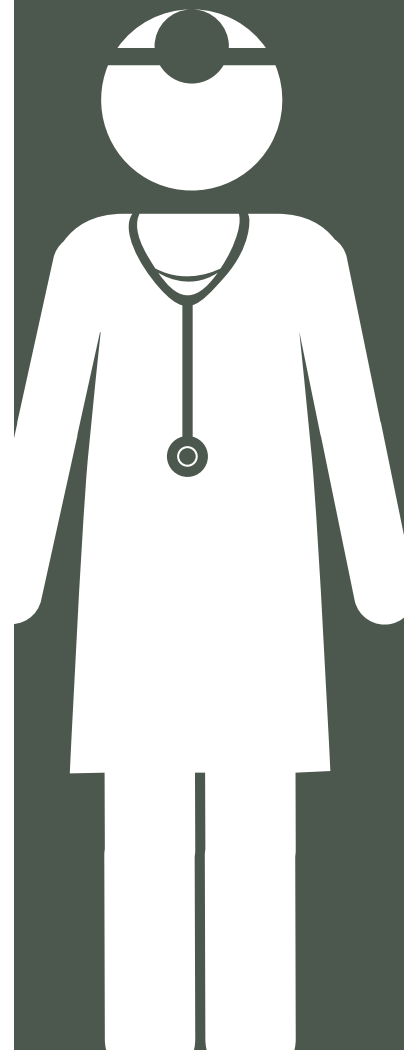


ILLUSTRATION BY KELLY SUTHERLAND; PHOTO BY JOHN ULAN

Saturday, May 25, 2019

10 a.m. - 4 p.m.

Edmonton Clinic Health Academy  
11405 - 87 Avenue, University of Alberta

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Presentations on  
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Concurrent  
Sessions &  
Tours

net or remembers where they left their car keys. It's like an *Alice in Wonderland* version of tennis.

Not long ago, and perhaps inevitably, the pickleball virus reached its arthritic grip right into my home. One evening, over dinner with friends, the discussion turned, as all conversations now must, to pickleball. The consensus around the table was that it looked like great fun, but there was one dissenter. "There is no way you're getting me on a pickleball court," I said. "Though I will admit it looks like fun ... if you're 90."

Soon after, Cathy, my wife, set up a brunch. I shouldn't have ignored the subtle warning signs: all that week, Cathy texted me trying to get me to buy pickleball rackets and to keep Sunday afternoon free. I found out, too late to protest, that I was slated to be the fourth in a pickleball match with our friends Danny and Sandy. The brunch was just a smokescreen.

There are, by the way, two stories about why it's called pickleball (the name being part of the problem; it just sounds so unathletic). The first, and most commonly recited, is that the people who invented the game near Seattle in the 1960s had a dog named Pickles who would fetch the ball every time someone hit it out of the court. The true story, according to Brooke Siver, owner of the Canadian company Manta World Sports, which sells rackets worldwide, is that these same people were also rowers and there is a term in rowing called a "pickle boat," in which the crew is made up of the leftovers from other teams. The random compiling of rules they used to create the game reminded them of the way a pickle boat team was made. Hence, pickleball. Apparently, one of them did have a dog named Pickles, but he didn't fetch the ball that often. Siver also told me that pickleball racket sales are roughly 10 times that of squash in North America, and that the game is busting out all over China. To my mind, the Olympics can't be that far away.

These are all charming elements of a growing pastime, but I still consider myself an athlete, even if I am on

the home stretch of my competitive pursuits. (OK, I'm getting older. There, I've said it.) In my own mind, at least, I continue to compete relatively close to the standards of two decades ago—mostly because I wasn't that great to begin with. The point being that pickleball looked to me like a non-sport dressed up as a sport. I've even seen people playing it in their street clothes. How can that be a sport! And what would that say about me if I played it?

Which was why I was resistant when the pressure intensified. When Cathy told me that Danny, an exceptional athlete all his life, was open to playing, I couldn't believe it. I texted him saying the game looked lame and that it seemed to me that adopting pickleball was like saying your time was almost up. "Your time is almost up," he wrote back.

The fateful day arrived. Pickleball day. We prepared as any proper pickleballer would—with a massive brunch of muffins, eggs, fruit and hash browns, rinsed down with coffee and juice. Normally a nap would be the next order of business, but not today. After getting to the court and setting up the net, play commenced, with Cathy and I taking on Danny and Sandy. It would be inaccurate to say the competition was fierce, but there were enough shots back and forth to say that we had some legitimate rallies and some good laughs. After many zingers, of both the verbal and pickleball varieties, Cathy and Sandy struck off on their own. Danny stood on the other side of the net—a close friend who has never hesitated for a second in our decades of playing squash to stomp me into a pulp and laugh over the remains. We started rallying. And that was when the most shocking and unexpected thing happened. A thing from which I have yet to recover.

I was into it.

Danny was rifling the ball all over the court. I was retrieving, chasing, pumping around the court like a ballboy at a Wimbledon final. Backhand topspinners, sliced forehands, overhead volleys. The court, so small in doubles, now felt triple

rather than double the size. The best part was that you could take a swing like a tennis shot but without the attendant random scattering of balls in a 100-metre radius that usually results from free-swinging in tennis—at least when I'm holding the racket.

Partway through the process of Danny handing me my head in a pickle jar, I realized that my resistance to the entire *affaire de la balle du cornichon* was about mortality. Pickleball had seemed to me the athletic equivalent of inviting the Grim Reaper in for tea and scones. We hear so much these days from fitness and sports science people that the key to aging well is to stay as active as possible: to push your limits, to work your muscles, to keep up serious resistance training. It seemed to me that the only resistance training pickleball could offer was resisting the urge to play it in an easy chair. Wrong again.

After Danny and I had played singles for about 20 minutes, the truth of the matter was plain to see. Yes, under stern interrogation I would later admit that it was fun. And even in that moment, it felt pretty good to whack that whiffly ball around. But it wasn't until Danny and I walked over to where Sandy and Cathy were seated that the error of my ways was revealed. It was on my brow. I touched my hand to my head and felt the proof of my comeuppance.

Real, actual sweat.

Meaning that my lesson, which I have now learned for the 289th time in my adult life, is that sometimes you just have to get over yourself. A person is built from a variety of parts, and one of them is your attitude. If my mother suddenly decided she liked hip hop, that wouldn't make her young. Playing pickleball didn't make me old(er).

Though I did take an ibuprofen that night. It turns out that pickleball, like a lot of things about aging, is harder than it looks. ■

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

# thesis

DIVING DEEP INTO ONE IDEA

Dutch painter Hendrick Avercamp (1585 to 1634) lived and painted during the coldest decades of the Little Ice Age, during which Amsterdam's waterways routinely froze over. He is best known for his winter scenes.



## About the Cold

You think you know it. But it means something different depending on who you're talking to and what season—or even what century—you're in.

**COLD IS A BLUE SKY IN A WINTER LANDSCAPE**, sunlight bouncing off every surface. Cold is the ice cracking atop a puddle. It's the way our breath hangs in the air on a windless day. But cold is capricious and unconcerned with when we want to travel, sow or reap. This autumn, parts of Canada sweltered or froze in unseasonable weather. Like Goldilocks, we want things just right, neither too hot nor too cold.

Even a slightly early winter creates uncertainty and affects



our collective ability to feed ourselves. For **Stuart Somerville**, '07 BEd, winter is just right when it doesn't come on too quickly, stays a good bit below zero and features lots of snow. Somerville is a fourth-generation grain and cattle farmer near Endiang, Alta. "We went from the heat of summer, 30 degrees, to snow this year in a matter of 10 days," he says. The sudden advance of cold affected his ability to harvest — this, following two dry years. "We won't have as many cattle next year," he says. His is a delicate balance between the quicker cash turnaround of grain and the better payday of cattle; years like this affect how and when he pays bills. Five or more years like this, he says, could bankrupt some farmers. That is the narrow band of "just right" in the country's breadbasket.

Just right has always been a thin edge, attested by the climate from about 1300 to 1850, when an intermittent chill descended, perhaps caused by highly active volcanism or a change in sunspot activity. Historians call the period the Little Ice Age. Look behind many tumultuous medieval events: you'll find the lurking cold.

The period kicked off in 1315, when much of Europe suffered three years of unseasonable summer rain, diminishing harvests in good farmland and washing them away outright elsewhere. About 15 per cent of the population died in the resulting Great Famine. Remember Hansel and Gretel, children abandoned by their starving parents only to find themselves battling a witch-cannibal? That story springs from the Great Famine, or a subsequent Little Ice Age famine. There were more than 100 in France alone; one

in Russia in 1601 wiped out up to a third of the population.

In the 15th century, a Dominican monk named Kramer appealed to Pope Innocent VIII for greater freedom to prosecute witches for their diabolical role in the enduring chill. The witch hunts lasted to the mid-1700s. Elsewhere, centuries-old colonies of Vikings in Greenland disappeared, the formerly lush landscape no longer suited to agrarian life. Famine and disease flourished in the gripping cold, spawning unrest from the French Revolution to the Manchu conquest of China.

Now, as the climate warms a little past "just right," we face similar challenges, some already being felt by people in the North and those in low-lying lands.

**Sheila Watt-Cloutier**, '09 LLD (Honorary), described the Arctic as a harbinger of climate change. (It's warming at twice the global average.) She was the School of Public Health's Douglas R. Wilson lecturer in 2018, and her presentation was based on her 2015 memoir, *The Right to Be Cold*. The book recounts her attempts to frame climate change as a human rights issue. At one UN climate change conference, her group found an ally in Samoa, a country as threatened by a melting Arctic and rising seas as is Watt-Cloutier's home in Arctic Quebec.

Some things we can't control; we would do well to pay attention to the rest. A recent UN panel on climate change predicted the Earth is likely to warm by 1.5 C over pre-industrial temperatures by as early as 2030. Doesn't seem like much. But during that Little Ice Age, the mean annual temperature changed by only 0.6 C. Just right is precarious, indeed.

—MIFI PURVIS, '93 BA



## Are Coyotes Getting Bolder?

Probably, and they are bringing a new cold-hardy parasite that can infect people

TODD BANNOR / ALAMY

**COYOTES ARE LEGENDARY** in their adaptability. And, in Alberta at least, it seems they're getting bolder. Researchers are investigating possible reasons for this brazenness, including the animals' diet and the apparent rise of a cold-adapted intestinal tapeworm. You mightn't be concerned — until you find out what it means for human health.

The parasite *Echinococcus multilocularis* evolved as a benign infection in coyotes and foxes. What's new is a more virulent strain of *E. multi* from Europe, which has attracted the attention of biologist **Colleen Cassady St. Clair**, '88 BSc(Spec).

Like the homegrown parasite, the European one is cold-adapted and thriving in Alberta, with Edmonton holding North America's highest infection rate.

"That makes me wonder if increasing rates of this new strain are associated with rising rates of human-coyote conflict," St. Clair says. She and colleagues are supervising three master's students working to untangle relationships among coyote diet, parasites and behaviour.

Need a personal reason to fear a creepy new tapeworm? Say your dog rolls in or treads on coyote scat and carries a few eggs home on his fur. *E. multi* also infects

people, and this might be how it gets in. In humans, it sets up shop in the liver, causing cysts that resemble cancer, leading to illness and, if untreated, death.

Prior to 2013, one human case was reported in Canada. Since then, there have been 10, all in Alberta. "It's impossible to predict exactly where this is going and how many people might be involved," says Stan Houston, an infectious disease specialist, "but it's clear this is a new phenomenon, not only medically but ecologically." It bears study: with an incubation of five to 15 years, the parasite may have a foothold.

—MIFI PURVIS, '93 BA

# Frozen Underfoot

Permafrost is a repository for the past. Thank goodness it's the only place you can find a bear-sized beaver

**THE STUDY OF PERMAFROST** reveals a world that is weird and wonderful.

"Permafrost is the best material in the world to preserve aspects of ancient life," says Duane Froese, whose enthusiasm for the deep, frozen ground has landed the science professor the Canada Research Chair in Northern Environmental Change. "It combines cold temperatures with very little free water, which could degrade DNA. We find plant materials that seem absolutely modern but are hundreds of thousands of years old."

Parts of Yukon were never glaciated, meaning the ice never scraped away the permafrost that is now home to the mortal remains of ice-age creatures such as scimitar cats, Yukon and western camels and woolly mammoths. It's like a time capsule.

Froese has pulled some wild stuff out of the Yukon permafrost, including the remains of a horse that expired 700,000 years ago. Permafrost is so good at preserving tissue that the horse would have been edible once thawed — with the worst case of freezer burn imaginable. Froese is also the custodian of the oldest ice found in the Northern Hemisphere: a wedge he found embedded in permafrost that was the same age as the horse.

Froese's favourite personal find is the huge tusk of a woolly mammoth he uncovered. The tusk weighed more than 90 kilograms and took some time to clean.

He says things that come out

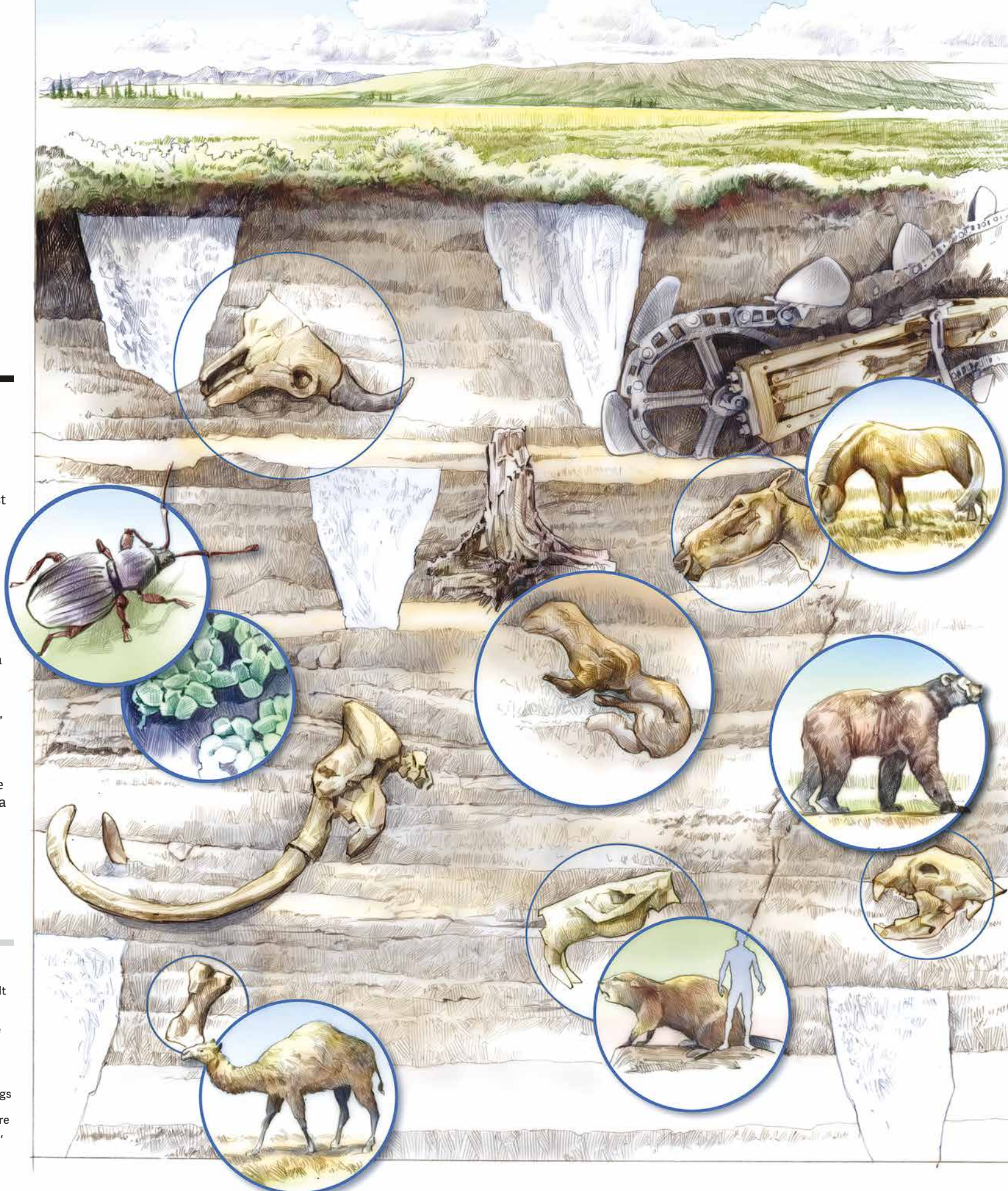
of the permafrost have a smell that is "quite striking. It's sort of like a horse barn. There's a sweet aspect when you've been around it for a while, but people aren't quite as charitable when they first encounter it. It's hard to get off your hands."

