

WINTER 2017

# new. trail

UNIVERSITY OF ALBERTA  
ALUMNI MAGAZINE



## 'THIS IS ALL THE FREEDOM I WANT'

HOW ABDULLAH ALTAMER  
AND OTHER STUDENTS ARE  
REBUILDING THEIR LIVES  
AFTER ESCAPING SYRIA

Page 26



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

Whatever life brings your way, small or big,  
take advantage of a range of insurance options  
at preferential group rates.

Getting coverage for life-changing events may seem like a  
given to some of us. But small things can mean big changes  
too. Like an unexpected interruption to your income. Alumni  
insurance plans can have you covered at every stage of life,  
every step of the way.

You'll enjoy affordable rates on Term Life Insurance,  
Major Accident Protection, Income Protection Disability,  
Health & Dental Insurance and others. The protection  
you need. The competitive rates you want.

Get a quote today. Call 1-888-913-6333 or visit us  
at [manulife.com/uAlberta](http://manulife.com/uAlberta).



Underwritten by  
The Manufacturers Life Insurance Company.

Manulife and the Block Design are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under licence.  
© 2016 The Manufacturers Life Insurance Company (Manulife). All rights reserved. Manulife, PO Box 4213, Stn A, Toronto, ON M5W 5M3.

WINTER 2017  
VOLUME 73 NUMBER 3

## contents

### departments

3  
**Your Letters**

5  
**Notes**  
What's new and noteworthy

12  
**Continuing Education**  
Column by Curtis Gillespie

16  
**Whatever Things Are True**  
Column by Todd Babiak

17  
**Thesis**  
There are answers that  
lie at the intersection of  
words and images.

43  
**Trails**  
Where you've been and  
where you're going

44  
**Books**

46  
**Class Notes**

59  
**In Memoriam**

64  
**Photo Finish**

These sunny flowers top a hybrid  
of canola derived from Quantum  
Canola, the plant that helped save  
a \$20-billion industry. Page 36.  
Photo by John Ulan

### ON THE COVER

Even the act of walking  
to school is meaningful to  
Abdullah Altamer, one of 14  
Syrian students who have  
come to the U of A through  
the President's Award for  
Refugees and Displaced  
Persons. Page 26  
Photo by John Ulan

### features

26  
**Seen / Unseen**  
After fleeing conflict, three  
Syrian students embrace  
the everyday moments.

36  
**5 Objects You Didn't  
Know Changed Our Lives**  
You will be surprised at the  
U of A connections.

## My Photographic Memory

A SMALL BOY'S HAND sits neatly on a large book. His other hand is raised with palm facing forward. Close by are the boy's mother, father and younger brother. It's 1977 and this family is taking the oath of Canadian citizenship together. The scene is captured in a black-and-white photo, faded and blurry, its edges curling with age. But this image is precious to me and a reminder of how lucky I am.

The boy in the photo is me. And that moment marks the end of a harrowing five-year journey.

On Aug. 4, 1972, the comfortable life my parents had built for me and my 18-month-old brother was toppled in an instant. Idi Amin, the ruthless dictator of our home country, Uganda, had ordered the expulsion of the country's Asian population. With almost no notice, we had to leave everything—our house, the family business, our possessions. Even as we went to the airport, we had no idea where the plane would take us.

Some of my extended family flew to Pakistan, India and the United Kingdom. We were destined for Canada, which was set to welcome 6,000 Asian refugees from Uganda—Canada's first mission to relocate a significant number of non-European refugees.

I was only four when we moved, but images of the years that followed still flicker in my mind: being crammed into our tiny one-bedroom apartment in Brantford, Ont.; the shoe store where my dad worked; the clothing, food and even spending money dropped off by people in the community. Looking back, some of those moments of daily life seem mundane. But I treasure them. They meant that our family had found kindness, opportunity and peace.

Gazing at that old photo of my oath of citizenship reminds me that I no longer consider myself an immigrant. I am a Canadian.



My journey comes back to me as I look at the photos, starting on page 26, of U of A students who fled Syria to start new lives in Canada. The moments from their daily routines—walking to class, making dinner, talking with friends—are so ordinary. But for them, those moments are extraordinary; they are peace.

There's something about the power of images. In this issue of *New Trail*, you will experience a number of stories told through the art of photography and other visual media. As U of A fine arts professor **Sean Caulfield**, '92 BFA, '96 MFA, explains on page 18, visual imagery can draw you into a story like nothing else can.



**Ayaz Bhanji**, '91 BSc(Pharm)  
PRESIDENT, ALUMNI ASSOCIATION



### OFFICE OF ALUMNI RELATIONS

Sean Price, '95 BCom  
Associate Vice-President  
Greg Latham  
Director, Alumni Engagement  
Tracy Salmon, '91 BA(Hons), '96 MSc  
Director, Alumni Programs  
Coleen Graham, '88 BSc(HEc), '93 MEd  
Senior Manager, Strategic Initiatives

### ALUMNI COUNCIL EXECUTIVE

Alumni Association President  
Ayaz Bhanji, '91 BSc(Pharm)  
Past-President  
Mary Pat Barry, '04 MA  
Committee Chair: Alumni Awards  
Robin Overall, '92 BA(Spec), '94 MEd, '98 PhD  
Committee Chair: Alumni Benefits  
Rayan Bou Farraj, '13 BSc(Spec), '14 MA  
Committee Chair: Alumni Student Council  
Eric Martin, '09 BSc, '13 BScN  
Committee Chair: Community Relations  
Randa Kachkar, '86 BA(Spec)

### Committee Chairs: Corporate Alumni Relations

Bill Werry, '73 BA(RecAdmin)  
Christy Ciezki, '02 BSc(Spec), '09 MEd  
Committee Chair: Student Experience  
Tyler Hanson '00 BSc(MechEng)

### Task Force Chairs: Diversity and Inclusion

Keith King, '04 BScN  
Sandra Gawad Gad, '12 BSc, '15 MSc  
Board of Governors Representatives  
Mary Pat Barry, '04 MA  
Glenn Stowkowy, '76 BSc(ElecEng)

### Senate Representatives

Charlene Butler, '09 MBA, Heather Raymond, '82 BEd, '86 Dip(Ed), '95 MEd, '02 PhD  
Executive Members at Large  
Ron Glen, '89 BA(Spec), '04 MBA  
Rob Parks, '87 BEd, '99 MBA

### FACULTY REPRESENTATIVES

Agricultural, Life & Environmental Sciences  
Jacob Onyschuk, '13 BSc(Ag)

### Arts

Randa Kachkar, '86 BA(Spec)

### Augustana

Jeff Behrens, '10 BA

### Business

Hayat Kirameddine, '09 BCom

### Campus Saint-Jean

Bruno Mercier, '97 BSc

### Dentistry

Judy Clarke, '87 Dip(DentHyg), '04 BSc(DentHyg)

### Education

Ken Shields, '69 BEd, '84 MEd

### Engineering

Tony Valente, '01 BSc(MechEng)

### Extension

Melissa Myskiw, '05 BA, '17 MA

Graduate Studies  
Christopher Michell-Viret, '83 BSc, '84 BSc(SpecCert), '89 MSc

### Law

Simon Foxcroft, '99 LLB

### Medicine

Robert Agostinis, '86 BMedSc, '88 MD

### Native Studies

Carol Wagner, '06 BA(NativeStuHons)

### Nursing

Eric Martin, '09 BSc, '13 BScN

Kate Young, '07 BScN, '15 MBA

### Pharmacy

Ron Pohar, '95 BSc(Pharm)

### Physical Education and Recreation

Bill Werry, '73 BA(RecAdmin)

### Public Health

Salima Thawer, '03 BSc, '05 Dip(DentHyg), '06 BSc(DentHyg), '13 MPH

### Rehabilitation Medicine

Grant Irwin, '75 BSc, '79 BSc(PT)

### Science

Ross Lockwood, '08 BSc(Hons), '15 PhD

### MEMBERS AT LARGE

Yasmin Barre, '09 BSc, '12 MSc  
Ashlyn Bernier, '06 BSc, '11 PhD, '13 MBA  
Ramesh Bhamhani, '66 BSc, '68 MSc, '72 PhD  
Rick Dowell, '03 BSc(MechEng), '09 MBA  
Vivian He, '08 BCom  
Mark Korthis, '07 BA(RecSpoTourism)  
Felicia Liang, '16 BCom, '16 Cert(Intl)  
Andre Prefontaine, '85 BCom, '88 BSc(Spec)  
Eli Schrader, '12 BA(RecSpoTourism)  
Charity Slobod, '10 BA, '10 Cert(Trans), '15 MA  
Ryan Thompson, '03 BSc(Hons), '13 MA  
Phil Wong, '85 BSc(Spec)

### EX OFFICIO

Honorary President  
David Turpin

Vice-President (Advancement)  
Heather McCaw

Associate Vice-President (Alumni Relations)  
Sean Price, '95 BCom

Dean of Students  
Andre Costopoulos

Dean of Students' Designate  
Jason Cobb, '96 BA

Graduate Students' Association  
Masoud Khademi

Students' Union  
Marina Banister



BOTTOM PHOTO BY JOHN ULAN

ICON THINKSTOCK; PHONE BY ALEKSEY BOLDIN / ALAMY



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

@RunGhirl: Things I learned about @Marty\_Chan from #NewTrailMag: Engineer Wannabe? So glad you chose writing. Great article & now I want a cinnamon bun

SUSAN Q

## My Sweet Addiction

I thoroughly support the article "Sweet Cinnamon" by Marty Chan. I started my degree in 1974 and was instantly addicted to the cinnamon buns in the CAB. This addiction continued when I went back to complete more study in 1986. Living in New Zealand, they have no equivalent to these delicious sticky buns. Scones and jam just do not fill the void. I felt homesick reading his article and can add that, on many occasions, just the smell of them made me feel able to cope with the full workload I had.

—Teri Nichol, '87 BEd, Christchurch, New Zealand



**CORRECTION** On page 41 (Alumni Events) of the Autumn 2017 issue, we incorrectly identified the alumnus at the far right of photo No. 5. This is actually **Ed Bruns**, '60 BSc(Pharm). We apologize for the error.

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



### 8 Great Canadian Kids Books

You know Farley Mowat and Robert Munsch, of course, but what are some of the new classics for Canadian kids? Our experts share their favourites.

### Who Inherits Your iTunes When You Die?

What about your travel reward miles? The photos and videos you've stored in the cloud? **Stacy Maurier**, '96 BA, '97 BA(NativeStu), '00 LLB, a lawyer specializing in estate law, helps you figure out how to pass your digital assets on to your successors. Just think twice about what you do—and what you don't—want your family to see after you've gone.



### U News You Can Use

Sure, *New Trail* keeps you in the know, but what if three times a year isn't enough? A new U of A news site, Folio.ca, taps into the university's wealth of expertise to bring you research news, tips for better living and context for what's going on around you. Plus, you can get it delivered to your inbox every day.





A team of literacy experts.

Young kids left behind by reading difficulties.

See how U of A research dramatically improved children's reading ability.

[folio.ca](http://folio.ca). Get news right from the source.

**77%** of alumni volunteer

Get involved: [uab.ca/volunteer](http://uab.ca/volunteer)

UNIVERSITY OF ALBERTA **ALUMNI** | DO GREAT THINGS

# new. trail

UALBERTA.CA/NEWTRAIL

## Supervising Editors

Mary Lou Reeleder  
Cynthia Strawson, '05 BA, '13 MSc

## Editor-in-Chief

Lisa Cook

## Managing Editor and Digital Editor

Karen Sherlock

## Associate Editors

Christie Hutchinson, Katie Willis, '13 BA

## Art Director

Marcey Andrews

## Senior Photographer

John Ulan

## Staff Writer

Sarah Pratt

## Editorial Assistants

Stephanie Bailey, '10 BA(Hons), Sharlene Clarke

## New Trail Digital

Shane Riczu, '12 MA; Ryan Whitefield, '10 BA; Joyce Yu, '07 BA, '15 MA

## Copy Editor/Fact Checker

Therese Kehler

## Proofreader

Philip Mail

## Advisory Board

Anne Bailey, '84 BA; Jason Cobb, '96 BA; Susan Colberg, '83 BFA, '91 MVA; Rhonda Kronyk, '04 BA, '07 MA; Kiann McNeill, Robert Moyles, '86 BCom; Julie Naylor, '95 BA, '05 MA; Sean Price, '95 BCom; Karen Unland, '94 BA

## CONTACT US

Email (Comments/Letters/Class Notes)

[alumni@ualberta.ca](mailto:alumni@ualberta.ca)

## Call

780-492-3224; toll-free 1-800-661-2593

## Mail

Office of Advancement, University of Alberta,  
Third Floor, Enterprise Square, 10230 Jasper Ave.,  
Edmonton, AB T5J 4P6

## Facebook

UAlberta Alumni Association

## Twitter

@UAlbertaAlumni

## Address Updates

780-492-3471; toll-free 1-866-492-7516  
or [alumrec@ualberta.ca](mailto:alumrec@ualberta.ca)

## TO ADVERTISE

[sabailey@ualberta.ca](mailto:sabailey@ualberta.ca)

This University of Alberta Alumni Association magazine is published three times a year. It is mailed to more than 160,000 alumni and friends. The views and opinions expressed in the magazine do not necessarily represent the views of the University of Alberta or the U of A Alumni Association. All material copyright ©. *New Trail* cannot be held responsible for unsolicited manuscripts or photographs.

ISSN: 0824-8125 Copyright 2017

Publications Mail Agreement

No. 40112326

If undeliverable in Canada, return to:

Office of Advancement,  
University of Alberta, Third Floor,  
Enterprise Square, 10230 Jasper Ave.,  
Edmonton, AB T5J 4P6

Printed in Canada

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



# notes

WHAT'S NEW AND NOTEWORTHY



## Celestial Secrets

For decades, scientists believed they could explain the beautiful mystery of the aurora borealis. Turns out, the science was wrong

**IN A FINDING** that turns the geophysical world upside down (if that's possible), physicists have debunked a long-held theory that a mechanism called ionospheric feedback instability (IFI) causes certain types of northern lights. The study by Robert Rankin and Dmytro Sydorenko, published in *Geophysical Research Letters*, concluded that IFI couldn't possibly create northern lights—and, in fact, might not exist at all. "These findings fly in the face of what is now commonly accepted in the world of space science," Rankin says. The research has implications for theoretical physics and understanding space weather. As for those dancing lights in the night sky, science will go back to the drawing board. —KATIE WILLIS, '13 BA

PHOTO BY ANDRÉ GILDEN / ALAMY

ENERGY

## Working to Upgrade the Grid

North America's power needs have moved way beyond the traditional AC circuits

**FLIP A SWITCH AND A LIGHT** turns on. That simple act reassures us that all is well with the electricity industry. But North America's power system is due for an overhaul, as the century-old electrical grid struggles with new devices that complicate the energy system, as well as the transition to renewable power sources.

The solution is a smart grid, says Ryan Li, an electrical and computer engineering researcher whose work is helping put the university at the forefront of North American smart-grid research.

Smart grids combine digital technology with electrical grids to allow two-way communication

between customers and utility providers. One of the goals is to make the grid more responsive, efficient and reliable. It will be able to handle the conversion and transmission of next-generation power sources.

Li was awarded \$2.5 million from the Canada Foundation for Innovation toward construction of the \$6.27-million Future Smart Grid Technologies Lab, expected to be operational in 2018.

"A few labs of this type exist in Europe and the United States," says Li. "But our facility will be uniquely designed ... with a focus on the Canadian environment."

Li has already spent

a decade at the U of A researching the integration of AC and DC circuits in the existing grid.

"The grid was developed to deliver mechanically generated electricity through alternating current, AC, in one direction—from the generation plant to the user," Li explains. "But every time we use an electronic device with a box [an AC adaptor] attached to its plug, we're actually converting that AC current into DC, direct current."

To further complicate matters, electricity now moves in both directions, with solar or wind installations on the user side sending power into a grid that was never designed to receive it, Li says. "All of this requires voltage conversion between AC and DC, which can lower the efficiency and quality of our electricity—and we're seeing it more every year."

The new lab will have a flexible test grid that encompasses power generation, including from renewable sources, distribution, loads, storage and communication systems. Prototypes will be tested in Canada-specific scenarios.

This means future Canadians will still be able to flip on the lights—no matter how the power is generated.

—KENNETH TAM WITH FILES FROM THERESE KEHLER



QUOTED

**"In that moment I realized, 'if this dude's heart stops beating right now, I'm going to know what to do.'"**

Fourth-year nursing student Nena Powell, on putting her training to work aiding one of the victims of an attack on pedestrians by the driver of a U-Haul in downtown Edmonton on Sept. 30.

PUBLIC HEALTH

## TRANS YOUTH AT HIGHER RISK

The first survey of young transgender Canadians paints a heartbreaking picture of their daily realities, but these same young people can help find solutions. "Trans youth are the experts at identifying the challenges they face," says **Kristopher Wells**, '94 BEd, '03 MEd, '11 PhD, author of the Alberta portion of the Canadian Trans Youth Health Survey, released in mid-October. "When trans youth feel cared about, they report much lower levels of distress and better health," adds Wells, faculty director with the Institute for Sexual Minority Studies and Services. Findings include:

**67%**

of trans youth aged 18 or younger had considered suicide; almost 41 per cent had tried at least once.

**71%**

reported discrimination.

**81%**

said their family did not understand them.

**32%**

had run away from home.

**70%**

experienced sexual harassment.

**91%**

of younger respondents who did not seek mental health support said it was because they didn't want their parents to know.

—SCOTT LINGLEY

PHOTO BY DON WHITE / ALAMY

TOP PHOTO BY EPIC PHOTOGRAPHY; BOTTOM PHOTO THINKSTOCK



**SPACEMEN** Former astronaut Chris Hadfield chats with **Charles Nokes**, '16 BSc, Ex-Alta 1 project manager, and other AlbertaSat students about the cube satellite, which launched in April. Hadfield visited the university in October as part of World Space Week. Students on the AlbertaSat team are now working on Ex-Alta 2, which will monitor ground conditions in search of hot dry spots in order to predict where forest fires might begin. It will also examine smoke particles in the air to track the fires.

MENTAL HEALTH

## HOW TO STAY SERENE THIS WINTER

Hoping for the holidays to actually feel like a holiday? Want to make it to spring with a spring in your step? Mindfulness—the practice of keeping your mind fully focused on the present moment—can help alleviate stress, manage mental health and reduce burnout, says

**Catherine Phillips**, '80 BMedSc, '82 MD, assistant clinical professor in the Department of Psychiatry and a certified mindfulness instructor. She offers these three tips to help you cope with whatever comes your way this winter. —LEWIS KELLY



**NAME IT TO TAME IT**

Name negative emotions when you experience them but remind yourself they will come and go like any emotion.

**STOP AGONIZING**

Much of our suffering is caused not by pain or stress itself but by our reaction to it. Mindfulness teaches us to recognize the moment with openness, even if that moment is unpleasant.

**CHECK IN**

Realize you miscounted the dinner guests? Pause before you panic. Pay attention to your body and your surroundings, then finish with several slow, deliberate breaths. Check in like this several times a day.

## Footnotes

A brief look at what's new at the U

### Evergreen Park Marks 150th

A new urban park on South Campus is the university's gift to the community to mark the 150th anniversary of Confederation. Opened in September, Evergreen Park serves as a public greenspace and a gathering place for outdoor ceremonies, performances and lectures. The naturalized space includes Evergreen Pond, the Circle arena stage, walkways and stone benches.

### Grads Have Highest Job Rate in Canada

U of A grads have the top employment rate in Canada and 52nd in the world, according to the 2018 QS Graduate Employability Ranking. It also ranked fifth in Canada and 94th in the world in graduate employability, based on alumni outcomes, employer-student connections, employer reputation, graduate employment rate and partnerships with employers. A U of A Career Centre survey in 2015 found 91.4 per cent of alumni who had graduated in the previous five years were employed.

### New Name for Phys-ed and Rec

The new year will bring a new name to the Faculty of Physical Education and Recreation. As of Jan. 1, it will become the Faculty of Kinesiology, Sport, and Recreation to more accurately reflect its fields of study and research.



develop normally, leading to neurological issues.

“Our findings have potential implications for autism and seizure disorders that currently aren’t treatable—at least not by targeting GABA,” says Eisenstat, senior author of the study, published in August in the *Journal of Neuroscience*. He is chair of the Department of Oncology at the U of A as well as a professor in the departments of Pediatrics and Medical Genetics.

GABA is the most important inhibitory neurotransmitter in the brain. It is synthesized from the chemical glutamate, the brain’s excitatory neurotransmitter—and GABA’s exact opposite—in a process triggered by the two genes. Problems occur when the two neurotransmitters fall out of sync.

“GABA tells the brain to slow down. Glutamate tells the brain to speed up. A healthy brain is found in the balance,” Eisenstat explains. “If, going back to these diseases, we have a better idea of how to balance glutamate and GABA, we could potentially come up with new therapies.”

About 25 per cent of children with autism also have a seizure disorder. The reason is not well understood, he says. “But this hypothesis is worth further testing.”

Eisenstat hopes the research has opened a pathway that could lead to drugs to treat developmental brain disorders and hopes other researchers will build on this new knowledge. —ROSS NEITZ

**“OUR FINDINGS HAVE POTENTIAL IMPLICATIONS FOR AUTISM AND SEIZURE DISORDERS.”**

David Eisenstat, medical genetics researcher



**MEDICINE**

**Insight into Brain Development**

Discovery of gene mutation in embryo creates potential for new treatment for brain disorders

**THE OBJECT OF THE DISCOVERY** is tiny—a pair of genes in a developing embryo—but the impact could be enormous, with the potential to find new therapies to treat seizures or some types of autism.

A team led by David Eisenstat, a medical genetics researcher, focused on two specific genes—DLX1 and DLX2—that are known to regulate the creation of a chemical in the brain called gamma-aminobutyric acid. GABA plays a role in brain development.

The research team discovered that even during the first few months of gestation, the genes are already regulating GABA synthesis. But if the two genes mutate, GABA production is disrupted and the brain will not

**NUMBERS**

**30** minutes of special instruction three times a week reduced reading difficulties in 97.6% of elementary-aged children, a study by education professor George Georgiou found.

**TRUTH AND RECONCILIATION**

**INDIGENOUS ALUMNI REUNITE**

More than 20 Indigenous alumni, some of the university’s first Indigenous graduates from the ‘60s through ‘80s, returned to North Campus at the invitation of the provost’s office and Alumni Relations for three days of discussions in October.

In addition to sharing stories of their lives and achievements since their time as students, they discussed two proposals: to develop a grand council of Indigenous elders and knowledge keepers to offer wisdom and direction to university leadership in implementing the Truth and Reconciliation Commission’s calls to action, and to create an Indigenous alumni chapter to strengthen community connections.

Those gathered also shared stories with current Indigenous faculty, students and alumni about the work done in the ‘60s and ‘70s to create many of the Indigenous programs and services that exist today.

Further discussions are planned. —KAREN SHERLOCK

**QUOTED**

**“We must ensure that the debate and clash of ideas so inherent to discovery of new knowledge can take place within a space of intellectual freedom and integrity.”**

U of A President David Turpin, during his 2017 State of the University address



**PUBLIC HEALTH**

**Feeling Sick? Stay Home, Says Expert**

**NEXT TIME YOU’RE FEELING GUILTY ABOUT CALLING** in sick—don’t, says a nurse practitioner.

“For those of us working in a large building or with the immunocompromised, one of the best ways to prevent infection of others is to stay home,” says **Susan Prendergast**, ’10 MN, a lecturer in the Faculty of Nursing. Staying home is also the best way to take care of yourself, she adds.

Corporate polls suggest more than 50 per cent of Canadians don’t call in sick when they’re ill, and guilt is one of the biggest reasons, Prendergast says. “A lot of people feel they will be judged for staying home. But everyone needs to understand that other people’s health is at risk,” she says. “If there aren’t financial or other urgent reasons for going to work when sick, then don’t.”

Keeping your germs to yourself is especially important given predictions of a particularly bad cold and flu season in Canada.

Prendergast would like to see more research on prevention measures aimed at reducing virus transmission in workplaces—including encouraging employees to stay home when they’re sick—and on how they would affect productivity. The stay-home message also needs to be promoted by government to bring about a shift in attitudes—especially in the business world, she says.

“We need policy to encourage a culture shift so people take the day off, when possible, instead of infecting others.” —LESLEY YOUNG



**PREVENTION, PREVENTION, PREVENTION**

The best approach is to avoid getting sick in the first place, of course. Here are a few tips worth repeating:

**+** Getting a flu shot is among the top ways to stay healthy, says Prendergast.

**+** Washing your hands thoroughly and often is important, says Nicholas Ashbolt, a professor in the School of Public Health. There’s evidence to indicate fewer than five per cent of people are doing a proper job handwashing, he adds.

**+** Make sleep and rest a top priority, Prendergast suggests.

**+** Make time for stress-reducing activities, she adds. “I can’t emphasize enough how important it is to keep your stress levels low during cold and flu season.”



**A VERY SMART HIGH ACHIEVER + \$8000 IN WAGE SUBSIDY**



**PROBLEM SOLVED**

Become a Graduate Student Internship Program (GSIP) employer by hiring a motivated and highly skilled PhD or master’s student to meet your organization’s needs.

GSIP is a simple, flexible, matching funds employment initiative.

**HIRE A GRADUATE STUDENT TODAY**

[uab.ca/GSIP](http://uab.ca/GSIP)  
[GSIP@ualberta.ca](mailto:GSIP@ualberta.ca)

GSIP is made possible by a Government of Alberta grant.

**UNIVERSITY OF ALBERTA**  
FACULTY OF GRADUATE STUDIES & RESEARCH

TOP LEFT PHOTO BY PANTHER MEDIA GMBH / ALAMY

THINKSTOCK

# SUITING UP SANTA

NO MORE HO-HO-HUM. UALBERTA RESEARCHERS GIVE SANTA A 21<sup>ST</sup> CENTURY MAKEOVER

➔ Here comes Santa Claus, with his jelly belly and his sleigh full of toys and his tiny reindeer, just as expected. But what if the jolly old elf wanted to jingle his way into the 21st century? Get more high-tech with his gear? Technology has evolved enough to upgrade everything from his bright red suit to his soaring sleigh. We asked three U of A researchers what they'd put under Santa's tree this Christmas.

By **Bev Betkowski**  
Illustration by Michael Byers

### Stealth Suit

Only the most observant of children would spot Santa in a metamaterial suit of active camouflage. His suit would be studded with tiny cameras that would take video of the surroundings and project it back onto the material. "It would be like a Harry Potter cloak."  
*John Nychka, '97 BSc, materials engineer*



### Don't Forget the Helmet

Safety first, Santa. "He's flying around out there and could get hit with a drone!"  
*Anne Bissonnette, dress historian*

### Give Santa a Hand. Or Two

Santa could use the new HANDi Hand technology that Patrick Pilarski and his colleagues are developing. "He'd be very hands-on; you could imagine him with many HANDi Hands." Painted red and coated with heat-resistant Kevlar, the additional appendages could allow many presents to be, er, hand-delivered simultaneously. "He could put himself in many places at once."  
*Patrick Pilarski, '09 PhD, machine intelligence researcher*



### Telescoping Arms

"To avoid lit fireplaces or chance encounters with children, he could use a telescoping arm, with a camera in the palm, so he could do a flyby and just launch the presents down the chimney. The arm would look around the room through the camera and position the presents under the tree, then pop back out."  
*-Pilarski*

### Layer, Layer, Layer

Santa's not Santa without his famous suit, but it needs some tweaking to stand up to severe wind chills. He should take a cue from Inuit wisdom and line the inside of his coat with fur. "The two densities trap the air inside and keep you really warm — this is perfect for Santa." For an outer layer, try Gore-Tex, a waterproof, windproof, breathable fabric.  
*-Bissonnette*

### Wear-Resistant Runners

The runners on Santa's new sleigh would need to withstand wear and extreme temperatures, and modern science offers a few options: tungsten carbide and silicon nitride, wear-resistant materials used in metal-cutting tools; or boron carbide, the same material used in bulletproof vests.  
*-Nychka*

### Hypersonic Sleigh

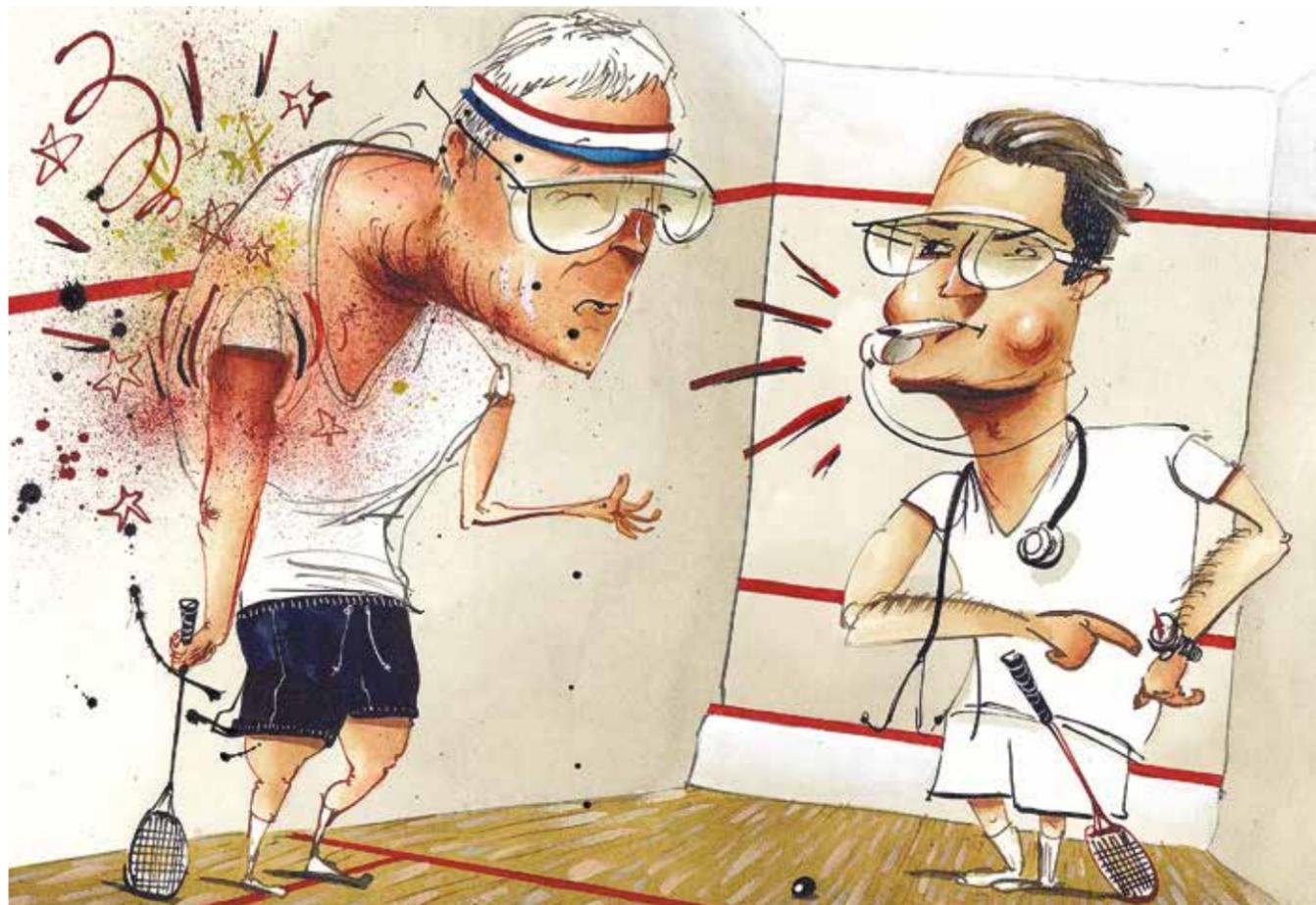
Santa should consider a hypersonic scramjet engine, which has no moving parts but travels at nearly 10 times the speed of sound, meaning he could fly around the Earth in less than 3½ hours. It's still in the prototype stage, but perhaps NASA would let Santa test it out. Rudolph and his friends could still help with liftoff.  
*-Nychka*

▶ continuing education

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



## A Shoulder Check On Attitude

BEING FORCED BY AN INJURY TO TAKE IT SLOW OFFERS VALUABLE LESSONS ON LIFE—THOUGH I'D RATHER HAVE BEEN GOLFING

I've never been what you'd call buff. Or muscular. Or toned. Or ... OK, I think you're getting the idea. My running joke for the last decade or so has been that maybe the kids at the gym could show off a six-pack, but I had a full keg. Still, despite the general lack of sculptural integrity on offer, my body has held up and mostly done what I wanted it to do over the years, none the worse for wear. Or so I thought.

It has now come full circle, and everything I've done in my life has physically coalesced into one pressure point. It has been a journey of decades, really. From horsing around with my brothers in the basement when we were kids, to playing goal in soccer through my teens and 20s, to 40 years of golf and squash, to lifting kids into and out of cribs, carriages, car seats and beds and tossing them around the yard as they shrieked with delight. Throw in working on fences, major home improvements and a few hundred reps of driveway shovelling. I should have known it was coming. Actually, I did know it was coming. I spoke to my doctor about it in the late winter of 2017. "My shoulder is really sore," I told him. "What do you expect?" he said, ever the

laconic old-schooler. "You're old."