Permafrost is a powerful research tool that helps us understand evolution. Careful analysis of the samples and the flora and fauna they contain tells us a lot about the planet's past — and what might happen in the future.

"Once organic matter gets incorporated into the permafrost, it stops decomposing," explains Froese. "This has made the Arctic a tremendous sink for carbon. Now, as the planet warms and the permafrost melts, it's going from a sink to a source."

Froese's collection will soon move to new digs: the U of A's Permafrost Archives Science Laboratory, the first of its kind in North America. —LEWIS KELLY

**RIGHT:** Permafrost is ground that's frozen year-round, reaching as deep as 60 metres. It has layers of frozen river silt and volcanic ash, over which vegetation has grown, a protective insulation. It's a rich source of gold, attested by Klondike miners who flocked to Yukon in the late 1800s. They also found bones of extinct animals — a scientific rush followed. Permafrost has revealed frozen and mummified remains, ancient forests, bugs and bacteria, and even creatures with a last meal still in their stomachs. There are mammoths, giant beavers, steppe bison, extinct horses and camels, short-faced bears, ferrets and more.



## Five Blistering Truths About Cold Sores

The virus behind the ubiquitous cold sore takes up residence in our nerve cells and mostly just chills there. But get run down or sick and the virus may express itself as a painful blister. Here are some cold (sore) facts you might not know.

### 1. IT'S NOT JUST ONE VIRUS

The herpes simplex viruses (HSVs) are a group that has evolved with humans, causing sexually transmitted infections and/or cold sores. Mostly they're just annoying but throw in, say, cancer treatments and they can break out more often and with greater severity.

### 2. HSVS ARE A GREAT WAY TO STUDY VIRUS-HOST INTERACTION

The U of A's Jim Smiley, professor in the Li Ka Shing Institute of Virology, is a scientist whose research uses HSV virology to improve our broader understanding of how nature and people work.

### 3. IT HAS A DEADLY SIDE

An HSV relative, cytomegalovirus, has few or no symptoms in adults. "But it can be passed to the fetus during pregnancy," Smiley says, "and it's the most common cause of birth defects." Any HSV can also be devastating if it takes a wrong turn and expresses itself in the brain rather than the lip.

### 4. IT CAN FOOL YOUR BODY

One of the ways HSVs do their dirty work is to produce specific proteins that fool our bodies' defence systems. It's as if there's a five-alarm fire, but no one is worried enough to call 911 and the fire department never shows.

### 5. RESEARCH COULD LEAD TO OTHER BREAKTHROUGHS

Smiley, whose research has been supported by donor funding, says that major insight into how cold sores counteract our internal alarm system will provide new avenues of research into any number of other viruses, such as chicken pox, rabies and influenza.

—MIFI PURVIS, '93 BA

# Three Adaptations to Winter That Help Critters

They lay down fat stores, they dream away the winter or they freeze nearly solid. It's cold. They cope



## Bear the Cold

As brown bears evolved into polar bears, their ears shrank, their coats whitened and their heads narrowed. But their most important adaptation is how they fast. Their brown bear relatives are only able to forgo food during winter hibernation. Polar bears fast any time food is scarce, protecting them from unpredictable shortages for up to eight months, says **Ian Stirling**, '13 DSc (Honorary), adjunct professor in the Department of Biological Sciences. "They feast or fast as needed, not on a seasonal schedule."



## Cache in Hand

At 230 grams (a little more than a roll of quarters), red squirrels are the smallest mammals to actively survive above the snow in winter, says U of A ecologist **Stan Boutin**, '77 BSc(Hons). These territorial critters stash up to 15,000 spruce cones, insulate their nests and don't waste time outdoors. "They'll zip out for maybe an hour in the middle of the day, husk as many cones as they can to get the energy they need and head right back into that warm nest."



## Frogsicles Versus a Solid Hitter

Like baseball legend Ted Williams, whose children had his corpse frozen in hopes of future resuscitation, wintering wood frogs go into a cryogenic state to await the spring. Unlike Williams (probably), the frogs will live to hop again. Cynthia Paszkowski, professor of biological sciences, says that, on settling into shallow holes in autumn, the frogs' bodies produce glucose and urea, squeezing out most internal water, protecting organs and tissues. The heart and lungs stop and they freeze, mostly. "About 70 per cent of their tissue can be frozen," says Paszkowski. —THERESE KEHLER

## Why Is There No Cure for the Common Cold?

Modern medicine's headline-grabbing achievements include heart transplants, a pending vaccine for Ebola and the baffling longevity of Keith Richards. Yet for all that, we don't have a cure for the most frequent acute illness in the industrialized world: the common cold. What gives? —LEWIS KELLY



### IT'S RARELY FATAL OR EVEN SERIOUS

Prendergast says that people already suffering from other serious health conditions could find themselves very sick from a cold, "but for most people, the common cold is just a nuisance."

### PREVENTION IS SIMPLER

"Get adequate rest, eat a balanced diet, maybe take supplements like vitamins D and C," says Prendergast. "Wash your hands. If you're sick, stay home."

### TREATING SYMPTOMS IS PROFITABLE

Prendergast thinks the popularity of remedies like cough suppressants and nasal decongestants, which benefit the companies that produce them, could be a factor. "Why cure the common cold when it will take away from profit?"

### THE COLD ISN'T ONE DISEASE

"There are more than 100 different strains of the rhinovirus, which is the most common cause of the cold," says **Susan Prendergast**, '10 MN, a nurse practitioner and lecturer in the Faculty of Nursing.

### SO MANY VIRUSES, SO MUCH MONEY

Research and development into preventing or curing illness costs big bucks. Trial vaccines and drugs to date have bested some, but not all, strains. And the challenge can be discouraging to researchers.

## Ultracold (and Super Cool) Research

**THE ULTRACOLD GAS** perfected by **Lindsay LeBlanc**, '03 BSc(EngPhys), and her team is 40 billionths of a degree above absolute zero, the stopping point of molecular motion. LeBlanc uses laser light on rubidium atoms to make a Bose-Einstein condensate, a dilute gas. For LeBlanc, an assistant professor in the Faculty of Science, temperature describes particle movement, not heat or chill.

At room temperature, rubidium atoms move, on average, about 300 metres per second. However, at absolute zero (-273.15 C), all classical motion, by definition, stops: only quantum motion remains. By creating a gas that is a sliver warmer, LeBlanc's team created a stable environment of slow-moving particles whose behaviour is observable on a larger scale, rather than an atomic one.

Her research has applications in superconductivity and magnetism and could lead to new materials for next-gen technologies involved in quantum computing, cryptography and the internet. After only two years of research, one team member already has findings to publish. Cool! —THERESE KEHLER



## IN 2018, IS 'COOL' STILL A THING?

**NOWADAYS**, is being "cool" still a popular phrase, beyond temperature, or is it a relic of the 1960s? The story is circuitous.

Long before being "cool" was a good thing, the word was used in a different way. If you are cool to an idea, it means you have little interest in it. This particular usage has a long history, says

John Considine, a U of A professor of English and film studies. "Cool, in the sense of dispassionate, is attested in Old English, more than a thousand years ago." (He explains textual attestation means there's a written account of the word in that context.) The more modern, positive use of the word dates back to the early

20th century. "We start to see cool as clever or cunning in about 1918," says Considine, who is also a consultant to the *Oxford English Dictionary*. "From there it broadens to mean admirable or excellent, particularly in African-American use." The OED uses written records to chart the ever-changing currents of the English language through history. But word meanings change first in speech and later in text, so it's likely "cool" was used in its modern sense before 1918.

So cool predates the Beatles, bell-bottoms and television. It is so old that it cannot be cool—yet it abides. Why has cool endured long after its peers have perished? Why does it remain in use when "nifty" and "dandy" and "groovy" are in language's dustbin? Could cool be replaced one day by "lit" or some other current saying?

Considine won't be drawn in. "Making predictions about the future of language is a very dangerous thing," he says. "I wouldn't risk it."

In other words, he's cool to predicting lexical change but not cool with it. —LEWIS KELLY

Photos by John Ulan

Illustrations by Ryan Garcia

Lettering by Angela Southern

One afternoon in a daily morning lesson, I was asked to write a letter to my mother. I had just finished reading the book 'The Daylight Marriage' by David Shields and David Shields. I had just finished reading the book 'The Daylight Marriage' by David Shields and David Shields. I had just finished reading the book 'The Daylight Marriage' by David Shields and David Shields.



Ted Bishop, '72 BA(Hons), crushes galls, one of the ingredients used to make the kind of ink that will preserve your thoughts for 500 years. (Not included: How to come up with words that are worth preserving.)



THE HOW-TO ISSUE

# Better Living THROUGH Research

Tap into the know-how of 22 experts as they distil decades of experience into easy-to-follow steps that make your life better. Or just a little bit more fun.

# How to... MAKE YOUR WORDS LAST

By **Ted Bishop**, '72 BA(Hons)

➔ The ink of Jane Austen, of Shakespeare, of the Dead Sea Scrolls—this ink is not the quick-to-fade stuff of your pack of Bic pens. The old-fashioned kind should last, on acid-free paper, probably about 500 years, and it's dead easy to make in your home, as people have done for centuries. True, the proportions of home-made iron gall ink are never certain and your ink may start to eat holes in the paper after 50 years—but it still lasts longer than a tweet.

## INGREDIENTS

For a 56-gram bottle of ink

2 gallnuts (see "supplies" below)

7 g (¼ oz.) gum arabic

14 g (½ oz.) ferrous sulphate

56 g (2 oz.) of water, wine, vinegar or flat beer

## TOOLS

- hammer
- mortar and pestle
- measuring cup
- measuring spoons
- dip pen
- acid-free paper

## SUPPLIES

I buy my gallnuts (also called oak apples), gum arabic and ferrous sulphate online from Kremer Pigments—although a colleague found gallnuts in the river valley. They are not actually nuts but are formed when wasps plant their larvae in an oak tree. Speedball dip pens and calligraphy nibs (C-4 or C-6) can be bought at an art supply shop.

## INSTRUCTIONS

**1** Bash the gallnuts with a hammer in a section of newspaper or magazine. Newspaper works better than plastic bags, which rip. Pour the fragments into the mortar. The more work you do with the hammer, the less you have to do with the pestle, so break down the shards into large grains.

**2** Grind the gallnuts. If you still have some big lumps, drop the pestle on them from a height of three to four centimetres. But don't smash them with the pestle in hand, as this can shatter the mortar. If you can, recruit family and friends to do the grinding while you ready the other ingredients. Try to grind the gallnuts until they are as fine as sugar.

**3** Select the vehicle. Water and white wine produce a good ink. Vinegar produces a sheen and will deter insects from your manuscript. Beer works well, but make sure you let it go flat before you begin. (I didn't the first

time, and it foamed up like a black milkshake.)

**4** Next, take the gum arabic and grind it. This breaks up easily, and you can do it on top of the gallnuts in the pestle.

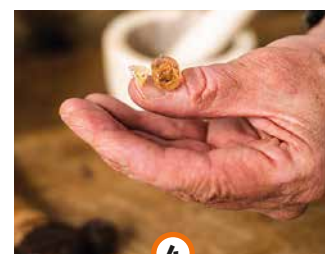
**5** Pour the mixture of gallnuts and gum arabic into your liquid. Stir. The liquid will turn a dusty brown and your audience will be disappointed.

**6** Add the bright turquoise ferrous sulphate.

**7** Stir. Now the liquid turns a deep black and your audience will gasp in amazement.

**8** Write. Your ink will have sediment, so don't use a fountain pen. A dip pen with a calligraphy nib works best. When you start to write, at first nothing may happen. The ink goes on like water. Then as it oxidizes, it starts to turn black or a warm toasty brown, like the Magna Carta or the original Treaty 6.

*Ted Bishop is a Governor General's Award-nominated author and creative non-fiction instructor at the U of A. His new book, The Social Life of Ink, took him to Budapest and Buenos Aires in search of the ballpoint pen, to China for traditional ink sticks, and to Uzbekistan, where he encountered the world's oldest Qur'an—the blood-soaked Samarkand Codex.*



## How to... Avoid Death by Small Talk

By Minister Faust (Malcolm Azania, '91 BA, '94 BEd)

➔ How many times has this happened to you? You're wedged next to somebody you'd never—in a logical universe—encounter for three minutes, let alone three hours. And this somebody starts *chatting* the way that ducks quack and owls hoot: sound, but without much meaning. Weather. Sports. Wine. And you're thinking, *If only this airplane would rip open, I could fall free ... content with silence or a quick attempt to learn gliding.*

Conversation isn't dead—it's just cowering under the deck. So follow these tips to coax that beautiful beast out of its hidey-hole to liven up your next compulsory sit-together.

**1** If only one person is yapping or asking questions, it's a speech or an interrogation. Ask questions, and occasionally share something related to the topic that connects with you.

**2** Substitute "What do you do for fun?" for the old kernel, "What do you do for a living?" What if this person just got fired? Went out of business? Is on long-term disability? Thinks his job won't measure up to yours—because many people use the question to figure out who's supposed to bow and how deep. But *fun* is the great equalizer. And if this person tries to dodge by saying she's too busy to have fun (which she equates to being a "good" person), just ask what she *used to do* for fun, or wants to try during (or before!) retirement.

**3** Ask about their favourite teachers, and let them choose how to define "teacher." Our favourite teachers (often our parents) shape us so we can shape our own worlds. When people talk about their own personal Mr. Miyagi, they naturally engage their own storytelling and gratitude. They open quickly and personably into beautiful and sometimes tender or powerful memories that let you glimpse the real them.

If you're curious and willing to share, conversation is easy. So don't jump out of that airplane. Stay, and enjoy the ride with a new friend.

Hear more about small talk from Malcolm Azania in his TEDx Talk on YouTube.



## How to... Speak With Aplomb in Public

Does the thought of speaking in front of a crowd send you into sweats? "You can't hide behind another person," says Holly Lomheim, '94 MScSLP. "All eyes are on you." She's clinic director of the University of Alberta's Institute for Stuttering Treatment and Research. In 2011, she and her colleagues wondered if techniques they used to help clients who stutter might be useful for the general population. Here are some tips from ISTAR's public speaking workshops. —LEWIS KELLY

### MANAGE EXPECTATIONS

"People put pressure on themselves to be this wonderful speaker," Lomheim says. Instead of worrying about whether the audience will like you, she says to focus on getting your message across clearly.