A wise man would have taken a break, which was why I ramped up my activity. I was on the court three or four times a week, playing squash in my local league. As always seems to be the case these days, I was up against someone substantially younger and, being of neither sound mind nor body, I was trying to keep up. Near the end of the second game, my spry young opponent hit a high lob from the front of the court, pushing me deep to the back. Backpedalling, I hoisted my racket up and over and behind my head, reaching, straining, swinging as hard as I could.

Let me pause to note it's not often that you actually *hear* something go wrong in your body. We *feel* such things all the time, but rarely do we hear them. What I heard was a discernible snapping sound, like an old piece of taffy that

## TD Insurance

Meloche Monnex



Take advantage of your alumni privileges.

Get preferred rates and coverage that fits your needs.

You could save big\* when you combine your alumni preferred rates and bundle your home and car insurance.

Supporting you ... and the University of Alberta.

As a University of Alberta Alumni Association member, you have access to the TD Insurance Meloche Monnex program. This means you can get preferred insurance rates on a wide range of home and car coverage that can be customized for your needs.

For over 65 years, TD Insurance has been helping Canadians find quality home and car insurance solutions.

Feel confident your home and car coverage fits your needs. Get a quote now.

HOME | CAR

Recommended by



Get a quote and see how much you could save!  
Call 1-888-589-5656  
Or, go to [tdinsurance.com/ualbertaalumni](https://tdinsurance.com/ualbertaalumni)



The TD Insurance Meloche Monnex program is underwritten by SECURITY NATIONAL INSURANCE COMPANY. It is distributed by Meloche Monnex Insurance and Financial Services, Inc. in Quebec, by Meloche Monnex Financial Services Inc. in Ontario, and by TD Insurance Direct Agency Inc. in the rest of Canada. Our address: 50 Place Cremazie, 12th Floor, Montreal, Quebec H2P 1B6. Due to provincial legislation, our car and recreational insurance program is not offered in British Columbia, Manitoba or Saskatchewan. \*Nationally, 90% of all of our clients who belong to a professional or alumni group that has an agreement with us and who insure a home (excluding rentals and condos) and a car on October 31, 2016, saved \$625 when compared to the premiums they would have paid without the preferred insurance rate for groups and the multi-product discount. Savings are not guaranteed and may vary based on the client's profile. Savings vary in each province and may be higher or lower than \$625. All trade marks are the property of their respective owners. © The TD logo and other TD trade-marks are the property of The Toronto-Dominion Bank.

ILLUSTRATION BY KELLY SUTHERLAND; PHOTO BY JOHN ULAN

had been violently torn asunder. It was immediately clear to me that something bad had happened. The sound was so unnatural it made me queasy. The pain was intense. I couldn't lift my arm above shoulder height. It felt like some ogre had torn my arm off and was beating my socket with the stump.

Of course, I finished the match. Hey, I never said I was the most cerebral athlete. Afterwards, one of my teammates, a physiotherapist, did a quick assessment, subjecting my arm and shoulder to a series of peculiar and painful tests. "My quick assessment," he said, "is that you're screwed, buddy."

He was right. An MRI revealed a severe tear of the rotator cuff, the set of muscles and tendons that keep your shoulder in place and allow you to do things like ... well, like everything. And it wasn't just one torn tendon, but two. I also had a badly damaged bicep, as well as various bone spurs. The fully torn tendon had retracted back behind my shoulder blade and would soon shrivel up like an old piece of bacon if not repaired. It was decided surgery had to happen right away.

The surgery was like a TV show, and I was both observer and participant. After the needle went in, the anesthesiologist told me to count to 10, laughing that I wouldn't make it. I counted to five and turned my head to her to say, somewhat worried, that it wasn't working. I opened my mouth and then woke up in the post-op recovery room.

Which was when the novelty of the whole thing wore off and I began to fully realize what the next year of my life was going to look like. This began to dawn on me around the time the second shot of morphine wore off. Trying to sit up to get out of bed and go to the bathroom—picture Napoleon crossing the Alps in the winter—drove home what I was going to have to learn to make it through the next year with both shoulder and mind strong enough to use. I was in a sling for six weeks and never slept more than an hour or two at a time. The pain was constant and, at times, sharp. My right arm (I'm right-

handed) was a useless sandbag roughly stitched to my torso. A couple of weeks into rehab I wondered if I'd ever be able to lift a cup of coffee again, let alone play sports or garden. (Although not having to vacuum or drive kids around was a minor compensation.)

And let's keep things in perspective: it was a sports injury. People are suffering from real injuries and real tragedies every day all around us; those are things that truly matter. Nevertheless, the situation presented itself as an opportunity to see life through a different lens. I had a lot of time to think and to live in ways I normally wouldn't. On holidays in the Okanagan, I'd typically have been running, cycling, golfing, water-skiing. I couldn't do any of those things, so I went on long, slow walks. I studied the effect of the breeze on the lake. I learned the names of a couple of plants. I went on a couple of long hikes. I conducted a longitudinal research program into why a martini tastes so much better at 5 p.m. than it does at 9.

It wasn't exactly sudden, but somehow I ended up looking at the world in a slower and perhaps more contemplative way, although no one is ever going to mistake me for a Buddhist monk. One day a couple weeks after the surgery, sitting at home trying to figure out how I was going to get out of a chair, I actually did stare at my belly button for a few minutes. The mysteries of the universe were not revealed to me, though I did notice that I could sink my index finger into it up to the first knuckle.

I was also put on a rehabilitation program that seemed to me almost fable-like in its relevance to life in general. It was all about slowness, taking small, sure steps rather than leaps, progressing by the subtlest of degrees, making sure part 1 was achieved before moving to part 2. I am probably like most people in that I am patient in some ways and impatient in others, but this enforced patience in recovery became almost meditative. I would routinely do the same 10 or 12 exercises over and over, every day, hundreds of them at a time, pushing only

so far, before seeing my physio again—at which point she would tell me to keep moving at the same pace. Over the course of months, I rarely seemed to make any noticeable leaps, but one day my physio announced I was ready for pushups. I was astonished. The overt moral of the fable, I guess, is obvious—that slow and steady wins the race—but the greater insight for me was how difficult it actually is to go slow and steady. It's not the easy way out. Don't ever be fooled by someone who says they plod along; they probably know exactly what they're doing and it wouldn't be such a bad idea to follow along at the same speed.

And although I'd rather have been golfing, cycling and running, there were other rewards to taking it slow that I'd never have otherwise uncovered. I guess for lack of a better word, I was forced into a more intense "noticing" of my environment. I admit these are perhaps idiosyncratic observations, but I noticed how little noticing actually takes place in our world. I had to take the bus around town for six weeks, being unable to drive, and I saw well-behaved but self-absorbed teens who missed an opportunity to offer a seat to a senior. Unable to type or write, I sat in coffee shops where I saw friends who must have taken the time to get together but who then spent it checking their phones. Philosophers have often talked of the ability to see deeply into the reality of the world. The reality that I observed was plain; we are connected at one level but disconnected at another. There is much theorizing about this, but it's profound when you observe it daily in tiny little interactions. I think being in a situation where I had nothing else to do but observe put me into a place that might be called being present. And I like to hope that I'll stay there.

Having said all that, my physio says my shoulder should be strong enough by January to return to squash. I can't wait to get back on the court. The guy that did this to me is toast. ■

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



## Enhancing Everyday Life



EMPEY LECTURE

### Celebrating 100 Years of Human Ecology & Home Economics

A look at the history, accomplishments and future directions of Home Economics/Human Ecology.

Presented by: Dr. Sherry Ann Chapman

Thursday, March 15, 2018 | 5 p.m.

For more info: [Give2ALES@ualberta.ca](mailto:Give2ALES@ualberta.ca) | 780-492-8126

Watch from anywhere in the world:  
[livestream.com/ualberta](http://livestream.com/ualberta)



by Todd Babiak



## A Place of Pride

THERE IS VALUE IN CONTEMPLATING THE IMPACT OF OUR EDUCATION AND THE PLACES THAT MAKE IT POSSIBLE

**M**y job allows me the opportunity to visit American cities from time to time and to have dinner with clients. I understand why we break bread together and I enjoy it, but the potential for awkwardness is always in the air when we try to manufacture intimacy. There's weather and kids and dogs and the work we're doing together. We avoid politics, wherever possible. While I might veer into travel or the cities I have lived in and love, Americans prefer to talk about their alma mater.

They do it with ease and enormous pride. They know exactly what to say, even when they feel their university is losing its way. They continue to follow and support their school, financially and emotionally. Even if they now live far away from the University of Michigan or Rutgers or Georgia Tech or Princeton, they follow their sports teams the way Canadians follow NHL.

In the U.S., your college doesn't say something about you. Fair or not, your college says everything about you.

I'm glad that Canadian universities don't put us in an inescapable status box. Yet we could do a much better job of preparing one another for what our school means—what makes it different and special, what it does to the world.

Before I began writing for *New Trail*, I admit I had trouble participating in these conversations. It wasn't as though I wasn't a proud graduate of the U of A. I just didn't think too much about it, apart from empty superlatives. It's great! It's large!

It's successful!

In the past few years I've been delighted by the opportunity to think about and fall in love with my school: its origin, its firsts, its inventions, but primarily its people. The U of A, at its best, is a distillation of my hometown at its best. For a long time, this place was isolated and far from easy imports. We worked together, solved our own problems, and when these solutions were ready we took them to the world. It's still happening.

Writing for *New Trail* has helped me take the school apart and put it back together again in my small way, every few months. Readers have been kind enough to send me suggestions, ideas, complaints and corrections—and new trails.

The year I graduated from the U of A, I could not have imagined doing what I am doing today: in business, in the arts, as a volunteer, as a dad. But the books I read and how I read them, the ways I spectacularly failed and modestly succeeded, my friends and my professors, *The Gateway* and *Dewey's*, and the odd meditative hour on the grass between the Business building, the Arts building, HUB and Rutherford Library: these all helped make much of what is good about my life possible. Sometimes the U of A lets me down, but only because the university taught me to understand its potential.

This is my last column in the magazine, but it has been a genuine honour to learn about my university and its people in the act of writing *Whatsoever Things Are True*. I'll continue learning, in my informal yet obsessive way.

I'm writing this from Australia. Tonight, I will have a glass of wine with clients and—after defending Canadian weather, deciphering hockey and showing pictures of my wife and kids and dog—I know just what to say about the U of A.

Thanks, everyone. Go Bears! Go Pandas! ■

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

# thesis

TAKING YOU DEEPER ON ONE TOPIC

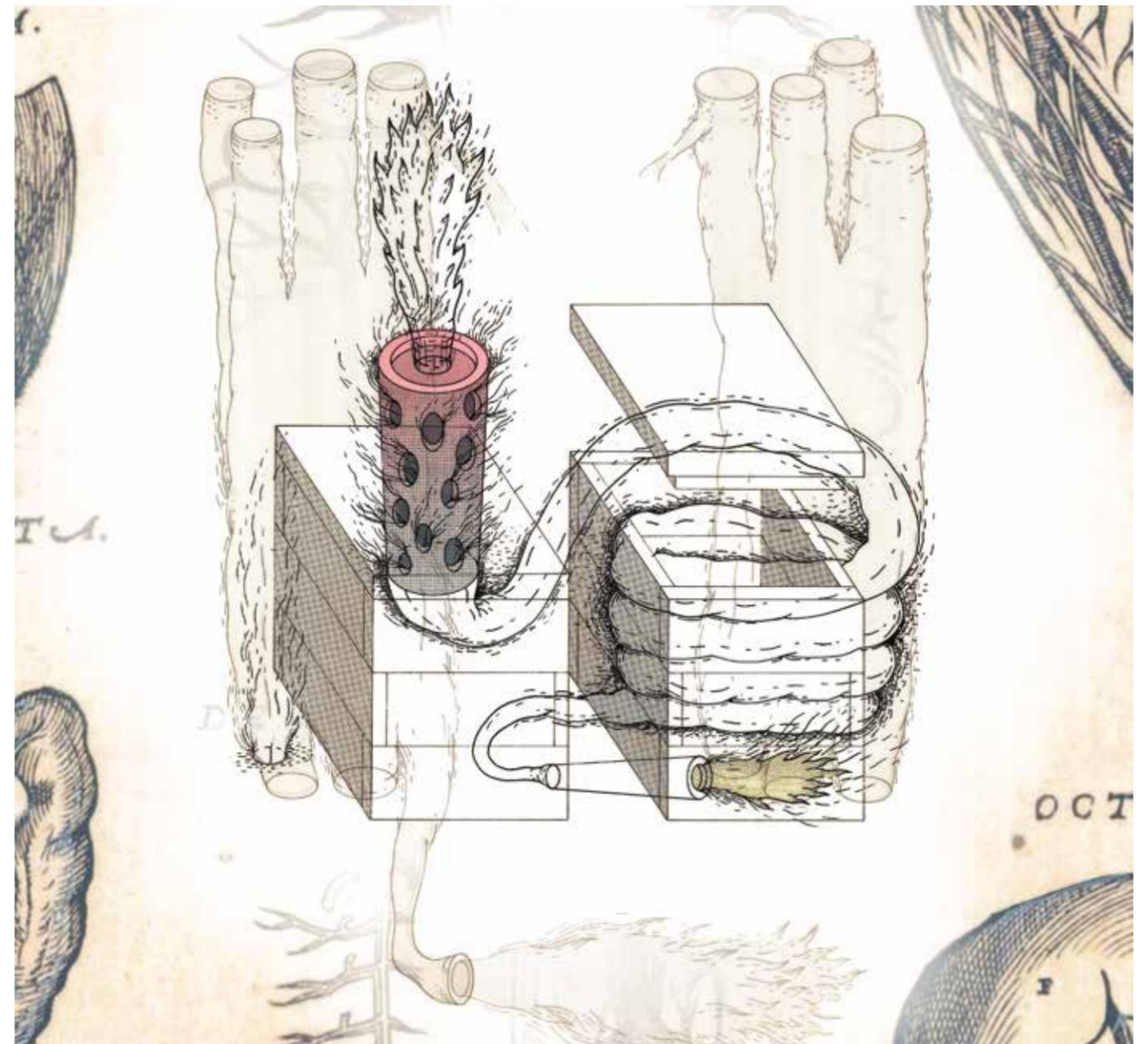


ILLUSTRATION BY DUSHAN MILIC; PHOTO BY SELENA PHILLIPS-BOYLE

DETAIL OF VIRUS #1 COURTESY OF THE ARTIST

## Words and Images

There is a magic that happens when you place words alongside a picture. Understanding the interplay can enrich the way we see and think

**TAKE A MOMENT TO EXAMINE THIS PIECE OF ART.** Certainly you noticed it when you turned to this page—it is, after all, a striking image—but then, like most readers, you probably jumped right to the headline, looking for more information.

So now go back to the image and take the time to really look at it. Examine the colours, the layering. Take in the different elements and how they are working together. Think about what the image means to you before you turn the page.

Now, how does that meaning change when I tell you that this work of art is called *Virus #1*? Are you rethinking how you interpreted each of the elements? One more detail: this image was created for a book called *The Vaccination Picture*. As you process that last bit of information, examine once more what you think this piece of art is trying to convey.

It's probably safe to say that with every new detail, you moved further away from your own interpretation and closer to understanding the artist's intention. This is the magic of words and images, says **Charity Slobod**, '10 BA, '10 Cert(Trans), '15 MA.

"Words help anchor the image and bring context and meaning to a more universal understanding and the author's intention," says Slobod, who studied Canadian comic book translation for her master's in Modern Languages and Cultural Studies.

An image by itself has a very open meaning, she explains. The vascular system might mean one thing to a nurse and something completely different to an engineer. But once you add words alongside the image, the meaning becomes narrower, more closed.

In the case of the images you see on the facing page through page 25, the artists are graduate students seeking to capture the essence of their academic work in one striking image, with a title and short description. This expertise-stretching task was set before them in the Images of Research competition, organized by University of

**"The production of art gives people access to think about [the topic] in a broader way."**

Sean Caulfield,  
Centennial Professor  
of Fine Arts

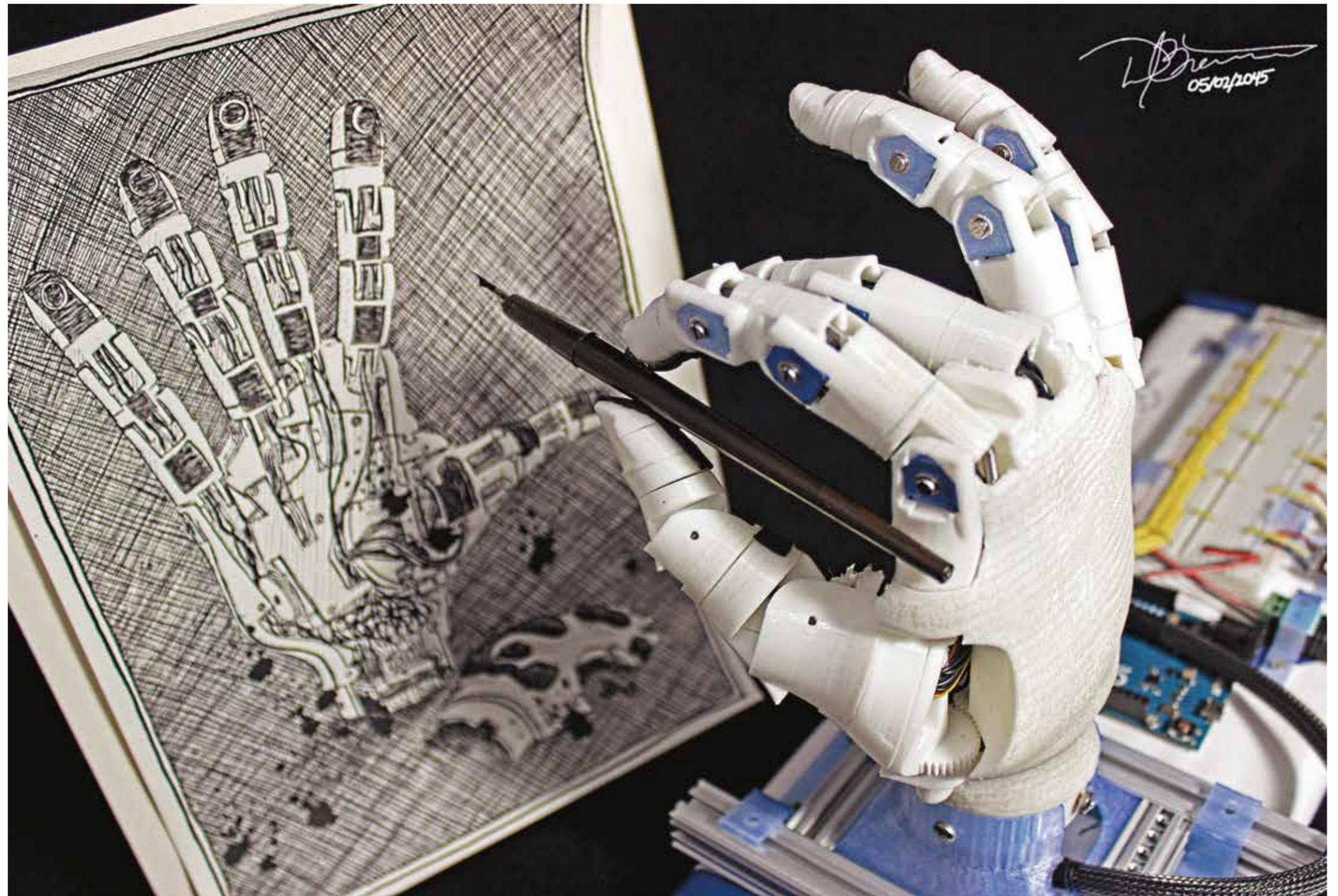
Alberta Libraries and the Faculty of Graduate Studies and Research. More than 100 students submitted images in 2017, and *New Trail* is featuring the winning entries.

Why ask researchers to turn their work into images? Academic writing can sometimes be a barrier when researchers share their work with the public, says Slobod, who works with the professional development team for the Faculty of Graduate Studies and Research. Art can invite conversation with non-experts in a way that academic studies in peer-reviewed journals can't.

"The production of art gives people access to think about [the topic] in a broader way," says **Sean Caulfield**, '92 BFA, '96 MFA, Centennial Professor of Fine Arts. He created *Virus #1* and other pieces for *The Vaccination Picture*, a book by his brother, **Timothy Caulfield**, '87 BSc, '90 LLB, director of the U of A's Health Law and Science Policy Group. The book pairs art and science to debunk the myths about vaccinations.

"At a certain point, data don't change minds," says Sean Caulfield.

"Telling a story can open up dialogue. It can encourage viewers to look in a new way." ■ —LISA COOK



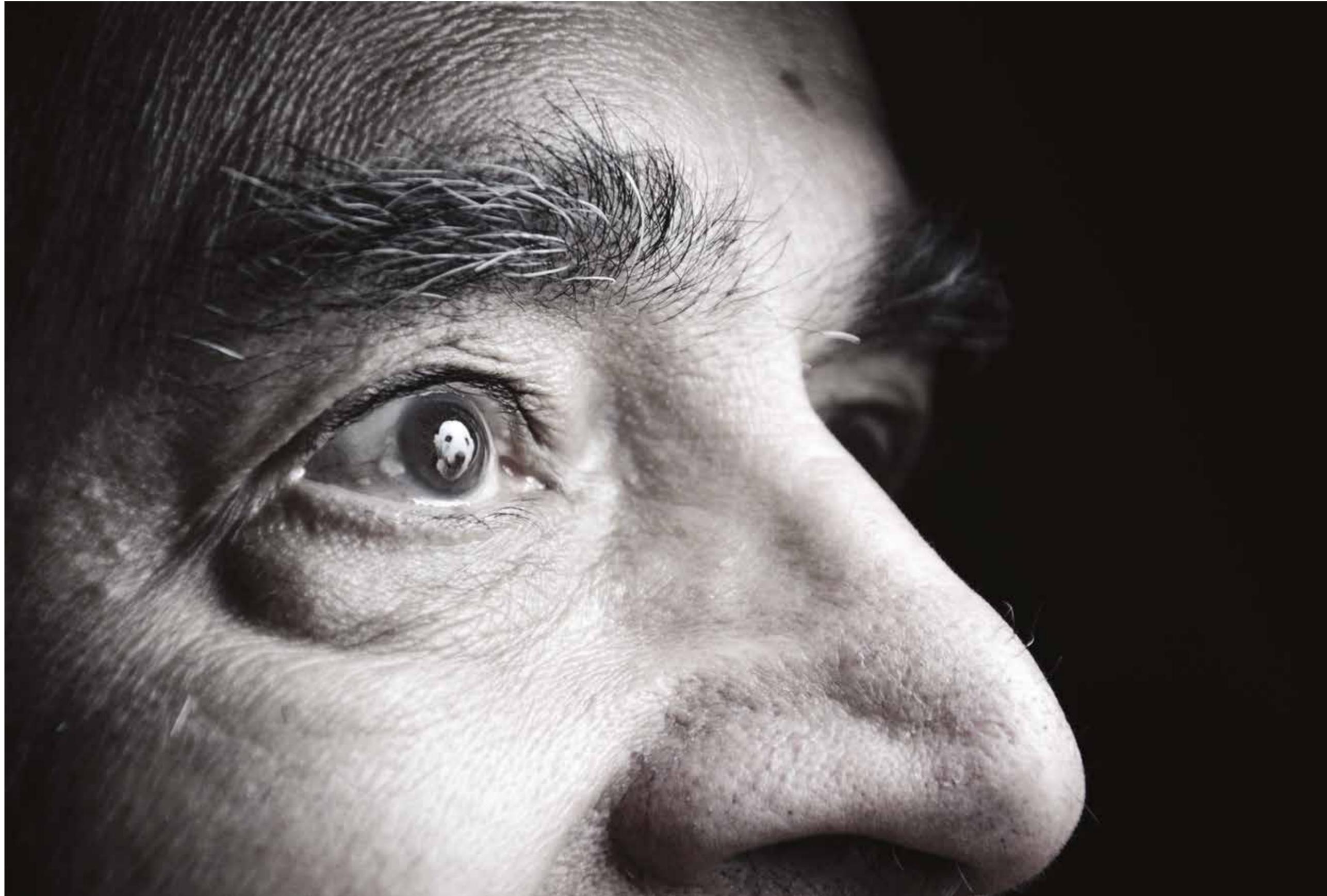
### Self Portrait in 2045

First Prize (Tie)

**Dylan Brenneis**, '16 BSc(MechEng)  
Master of science student in the Department of  
Mechanical Engineering, Faculty of Engineering

Image created with **Michael (Rory) Dawson**, '08 BSc(MechEng), '11 MSc, **Jaden Travnik**, '15 BSc(Spec), and **Patrick Pilarski**, '09 PhD, in the Bionic Limbs for Improved Natural Control Lab, University of Alberta

The image depicts a robotic hand expressing its identity through self-portraiture, challenging the viewer to reconsider a prosthetic hand as merely a crude replacement. While this level of dexterity and intelligence is still beyond the capabilities of prosthetic limbs, it is entirely possible that in the future, such a self-portrait won't be far-fetched. The Bionic Limbs for Improved Natural Control (BLINC) Lab is dedicated to restoring lost limb function to amputee patients—not only physical movement but also sensations of touch and spatial orientation. My research focuses on creating devices such as the featured hand, which has a camera integrated into the palm, to change the way people think about prosthetic limbs. By including features such as on-board cameras, telescoping limbs or interchangeable tools, I am exploring what is possible when we don't restrict ourselves to humanoid forms.



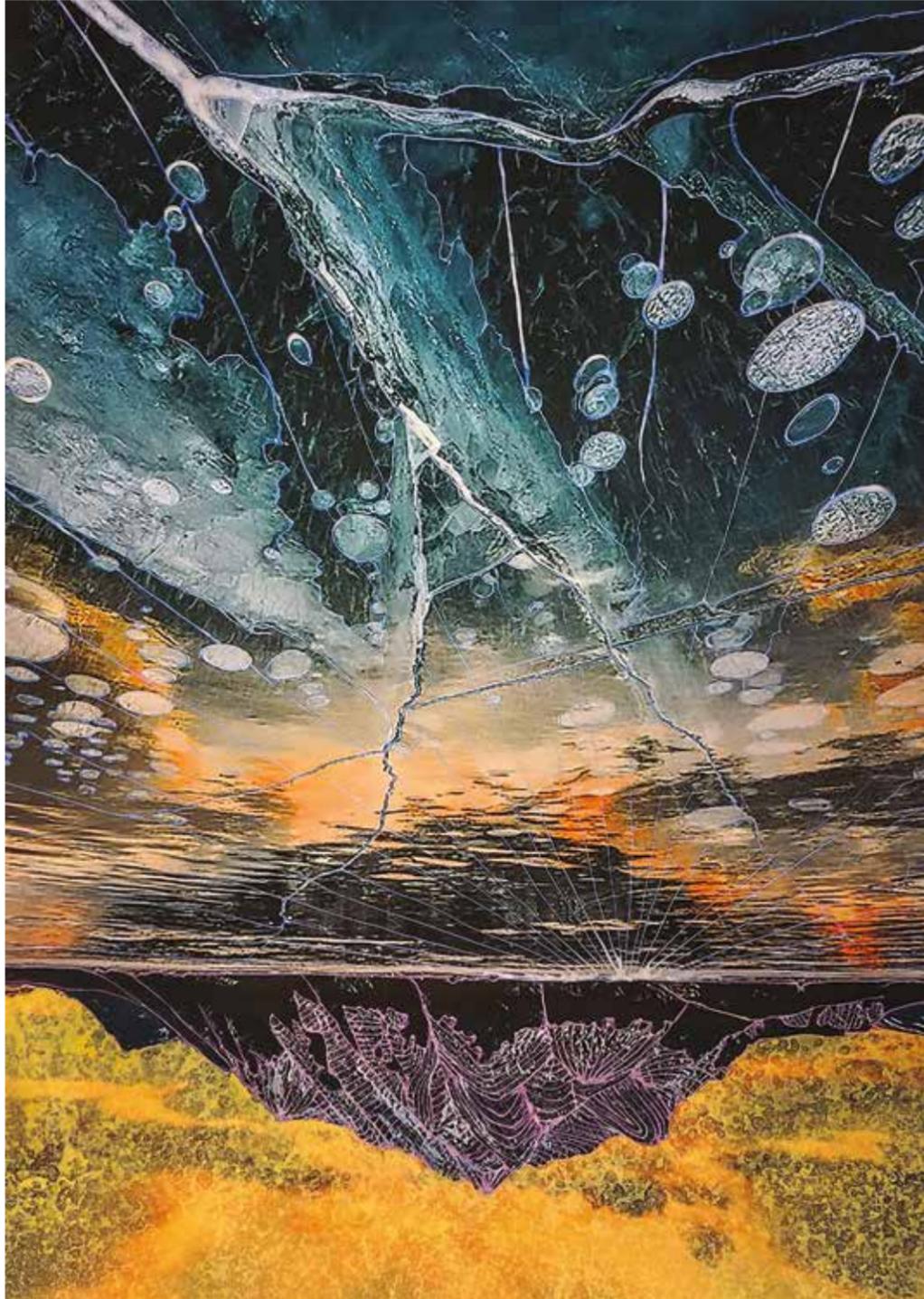
▼  
**I Am Not Alone**

*First Prize (Tie)*

**Camelia Vokey**  
*Master of science student  
in the Department of  
Occupational Therapy, Faculty  
of Rehabilitation Medicine*

Image created by Artur Merkulov  
on Whyte Avenue, Edmonton

The eyes tell it all. In the company of a dog, this military veteran can begin to move beyond the debilitating memories and symptoms of post-traumatic stress disorder. My research explores the effectiveness of animal-assisted therapy in treating PTSD. All humans benefit from animal interaction, and the use of animals in therapy is growing. Spending time with dogs and other animals increases levels of the hormone oxytocin, which is associated with reducing stress, anxiety, sleep disturbances and social isolation. People yearn for the “free zone” that a dog provides—free from judgment, criticism, rejection, punishment, evaluation and unsolicited advice. For veterans, caring for a dog can decrease trauma-inflicted anxiety, loneliness, stress and anger. A dog encourages them to trust and feel safe again and helps them regain their self-confidence and self-esteem. This bond is not only a key to escape from desolation but also the beginning of a faithful friendship.

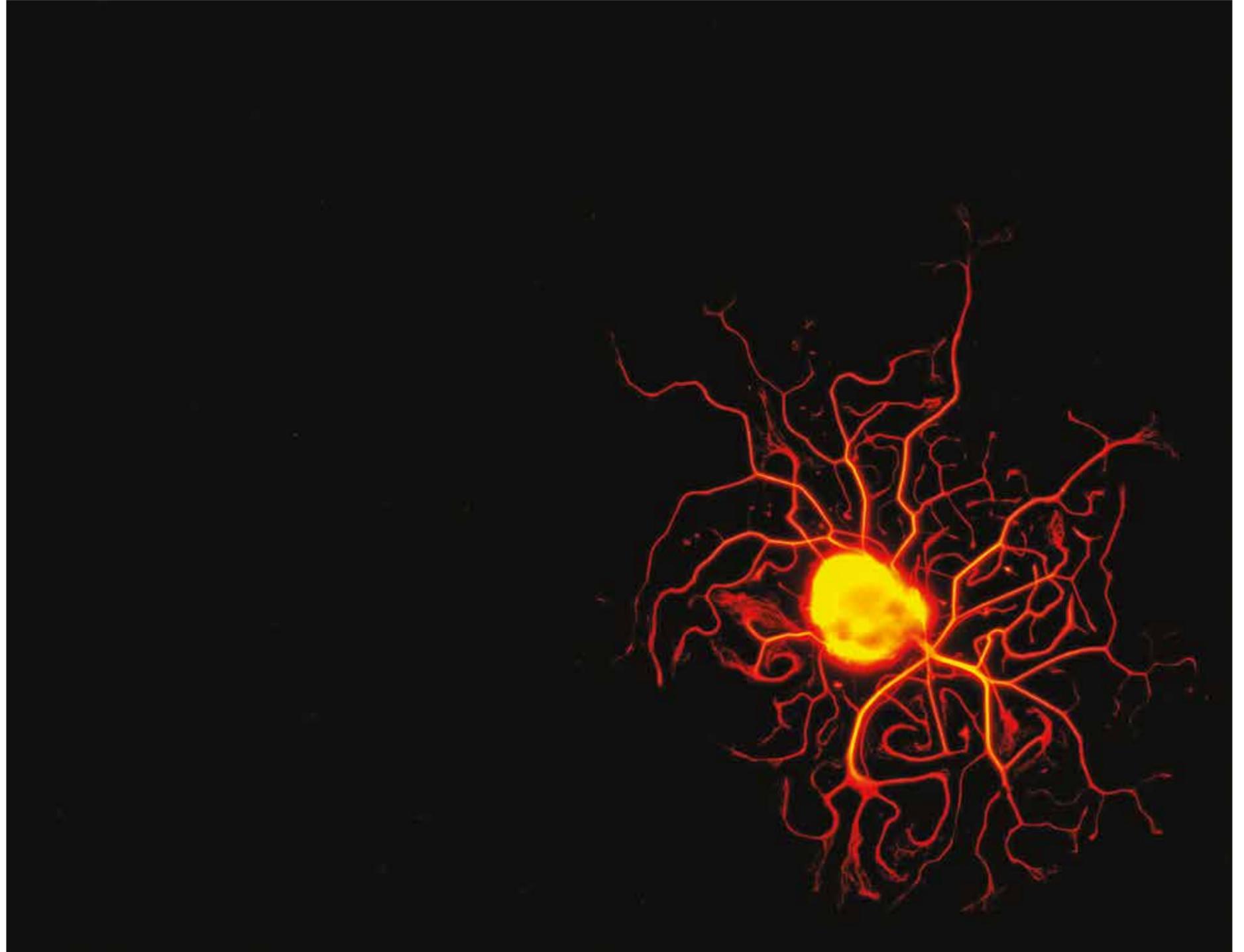


▼  
**Wonder-Trail in Blue and Yellow**  
Third Prize

**Noemi de Bruijn**  
Master of fine arts student in the  
Department of Art & Design, Faculty of Arts

Image created at Abraham Lake, Alta.,  
and developed at the University of Alberta

My research focuses on our relationship with the environment. I'm concerned with what I call "nature-culture dislocation"—how we have distanced ourselves as a culture from the realities of the planet we live on. We curate everything that surrounds us, and photography is a great example of how this occurs in modern life. I use photographs, my own or those taken by others, and then embellish them using print, painting or drawing media. I also get inspiration from topographical maps, where the contrast of art and science reflects the dislocation I speak of in my research. By altering the horizon lines of the landscape, I hope to entice the viewer to have a second look and to reconsider what they are seeing in the imagery. When that happens, I feel that I have achieved a reconnection to the landscape and the land, and I believe that makes my work worthwhile.