**SLOW DOWN** "Speak slower than when you're having a conversation," Lomheim says. Normal speech is quicker than an audience can process. "Give people time to absorb, decode and think about what you're saying." Lengthen the vowels to decrease your rate, for example: "Alberta" becomes "Aaaaaalberta." It helps preserve the cadence of natural speech.

### PRACTISE A LOT

It's hard to be scared by something that is totally familiar. Lomheim says there's no substitute for the power of practice.

**START SMALL** "We start with people giving presentations to one person, then two, then three, to get people more comfortable," she says. ISTAR also has a virtual reality system that allows people to practise speaking in front of virtual crowds.

### THINK BEYOND WORDS

Consider the non-verbal side of communication, too. Everything from facial expressions to posture to eye contact can improve your performance.

For more information, email [istar@ualberta.ca](mailto:istar@ualberta.ca).



## How to... PREPARE EMOTIONALLY FOR RETIREMENT

### AHHH, RETIREMENT.

Time for endless relaxation ... right? Not so fast. Making the most of this major life change takes preparation—and not just financial. "Many times we overlook the emotional component of retirement," says Kathleen Power, '86 BSc(HEC), of Homewood Health, which gives workshops on the topic. "We know that people who are very intentional about how they're going to spend their time, how they're going to have meaning in their lives, do better in retirement than those who just kind of let it happen." —CAILYNN KLINGBEIL

### Think

Reflect on what matters to you. What do you value outside work? What does healthy aging look like to you? "It's a time of really reflecting on the meaning of life," Power says. "That preparation time is important."

### Connect

Retirement brings losses as well as gains. Work provides a sense of identity, social interaction and a place where we belong and feel productive. "We have to be more intentional about creating those opportunities to connect," Power says.

### Talk

Couples may have different expectations about retirement. "Hone your communication skills with your partner to be able to have very open and very direct conversations."

### Reach Out

It takes a lot of introspection to figure out how you'll find meaning after you retire. Talk with family and friends or a counsellor for their insights, or look for community resources.

## How to... HAVE TOUGH CONVERSATIONS

**YOU KNOW THOSE DIFFICULT CONVERSATIONS YOU AVOID?** Whether it's a problem with your co-worker, kid or boss, you would rather sidestep it or hope it resolves itself. (Which, let's admit, rarely works.)

Well, Kristen Cumming, '09 BA, has tools you can use to tackle those tough conversations head-on. The business consultant and founder of Cantos Performance Management teaches the techniques at conferences and to organizations of all types and sizes.

"Conflict doesn't have to be bad. Our ability to manage it well is one of the keys to unlocking really remarkable possibilities," says Cumming. In fact, it's often high-performance environments that are prone to conflict, she says. Why? "Because people really care, and if people care, the potential for conflict rises."

She offers tips to get the most out of these tricky conversations. —KAREN SHERLOCK

### Have a Conversation With Yourself First

► Confront your assumptions and dig down to observable facts. "You've been late five times in the last two weeks" rather than "You don't care about your work."

► Assess your motives. As parenting author Barbara Coloroso would ask, says Cumming, are you trying to get someone into—or out of—trouble?

► Take nothing personally. "People assume that impact

is equal to intention," says Cumming. Don't jump to the conclusion that a person is trying to set you back or bother you through his or her actions.

► Be prepared to go the distance. Go in ready to spend whatever time it takes and to dig into possible underlying topics. "That changes the whole tone of the conversation and will change the outcome."

### During the Conversation

► Agree on what you're talking about. This helps create a common starting point.

► State the objective. "I'd like to figure out a solution to you coming in late." Try not to put the other person in the wrong.

► Brainstorm multiple solutions and actions. Listen first and contribute second on this step. "So often we go in with predetermined answers." The goal is to find a solution that works for both of you.

► Agree on which action to take first. Make sure it's practical, tangible and doable. Perhaps it's as simple as starting and ending the workday later.

### After the Conversation

► Track what happens and always follow up to make sure the plan is working and to plan further steps. "Change in this kind of situation is never one and done," Cumming says.

► Check in with the other person. How's it going for each of you? "That builds trust, which then reduces conflict."

### Bonus Tip

► "Blame has not solved a problem yet," says Cumming. Focus on finding a solution and moving forward.



## How to... Clean Your (Truly Gross, Germy) Phone

➔ A fomite is any surface that can host and spread infectious organisms. Like that greasy, pathogen-covered kingdom of germs you carry everywhere: your phone. You use it on lunch break, on the toilet, in bed catching up on Netflix. Don't lie, you can't remember the last time you cleaned it.

"A shared touch screen is an active pathway for organisms," says Nicholas Ashbolt, a professor in the School of Public Health. The surface pathogens that make you sick are mostly from the norovirus family, transmitted via the fecal-(phone)-oral route, causing diarrhea and vomiting. Maybe your brother, with his questionable hygiene, pulled up a Google map. Or your preschooler—face it, he's a nose-picker—played Candy Crush. Fear not, here's your guide to cleaning your phone: 1) wash your hands, 2) wipe your phone and its case with an alcohol swab. But what of other fomites? —MIFI PURVIS, '93 BA



### U-BENDS

In the 2003 Hong Kong SARS outbreak, sewer stacks in highrise buildings spread the respiratory illness through dry U-bends in bathroom floors. Coupled with air-extraction fans, they shared germs via aerosolized sewage. And the U-bend in an average bathroom sink is an uncleanable maw, circulating aerosolized germs every time you use it. Ashbolt says a better bet for germ control is a vacuum flush sink.



### AIRPORT SECURITY BINS

"Have you ever seen those being cleaned?" Ashbolt asks. Shoes, phones and keys go in them and thousands of people handle the bins every day. Your best bet is self-care; pack hand sanitizer or wipes in your carry-on to use as soon as you are through security. (And those alcohol wipes are handy to clean the armrests and tray once you're on the plane.)



### SHOWERS

"The least controlled point of our drinking water plumbing is the plastic hose that connects to your shower," Ashbolt says. *Legionella* bacteria live there in, well, legions. Ashbolt's advice? Run the water in your home or hotel shower head through a towel for a minute before showering. And take heart: there are more benign and beneficial microbes living in, on and around us.

## How to... SKATE LIKE MCDAVID

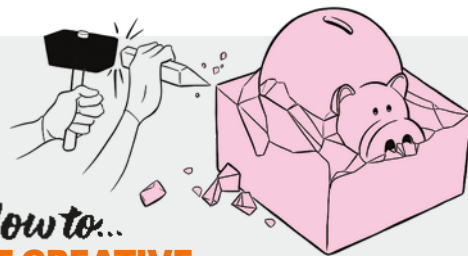
If hockey were your full-time job, you'd skate like Edmonton Oilers star Connor McDavid, too, right? Sorry, no. In case you're holding out hope, we asked our experts what it would take. Put each piece of this puzzle together and you're a two-time Art Ross Trophy winner. Add drive, supreme tactical grasp of hockey, skills to execute it while skating 40 km/h, and you're on your way to an incredible hockey career! Miss a piece and maybe you're lumbering along on the fourth line. —MATTHEW REA, '13 PHD

### Have athletic genes. •

What are your parents made of? Michael Cook, a head coach at the U of A's Green & Gold Sport System, says genetic makeup differentiates good from great, influencing muscle size, flexibility and lung capacity.

### Have a high proportion of Type IIa muscle fibres. •

OK, maybe your parents are super ripped, but are they the right kind of ripped? There are three types of muscle fibres. Type I, slow-twitch muscle fibres, are plentiful in marathoners. Type IIx, quick-twitch fibres, are ideal for sprinters. "If we did a muscle biopsy on McDavid, we'd find an abundance of the third, Type IIa fibres," Cook says. Type IIa has characteristics of both the others. Hockey players need that burst of energy and the endurance to last a whole game.



## How to... BE CREATIVE AND MAKE MONEY

ZACH POLIS, '12 BA, is a videographer, photographer, writer, public speaker, musician and poet laureate of St. Albert, Alta. In other words, he makes a living through creativity, chutzpah and networking savvy. When we asked him how he does it, Polis quickly jotted down the following tips. —SCOTT ROLLANS, '82 BA, '17 MA



### • Be brave.

"Elite performers have a high sense of self-confidence and adaptive motivational tendencies," says Amber Mosewich, assistant professor in the Faculty of Kinesiology, Sport, and Recreation who focuses on sports psychology. "They see demanding situations as a challenge, not a threat, thinking, 'This is my chance to show what I'm made of' versus 'I hope these people don't annihilate me.'"

### • Don't waste energy.

Skating and rollerblading since he was three, McDavid is good at maximizing efficiency with each stride. "He has good biomechanics for speed," says Sean Maw, '02 PhD, a College of Engineering professor at the University of Saskatchewan. "He has a nice transfer of weight, like a skier doing moguls. He has short, powerful strides and a quiet upper body when he corners."

### • Never suffer a major knee injury.

You're on the ice. In the crowd, your ripped mom and dad cheer. You flex your numerous Type IIa muscle fibres and shift on your skates with efficient biomechanics. You're super confident. Then you fall awkwardly and tear your knee ligaments. Dang. "Ask any athlete who's had a major joint injury," says Alex Game, '97 BPE, '99 MSc, director of the Sport and Health Assessment Centre at the U of A. "You can repair it, rehab and get back to playing, but it's never as strong."

### • Know how to use hockey skates effectively.

Hockey skates have a double edge that's great for gripping ice, not so great for speed. A coach and former speedskater, Sean Maw says hockey skates produce friction, plowing into the ice. "Watch McDavid. He's pushing his skates in the right direction for optimal speed. As soon as he's finished pushing with one blade, he's pushing the other—he's not gliding."

► **Ask yourself: What combination of skills makes you fiercely unique?** "I'm a poet, but I also have a drama background. I'm funny and confident going up in front of people," says Polis. "That combination breaks the stereotype of what a poet is. As a result, people ask me to MC events."

► **Create the work now that you want to do in the future.** Don't lament and moan if you're not getting the work you want.

"Make something you're proud of, your own project, and share it with the right people," he says. Then, when you reach out for work, you've already shown what you can do.

► **Don't wait! Ask for the opportunity you want. Serendipity is a glorious thing.** "I was browsing the internet and I came across this artist from Hong Kong [Alan Kwan] who was working on this really weird video-game-slash-art-installation project,"

he recalls. Polis, who studied electroacoustic composition, made a few demo pieces and sent them to him. "And he loved it. As a result, I got to be part of this cool project that was then exhibited internationally."

► **Get weird with personal projects. It's who you are.** Sometimes when he's asked to speak at an event, he's told: Just do whatever you want. "So I'll come up with something that makes me laugh because I have the freedom to play,"

he says. Out of that, people have told him they heard him speak and want him at their event.

► **You don't need everyone as a client. You just need a few people who keep coming back.** Lots of artists worry about becoming a superstar and think they need everyone to know who they are. But that's not the case, Polis says. "You just need a few solid relationships. You can build a business on five to 15 people."

## How to...

# KEEP MOM AND DAD IN THEIR HOME LONGER

By the time they're 85, your parents have a one-in-three chance of living in a care facility. But seniors in Canada and around the world are moving into facilities and losing their autonomy too soon, says **Roger Wong**, '90 BMedSc, '92 MD, a geriatrics doctor and advocate for better seniors care.

With the help of new technology and our compassion, seniors can spend longer living at home in familiar surroundings, with familiar people. "Even seniors with early dementia can still live in the community," says Wong, who is also an executive associate dean and a clinical professor in the Department of Medicine at the University of British Columbia. He highlights some items in the home that play a role in your parents' safety—some for better and some for worse!—LISA COOK



### THROW RUG

Sure, that throw rug looks nice but it's a major tripping hazard, and falls are the most common cause of injury in seniors. "A fall could result in a broken hip, leading to disability and loss of independence," says Wong. It's easier to get rid of the rug.

### SIDE TABLE

While you're getting rid of those throw rugs, lose the decorative side tables. They're also tripping hazards.

### CARPET AND SLIPPERS

An overly plush carpet can make it hard to move around using a walker, so consider changing to hardwood floors. It's not as cosy but you can buy Mom and Dad some nice, warm anti-slip footwear.

### TOILET SEAT AND GRAB BARS

The bathroom shouldn't be a test of strength. Invest in a raised toilet seat and add grab bars for support.

### SMARTPHONE

Make sure your parents have a smartphone with GPS function, so you can find them if they wander or get lost. And make sure you introduce Mom and Dad to phones—and other technology—as early as possible to get them used to using the devices.

### SMART DOOR LOCK AND APPLIANCES

The internet of things—that is to say, technology that allows you to control everyday objects from a distance—can help people with memory issues stay safe. In the evening, for example, you can use a smartphone or computer to make sure Mom and Dad's front door is locked. Or check remotely to be sure the appliances are turned off.

### HOME DELIVERY

Grocery shopping can be daunting. Many grocers now offer online orders, and fresh food can be delivered to the doorstep or even kitchen. Also, many places offer meal delivery services. For more in-home care, check with your parents' family doctor to ask about home-care services available in your area.

### A DEVICE WITH A SOCIAL MEDIA ACCOUNT

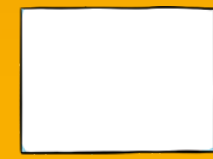
Loneliness is the new smoking. It can be as harmful as smoking 15 cigarettes per day, shaving eight years from our lives, Wong says. Social media allows seniors to still socialize even if they can't always leave their homes. And don't think you will be the only one giving them likes and shares, either. "The number of seniors over 75 on social media has doubled in the last year," Wong says. Of course, "technology can't replace a real hug."



## How to...

# Make a Paper Airplane to Challenge Your Assumptions

Flying paper airplanes is a blast for a nine-year-old and an escape for a tired office worker—or, say, a cube-satellite systems lead. We asked **Collin Cupido**, '14 BSc(Hons), about his favourite design. He is the systems lead on Ex-Alta 1, Alberta's first satellite. He says any plane has some sort of wing and the ability to glide. "Everything else is up for interpretation." His favourite is a flying tube. "It reminds me to think outside the box when solving problems or coming up with new ideas. This design shows that simple and weird can be really effective." —MIFI PURVIS, '93 BA



1

Place a piece of paper horizontally on a surface in front of you.



2

Fold the top third towards you, lengthwise, making a crease.



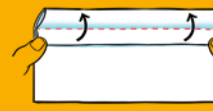
3

Fold the top edge in half again, so the creased edge is level with the edge you just folded.



4

Fold that section in half one more time, making sharp creases.



5

Unfold that last crease. Hold on to the vertical edges of the paper.



6

Join the vertical edges of the paper to make a tube, tucking 4 cm of one edge under the other's fold.



7

Find the line from that last crease and refold inwards around the tube's edge, smoothing it out.



8

Throw it folded edge first with a gentle spin, like a football.

### TROUBLESHOOT ANY PAPER AIRPLANE

How any plane flies, whether it's metal or paper, has to do with where its centre of gravity and centre of lift are in relation to each other. **Logan Jones**, '06 BSc(MechEng), a runway safety specialist for Airbus in Miami, knows how to adjust a paper flyer when it's just not flying right. With a typical, pointy-nosed craft, he says, you can accomplish this with a few tweaks—no need to start from scratch.

### Nosediving Into the Ground?

The centre of lift is too far behind your centre of gravity, causing the airplane to pitch downward. The fix: Move the centre of gravity back a little. Add a paper-clip to the back centre, adjusting it forward and back until your plane flies right. Or give the back of the wings a little up-curl to bring the nose up.