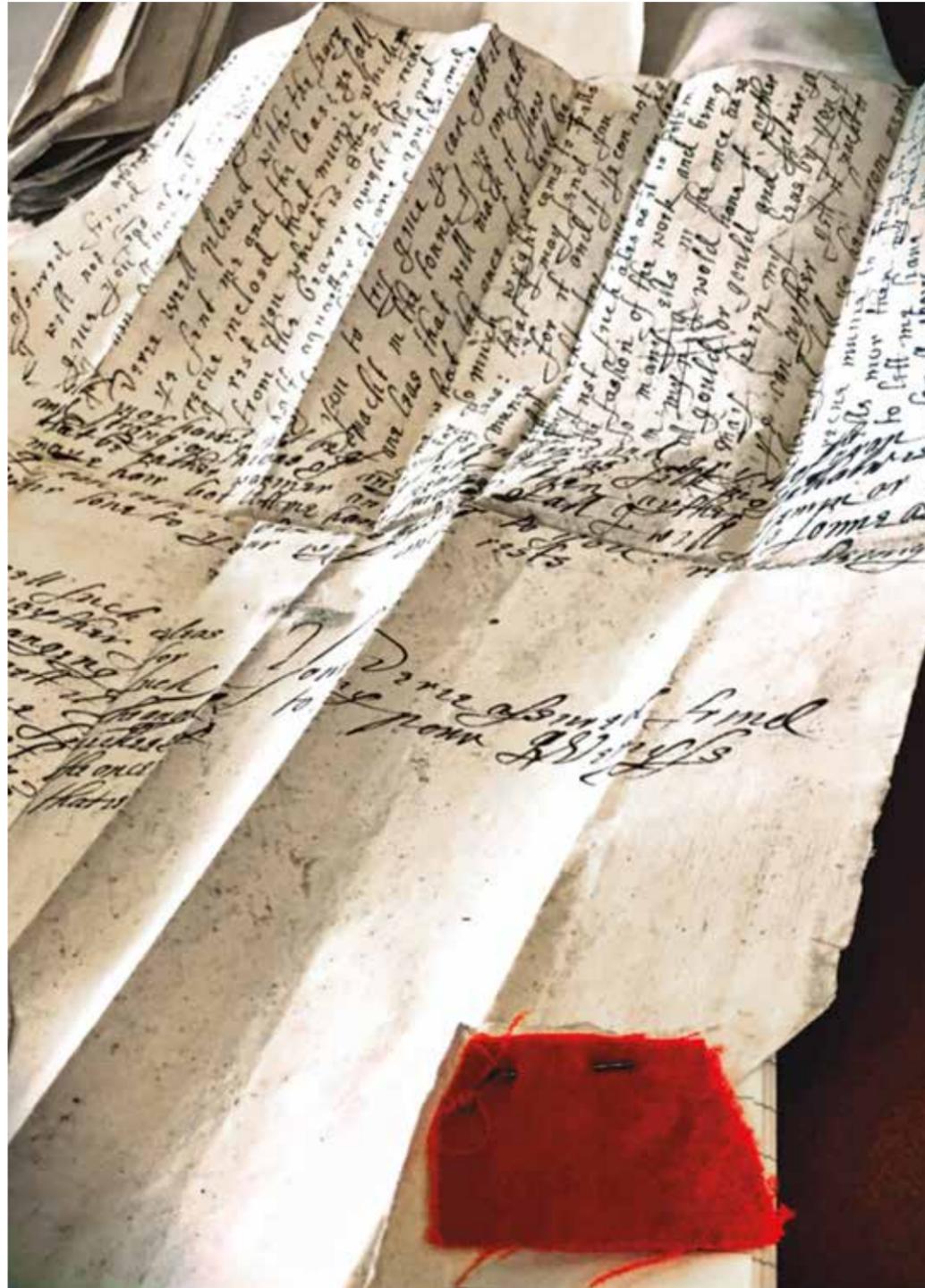
▼  
**Outgrowth**

People's Choice Award

**Trevor Poitras**, '16 BSc(Spec),  
Master of science in neuroscience student  
in the Neuroscience and Mental Health  
Institute, Faculty of Medicine & Dentistry

Image created at the University of Alberta

The peripheral nervous system, a fragile network easily injured by trauma, damage or disease, is capable of regeneration but it can be limited and incomplete. My work involves investigating the biochemical pathway that may act as "brakes" in preventing the regeneration of axons—slender, information-transmitting fibres that project from a nerve cell. An example might be regulatory mechanisms designed to prevent cells from growing out of control. Finding ways to block these mechanisms could improve the growth of neurons and the chances of a functional recovery. This image shows a dissociated sensory neuron culture from a rat's dorsal root ganglion, which is being tested to determine whether drugs or particular molecules can cause neurons to grow new projections. These types of experiments are important for developing clinical treatments that can help repair peripheral nerve damage.



▼ **'Divers cullort ribbans': Material Evidence From the Archives**

Honourable Mention

**Ashley Sims**, '13 MA  
Doctor of philosophy student in the Department of History and Classics, Faculty of Arts

Image created in Edinburgh, Scotland

Historians rely overwhelmingly on written sources, interpretation and analysis to examine past events. My doctoral dissertation explores consumer behaviour in 17th-century Scotland. I use everyday documents that people created—diaries, household account books, receipts and letters—to understand how average Scots lived their material lives. This photograph illustrates a rare occurrence in my research, where both the written and material evidence exist in a single source. An Edinburgh woman wrote this letter in 1660 to a cloth merchant in London requesting “1 ell” (94 centimetres) of a specific red velvet ribbon. Generally, I can only imagine the particulars of the desired goods or hope something similar has survived in a museum. But 357 years ago, the writer included a cutting of the ribbon, giving me direct access to the object—and further connecting modern historian and historical figure. This photograph shows just how familiar and accessible the past can be.



▼ **Body as a Home**

Honourable Mention

**Camille Renarhd (Burger)**  
Doctor of philosophy student in the Department of Drama, Faculty of Arts

Image created with Jenny Abouav at the University of Alberta

*La distancia que nos aproxima*, “the distance that brings us closer,” is a ritual dance piece dedicated to my friend Nadia Vera, a Mexican dancer, activist and anthropologist. Before her 2015 murder in Mexico City, Vera believed the arts could influence social transformation. My PhD focuses on Indigenous rituals and performing art, and this piece, created at the university’s Arts-Based Research Studio, is a reflection of my interactions with other artists, Indigenous peoples, activists and scientists. In it, I explore an underscore of jumps and voice, finding physical and emotional engagement in a body that is resilient, explosive, alive. How can we continue to dance with a missing part of us—with our grief, our sadness—and transform it? Jenny Abouav took this photo as I was jumping in front of a blue square projection. My body is dissolving into the light, losing its human shape, transformed in an abstract landscape.



Words by Omar Moullem  
PHOTOS BY JOHN ULAN

# NEESEN

**Cooking, studying, hanging with friends. These mundane activities take on new meaning for three Syrian refugees who are putting their lives back together as U of A students**

► Bashar Aldyab, Ahmad Al-Hariri and Abdullah Altamer (from left) chat with friends at that most Canadian of locales, Tim Hortons.

# B

Bashar Aldyab read the first three words of the email, “We are pleased ...,” and threw his phone. The Syrian refugee living in Jordan did not speak English well enough to know the nuances of the word “please” and assumed the letter from the World University Service of Canada was yet another rejection. Since leaving Syria in 2013 during his fourth year of dentistry at Damascus University—prompted by two wrongful arrests and detentions—Aldyab had applied for three scholarships and was thrice turned down. By this point, he was so accustomed to misfortune that the possibility of anything else was impossible to imagine. Finally, after five minutes had passed, he read the full email: “We are pleased to offer you a sponsorship for the 2016-2017 academic year.”



Aldyab had received the University of Alberta President’s Award for Refugees and Displaced Persons. He was going to Canada.

“I’ve been here a year and I still can’t believe it,” says the 27-year-old science student on a fall afternoon, lounging in his HUB Mall apartment with a view of the food court.

His roommate Ahmad Al-Hariri nods in agreement. He also got the full scholarship, which, along with the World University Service of Canada’s resettlement program, gives them permanent residency and puts them on a path to citizenship in as few as four years. “It was too good to be true,” he says. “We do believe we did something good in our life, maybe helping other people, so God rewarded us.” After a brutal war uprooted their lives, halted their educations, killed relatives and dispersed their families across Asia and Europe, it’s not surprising that any good fortune might seem like an act of God.

The Syrian conflict, which started during the 2011 Arab Spring with protests against an oppressive regime that has ruled now for 46 years, has become a proxy war for various militias and nations, including Russia, the United States, Saudi Arabia and Iran. To date almost half a million people have died and 12 million people have been displaced—comparable to the number of people who fled Germany during the Second World War.

The conflict hit the front page in Canada after the death of a three-year-old boy in September 2015. Alan Kurdi drowned after his family’s raft capsized during an escape attempt to Greece. The image of his body washed up on a beach sparked



► **COOKING WITH FRIENDS** Though they come from a region with a rich culinary culture, cooking isn’t natural for these men. As this is their first time living without their mothers, it’s also their first time making their own meals, a lesson all the more necessary since restaurant prices are five times what they’re used to. Ahmad Al-Hariri, having worked as a prep cook in Jordan, is more skilled but he still relies on YouTube videos and messaging his mom for recipes. Together the young men have learned to make thick lentil soup, a spicy chicken and rice dish called *kabsa*, and *fattet*, a hummus and pita-bread pudding. They leave *Friends* on the television in the background; it’s like having free English-language lessons. (Facing page, from left: Ahmad Al-Hariri and Bashar Aldyab; above: Aldyab and Al-Hariri.)

outrage around the world. The U of A scholarship was created shortly after that incident and prompted nearly \$8,700 in donations. "I believe Alan Kurdi is the reason we are here," says Abdullah Altamer, another recipient of the President's Award, who lived with Aldyab and Al-Hariri until moving into his own apartment downtown.

In total, 14 people have received the President's Award over the past two years, and these students are now starting to get a foothold in Canadian life. Years of turmoil crushed their plans for the future, but now their lives are developing again like a rediscovered roll of film.

**E**ach of the images on these pages is a single frame in a single second of the last 10 months in the lives of three men who sought refuge in Canada. It captures them as they create support networks, seek new friends of similar interests, adjust to new customs and rekindle their interrupted ambitions. It also captures them learning to live independently for the first time—as when they try to replicate family recipes with the long-distance guidance of their mothers, who are still in Jordan.

These pictures show mundane tasks because that's what peace is. Peace is a calmness that creates space in the mind to imagine a future. It's the ability to walk through a green park, safely. To play an organized soccer game with friends and strangers, safely. To drive to the mountains or a farmers market, safely. (And without travel documents.) "This is all the freedom I want," says Altamer, now a second-year engineering student.

He describes his last years as living in two distinct prisons. In Syria, his liberties were inhibited by danger—where even walking to school could be deadly and some of his friends and family were killed or arrested. As a refugee in Jordan, his liberties were restricted by having to work 48 hours a week on top of his course load to be able to afford to study. Now, in Edmonton, he has regained leisure and stability but not without consequence. He can't stay home long without getting anxious,



► **A STUDENT'S LIFE** Before the civil war in Syria, the recipients of the President's Award were living purposeful lives with the means and ambition to obtain university degrees. For them, their lives are less about starting over than about picking up and moving forward in a safe place. "I think that I'm now settled down and have no trouble," says Abdullah Altamer (above, in a class). "The only trouble I have is studying trouble."

he says. The freedom outside is too intoxicating—even when the weather is frigid—and the four walls inside can drive his mind back to dark places.

This is what the camera can't capture: emotional subtleties like post-traumatic stress or survivor's guilt, an insidious consequence of freedom regained.

**N**ot long after Aldyab witnessed the first crackdown on protesters, in 2011, police came for him and his cousin while they were sleeping; as males of battle age they were considered potential recruits for the rebels. He was rounded up with hundreds, possibly



thousands of other men, he says, and beaten all the way to the detention centre. There, he was blindfolded, interrogated and burned with something hot enough to leave permanent scars. The cell was crowded with so many prisoners that men slept on their sides in a position they called "the sword."

"I was expecting death at any time," he says.

Aldyab was released 27 days later and 26 pounds lighter. He stumbled through the streets in an altered state, frightening passersby, until a pitying taxi driver took him home.

That he recovered enough to return to university in Syria is astonishing. Nobody would have blamed him for taking off then or, like his cousin, joining the rebellion and dying in combat. Aldyab survived

► **OPEN AIR** Abdullah Altamer shops for artisanal jam at an Edmonton farmers market. At home in Syria, civil war made simply leaving the house a risky endeavour. Two of his friends were killed—one by a rocket, another by kidnappers—and two cousins were arrested five years ago and never heard from again. Canada has returned peace to the students' lives, but it has also introduced an unfamiliar loneliness that comes with individualism. Canadians, to the Syrian friends, don't drop by the house or call to hang out unexpectedly. Altamer says he's often the one who takes the initiative. "And if no one responds, I will go by myself. I can't stay at home all day. It makes me nervous."

## THE FREEDOM OUTSIDE IS TOO INTOXICATING AND THE FOUR WALLS INSIDE CAN DRIVE HIS MIND BACK TO DARK PLACES.

► **ON THE JOB** A stock clerk job at No Frills has done more than provide supplemental income for Ahmad Al-Hariri (right). It has allowed him to make friends and build a community. In Jordan, where he lived as a refugee before coming to Canada, there is a massive class division between the growing Syrian refugee population and Jordanian nationals. As in other areas where the population feels overwhelmed by migrants, workplace exploitation is rampant, say the students. Bashar Aldyab recalls an employer in Amman, Jordan, denying him a chair during 12-hour shifts as a receptionist. And whereas his Jordanian colleagues were paid monthly, he was paid every two or three months. "They told me if I took one day off, they'd replace me. They enslaved us," says Aldyab, who has found meaningful work in Edmonton as a translator and university soccer referee.

a second arrest, too. Yet, as a second-year U of A student planning for a career in dental hygiene, he says he feels like a coward.

"I don't like fighting, but when your family is killed, when your people are killed, you *should* have to do something. But this is what I do now. I can take my revenge by helping bring Syrian people to get an education." He recently helped two friends apply successfully for World University Service of Canada scholarships.

Getting here, though, is just the beginning. Adaptation is a slow process. Take something as simple as offering a cup of coffee to a friend: Canadians will either accept or decline. But in Middle Eastern countries, the friend is expected to decline—even if they want the coffee—and only accept it after repeated insistence. (Persians call this *taarof* and it confuses



even the savviest travellers.) The overnight change to rules of society such as these young people have experienced can result in unintentional offences for both parties, though there are fewer every day for the three friends. "I love the Canadian way," says Al-Hariri, "that when you say 'Yes' you mean yes and when you say 'No' you mean no."

They're also beginning to understand the many degrees of "please" and become fluent in Canada's particular brand of politeness. This, too, takes adjusting. "Sometimes they make me feel like I'm a bad person," says Aldyab. "It's always 'sorry this, please that.'" What seems like a courtesy to most of us could feel like an overwhelming pressure to be perfect, he says.

"But you know," adds Al-Hariri, "we're starting to hold doors now and say sorry for everything, too."

► **THE BEAUTIFUL GAME** Recreational soccer at the Butterdome is a fulfilling activity for Bashar Aldyab (pictured, below), who played regularly with friends in Damascus until the civil war made it unsafe. But there have been some adjustments in Canada. The teams are unisex, for one. But it's the non-competitive spirit that frustrates him, like seeing a player apologize to a goalie for scoring on him. "They tell me, 'Hey, relax man, we came just for fun,'" he says. "I'm like, 'Guys, no, we have to win!'" One memory he cherishes is an informal game during the World Indigenous Nations Games near Edmonton last summer. An Enoch Cree Nation player told him: "This is our land and we welcome you. If any Canadian tells you to go back home, just tell them it's not their land."



“  
**WHEN YOUR  
 FAMILY IS KILLED,  
 WHEN YOUR PEOPLE  
 ARE KILLED, YOU  
 SHOULD HAVE TO DO  
 SOMETHING.**  
 ”

—BASHAR ALDYAB

► **A WALK WITH FRIENDS**

Abdullah Altamer (right) and other Syrian students volunteered in September to welcome five more recipients of the President's Award for Refugees and Displaced Persons. They're happy to extend the same hospitality they were shown. "When I got off the plane, I found people holding signs, 'Welcome Abdullah to Canada,'" Altamer says. The student volunteers helped him get his U-Pass card, apply for engineering, connect him with his advisers. "And then they invited me into their homes for Thanksgiving." Bashar Aldyab adds, "We must have done something really good in life to deserve this, so that gave us the motivation to help people again."





1

**CREATOR:**  
Gary Stringam,  
professor emeritus

**DATE:**  
1995

**IMPACT:**  
Rescued Canada's  
fledgling canola  
industry, now worth  
more than \$20 billion  
to the economy

By **Habib Rahman**

# QUANTUM CANOLA

► I was a plant breeder in Europe in the 1990s, with a small part of my breeding activities in Canada. At the time, canola was a burgeoning industry in Canada, worth millions of dollars to farmers, and blackleg disease posed a very serious threat. The fungus attacked the plant, rotting the stem at ground level, cutting off nutrients to the rest of the plant and resulting in as much as 30 per cent crop yield losses. Researchers were racing to find a solution. Then Gary Stringam discovered a blackleg-resistance gene in an Australian canola and used biotechnology to create the blackleg-resistant cultivar Quantum. The new cultivar also produced very high yields. Bingo! It was like winning the lottery for farmers and the canola industry. Canola today contributes more than \$20 billion to Canada's economy, and the blackleg-resistance gene is still found in many canola cultivars.

*Habib Rahman is a crop scientist in the U of A Department of Agricultural, Food and Nutritional Science.*

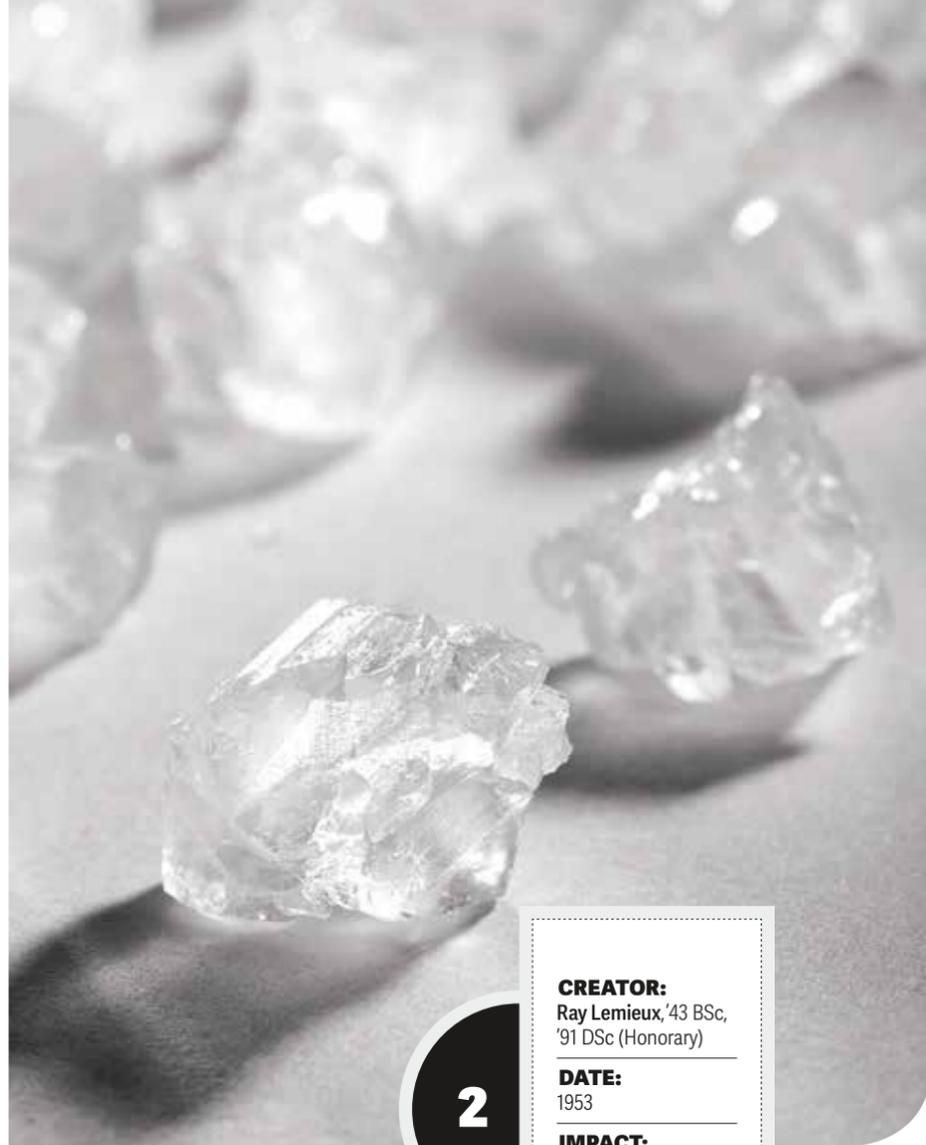


*Every computer in the world today owes a debt to a tiny but vital discovery by a U of A grad. Discover five groundbreaking objects that you might be surprised have a U of A connection and hear from experts about their national, global and sometimes very personal impact.*

# FIVE OBJECTS THAT CHANGED OUR LIVES

PHOTOS BY JOHN ULAN





2

**CREATOR:**  
Ray Lemieux, '43 BSc,  
'91 DSc (Honorary)

**DATE:**  
1953

**IMPACT:**  
Laid the foundation  
for vaccines,  
antibiotics and other  
modern medical  
technologies

By David Bundle

## SUCROSE

► Many of today's fundamental medical interventions—refined blood typing, antibiotics and vaccines—can be traced back to the chemical synthesis of sucrose. Chemist Ray Lemieux was the first to build the three-dimensional sucrose molecule in the lab, giving scientists control over sugars in the human body. The discovery gave us the ability to link sucrose to other sugars and then attach them to different molecular compounds like proteins. In essence, lab-made sugar laid the groundwork for antibiotics, vaccines, early anti-rejection techniques for organ transplant and even early treatments for hemophilia.

The synthesis of sucrose was a breakthrough at the time; it was really a harbinger. Aside from his groundbreaking work on sugar, Lemieux taught many fellow chemists, including me, and launched three spinoff companies instrumental in Alberta's burgeoning biotechnology industry. His legacy extends far beyond his own work to the research of today's leaders in glycomics, metabolomics and immunochemistry.

*U of A chemist David Bundle is the R.U. Lemieux Professor of Carbohydrate Chemistry and associate chair of research in the Faculty of Science.*

**CREATOR:**  
Kelly James,  
'81 BSc(MechEng)

**DATE:**  
1991

**IMPACT:**  
Allows more than  
70,000 amputees  
around the world to  
walk with a safer and  
more natural gait

3

By Adele Fifield

## C-LEG PROSTHETIC

► I was 13 in 1979 when I lost my leg to cancer, and my first prosthesis had a pretty basic hinge-type knee. I remember trying to walk on it out to the end of our roadway, to hang out with friends. It had rained and, honest to goodness, I fell three times. I had to go change my clothes. When you're young, you adapt, but every piece of technology that makes things easier is just so critical. When I got the C-Leg in 1997, it changed my life. There is a nuance to walking that I didn't even realize I was missing. For example, with an ordinary artificial leg, you have just one speed, but with the C-Leg I can pick up my pace in a crosswalk, or slow down in a crowd. I'm not one of the prettiest dancers, but the C-Leg gives me control and lets me participate without worrying whether the leg will be there when I move. I went up Machu Picchu, with all those stairs, and I've been on the Great Wall of China. The point of the C-Leg isn't to jump over buildings. But if there is ever an emergency, it will sure help me get out of one safely.

*Adele Fifield of Ottawa is one of the first users of the C-Leg.*

SUCROSE PHOTO BY IMAGE SOLUTIONS LLC / ALAMY



**"It was years before I thought: 'Oh. This is my life ... forever.'"**

ADELE FIFIELD

This printer's typescript with editorial corrections and a first edition of *Who Has Seen the Wind* are part of the W.O. Mitchell archive at the University of Calgary.

**CREATOR:**  
W.O. Mitchell, '43 BA,  
'75 DLitt (Honorary)

**DATE:**  
1947

**IMPACT:**  
Helped create a literary geography of the West and became a Canadian classic

4

By Rudy Wiebe

# WHO HAS SEEN THE WIND

► *Who Has Seen the Wind*: first edition, Macmillan, Toronto, 1947—the story of “a boy and the wind.” Amazingly, it takes place in Saskatchewan. The boy is a prairie kid like me. Now a Canadian classic, read by millions! And I have my own first-edition copy, but without the dustjacket; the faded-red spine creaks when I open its heavy pages to read:

“At the edge of the town, they turned and stood, looking out over the prairie, to its far line where sheet lightning, elusive as a butterfly, winked up the world’s dark rim.”

My title page is signed, the swift “WOMitchell” Bill had so much practice perfecting. In fact, I also have it in five other of his first-edition books. He signed them one of the evenings he had supper with my wife, Tena, and me during the years he taught fiction at the U of A while I worked on *The Temptations of Big Bear*. We remember so well his evocative gravelly voice, unforgettable as a prairie meadowlark song, telling stories ... it could make you laugh or cry—as he saw fit—simply by pronouncing the label on a pair of overalls.

Author **Rudy Wiebe**, OC, '56 BA, '60 MA, '09 DLitt (Honorary), has earned the Governor General’s Award for Fiction twice, for *The Temptations of Big Bear* (1973) and *A Discovery of Strangers* (1994).



W. O. MITCHELL'S *Who Has Seen the Wind* (1947) is a shining new talent in the world of letters. He has been writing short stories for several years, which have been published in *Maclean's*, *Queen's Quarterly*, *The Western Liberator*, *The Canadian Forum*, and the *Canadian Review*. The story of the owl and the dove that was chosen for inclusion in *The Best American Short Story of 1946*.

ITEMS (LEFT) COURTESY OF UNIVERSITY OF CALGARY SPECIAL COLLECTIONS, MSC 19.40.13, MSC 19.41.4 AND PS8525 .181 W42 1947 C.1



**CREATOR:**  
Lubomyr Romankiw,  
'55 BSc(ChemEng)

**DATE:**  
1970

**IMPACT:**  
Revolutionized the way data is stored, opening the door to personal computers and miniaturized computer memory

5

By Ken Cadien

# MAGNETIC THIN FILM HEAD

► This revolutionary discovery multiplied the data that could be stored on a hard drive [like the one above] by 10 million times. The thin film head was invented at IBM in 1970 and patented in 1975. The first personal computer was released in 1981. That’s not a coincidence.

At the time, universities and companies around the world had been searching for a way to improve computer memory and magnetic data storage. Out

of the blue, Romankiw comes up with this method of electroplating, creating a tiny device that can read and write data on hard-drive discs, and it took us all by surprise. It enabled the dramatic miniaturization and proliferation of hard drives and data storage. That technology continues to endure. Today, every computer in the world has heads that read and write data, and hard drives can store up to a trillion gigabytes per square

inch. But the impact is even wider than that. The complex electroplating method Romankiw developed also helped revolutionize silicon microchips, enabling higher-performance devices and allowing us to store even more data in an even smaller space. These chips are ubiquitous today, in everything from cellphones to driverless cars.

Ken Cadien is chair of the Department of Chemical and Materials Engineering.

# Help Children Discover the U

## Volunteer with the University of Alberta's U School

Share your U of A experience with kids from vulnerable communities by becoming a classroom mentor, interviewee, photography guide — or present on a topic you're passionate about. If a child can see themselves in you, they can see themselves on campus, too!

To volunteer or for more information, visit [uab.ca/uschl](http://uab.ca/uschl).



## MASTER OF ARTS IN COMMUNITY ENGAGEMENT

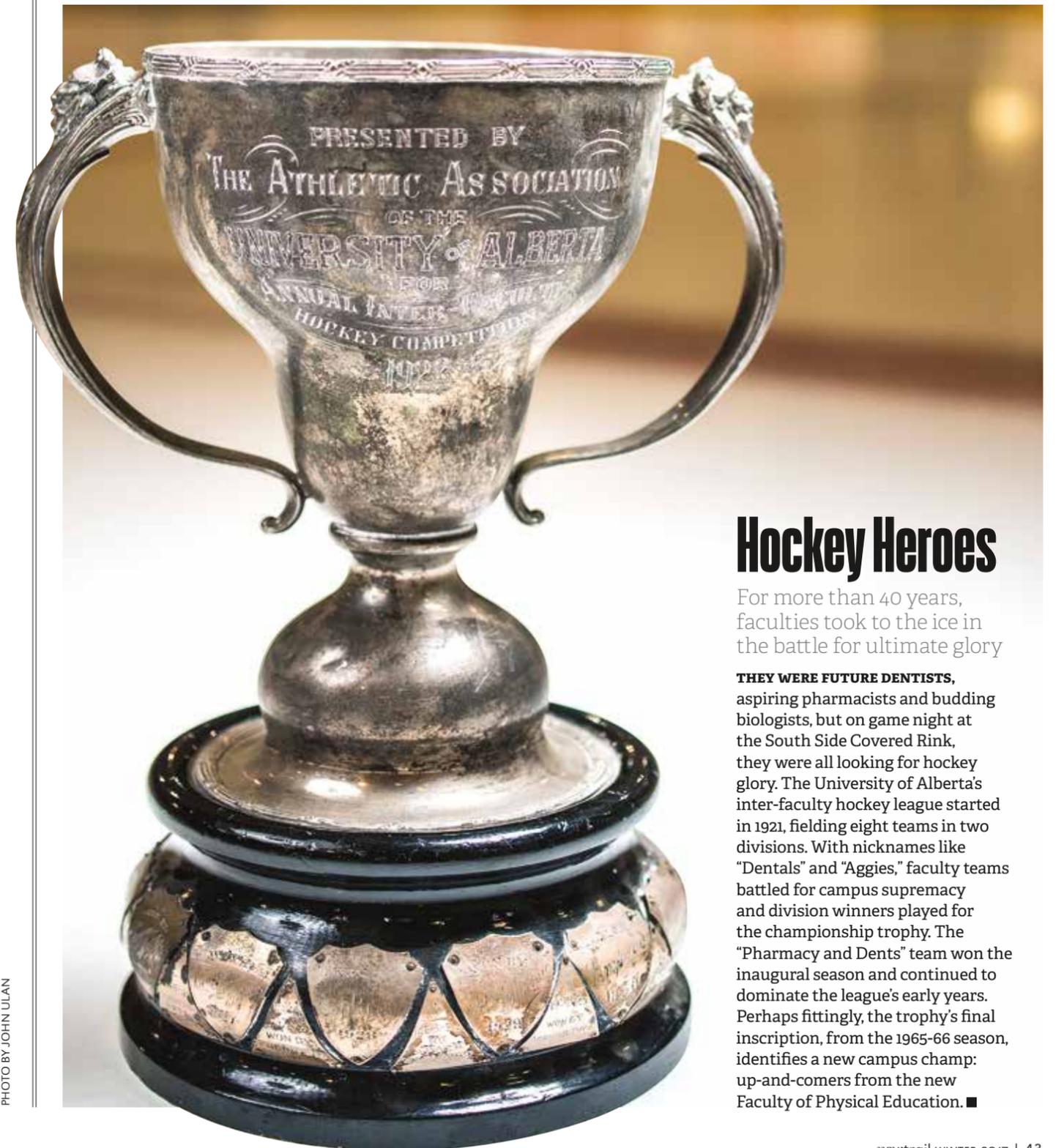
Full-time | Part-time

Learn more at [uab.ca/MACE](http://uab.ca/MACE)



# trails

WHERE YOU'VE BEEN AND WHERE YOU'RE GOING



## Hockey Heroes

For more than 40 years, faculties took to the ice in the battle for ultimate glory

**THEY WERE FUTURE DENTISTS,** aspiring pharmacists and budding biologists, but on game night at the South Side Covered Rink, they were all looking for hockey glory. The University of Alberta's inter-faculty hockey league started in 1921, fielding eight teams in two divisions. With nicknames like "Dentals" and "Aggies," faculty teams battled for campus supremacy and division winners played for the championship trophy. The "Pharmacy and Dents" team won the inaugural season and continued to dominate the league's early years. Perhaps fittingly, the trophy's final inscription, from the 1965-66 season, identifies a new campus champ: up-and-comers from the new Faculty of Physical Education. ■

PHOTO BY JOHN ULAN

# Books



U of A alumni share their new books, including a campus satire, a 24,000-kilometre journey into Rupert's Land and an anthology from the 2016 Edmonton Slam (Poetry) Team.