### Pitching Up and Stalling?

The centre of lift is forward of your centre of gravity. The fix: Add some weight to the front of the plane with a paper-clip, adjusting it until your plane flies right. Or curl the back of the wings downward to correct the problem.

### Best Practices

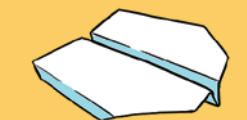
A good plane is symmetrical and has its centre of lift close to, but slightly behind, the centre of gravity.

### Favourite Designs

Jones really likes the elegance of the Harrier.



For speed and stunts, he recommends the more complicated Squirrel.







➔ **The Lowdown**

Coyotes have spread across North America over the past 300 years, from Phoenix to Yellowknife, Vancouver to Halifax. As urban coyotes have become more abundant, they've also become more brazen.

At the beginning of the last century, Canada geese were in serious decline from over-harvesting. "For decades, people had the mentality—and rightly so—that they needed protection," St. Clair says. But that's no longer the case.

Raccoons are common in many North American cities and have even been spotted in Edmonton, St. Clair says. They aren't overwintering yet, but she adds that could change soon because of climate change.

➔ **Still Think They're Cute?**

There are increasing reports of conflicts between coyotes and humans, like a coyote attacking a toddler in Burnaby, B.C., in May. We're still learning about why coyotes are becoming bolder, says St. Clair, who is researching the topic. (More on page 14.)

Once seen as icons of wilderness, Canada geese are an increasing ecological and social problem in cities around the world, attacking people, soiling parks and colliding with aircraft. In recent years, one bold fellow on North Campus even got the nickname (and Twitter handle) Quad Goose.

"Most people who encounter raccoons, and I must admit I'm guilty, find them so appealing," St. Clair gushes ... er, says. "They're these cute little bandits." But don't be deceived! Raccoons can tear their way into your garbage or even your attic, and they carry nasty diseases and parasites.

➔ **How to Drive Away These Neighbours**

Don't simply accept urban coyotes in residential areas. "It's better to act really aggressively," says St. Clair, who leads the Edmonton Urban Coyote Project. "Don't let it think it can just walk around your neighbourhood during the day. Chase it, throw things at it, yell at it."

These picky neighbours are looking for a particular habitat. Their preference? Mowed lawn (so they can easily see predators) near water. Cities can change that habitat by, for example, letting cattails grow up around the edge of the pond, prompting Canada geese to move on.

There's a reason raccoons are called trash pandas, so raccoon-proof bins are essential. Cities that are currently without raccoons should start preparing now for the inevitable, including educating citizens.

➔ **Betcha Didn't Know**

Compost and bird feeders can attract coyotes both directly and by way of the seed-eating rodents drawn to your yard. Keep compost in a bin and put a mesh basket under bird feeders to limit your rodent and coyote visitors.

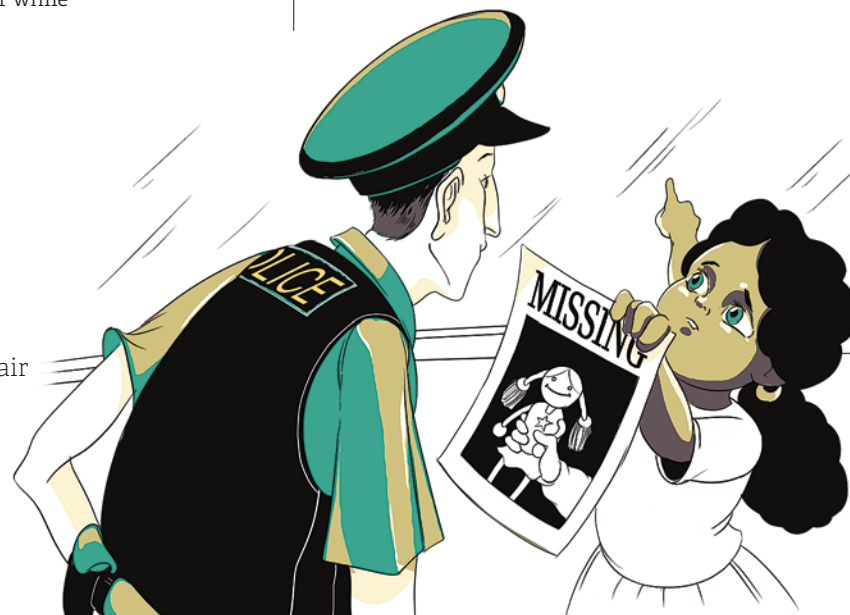
Stormwater lakes (also called storm ponds) provide many environmental benefits in cities. But some also inadvertently provide ideal habitat for Canada geese, as the birds can easily lead goslings into the water while watching for predators.

Raccoons will test our mettle, St. Clair says, because they are so adorable. "We should not welcome raccoons with open arms, or we will regret it later."

## How to... PROTECT YOURSELF FROM URBAN PROWLERS

(The animal kind, anyway)

Think the Canada geese and goslings living in your neighbourhood are cute? Think again, says Colleen Cassady St. Clair, '88 BSc(Spec), professor of biological sciences. When it comes to urban wildlife, St. Clair says we shouldn't assume it always provides ecological benefits. Some species are actually urban exploiters—such as Canada geese, coyotes and raccoons. "They're species that don't just adapt to urban areas, they actively exploit the resources in urban areas," St. Clair says. Doing your part to maintain ecological balance in cities means keeping the exploiters in check.—CAILYNN KLINGBEIL



## How to... Take Part in a Round Dance

A ROUND DANCE IS A SPECIAL TRADITIONAL EVENT in First Nations culture that brings people together "to heal, to honour and to celebrate life," says Adrian LaChance, a traditional dancer and storyteller.

Every January, First Peoples' House (formerly the Aboriginal Students Services Centre) organizes a round dance at the university, which LaChance MCs. People come from all around Alberta and as far away as Saskatchewan and the United States.

"One of the biggest things about the round dance is that it breaks all those barriers that sometimes divide us," says Shana Dion, '05 BA(NativeStu), assistant dean of First Nations, Métis and Inuit students, who helped organize the round dance for many years. "This is the one time we come together and join hands and dance together."

So this year, feel welcome to join in. Here's how.—KAREN SHERLOCK

► **Everyone is welcome: all ages, backgrounds and cultures.** You don't need a special invitation and you can come and go when you want. Traditionally, women wear long skirts, but feel free to wear whatever is comfortable for you, including jeans, says Dion. (Note that alcohol and drugs are not welcome.)

► **For dancing, gather in a circle.** Hold hands with the people on either side of you, with your left hand facing up and your right hand facing down. You can jump in anywhere in the circle and at any time during a dance.

► **The circle moves to the left.** This reflects the way the Earth moves around the sun, says LaChance.

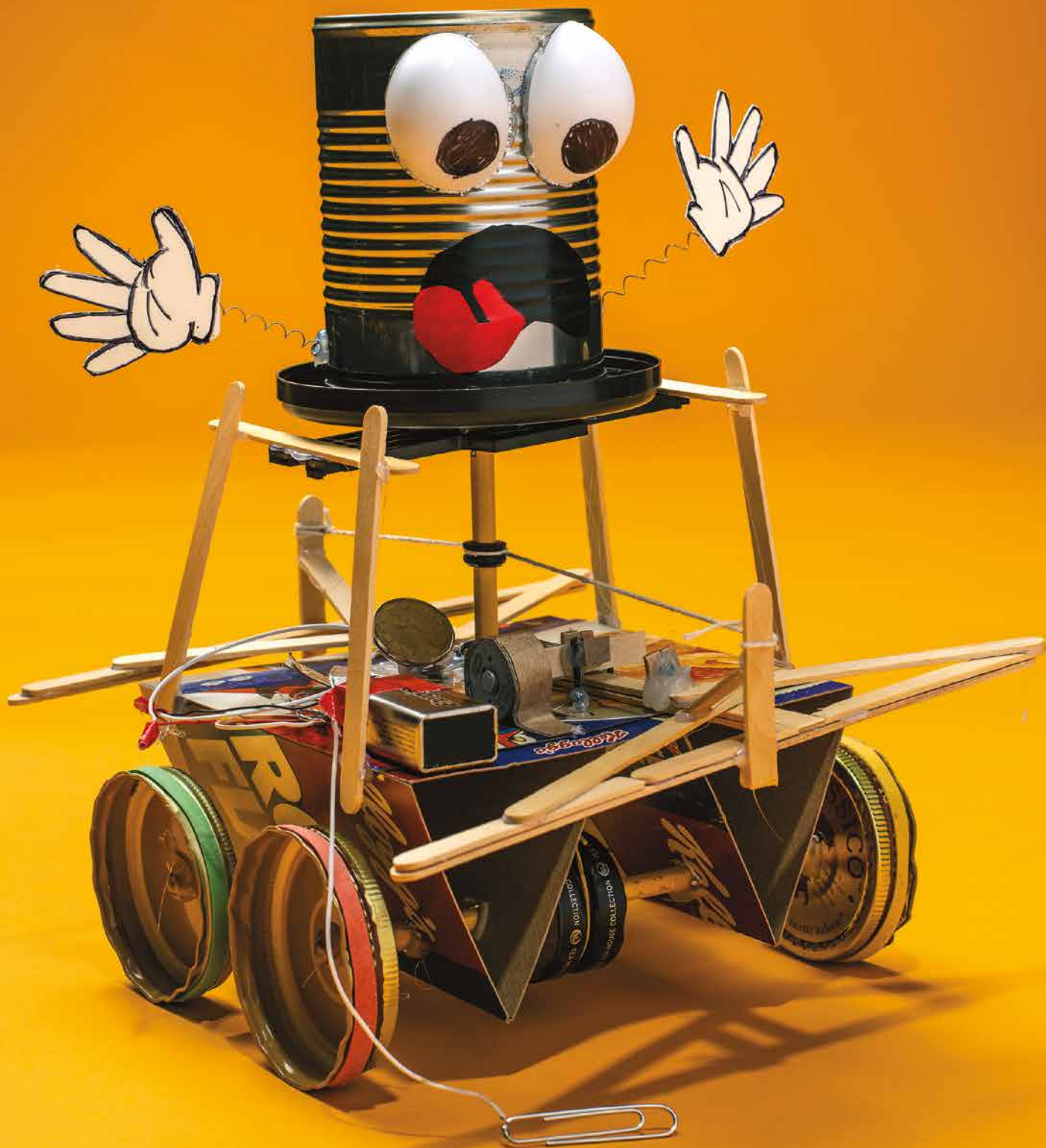
"We believe when you're moving in that direction, you're healing."

► **Step to the beat of the drums.** "The beat of the drums is like that of the heartbeat. We acknowledge the heartbeat of Mother Earth," explains LaChance.

► **Don't worry about your feet.** But if you want to get more detailed: step left with your left foot, which represents the male, then slide your right foot next to it. Your right foot, the female, stays close to the ground to represent how closely connected you are to the Earth.

► **You don't have to dance.** You're welcome to come, find a seat and watch. "There's healing in watching, as well," says LaChance.

The U of A round dance is Jan. 26, 2019. Watch for details on the First Peoples' House website: [ualberta.ca/current-students/first-peoples-house](http://ualberta.ca/current-students/first-peoples-house).



How to...

# BUILD A ROBOT FROM JUNK AT HOME

(Find out what separates it from a dumb machine)

**D**ylan Brenneis, '16 BSc(MechEng), has unfinished robot business. Years ago, he started building an automatic breakfast-maker, so his morning alarm would trigger a robot to make toast and serve it with peanut butter. But then he moved and had to dismantle it. Bye-bye, robot.

So when *New Trail* asked the master's student to show us how to make one using household junk, he was not only game, he was enthusiastic. He says a robot, as opposed to a machine, has a brain—it makes decisions based on input. Unlike artificial intelligence, however, it's not a complex brain. "The robot is kind of your middle point between machine and intelligence," says Brenneis.

The principles behind building a robot, he says, boil down to having a small motor, a big idea and a lot of glue. (For a detailed, step-by-step guide on how to make this robot, visit our website. And we'd love to hear how yours works.)—THERESE KEHLER

you can do with a motor," Brenneis says. Our robot's undercarriage used pieces of a drinking straw for bearings, pencils for axles, elastics for tread and glue all over.

## WHAT HE USED

From an old DVD player (or similar)

- Disc support
- Motor with pulley
- Wires
- 3 screws
- 2 magnets
- AV port

22 Popsicle sticks (roughly)

Empty cereal box

Wire coat hanger

3 large paper-clips

Aluminum foil

2 tacks

3 wooden pencils, unsharpened, eraser ends cut off

1 drinking straw (8-mm diameter)

2 small metal lids (such as from Snapple)

4 metal jar lids (such as from pasta sauce)

5 elastics (1 small, 4 large)

9V battery

Ping-Pong ball

2 springs from clickable ballpoint pens

Plastic lid from a large yogurt container (or similar)

30 cm of string

## HOW HE DID IT

### 1 STRIP A DVD PLAYER FOR PARTS

Inside the DVD, you'll find a disc support, motors, magnets and more. "This," Brenneis says,

preparing to cut the motor wires, "is when you decide this DVD player is no longer going to work." Also, keep the screws, a hunk of plastic ribbon cable and an AV port. Sure, it's easy to buy these parts at a hobby supply shop but cannibalizing outdated electronics is fun.

### 2 BUILD A BUMPER

A robot needs a mechanism—a brain—to trigger an action based on input. This robot's mechanism is a bumper that slides to close a switch. The action it triggers is to reverse direction based on the input: striking a wall. To make this happen, Brenneis devised a sliding bumper of Popsicle sticks and lots of glue. His doubled layer of sticks looked a bit like the letter H, with braces for support.

### 3 GIVE IT A BASE

Time for the chassis. "With frame material, you're trading off between something that's lightweight and something that's strong," says Brenneis. Corrugated cardboard is ideal; unrolled pop cans are also strong and malleable. Our robot used a 16 x 48 cm rectangle of cereal box cardboard, its ends folded into isosceles triangles to create struts.

### 4 MAKE THE MECHANICS

It's just a few screws, tiny magnets, bits of wire and a paper-clip, but the bumper mechanics were the trickiest element to execute.

Wire-hanger guides secured the bumper to the chassis, while allowing the bumper to

slide horizontally. Screws and magnets limited how far it could slide. And a heavy-duty paper-clip, twisted into a series of loops and whorls, became a switch that controlled the electric current.

### 5 INSTALL THE ELECTRICAL

For the electrical infrastructure, we soldered wires to two paper-clips and two metal tacks. The real genius, though, was the trio of foil contact surfaces. One surface would be electrically charged, the others would be grounded. Why genius? Because the combination of foil surfaces and metal tacks (which became part of the electrical switch) were what reversed the motor's direction.

### 6 REV UP THE MOTOR

A robot without a motor isn't a robot. But motors are easy to cannibalize, says Brenneis. "Take apart just about any electronic thing with moving parts and there's a motor in there." The challenge is the linkage—the mechanism that translates the motor's spin into robot action. Brenneis used an elastic band that connected the motor to a drivetrain made of a pair of glued-together bottle lids.

### 7 GET READY TO ROLL

R2-D2 was a wheeled robot and so is ours. Luckily, jar lids are plentiful and the mechanics are easy. "Translating rotational motion to another rotational motion is the simplest thing

### 8 ADD THE POWER SOURCE

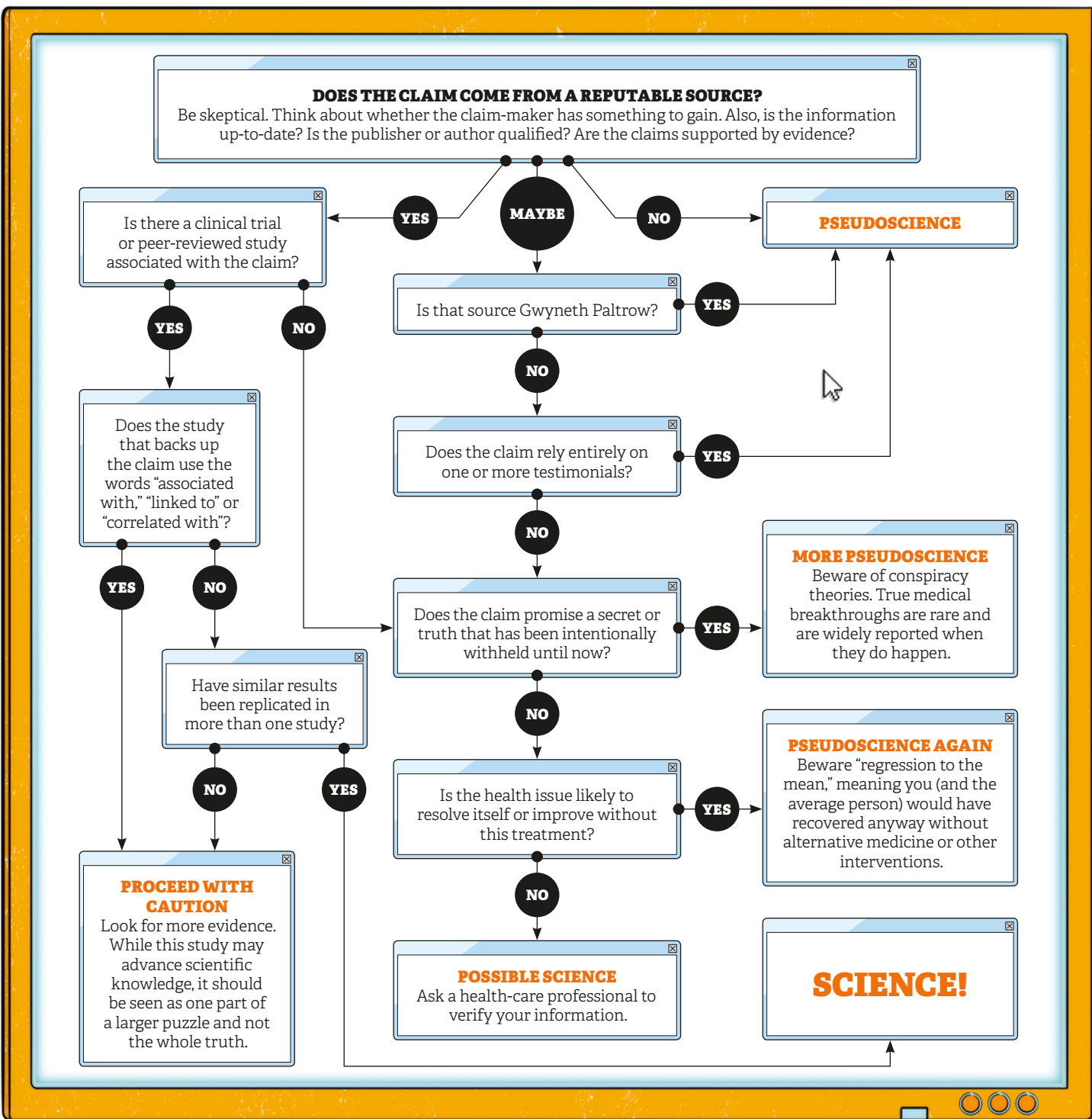
With a twist of wires and a bit of duct tape, it was time to see if we had hooked things up correctly. We connected thumbtack wires to the motor, and paper-clip wires to the battery terminals. When we attached the paper-clips to the foil surfaces, the motor ran. And when we moved the bumper, it slid the electrical switch, which reversed the motor's direction.

### 9 INJECT SOME PERSONALITY

Now to make it lovable. We built in some character with a tin can body, Ping-Pong eyeballs and sproingy arms. The body sits atop an elevated platform made from a plastic lid and the disc support. But there was one more twist—a piece of string stretching between bumpers that turned the platform, ensuring our robot was always facing forward in its travels.

### 10 GO-GO ROBOT!

Brenneis steadied the robot for its first voyage. He carefully connected the paper-clips to the tin foil ... and it worked! Wheels spinning, arms waving, the robot took off, hit the wall—then, just as the engineer had planned, it reversed direction and came back, facing forward. "This," said our clearly pumped mechanic, "is the first time that I've planned something out completely on paper and it worked." And that unfinished robot business? Mission accomplished.



## How to... <sup>not</sup> FALL FOR PSEUDOSCIENCE

**WHEN IT COMES TO HEALTH CLAIMS**, the line between fact and fiction can appear blurry. A lot of the information in the media or on the internet isn't "out-there alternative stuff," says **Timothy Caulfield**, '87 BSc(Spec), '90 LLB. "A lot of it appears to be rooted in science. It's challenging because it seems so legitimate." Caulfield is a champion of science. He holds a Canada Research Chair in Health Law and Policy and is a popular author and speaker on pseudoscience and health fads. He hosts the Netflix documentary series *A User's Guide to Cheating Death*. Here are his tips to avoid being duped by pseudoscience. —EMILY SENGER



## How to... MAKE BITTERS

➔ "It's like a spice rack for bartenders." That's how **Keenan Pascal**, '08 BCom, describes bitters, the subtle but essential ingredient of classics like the old-fashioned or the manhattan, not to mention many trendy new cocktails. Bitters were popular in the 19th century and were considered to have medicinal properties. Today, bartenders use a dash or two to enhance and add complexity to a drink's flavours. Pascal and his partners—chemical engineer Cam O'Neil and Jamie Shtay—founded Token Bitters in 2016 in Edmonton. With the help of food scientist **Mario Castillo Picon**, '18 BSc(Nutr/Food), the company produces eight flavours of bitters for liquor stores and bars: cherry, orange, lavender, chai, wild rose almond, hops and hemp, mocha and cedar. Making bitters involves the chemical process of infusion using a solvent, a combination of plant materials and a bittering agent. Though Pascal and his partners hope you'll give Token Bitters a try, he says it's not hard to make bitters at home. —SCOT MORISON, '80 BSC(SPEC)



### VIEUX CARRÉ COCKTAIL

Here's one example of how to use bitters in a cocktail, but go ahead and explore your own flavour creations!

#### INGREDIENTS

- 20 ml (¾ oz.) vermouth
- 20 ml (¾ oz.) cognac
- 20 ml (¾ oz.) rye whisky
- One teaspoon of Benedictine liqueur
- Dash of Token Bitters cherry
- Dash of Peychaud's Bitters

#### INSTRUCTIONS

Add all ingredients in a large mixing glass. Add ice and stir. Pour over ice. Add a twist of lemon or orange and garnish with cherries or cranberries.

For more cocktail ideas, check out [tokenbitters.com](http://tokenbitters.com).

#### INSTRUCTIONS

- 1** Choose a solvent. A neutral grain alcohol like Everclear works best. Vodka will also work but it takes longer to distil the botanicals.
- 2** Select your botanicals. Feel free to experiment with any combination of plant materials; it's really just a matter of taste. The usual proportion ranges from 0.25 to 1.0 gram of botanical per millilitre of alcohol, depending on the intensity of the plant matter. Clove is strong, for instance, so you need less. Cherry is subtle, so you need more.
- 3** Add some gentian root. The herb, traditionally used as a digestive and health aid, adds a slight bitter taste.
- 4** Bundle the botanicals and gentian root together in a mesh bag.
- 5** Let the botanical mix soak in the solvent in a sealed container for at least a month. Longer makes it stronger.
- 6** Decant the liquid (gradually pour it from one container into another without disturbing the sediment) and store it in an airtight container away from direct light. It doesn't need refrigeration and lasts indefinitely.
- 7** Use as directed in classic cocktails or in new ones you invent.

## How to... SEE LIKE AN ARTIST

When **Erin Ross**, '06 BFA, was a toddler, her parents noticed she had a peculiar fascination with shadows—the lack of an object, rather than the object itself. Since then, Ross has cultivated a distinctive skill for attentively observing the visual world around her. She's now an accomplished painter and drawer best known for her vivid, innovative prairie landscapes. Recently, she sat down over coffee to share some secrets to developing that distinctive artist's eye. —SCOTT ROLLANS, '82 BA, '17 MA

### SLOW DOWN

We tend to move through the world with blinders on. We're not even activating our peripheral vision. There's beauty all over the place. Allow yourself to slow down and absorb it. It's meditative. Just observe the world without interruption.

### TAKE THE TIME TO REALLY LOOK

Challenge yourself to sit and look at something for 10 minutes. Pick an object and fully observe it. Figure it out. Like a tree, for example. Look at the structure. Look at the way the leaves are growing out of it. Look at the shadows and the shifting light.

### UNPLUG

A lot of people say this, but unplug. Get off your phone. "That's not to say I'm not on

my own phone," says Ross. "I'm very active on social media and my phone is a huge part of my life. But I absolutely have the capacity to put it down."

### PULL OVER AND TAKE A PICTURE

"If I wasn't focused and aware and absorbing my surroundings, I would have no reference material," Ross explains. "When I'm driving and I see something really beautiful, I'll pull off the highway—routinely. That's how I get all my source material. I drive the highways and take photographs."

### BE PRESENT

Move with intention. Look with intention. See with intention. It's all about being present. Don't be a passive viewer. Be active. Be aware. Be awake.



## How to... Feed Your Inner Genealogist

**WANT TO SEE IMAGES OF THE 1912 CYCLONE IN REGINA THAT'S PART OF YOUR FAMILY LORE?** Or find out what your great-grandfather's job was in 1932? Check out the Peel's Prairie Provinces website, curated by U of A Libraries. The online collection holds tens of thousands of old newspapers, books, postcards and maps that have been digitized—right down to messages on the backs of some postcards.

The resource is a gold mine for genealogists, historians, researchers, students and the plain old curious, says Peel's bibliographer, **Bob Cole**, '98 PhD, '99 MLIS. Here are some of the resources you can find at [peel.library.ualberta.ca](http://peel.library.ualberta.ca). —KAREN SHERLOCK

### Henderson's Directories

► This is the crown jewel for genealogists, says Cole. Peel's has directories from Prairie cities from as far back as the early 1900s. Searchable by keyword, the directories list name, address and sometimes vocation. (If you were curious, Barney Groves is listed in 1915 as working as a theatrical manager on Rose Street in Regina.)

### Images

► You'll find photos and 15,000 postcards dating back to the 1860s. In 1912, Flo sent a postcard of Edmonton's rooftops to Miss Cozy Baber in Ollie, Iowa: "Having a nice time but will soon be back to dear old Ollie. Have about decided to take a Homestead for I think we are living to[o] swift a life at Ollie. As Ever, Flo."

### Newspapers

► From the *Didsbury Pioneer* to the *Prince Albert Times* to *Le Patriote de l'Ouest*, you can find issues of more than 100 newspapers, including *The Gateway*.

### Books

► More than 7,500 books and pamphlets about the Prairies have been digitized, including books in French, Ukrainian and other languages. Maybe you'd like to see the "Prize list of the ... annual fair of the Milestone Agricultural Society?"

### Other Resources

► You can find more than 1,000 maps on the website plus special collections, including Edmonton Folk Music Festival programs going back to 1980 and the weekly *Illustrated War News* from 1885.

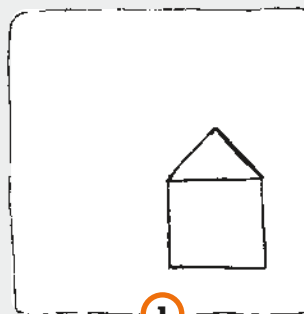
IMAGES COURTESY OF PEEL'S PRAIRIE PROVINCES (PEEL.LIBRARY.UALBERTA.CA)



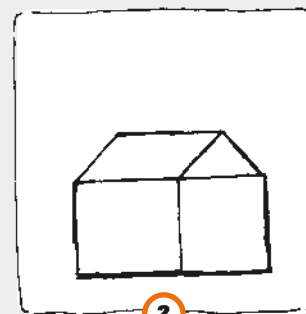
## How to... DRAW A BARN (ON FIRE)

**IF YOU'VE SEEN HER PAINTINGS OR** follow her on Instagram, you have surely seen her fire work. "It's an extension of my landscape practice," says **Erin Ross**, '06 BFA. "These paintings present moments of tragedy we bond over,

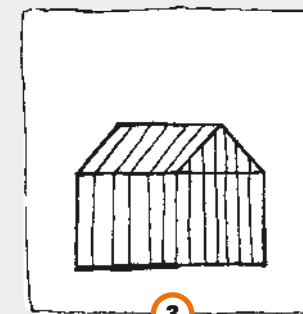
cry over, feel alive over, and create stories we pass from generation to generation over." Ross lets other grads into the inner circle by taking one of her favourite fire paintings (left) and breaking it down into simple steps. Follow along with Ross but feel free to get creative, she adds. "We're setting it on fire, after all." —LISA COOK



1 Draw a square. Give it a pointy triangle hat. This is the face of your barn.



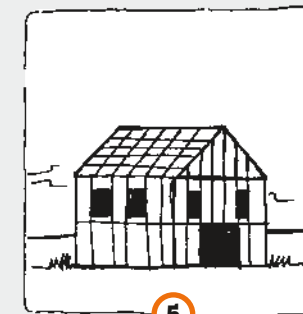
2 Draw three horizontal lines of equal length to the left from each corner of the barn face. Connect those lines vertically. This is your barn side.



3 Draw a bunch more vertical lines (like bars on a cage). Here, I've drawn five on the side and six on the front.



4 Draw a horizontal line across the middle then four horizontal lines across the roof on the side (like a slanted checkerboard). Next, block out some windows and a door.



5 Colour the windows in black. Add some squiggly lines at the base of your barn; this is the grass. Add a line for the horizon and some more squiggles for wispy clouds.



6 Burn it to the ground. Fire and smoke can appear weightless and dense at the same time; make some organic shapes, add dots, shading, more lines. Just have fun!

# KNOW A GREAT GRAD?

**Tell us** about fellow alumni who are doing great things in their communities. We'd like to congratulate them!

Visit [uab.ca/GreatGrads](http://uab.ca/GreatGrads) or contact us directly: [greatgrads@ualberta.ca](mailto:greatgrads@ualberta.ca) | 780-492-7723



PHOTO BY JOHN ULAN

The brothers Anderson aren't triplets but they did end up graduating from the same faculty in the same year. (From left) **Njaal Anderson**, '57 BSc(CivEng), **Anders Anderson**, '57 BSc(ElecEng), and **Inge Anderson**, '57 BSc(CivEng), reunited at Alumni Weekend 2018, which took place in September.

# Books



U of A alumni share their new books, including the history of the Canadian Sugar Beet Project and a collection of poetry inspired by *RuPaul's Drag Race*.

Compiled by Kate Black, '16 BA

▼ HISTORY  
**Ukrainian Sugar Beet Immigrants**  
by Orysia Olijnyk, '63 BSc, and Vadym Olijnyk, '93 BA, Foundation of the Encyclopedia of Ukraine, [berkut@telus.net](mailto:berkut@telus.net)

The story of the little-known Sugar Beet Project, in which the Canadian government brought Ukrainian families displaced by the Second World War to harvest beets in Alberta.