Compiled by Sharlene Clarke

▼ NON-FICTION  
**Boomers at Work: Re/Working Retirement** by Sandra Konrad, '67 BSc(HEc), '87 MSc, self-published, [createspace.com](http://createspace.com)

*Boomers at Work* shows how, by choice or necessity, life after 65 today can include work as diverse as boomers themselves.

▼ NON-FICTION  
**Yardwork: A Biography of an Urban Place** by Daniel Coleman, '95 PhD, James Street North Books, available on Amazon

Coleman explores concepts of belonging, the connection to land as a newcomer and being part of a society always in search of more.

▼ FICTION  
**This Is All a Lie** by Thomas Trofimuk, '87 BA, Great Plains Publications, [greatplains.mb.ca](http://greatplains.mb.ca)

Ray leaves his mistress for the final time. Moments later she threatens to jump from her apartment tower. Trofimuk's latest novel explores three lives and the consequences of losing intimacy.

▼ HISTORY  
**If I Lose Mine Honour, I Lose Myself: Honour Among the Early Modern English Elite** by Courtney Erin Thomas,

'03 BA(Hons), '05 MA, University of Toronto Press, [utpress.utoronto.ca](http://utpress.utoronto.ca)

Thomas investigates the concept of honour among the 16th- and 17th-century English aristocracy in economic matters, marriage arrangements, household management and more.

▼ GEOLOGY  
**Rocks, Ridges and Rivers: Geological Wonders of Banff, Yoho and Jasper National Parks** by Dale Leckie, '77 BSc(Hons), Broken Poplars, [brokenpoplars.ca](http://brokenpoplars.ca)

Geologist Dale Leckie guides you through the Canadian Rocky Mountain Parks, including glaciers, hot springs and valleys.

▼ POETRY  
**Only Leave a Trace: Meditations** by Roger Epp, '84 BA(Hons), University of Alberta Press, [uap.ualberta.ca](http://uap.ualberta.ca)

Reflections on leading a small university campus through significant change are depicted in this poetry series, which features images by Epp's partner, artist Rhonda Harder Epp, '95 BA.

▼ HISTORY  
**Preserving on Paper: Seventeenth-Century Englishwomen's Receipt Books**

Edited by Kristine Kowalchuk, '97 BA, '12 PhD, University of Toronto Press, [utpress.utoronto.ca](http://utpress.utoronto.ca)

This compilation of three 17th-century handwritten receipt books—including culinary recipes, medical remedies and household tips—documents the work of women at home.

▼ PHILOSOPHY  
**Wittgenstein on Sensation and Perception** by Michael Hymers, '93 PhD, Routledge, [routledge.com](http://routledge.com)

This book offers two claims—one interpretive, one philosophical—about philosopher Ludwig Wittgenstein's views and methods on perception as explored in his book *Philosophical Investigations*.

▼ HISTORY  
**Mapmaker: Philip Turnor in Rupert's Land in the Age of Enlightenment** by Barbara Mitchell, '67 BA(Hons), University of Regina Press, [uofrpress.ca](http://uofrpress.ca)

This biography brings to life Philip Turnor, the surveyor who, accompanied by his Cree wife and Cree guides, travelled more than 24,000 kilometres mapping North America.

▼ POETRY  
**They Ask Me Why I Sing So Loud** by Pauline Le Bel, '75 BMus,

*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*

Collins Foundation Press, available on Amazon

Opening with a hymn to creation, Earth and Gaia, Le Bel's anthology dives into the particularities of a woman's everyday life, from childhood through to late adulthood.

▼ POP CULTURE  
**When We Were Young: A Baby-Boomer Yearbook** by Rita Lang Kleinfelder, '85 MEd, self-published, available on Amazon

Originally published in 1993, this mini-encyclopedia of pop culture from the late 1940s to mid-'70s has been re-released as a revised e-book.

▼ POETRY  
**These Are Not Love Poems** by Marina Reid Hale, '13 BA, Glass Buffalo, [glassbuffalo.com](http://glassbuffalo.com)

Usually known as a spoken-word poet, Hale explores her complex relationships, even sharing what she considers to be her most embarrassing or painful memories.

▼ POETRY  
**Water** by Sara K. Al Souqi, '13 BEd, '16 MEd; Lady Vanessa Cardona; Timiro Mohamed; and Nisha Patel, '15 BCom, '15 Cert(Leadership), Glass Buffalo, [glassbuffalo.com](http://glassbuffalo.com)

Four women—a Palestinian-Canadian, a Colombian-Latinx, a Somali-Canadian and an

Indo-Canadian—unite their experiences and explore commonalities through poetry.

▼ FICTION  
**Dr. Edith Vane and the Hares of Crawley Hall** by Suzette Mayr, '92 MA, Coach House Books, [chbooks.com](http://chbooks.com)

A student faces the trials and tribulations of college life, including a drove of sinister hares, in this post-secondary satire by past Giller Prize nominee Mayr.

▼ CHILDREN'S LITERATURE  
**Narwhal Makes a Sandwich** by Laura Addington, '10 BPE, '12 MSc, and Aryn Franklin, '09 BSc, '12 MSc; Illustrated by Tara Put, '12 MSc, Three Horn Unicorn Press, [etsy.com/shop/threehornunicorn](http://etsy.com/shop/threehornunicorn)

This sequencing and numbering tale follows a hungry Narwhal's adventure through the depths of the Arctic Ocean as he searches for greatness—in the form of a sandwich.

▼ HEALTH  
**Global Health: An Introduction to Current and Future Trends (Second Edition)** by Kevin McCracken, '73 PhD, and David R. Phillips, Routledge, [routledge.com](http://routledge.com)

*Global Health* aims to provide readers with a comprehensive outline and understanding of the constantly evolving global health landscape.

▼ HEALTH  
**Compassionate Competency: Healing the Heart of Healthcare** by Emelia Sam, '91 BSc(Spec), self-published, on Amazon

Sam explores a new pattern of health care using practices of emotional intelligence and mindfulness, and looks at possible outcomes for both patients and practitioners.

▼ HEALTH  
**The Moral Work of Nursing: Asking and Living With the Questions (Second Edition)** by Hazel J. Magnussen, '64 Dip(Nu), '72 BSc(Nu), Promontory Press, [promontorypress.com](http://promontorypress.com)

Magnussen reflects on her 35-year nursing career, studies in health-care ethics and industry developments, highlighting moral challenges facing nurses in current care settings.

▼ POETRY  
**Collecting Silence** by Ulrike Narwani, '68 MA, Ronsdale Press, [ronsdalepress.com](http://ronsdalepress.com)

Narwani explores themes of youth, love and loss experienced while aging, maturing and finding peace.

▼ SHORT STORIES  
**The Left-Handed Dinner Party and Other Stories** by Myrl Coulter, '00 BA(Hons), '01 MA, '07 PhD, University of Alberta Press, [uap.ualberta.ca](http://uap.ualberta.ca)

The theme of missing someone or something is explored through a series of narratives riven with absences, secrets and family and relationship dynamics.

▼ HISTORY & CRITICISM  
**Margaret Laurence Writes Africa and Canada** by Laura K. Davis, '06 PhD, Wilfrid Laurier University Press, [wlu.press.wlu.ca](http://wlu.press.wlu.ca)

This book examines how Laurence addresses decolonization and nation building in 1950s Somalia and Ghana and in 1960s and '70s English Canada.

▼ PHOTOGRAPHY  
**Searching for Mary Schäffer: Women Wilderness Photography** by Colleen Skidmore, '99 PhD, University of Alberta Press, [uap.ualberta.ca](http://uap.ualberta.ca)

Skidmore sheds light on the life and persona of Mary Schäffer, a photographer, writer, painter and mapmaker known for her travels in the Canadian Rockies at the turn of the 20th century.

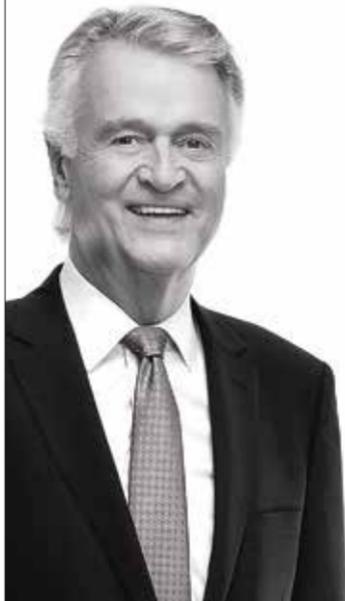


PHOTO BY JOHN ULAN

# Class Notes

## 1960s

'68 **Patrick D. Daniel**, BSc(Eng), LL.D (Honorary), was inducted into the Calgary Business Hall of Fame at the annual awards gala held by Junior Achievement Alberta in October. He is chair of Cenovus Energy and has more than 40 years of experience in the oil and gas



industry. In 2013, he received the Canadian Business Leader Award from the Alberta School of Business.

## 1970s

'72 **Ted Bishop**, BA, was inducted into the Edmonton Arts and Culture Hall of Fame this last spring. His travel book, *The Social Life of Ink*, has been issued in paperback for the United States market under the title *Ink*. When Ted is not writing, he teaches creative non-fiction, book history and modernist literature courses.

'78 **Christine Whittaker (Jarmoluk)**, BSc, is organizing a 40-year reunion of the Faculty of Rehabilitation Medicine speech pathology and audiology class of 1978. The reunion will take place June 4-5, 2018, in Kelowna, B.C., at sister resorts Hotel Eldorado and Manteo Resort on Okanagan Lake. Festivities will include an opening reception cocktail party, winery tour,

Distinguished Alumni Award recipient Donald C. Brinton, '51 BSc(Ag), (seated) celebrates with friends and members of the broadcasting industry.



Maureen McCubbin, '58 Dip(Ed), '67 BEd, '80 Dip(Ed), shares a grad photo at Cap 'n Gown during Alumni Weekend.

group dinner and outdoor activities. Christine is looking forward to reconnecting and reminiscing with her classmates.

'78 **Harry S. Anchan**, BSc, has fabulous memories of his years in the bachelor of science program at the University of Alberta, including his classmates and teachers. He started his postgraduate career working for CBS Records before returning to school. He then went on to work for IBM in Calgary, where he has been living since 1979. Harry is now a systems analyst for Alberta Justice at the Calgary Courts Centre, where he supports both justice and administration professionals.

'78 **Candice Stasyneq**, MSc, has been honoured by the Canadian Sport Tourism Alliance with its Champion Award at the annual Prestige Awards event, which took



### IN THE NEWS

## And He Kept It Safe for 78 Years

On a lifeboat fleeing the torpedoed SS Athenia in the first hours of the Second World War, a frightened Sid Worrall handed his watch to **Gerald Hutchinson**, '40 BA, '43 BDiv, for safekeeping. Almost 78 years later, a Glasgow museum's detective work united Worrall's descendants and Hutchinson's children, including **Rob Hutchinson**, '79 BEd, (above left) at the unveiling of a new museum display about the attack. The watch is now part of the display. —THE HERALD (SCOTLAND)

place in Ottawa. She has spent nearly 40 years working for the City of Edmonton, where she has held various leadership and support roles in recreation and sport. Candice has also done consultation and support work for more than 15 not-for-profit sport organizations.

'79 **Charalee Graydon**, BA, '82 JD, has held academic positions in Canada, England and New Zealand since graduating from university. She is now a faculty member at Euclid University, an online-only post-secondary institution headquartered

## U of A Sweeps Paleontology Awards

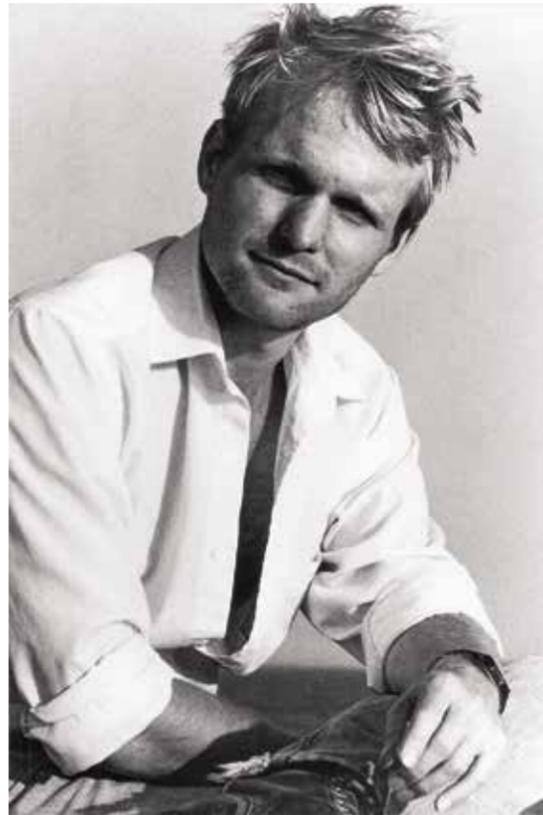
Two alumni and one faculty member swept the Society of Vertebrate Paleontology's annual awards in Calgary in August. **Ted Fremd**, '79 BSc(Spec), a researcher with the Museum of Natural and Cultural History at the University of Oregon, received the Morris F. Skinner Award for his contributions to science through supporting the collection of vertebrate fossils. **Hans-Dieter Sues**, '77 MSc, curator of vertebrate paleontology and department chair at the Smithsonian National Museum of Natural History, received the Gregory Award for outstanding service to the welfare of the society. Philip Currie, professor and Canada Research Chair in Dinosaur Paleontology, won the Romer-Simpson Medal for lifetime achievement in the field of vertebrate paleontology. The award recipients are selected by a nomination process, and the competition is open to paleontology professionals across North America.

BOTTOM RIGHT PHOTO BY SUB PHOTO/NEW LIGHT PHOTOGRAPHY; TOP PHOTO BY AKEMI MATSUBUCHI PHOTOGRAPHY

TOP RIGHT PHOTO BY HERALD AND EVENING TIMES

Neil Hansen, during his U of A days

Royden Mills' sculpture *Potential*, Site 1 of the *Resonant Progression* installation at Terwillegar Park in Edmonton



in Banjul, Gambia. Charalee is also a published author of literary and legal works. She recently took part in a panel at the 40th-anniversary celebration of Rhodes women at Oxford University's Rhodes House.

paintings depicts the dramatic geology of the Torngat Mountains in northern Labrador, which Christine explored with geologists in 2012. The exhibition was on display from August to October 2017 as part of Parks Canada's Canada 150 celebrations.

"Michael has his heart set on returning to Alberta for his residency program in four years—hopefully at the U of A!"

'83 **Don Giovanetto**, BMedSc, '85 MD, is one of four winners of the 2017 Royal College of Physicians and Surgeons of Canada Regional Prix d'excellence—Specialist of the Year Award. Winners are chosen based on excellence in patient care, service and creating a positive impact within their communities. Don works as a specialist in

otolaryngology (head and neck surgery) at the Stanton Territorial Health Board in Yellowknife. He has also travelled extensively across Northern Canada, providing health care to remote communities.