▼ HISTORY  
**The Allure of Battle: A History of How Wars Have Been Won and Lost**  
by Cathal J. Nolan, '78 BA(Spec), Oxford University Press, [global.oup.com](http://global.oup.com)

*Allure of Battle*, which won the Gilder Lehrman Prize for Military History in 2018, investigates the mechanisms behind the world's most famous campaigns, from the Middle Ages to the 20th century.

▼ SPORTS  
**Holy Hockey: The Story of Canada's Flying Fathers**  
by Frank Cosentino, MA '69, PhD '73, Burnstown Publishing House, [burnstownpublishing.com](http://burnstownpublishing.com)

An inside look at the spectacular and hilarious career of the Flying Fathers, an all-priest hockey team from northeastern Ontario.

▼ ESSAYS  
**Little Yellow House: Finding Community in a Changing Neighbourhood**  
by Carissa Halton, '03 BA, University of Alberta Press, [uap.ualberta.ca](http://uap.ualberta.ca)

In introducing a cast of diverse characters on Alberta Avenue, Halton turns her new neighbourhood's tough reputation on its head.

▼ POETRY  
**limited success**  
by Nisha Patel, '15 BCom, '15 Cert(Leader), Glass Buffalo, [glassbuffalo.com](http://glassbuffalo.com)

Patel's confessional poetry lays bare her struggles with body issues, mental health and misogyny.

▼ POETRY  
**Relying on That Body**  
by Matthew Stepanic, '12 BA(Hons), Glass Buffalo, [glassbuffalo.com](http://glassbuffalo.com)

An exploration of queer life through poems dedicated to each eliminated queen from season 10 of *RuPaul's Drag Race*.

▼ THRILLER  
**Blue Fire**  
by Katherine Prairie, '83 BSc(Spec), Stonedrift Press, [stonedriftpress.com](http://stonedriftpress.com)

The second in Prairie's Alex Graham series finds her protagonist thrust

into the drama of a Brazilian arms dealer.

▼ LETTERS  
**Margaret Laurence and Jack McClelland, Letters**  
Co-edited by Laura K. Davis, '06 PhD, and Linda M. Morra, University of Alberta Press, [uap.ualberta.ca](http://uap.ualberta.ca)

Annotated letters offer a fresh insight into the deep friendship between the beloved Canadian writer and prolific publisher.

▼ ENGINEERING  
**Corrosion Monitoring and Control Engineering in Oil and Gas Production**  
by Lekan Olaosebikan, '76 MSc, University of Lagos Press, [unilagpress.com](http://unilagpress.com)

Addresses the main corrosion problems experienced in oil and gas production and the monitoring and control methods to combat them.

▼ YOUNG ADULT  
**Elements of Bree**  
by Trent Gillespie, '03 BEd, self-published

A teenager discovers she's not from this world—and that she must travel to her homeland of monsters and magic to face her destiny.

▼ TRANSLATION  
**The White Chalk of Days: The Contemporary Ukrainian Literature Series Anthology**  
featuring co-translations by Olena Jennings, '03 MA, Academic Studies Press, [academicstudiespress.com](http://academicstudiespress.com)

Jennings' translations of Ivan Malkovych's poems are

featured among the works of Ukrainian guest writers who have taken part in the Ukrainian studies program at Columbia University's Harriman Institute.

▼ TRANSLATION  
**Words for War: New Poems from Ukraine**  
featuring co-translations by Olena Jennings, '03 MA, Academic Studies Press, [academicstudiespress.com](http://academicstudiespress.com)

Jennings also collaborated with Oksana Lutsyshyna in the translation of poet Kateryna Kalytko's work, which appears in this anthology of contemporary Ukrainian poetry.

▼ CRITICISM  
**A Modernist Fantasy: Modernism, Anarchism & the Radical Fantastic**  
by James Gifford, '06 PhD, ELS Editions, [elseditions.com](http://elseditions.com)

Gifford brings the elite criticism of new modernist studies into conversation with popular culture and fantasy fiction.

▼ POETRY  
**Songs from an Apartment**  
by Olena Jennings, '03 MA, Underground Books, [undergroundbooks.org](http://undergroundbooks.org)

In 48 pages of new verse, Jennings weaves lush memories with realities of New York living.

▼ MEMOIR  
**Deserts, Dams and Dirt**  
by Delwyn Fredlund, '64 MSc, '73 PhD, self-published

Fredlund details the struggles and triumphs of his career

revolutionizing soil science in developing nations.

▼ RESEARCH METHODS  
**Understanding and Evaluating Research: A Critical Guide**  
by Sue L.T. McGregor, '84 MSc, Sage, [sagepub.com](http://sagepub.com)

McGregor, a professor emerita at Mount Saint Vincent University, teaches students to be critical consumers of research and to understand the power of methodology to shape research.

▼ FICTION  
**Six Weeks on the Throne: The Tale of a Stowaway**  
by Rick Frey, '78 PhD, self-published

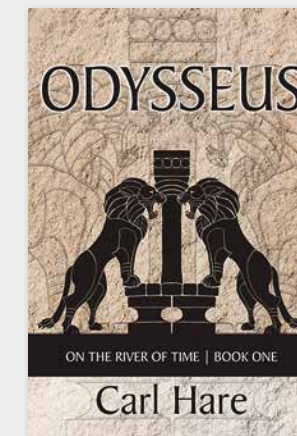
A 19-year-old California surfer dodges discovery and comes of age while circumnavigating the world as a shipboard stowaway.

▼ MEMOIR  
**The World as We Saw It: Our Memoirs**  
by Gunter Rochow, '65 MA, and Reinhilde Rochow, self-published, [memoirs.rochow.info](http://memoirs.rochow.info)

The authors, born in Germany shortly before the Second World War, recall a life strongly influenced by the hardships of war, the opportunities offered by a new home in Canada and travels spanning more than 90 countries.

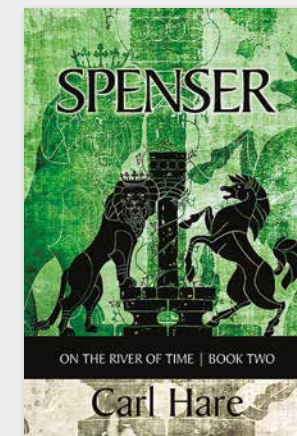
▼ FICTION  
**The Northampton Incident**  
by Larry Vincent Harris, '66 BEd, '68 BA, self-published

In 1938, the new staff of a remote Arctic weather station brave weather, darkness and uncertainty.

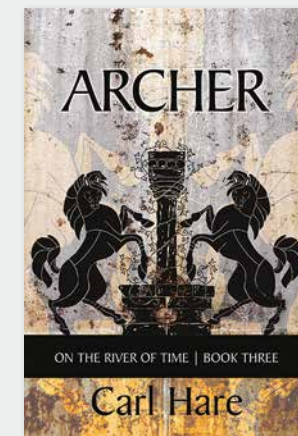


▼ POETRY  
**On the River of Time trilogy**  
by Carl Hare, '54 BA, '60 MA, Quattro Books, [quattrobooks.ca](http://quattrobooks.ca)

▼ **Odysseus**  
Hare's trilogy begins where Homer's *Odyssey* ends and recounts the Greek hero's final quest to settle his debt with Poseidon.



▼ **Spenser**  
Hare writes in stanza form to portray the last four months in the life of *The Fairie Queene* poet Edmund Spenser.



▼ **Archer**  
Hare portrays two years in the life of Ray Archer, a fictional Canadian actor/director exploring performance styles with his diverse theatre company.

▼ CHILDREN'S LITERATURE  
**A Mother's Love**  
by Victoria A. Kitsco, '70 BA, '72 Dip(Ed), and Patricia A. Lin, '97 BSc, self-published

Mother and daughter team up as author and illustrator, using nature to capture the immensity of a mother's love.

▼ CHILDREN'S LITERATURE  
**Incredible Trees**  
by Victoria A. Kitsco, '70 BA, '72 Dip(Ed), and Patricia A. Lin, '97 BSc, self-published

Kitsco and Lin also teamed up for this book, in which lighthearted rhymes teach children about different kinds of trees.

▼ FICTION  
**Fat Cats**  
by George Mercer, '94 BSc(Hons), George Mercer, [georgemercer.com](http://georgemercer.com)

The fourth story in Mercer's *Dyed in the Green* series about the challenges facing Canada's national parks and the people

working to protect these special places.

▼ GRAPHIC NOVEL  
**Fissure in the Rock**  
by Patricia Dimsdale, '73 BSc, self-published

Upon moving to Newfoundland, a botanical artist must overcome—or flee—harassment from relentless locals.

▼ FICTION  
**Mountains Where You Can Ride Horses**  
by Patricia Dimsdale, '73 BSc, self-published

Tesha is learning carpentry so that she can build her own cabin in the woods, all while her murderous ex-husband is hot on her trail.

▼ GRAPHIC NOVEL  
**Rough Waters**  
by Patricia Dimsdale, '73 BSc, self-published

The coastal B.C. town where biologist Rose Dahl works seems peaceful, until a stranger shoots her in the arm.

▼ FICTION  
**Ol' Grady an' Me**  
by Larry Vincent Harris, '66 BEd, '68 BA, self-published

An unlikely friendship materializes between a retired landlord and his tenant's lonely young daughter.

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



Alexis Hillyard's personality is on full display as she films an episode of her YouTube cooking series, *Stump Kitchen*, in her home kitchen.

By Kate Black, '16 BA

## Five Things I've Learned About...

# ABILITY

● **Alexis Hillyard**, '06 BEd, '11 MEd, cooking show host and activist

➤ **ALEXIS HILLYARD ISN'T YOUR AVERAGE COOKING** show host. For starters, she drops f-bombs and fart jokes, swaps kitchen pretension for messiness and laughs—and she has one hand. On her YouTube cooking series, *Stump Kitchen*, Hillyard takes on vegan and gluten-free variations of otherwise omnivorous eats, while joyfully shooting down stereotypes about people with disabilities.

Hillyard created *Stump Kitchen* in 2016 after struggling with food allergies and depression. Cooking helped her heal. "It ignited something in me," she says. Now, as guests with disabilities come to cook on the show, *Stump Kitchen* has become a form of activism, bringing diverse bodies into the mainstream, Hillyard says. "The show kind of turns

disability norms on their head."

Here are some lessons Hillyard offers about living, laughing and cooking with one hand.

### CONFIDENCE STARTS AT HOME

1 Hillyard grew up with a deep love for her handleless left arm, which she affectionately calls her "stump." Her sister nicknamed the stump Bebe, and Hillyard used to put on puppet shows in which Bebe was the good guy and her right hand, Biggie, was the bad guy. Before Hillyard started kindergarten, her mom and sister would practise asking her questions about her arm in case she was asked at school. "Those things helped me appreciate my arm and find my own language around it," Hillyard says.

PHOTO BY JOHN ULAN

TOP RIGHT PHOTO MICHAEL FLIPPO / ALAMY

### NEVER UNDERESTIMATE SOMEONE'S ABILITIES

2 Hillyard's stump hardly holds her back in the kitchen. In fact, it's a multi-purpose culinary tool: a potato masher, bowl-scooping spatula, mixer, avocado scooper and juicer. As a society, she says, we're quick to make assumptions about what someone can or cannot do based on their appearance. "I'm not a typical able-bodied person and even I've fallen into that trap," she says. Hillyard hopes *Stump Kitchen* challenges the belief that people with disabilities want—or need—an able-bodied person's pity or help.

### HUMOUR HELPS

3 Stump humour is a big part of *Stump Kitchen* (think one-handed juggling). Hillyard has always had a lighthearted relationship with her stump. She'll draw eyes and a mouth on it, and she once dressed up as Captain Hook for Halloween. She's learned that having a sense of humour about things that make us different opens a door to connect with others. "When you let people laugh with you, their guard is down and they're more comfortable asking questions."

### DON'T ASSUME IT'S YOUR BUSINESS

4 People with a visible disability face nosy questions and gawky stares every day—from strangers in grocery stores telling them to be proud of themselves, to



### BONUS LESSONS

\* Nutritional yeast is the best thing in the world.

\* Coconut oil is a great stump moisturizer.

\* You can never have enough avocados.

others asking how they "got" their disability in the first place, says Hillyard. "If someone's in a wheelchair, you don't need to know why—and they might not want to talk about it. It's a really personal thing that people need to be able to tell when they're ready."

### THERE'S MORE THAN ONE WAY TO MEASURE VANILLA

5 Hillyard learned to use her stump in the kitchen by adapting over time to be better and safer. Through *Stump Kitchen*, she has learned there's more than one way to do something—a solid life lesson both in and out of the kitchen. For example, while she measures vanilla by holding the measuring spoon under her armpit, her friend Callie balances the spoon on the table and her friend Natalee holds the spoon using her foot. "It's neat to see and celebrate all the different ways we can do something." ■

More on our website, including a recipe and an episode of *Stump Kitchen*.

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](http://uab.ca/classnotes) or email [alumni@ualberta.ca](mailto:alumni@ualberta.ca). Notes will be edited for length, clarity and style.

# Class Notes

## 1940s

'46 **Allen Dixon**, BSc, '48 MD, died in January at the age of 94. Duncan Dixon wrote to share highlights from his father's medical career, which included practising in Mission and Enderby, B.C., for many years, in addition to two surgical residencies at Vancouver's Shaughnessy Hospital. Duncan writes that his father enjoyed an



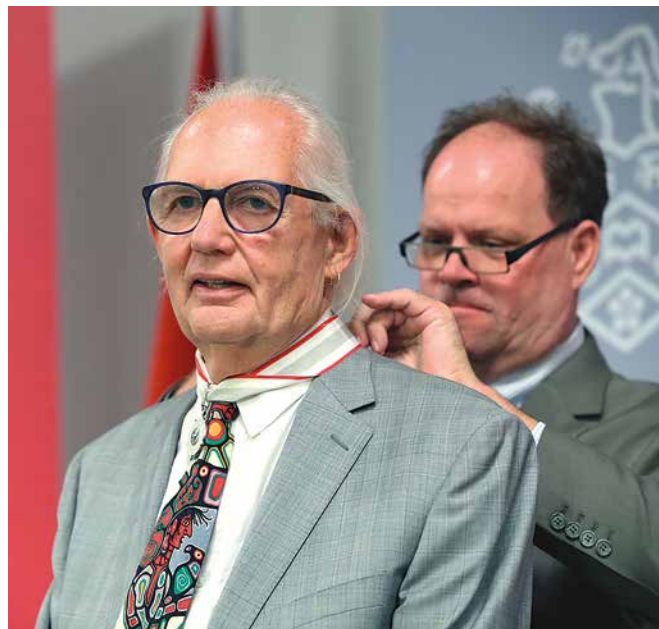
### DID YOU KNOW?

Kick lines (think Rockettes) were a popular part of student political campaigns in the 1950s and 1960s.

active retirement, working in Salvation Army hospitals in Zambia and Zimbabwe, and a mission hospital in Ecuador.

## 1960s

'61 **John Andrew Olthuis**, BA, '64 LLB, received a Law



John Andrew Olthuis receives the Law Society Medal at the Law Society of Ontario's Annual Awards ceremony at Osgoode Hall in Toronto in May.

Society Medal from the Law Society of Ontario in May. He was honoured for his 40-year career championing Indigenous Peoples' treaty rights, including finding innovative ways for nations to secure habitat protection and economic benefits. He was one of 10 award recipients to be recognized for their exceptional achievements and contributions.

'63 **Margaret Chegwin**, BEd, wrote in to reflect on her time in Wetaskiwin, Alta., which included volunteering for the Society for the Promotion of the English Language and Literacy, receiving Alberta's 2010 Council of the Federation Literacy Award, and working as a columnist and reporter for the *Pipestone Flyer*. Chegwin now lives in Victoria, where she is a member of a Christian writers guild. She notes the guild helps her "keep more or less on track" with her book in the works.

**Raymonde (Limoges) Schile**, '68 BEd, (left), reminisces with husband **John Schile**, '65 BEd, '68 BSc, '72 Dip(Ed), and former roommate **Denise Nobert**, '68 BEd, at the Class of 1968 Cap 'n Gown event, part of September's Alumni Weekend festivities.



## 1970s

'75 **Jude Driscoll (Kirsch)**, Dip(RM), writes that her professors in the Faculty of Rehabilitation Medicine sparked her passion and innovation in the field of occupational therapy. Throughout her 40-year career on Prince Edward



Jude Driscoll

Island, Driscoll was an integral team member in the province's home-care program, was the first occupational therapist to be hired at the Workers Compensation Board of P.E.I. (where she designed the board's individualized return-to-work process) and worked privately with children and adults. Having a child with a rare genetic condition inspired her to publish an article, "Executive function and occupational therapy: Lessons drawn

from the literature and lived experience with 22q11.2 deletion syndrome," in *Occupational Therapy Now* in 2014. Driscoll is now entering retirement and will be enjoying travelling with her husband, Frank.

'76 **Mary-Anne Neal**, BEd, recently received a \$100,000 Arctic Inspiration Prize to support the Dene Heroes Publication Project, which she spearheads. The project works to build literacy and leadership skills among



Mary-Anne Neal with David Codz, president of Ayoni Keh Land Corp. in Colville Lake, N.W.T.

**David Kolbuc**, '68 BPE, '92 MEd, (left), and **Kenneth Riva-Cambrin**, '68 BEd, '70 Dip(Ed), (right) reunite at the Class of 1968 Cap 'n Gown ceremony with fellow Education alumnus—and their former high school football coach—**Aurell Royer**, '60 BSc, '63 BEd, '68 MEd. The St. Mary's High School champs still get together with the rest of the team to golf and celebrate the holidays.



Indigenous youth by developing a collaborative book about Dene heroes. By interviewing elders and writing about their heroes, a team of Indigenous youth will lead the annual development and publishing of the book, which will be distributed to all five communities in the Sahtu region in the Northwest Territories.

'78 **Christine Whittaker**, BSc(Speech/Aud), along with 12 other rehabilitation medicine, speech pathology

and audiology classmates, celebrated their 40-year reunion in Kelowna, B.C., in June. They participated in a variety of activities, including a hike in Kalamoior Regional Park, a wine-tasting tour and a barbecue at the lake house of classmate **Donna Kotelko**, '78 BSc(Speech/Aud). Whittaker writes: "Of course, a lot of reminiscing and catching up occurred naturally throughout the course of the reunion, and a wonderful time was had by all who attended!"



The attendees of the Speech Pathology and Audiology Class of 1978 40th reunion and their partners relax at Ex Nihilo Vineyards overlooking Okanagan Lake, after a wine-tasting tour.

ILLUSTRATION BY WENTING LI

TOP PHOTOS BY JOHN ULAN





IN THE NEWS

## Open for Business

Derek Hudson, '84 BCom, is the new CEO of Edmonton Economic Development Corp. He will lead efforts to support the City of Edmonton's economic growth — with a particular interest in growing the city's tech sector. Hudson was a co-founder of Edmonton-based micro-technology company Micralyne in 1982. —GLOBAL EDMONTON



'83 **Elan Symes**, BA, '86 LLB, recently retired after 18 years with the B.C. Ministry of Finance, spending the last 14 as assistant deputy minister of the revenue division. Symes reports she is looking forward to travelling.

'84 **Lubomyr Luciuk**, PhD, a professor at the Royal Military College of Canada, has produced an educational banner detailing the population and political geography of the genocidal

Great Famine of 1932-33 in Soviet Ukraine, now known as the Holodomor. The banner maps the intensity of regional population losses as a result of the Holodomor and includes quotes from eyewitnesses, some of whom were complicit in covering up this act of

genocide. Commemorating the 85th anniversary of the Holodomor, the banner is currently being distributed across the United Kingdom, the United States, Canada, Australia and New Zealand.

'85 **Mark E. Jones**, BCom, co-founder and CEO of



### DID YOU KNOW?

When the Rutherford Library was built in 1951, there was a smoking study room in the basement. Chief librarian Bruce Peel once even apologized when the smoking room was temporarily replaced with books.

### LOVE STORY

## A Match Made in Heaven

'57 **Lilian Paul**, Dip(Ed), '58 BEd, wrote in to share this "meet cute" between her and her now-husband Gerard Beland.

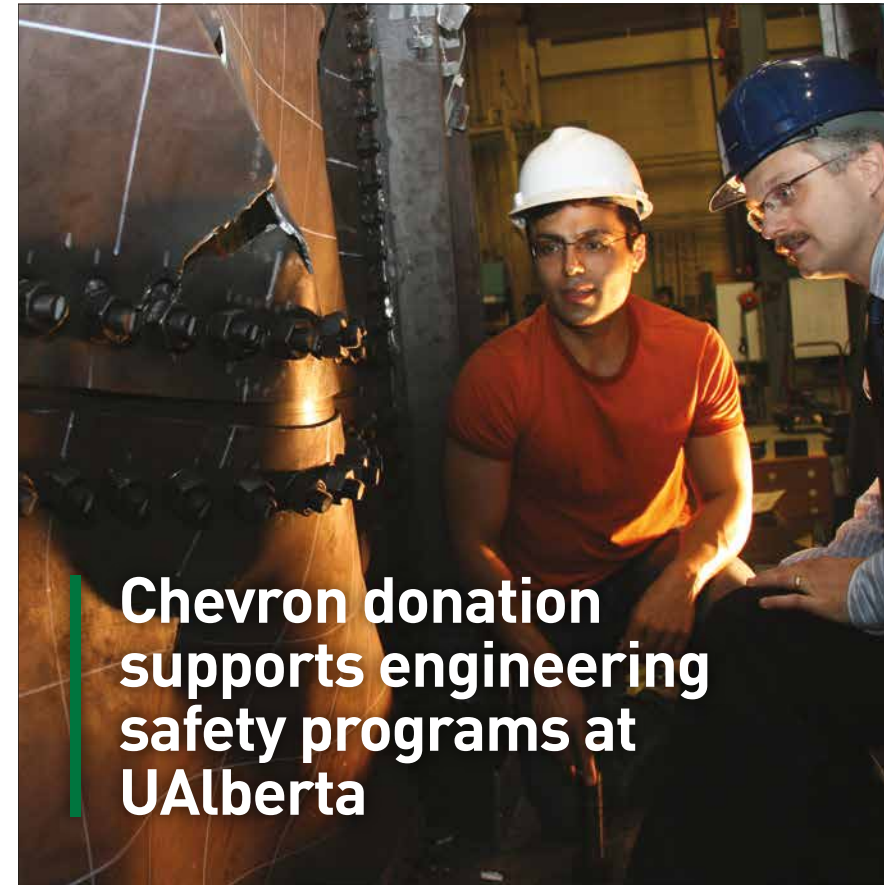
"When I was a U of A student in the early '50s, I lived in a small, all-girls residence run by a group of nuns on 112th Street. My future husband lived in an all-boys residence at Collège Saint-Jean (now known as Campus Saint-Jean).

"A drama director at the Collège St. Jean wanted to put on a drama called *The Fifteen Mysteries of the Rosary* but needed a girl to act as the Virgin Mary. He came calling at our residence and I was given the role of the Virgin Mary. My future husband played the role of God the Father.

"At the end of the drama, God the Father promised the Virgin Mary that if she helped him win souls, he'd give her half his kingdom. I quickly snatched him up on that. We were married the summer of 1960 and we are still married 58 years later. And I still have half of his kingdom!"

Was it love at first sight in SUB? Did you make eyes over Tuck Shop cinnamon buns? We want to hear your U of A love story! Send yours to [newtrail@ualberta.ca](mailto:newtrail@ualberta.ca).

ILLUSTRATION BY WENTING LI



## Chevron donation supports engineering safety programs at UAlberta

A \$400,000 investment by Chevron Canada to support the Engineering Safety and Risk Management (ESRM) program will make our world safer by teaching future engineers how to better include safety and risk management practices in their professional activities.



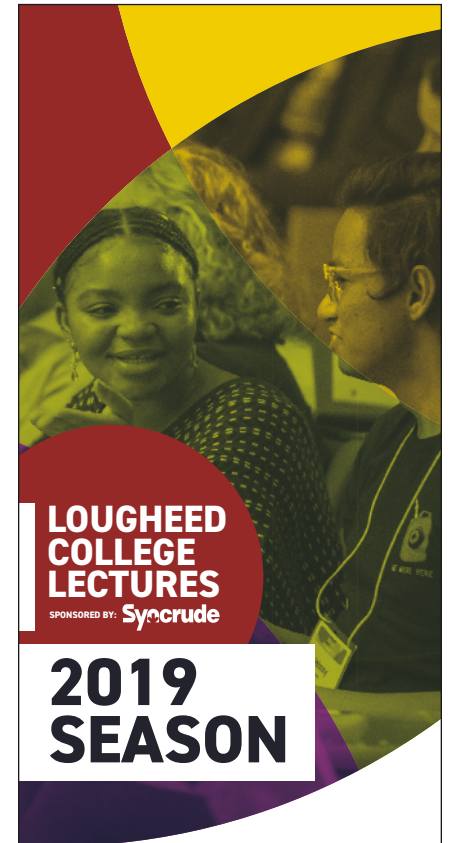
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January 14, 2019  
5:30-6:45 pm | Bernard Snell Hall

**VERNA YIU:**  
LEADERSHIP IN HEALTHCARE

January 28, 2019  
5:30-6:45 pm | Telus Centre 150

**MARCIA NELSON:**  
MOBILIZING OTHERS TO ACT

February 11, 2019  
5:30-6:45 pm | Telus Centre 150

**BRADLEY CLARK:**  
LEADING THROUGH CHANGE

March 4, 2019  
5:30-6:45 pm | Telus Centre 150

**JANA PRUDEN:**  
ETHICS

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Texas-based Goosehead Insurance, led the company's Nasdaq exchange launch in April. Under Jones's leadership, Goosehead has become one of the largest and fastest-growing insurance distributors in the United States. Jones reported that in its first three months as a public company, the GSHD stock went up by more than 250 per cent, making it one of the best-performing initial public offerings in the United States this year.

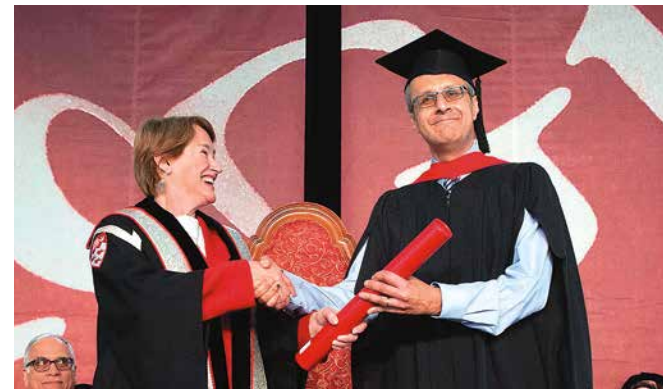
'86 **Sandra Corbett**, BA(Spec), '89 LLB, was appointed as a judge to the provincial court of Alberta in July. Prior to being appointed, Corbett was a partner with Field Law LLP in Edmonton, where she focused on resolving complex tort and liability matters in civil and commercial litigation. She has been

recognized for her leadership and efforts to advance women in the legal profession, has been a frequent speaker at legal conferences and was a sessional insurance law instructor at the U of A.

'87 **Queenie (Kwan Ling) Choo**, BScN, '95 MN, has been appointed Honorary Captain of Her Majesty's Canadian Ship Vancouver by the Canadian Armed Forces. Choo is a champion for diversity and inclusion through her role as the CEO of SUCCESS, one of the largest social services agencies in British Columbia. She is the first Chinese-Canadian woman to be bestowed the naval title of honorary captain.

'87 **Deborah VanSlyke**, MSc, has recently retired after a 31-year structural

Salman Qureshi accepts his award for outstanding teaching.



engineering career with Eastern Designers & Co. in Fredericton, N.B. She had been a partner with the firm since 2000. VanSlyke notes that the extra time off has allowed her to rediscover golf, learn to play pickleball and enjoy life as a new grandmother.

'87 **Salman Qureshi**, MD, an associate professor of

experimental medicine at McGill University, received the Osler Award for Outstanding Teaching from the graduating medical class of 2018. The Osler Award is presented annually to a professor in the Faculty of Medicine who, in the opinion of the senior medical students, has made the most outstanding contribution to their medical education.



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PHOTO BY OWEN EGAN / JONI DUFOR

ILLUSTRATION BY JEFF KULAK, '07 BDES

We all have a campus memory—whether it's a personal moment or a shared experience that connects us all. Share your memory at [uab.ca/classnotes](http://uab.ca/classnotes).



**That Time I Enrolled in a Community**

I THOUGHT I WAS COMING TO EDMONTON FOR GRAD SCHOOL. IT TURNED INTO SO MUCH MORE

When I first moved to Edmonton to attend the U of A, I assumed I would be lonely.

I was excited to start my graduate project in the Department of English and Film Studies, but I didn't know anyone in Edmonton and I didn't think I ever would. I hadn't been very active in campus life during my undergrad degree in Calgary — after all, I already had friends there and didn't feel compelled to make new ones. When classes were over, I'd take a long, quiet commute

home. But things changed when I got to the U of A.

I lived in the Graduate Residence buildings along with many other English graduate students, but I didn't think this would amount to much more than an uninspired conversation topic. So I was shocked when an acquaintance knocked on my door to see if my roommate and I might want to see *A Hard Day's Night* at the Garneau Theatre near campus. The unexpected invitation had appeal. Instead of over-analyzing it,

I grabbed my coat and went to the movie.

We all quickly bonded over activities we could easily organize: walk to class, shop for groceries, study, go for the requisite beers or dinner at the Sugarbowl, and watch *Mad Men* in the communal gathering area. There was an informal policy to drop in for tea, coffee or beer whenever writer's block hit.

I was a 20-something, figuring out life with new friends in a new city, working on a degree that would hopefully precede a career

as a professional writer. I was already living out the premise of a sitcom, but I never expected to experience the “your door was open” trope, replete with a cast of characters just walking into each other's apartments without knocking or making plans in advance. I once opened the door to find two friends singing show tunes; they were there to invite me to an ice-cream social in the common room. Another time, a friend showed up with a basket of laundry and folded it while we watched television. That night, as every night, there was a lot of laughter.

I embraced this new, more social approach to school and community. It even translated to an overall positive attitude toward my studies.

By the time I completed my degree, I saw Edmonton as a place where I could build a life and a career. Even though many of my peers moved back home, knowing no one in a city was no longer discouraging. These days, I'm confident about networking and social events and I'm almost always up to meet with a new acquaintance. And I continue to go to the places that had become the settings for those regular-yet-spontaneous outings.

And my friend who extended that initial invite? We still visit that movie theatre near campus regularly. ■



**Breanna Mroczek**, '12 MA, has been a freelance writer since graduating from the U of A, and worked as a magazine editor for six years. She currently works for the Edmonton Arts Council.

Pedram Veisi



'09 **Rakesh Soni**, MSc, co-founder and CEO of customer identity management platform LoginRadius, received \$17 million in Series A funding from Silicon Valley investors, including ForgePoint Capital and Microsoft's venture fund, M12, to support the company's global expansion. Since its launch in 2012, LoginRadius has grown to global offices in Vancouver, London, San Francisco, Sydney and Jaipur, with plans to double its workforce over the next year.

because it's a bit hard to find other moms who are also professionals," says Robertson.

'10 **Amber Paul**, BSc(Spec), started a post-doctoral fellowship at NASA's Silicon Valley Ames Research Center in August 2017. She's studying responses of immune and nervous systems to different space-flight conditions—including altered gravity and radiation—and is identifying ways to strengthen astronaut health during long-term, deep space missions.

'17 **Pedram Veisi**, MSc, has received a \$10,000 award from Davis Projects for Peace to establish a sewing studio for refugee and immigrant women at Edmonton's Changing Together centre. The project will allow vulnerable people a safe space to make meaningful connections, share skills and create marketable products to help them earn a living. Veisi notes: "None of this would have been possible without all the help and support from [the U of A's] global education program and all of the amazing people on our team." ■

## 2000s

'00 **Bernard Trevor**, BSc(CivEng), '02 MEng, was elected as a fellow of the Canadian Society for Civil Engineering in June. Trevor was recognized for his longtime volunteer work with the Edmonton section and national history committee of the society. He has been managing the river forecasting team for Alberta Environment and Parks since 2014, and currently represents Alberta on the Prairie Provinces Water Board flow forecasting committee and on the National Hydrometric Program co-ordinators committee.

'00 **James Clover**, BA(Criminology), received the International Policing Award in August from the Canadian Association of Chiefs of Police. Clover was recognized for his 20 years of local and international

advocacy surrounding community safety and the mental health of officers in covert operations.

'07 **Marc-Aurèle Racicot**, LL.M., was appointed an administrative judge at the Access to Information Commission of Quebec in June. Since graduating from the U of A, Racicot has co-written a book (*Federal Access to Information and Privacy Annotated*) and was an assistant adjunct professor and manager of the Information Access and Protection of Privacy certificate program in the Faculty of Extension.

## 2010s

'10 **Amanda Robertson (Fung)**, BSc(ElecEng), has been volunteering with Pros & Babes, an Edmonton-based organization that connects career-minded mothers before, during and after maternity leave. "The experience has been invaluable to me, especially

### Two Grads Named to Senate

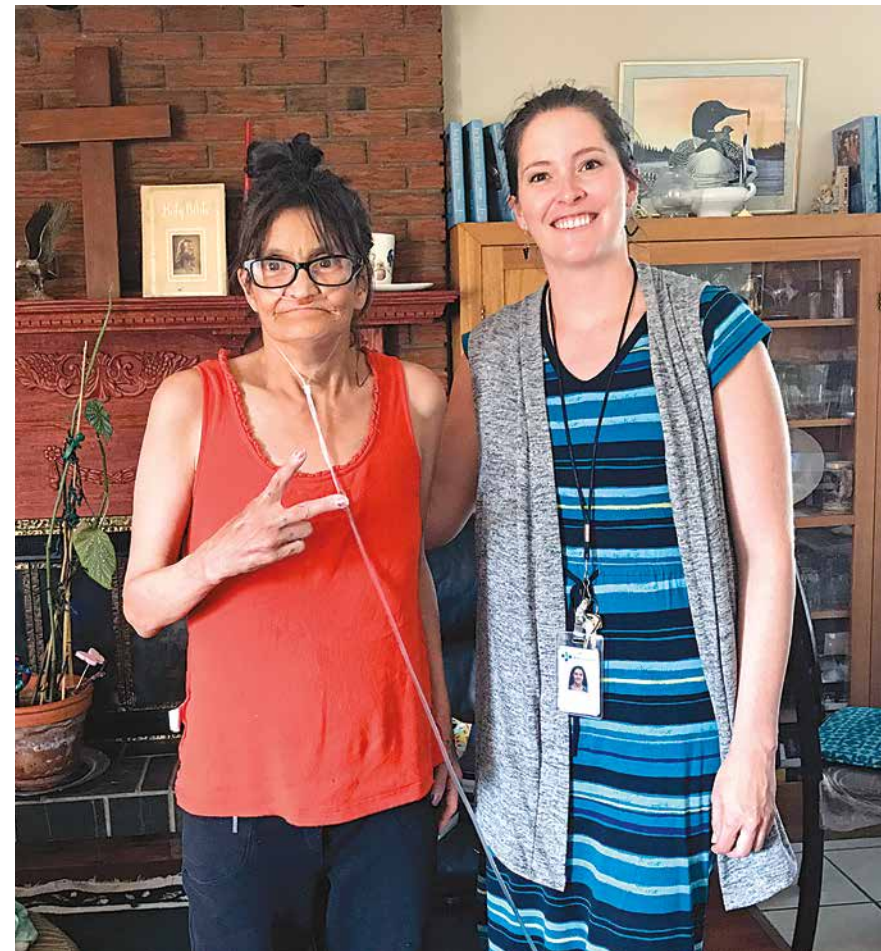
The Red Chamber on Parliament Hill got a splash of green and gold this fall when Prime Minister Justin Trudeau named three new independent senators, two of whom are U of A grads.

**Paula Simons**, '86 BA(Hons), is an award-winning Edmonton journalist and frequent political analyst. **Patti LaBoucane-Benson**, '90 BPE, '01 MSc, '09 PhD, is an author, researcher, educator and longtime advocate for Indigenous families who most recently was a lecturer for the U of A's executive education program.

During their Oct. 16 swearing-in, LaBoucane-Benson held an eagle feather while Simons affirmed her loyalty on a copy of the Charter of Rights and Freedoms.



▲ Paula Simons (left) and Patti LaBoucane-Benson at their Senate orientation.



IN THE NEWS

## A Leader in Health

**Cara Bablitz**, '07 BSc(Spec), '11 MD, '16 PostgradDip, has received a Canadian Medical Association Award for Young Leaders for her work in palliative care and Indigenous health, including founding Edmonton's Palliative Care Outreach and Advocacy Team. As a Métis physician, Bablitz uses her expertise to assist socially vulnerable Indigenous patients, who often don't have access to caring end-of-life services. Bablitz (right) is pictured with Janet Lapensee. —EDMONTON JOURNAL

### DID YOU KNOW?

The U of A's first international student was **Yuichi Kurimoto**, '30 BA, '64 LLD (Honorary), from Japan. Today, the Kurimoto Japanese Garden in the University of Alberta Botanic Garden bears his name.



## ALUMNI ADVICE



### HOW TO FIND A GREAT PODCAST

Need help sorting through the noise? Listen up

By **Karen Unland**, '94 BA

The world of podcasts offers more than half a million shows to choose from, with more popping up every day. You can just default to the famous ones, like *Serial* or *The Daily*. But if you stop there, you'll miss out on a whole lot more podcasts that are precisely up your alley. So how do you find them? Here are some tips:

#### Start with the familiar

Subscribe to radio shows you already love. Many CBC and NPR shows are available in podcast form, so you can listen whenever you want to. Such outlets also make shows that are only available as podcasts.

#### Look for recommendations

Apple Podcasts and many other "podcatchers" (the apps that



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**SPEAKER'S CORNER**

## FOUR SURE WAYS TO KNOW IT'S A HARMFUL CULT

By Emily Senger

Stephen Kent isn't an easy man to track down unless you know where to look. His name and office number aren't listed near the elevator doors alongside his colleagues in the Faculty of Arts. He can't be too careful because, in his 40 years studying cults, the sociologist has been the target of attacks from angry cult members. Kent has amassed one of the largest libraries of cult documents in North America and is a go-to expert witness when cult leaders end up in court.

Here are four things harmful cults have in common, according to Kent, who spoke at Alumni Weekend 2018.

**DEVIANT IDEAS:** Cults have an abnormal belief system that can cause harm to members and their loved ones. "People certainly have the right to practise religion and explore unusual ideas," Kent says. But when those ideas and beliefs translate into behaviours that are illegal, they can culminate in criminal charges. Some experts use the term "harmful cult" to differentiate from other organizations or religions.



**CHARISMATIC LEADER:**

Cult followers view their leaders as charismatic and special. In reality, many cult leaders have mental illness, including personality disorders characterized by narcissism, feelings of grandiosity, arrogance and a lack of empathy. "Many people who become cult leaders believe they are God, or God's prophet," says Kent.

**MEMBERS LOOKING FOR MEANING:**

When Kent first studied cults in the late 1970s, members were usually young adults seeking some direction. This is still a target group. However, cults now attract more seniors and early-career professionals, enticing the latter with seminars on business success and self-improvement. No matter their age or stage in life, cult

recruits are searching for ways to improve their lives and the world, says Kent.

**STRICT DOCTRINE:** Cult doctrine must be followed without question. Little by little, deviance becomes normalized and at that point can lead to extreme behaviours, says Kent. Rules often include an element of sexual control, leading to abuse and exploitation. Doctrines become even more dangerous when leaders preach an us-versus-them mentality and make the outside world the enemy. "Then the risk is very high for violence," says Kent.

*Stephen Kent is one of many speakers who share their expertise at alumni events. Watch for more great events in Alumni Insider or visit [ualberta.ca/alumni/events](http://ualberta.ca/alumni/events).*



**@raishelalyse**

Raishel Madsen, '15 BCom, was one of the many volunteers who braved the unseasonal snow to volunteer at Alumni Weekend in September.



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**@ualbertaalumni**

The snow at Alumni Weekend didn't cool down the fun for families who came out to enjoy bouncy castles, crafts and other fun activities in the Butterdome.

PICTURED ARE **OMAR RODRIGUEZ-ARENAS**, '11 MSC, **MARIANA PAREDES-OLEA**, '09 MA, OLIVER (LEFT) AND DANTE.

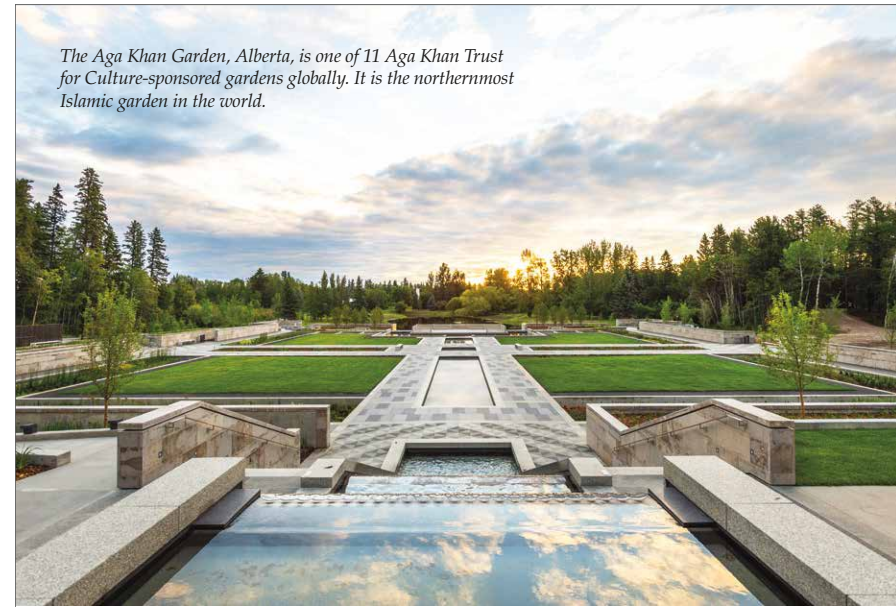


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## A Taste of Nostalgia

➔ Few things take us back in time like the taste, smell and texture of food. And the student comfort foods eaten while racing to class or pulling an all-nighter? Those are legendary. We asked you to share your memories of the famous Tuck Shop cinnamon buns. Find more or share your own at [facebook.com/UAlbertaAlumni](https://facebook.com/UAlbertaAlumni).

**In dental school, we missed out on the buns because we couldn't get to CAB in time due to our strict clinic schedule. I also went to UBC where they had very similar buns at the old cafeteria. I thought they stole the recipe from U of A, but they claim the opposite.**

—Rob Wolanski, '87 BSc(Dent), '87 DDS

While attending U of A, a group of us lived two doors down from the Tuck Shop and enjoyed many, many, many of those famous buns.

—Joseph Rapaich, '67 BSc(MechEng)



I have been longing to taste those cinnamon buns from CAB ever since I left Canada in 1983. Those buns got me through six years of early-morning lectures at U of A. They beat all the buns I've ever tasted here in Los Angeles (e.g., Cinnabon) — the ones in CAB were crispy on the outside and not too sweet. I visited campus 10 years ago but the Tuck Shop wasn't there. I even went around 9 a.m. because I knew the buns would be gone before 10:30!

—Tom Fan, '81 BSc(MechEng), '83 MSc

## Think that's where the "freshman 10" started!

—@heyladiesyeg (including Davina Stewart, '86 BFA, and Noel Taylor, '09 BEd), via Instagram

**You can still see the "Tuck Shop Tree" on campus. When the Tuck Shop was demolished, the tree, a white walnut (butternut), was moved to the northwest corner of the Faculty Club.**

—Dustin Bajer, '06 BEd, via Twitter



While attending the U of A from 1969 to 1976, I had a wife, two boys and very little money. Off I would go every day with my Thermos of coffee and some sandwiches. But one day a week my wife gave me permission to have a cinnamon bun. What ecstasy! I think I was salivating even before I woke up. And for sure I was at the front of the line. Can't take any chances when there was a prize better than gold.

—Gordon McLeod, '73 BA, MHSA '76

**I remember those cinnamon buns. I worked in campus mail during the summer and I would take a break between my rounds and grab one of those to eat — the most delicious buns ever!**

—Katherine Orrell, '81 BA(Hons)

ILLUSTRATIONS BY RÉMY SIMARD



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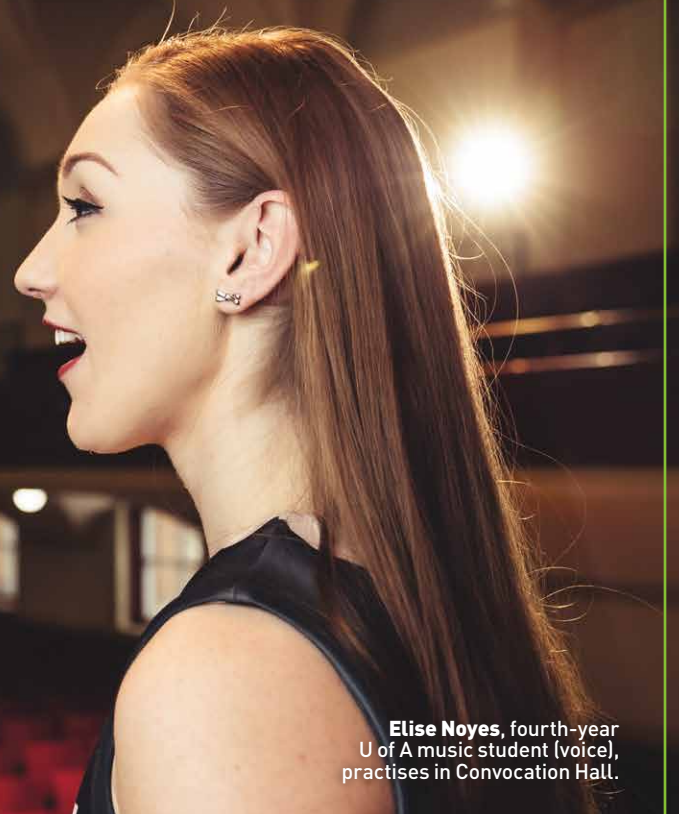
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**Elise Noyes**, fourth-year U of A music student (voice), practises in Convocation Hall.

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

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