'87 **Neil Hansen**, BSc, has taken up writing his memoirs during his retirement, which, he says, is something he swore he would never do. He has already written three volumes for a total of 1,600 pages and intends to write a fourth and final volume.

Neil's memoir collection is titled *To Say Nothing: A Diary of Memory* and is available on Amazon.

'88 **Ted Hart**, BSc(Eng), along with two of his colleagues, was named a 2016 Ernst and Young Prairies Entrepreneur of the Year in the Cleantech and Environmental Award category. He is a founding partner of Envirotech Engineering, Envirosoft Corp. and Target Emission Services Inc., a group of companies specializing in web-based emissions management software, emissions detection services and environmental consulting.

'88 **Royden Mills**, BFA, '90 MVA, an instructor in the Department of Art and Design, recently saw his sculpture project *Resonant Progression* added

## 1980s

'81 **Christine Koch**, BA(Hons), '86 BFA, recently exhibited her visual artwork *ROCK FIRE ICE: Images of the Torngat* at the Parks Canada Discovery Centre in the Newfoundland town of Woody Point. The collection of large-scale

'82 **Arlene Christie (Kozar)**, BEd, has retired from her teaching career after 35 years. She spent six years with the Grande Prairie Catholic School District and the past 29 years with the Calgary Catholic School District, which included a role as co-ordinating teacher for the district's gifted and talented program. This fall, Arlene and her husband, Tom, saw their middle son, Michael, off to medical school at Queen's University in Kingston, Ont. She writes:

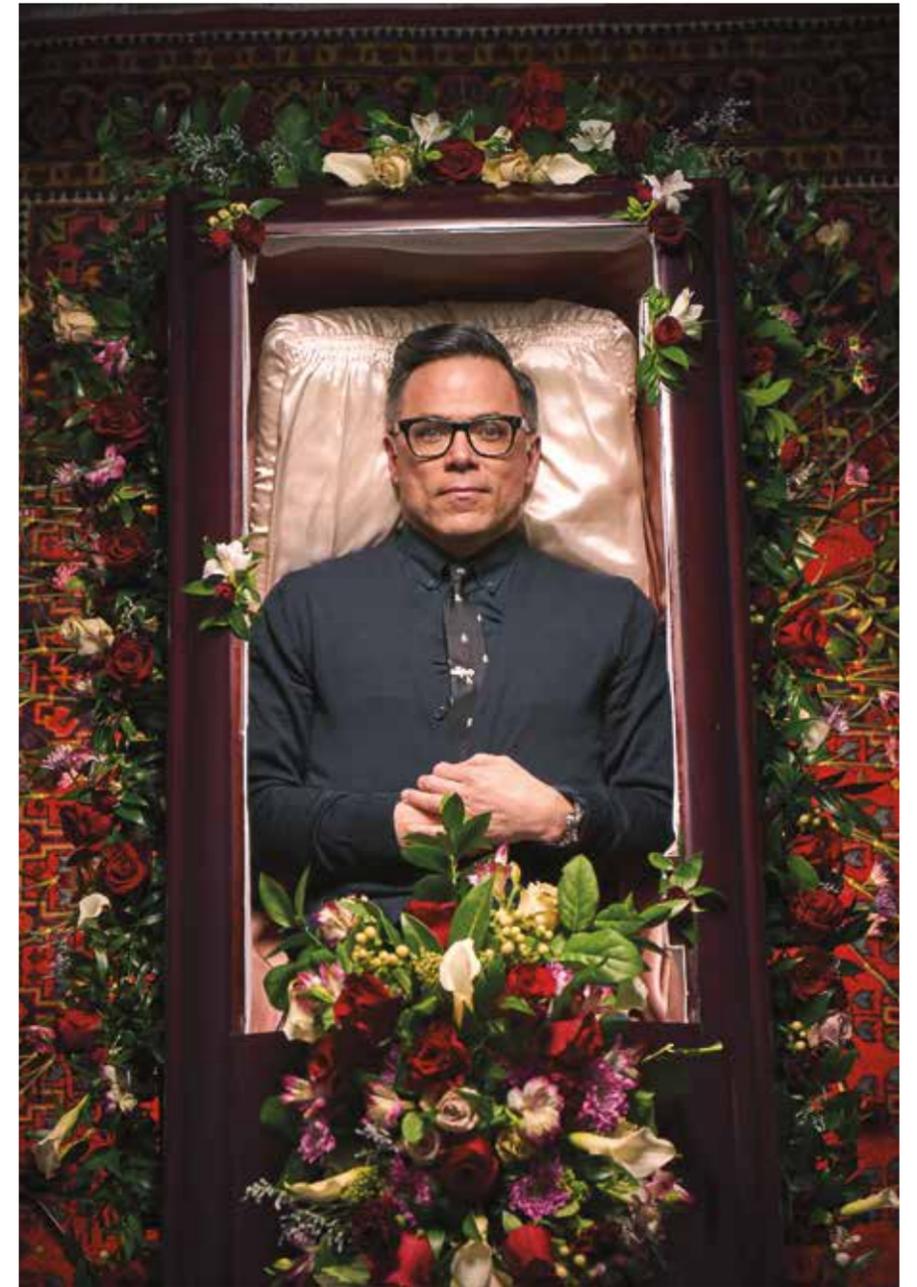


### DID YOU KNOW?

Talk about running a clean operation. U of A founder Henry Marshall Tory's 1908 office at the Duggan Street School campus eventually found new purpose as a broom closet.

ILLUSTRATION BY ERIC CHOW

RIGHT PHOTO BY MATT BARNES



### IN THE NEWS

## Where Science Meets Health

Canadian broadcaster VisionTV has ordered a second season of *A User's Guide to Cheating Death*. The six-episode television docuseries follows health law professor **Timothy Caulfield**, '87 BSc(Spec), '90 LLB—author of *Is Gwyneth Paltrow Wrong About Everything?: When Celebrity Culture and Science Clash*—as he debunks health myths and explores the science behind current diet trends. The first season of the series premiered on Sept. 18. —PLAYBACK

to the City of Edmonton Public Art Collection. The artwork consists of three sculptures—*Potential*, *Resonant Point* and *Beyond Listening*—and has been installed at Terwilliger Park.

'89 **Sherry Heschuk**, BPE, '91 BEd, has fond memories of the University of Alberta, including time spent on the Pandas track and field team with her sister, **Marcy McCaw**, '95 BSc(PT), '96 BPE. Together, they competed in the 1991 Canada West Universities Athletic Association championships, both while managing multiple other sport and school commitments. Sherry is sad to share that Marcy died in July. In Marcy's honour, her family has established the Marcy Lynn McCaw (Heschuk) Memorial Graduate Award in Physical Therapy at the U of A. The award will support physical therapy students involved in student athletics. For more information, contact [jvoyer@ualberta.ca](mailto:jvoyer@ualberta.ca).



▲ Marcy McCaw

## 1990s

'90 **Dilini Vethanayagam**, BMedSc, '92 MD, associate professor of pulmonary medicine in the Faculty of Medicine & Dentistry, was recently named one of the joint winners of the Academic Woman of the Year Award from the University of Alberta's Academic Women's Association. Dilini was presented with her award at a reception and awards ceremony in October at the University of Alberta Faculty Club.

'93 **Malinda S. Smith**, PhD, a professor in the Department

of Political Science, was named the 2018 International Studies Association – Canada Distinguished Scholar. She was recognized for her contributions to the study of global politics, African politics, race and racialization, feminist theory, decolonization, and equity in the university and beyond. As the Distinguished Scholar, Malinda will take part in a panel discussion themed around her research, teaching and mentorship at a conference in San Francisco in April.

'98 **Jeff O'Keefe**, BSc(Eng), has taken office as president of Geoscientists Canada for the 2017-18 term after serving a year as its president-elect. Together with colleagues on the organization's executive committee, he will focus on building Geoscientists Canada into an effective national/international forum

for Canada's geoscience profession. Jeff lives in St. John's, N.L., where he is director of resource management and chief conservation officer with the Canada-Newfoundland and Labrador Offshore Petroleum Board.

## 2000s

'01 **Asif Ali**, BSc(Nu), works as a nurse in Edmonton but has also been pursuing training as an aircraft pilot since 2007. He received his private pilot licence in 2010, his commercial pilot licence in 2012 and his instrument, multi-engine and flight



▲ Asif Ali

## Sign Up for Alumni Insider

Get the most current alumni-exclusive event invitations, discounts and benefits delivered straight to your inbox.

[uab.ca/insider](http://uab.ca/insider)



A team of UofA health and fitness experts.  
An aging, heavier generation.  
Here's how baby boomers can beat the belly bulge.

[folio.ca](http://folio.ca). Get news right from the source.

LEFT PHOTO BY JENNIFER MARQUIS

## Learn Travel Explore

Explore the world with U of A friends.  
Keep the joy of learning alive.

[uab.ca/AlumniTravel](http://uab.ca/AlumniTravel)



Jagannath Das, founder of the J.P. Das Centre on Developmental and Learning Disabilities (second from left), recently reunited with (left to right): **Rauno Parrila**, '96 PhD, one of Das's last doctoral students; John Kirby, one of his first doctoral students; and George Georgiou, Parrila's doctoral student.



instructor qualifications in 2014. Asif also works as a flight instructor in Red Deer, Alta. He writes, "I would like to fly medevac for a while before moving up to airlines, which has been a dream of mine for some time."

'04 **George Georgiou**, MEd, '08 PhD, recently enjoyed spending time with **John Kirby**, '76 PhD, professor emeritus at Queen's University, who visited the U of A's Department of Educational Psychology in June. John's visit brought together four generations of researchers affiliated with the J.P. Das Centre on Developmental and Learning Disabilities, established by U of A professor emeritus Jagannath Das.

'06 **Justin Lussier**, BA, wrote to let us know that his business Famoso Neapolitan Pizzeria was recently recognized in the Profit 500 for the fifth year in a row—this time listed at No. 181. The full rankings were published in the October 2017 issue of *Maclean's* magazine and

at *CanadianBusiness.com*. Justin co-founded Famoso with Jason Allard and Christian Bullock, with their first location opening in Edmonton in 2007. Since then, the pizzeria franchise has grown to 31 locations across Alberta, British Columbia, Saskatchewan and Ontario.

'06 **Vikki Wiercinski**, BDes, was named *Western Living* magazine's 2017 Maker of the Year as part of the publication's Designer of the Year Awards program. Prior to starting her own design studio, called Mezzaluna, Vikki worked in corporate design. She has



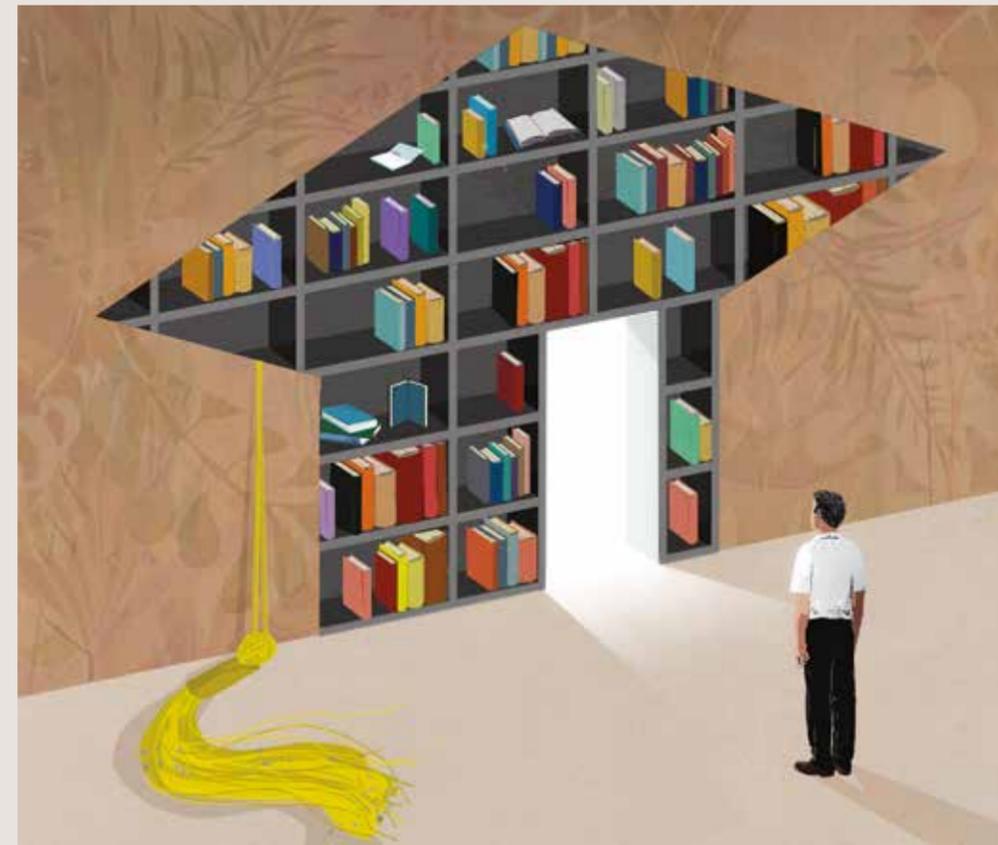
▶ Vikki Wiercinski



**DID YOU KNOW?**

When alumni first conceived this magazine in 1920, they named it *The Trail*. Why? We'll let them tell you in their own words: "Julius Caesar 'in the long ago' conceived the brilliant idea of binding all the Roman provinces together by a system of 'trails.' ... By this system, towns and cities were united, peace followed turmoil and danger gave place to security. With that same purpose would we work and endeavour in these pages to keep our graduates in touch with the university from which imperial thought and inspiration may come and to let them know of the safety and progress of their fellows at work in the world."

We all have a campus memory—whether it's a personal moment or a shared experience that connects us all. Share your memory at [ualberta.ca/alumni/connect/class-notes](http://ualberta.ca/alumni/connect/class-notes).



## Home Sweet Second Home

HOW MY FAMILY'S CAMPUS ROOTS ADDED MEANING TO MY EDUCATION

The U of A has been like my family's second home since before I was born.

In 1968, my dad, **Charles Pei**, '75 MAg, settled into a carrel in the General Services Building as a graduate student from Taiwan studying in the Department of Rural Economy. His then-fiancée, **Caroline Shueh**, '82 BEd, (later, Caroline Pei) followed him to Edmonton a year later, also settling into the same building, first as a secretary, then as a student in computing science.

New to Edmonton and with no family in Canada, my mom and dad were married in a celebration arranged

by new friends from the local Chinese community, as well as students and faculty from the university. Dad's new best friend and fellow student, **Will Pattison**, '67 BSc(Ag), '70 MSc—who had recently married **Marion Pattison (Swanson)**, '68 Dip(Nu), '69 BSc(Nu)—even lent his in-laws to my dad as parental stand-ins at the wedding. It was a role "Grandma" and "Grandpa" Swanson gladly took on and they made it clear it wasn't just for the day; it was a full-on adoption. It wasn't long before my parents decided to make Edmonton their permanent home.

Coming to campus as a student nearly 20 years later, I felt as if I was rediscovering my roots. As the child of immigrants, I drew a deep sense of belonging from knowing that my father had walked these same halls, that my mother had combed through these same library stacks. I could remember playing in the student lounge of the Humanities Centre with my little sister when our parents lacked child care and had to bring us along to class. Walking the campus, I smiled at the tropical plants, knowing that my mom had snuck cuttings from many of them to fill our home

with an eventual jungle of houseplants. While doing research in the Bruce Peel Special Collections Library, I discovered the old card catalogue and looked up my dad's graduate thesis by name, title and faculty.

Just as it had for my parents, the university connected me to a community and expanded my family. The student orientation program quickly became more of a lifestyle than a volunteer job. The *Gateway* became my home away from home and launched my career in communications and technology. And I met **Jacqueline Knowles**, '93 BA(Criminology), '99 MEd, '03 PhD, (now Jacqueline Pei) with whom I would raise our three amazing children.

Even though much of my student life happened within the Students' Union Building, I always felt as if my roots were next door at the General Services Building where my dad once made a carrel his home. And wouldn't you know it, a few years after graduation, I returned to campus to work for what was then known as Alumni Affairs. Not long after I started, our offices moved to the sixth floor of GSB—back to where my family's U of A story began.

Although GSB isn't the prettiest building on campus, the "Pei Family Tower," as we call it, stands the tallest and brightest to me. ■

 **Winston Pei**, '94 BA, '02 MA, is an Edmonton-based communications consultant, community builder and dad. He is also the president of the Kokopelli Choir Association and sings baritone in its young adult choir, *Oran*.

ILLUSTRATION BY ERIC CHOW

ILLUSTRATION BY EVA VÁZQUEZ

Kenzie Gordon



won numerous awards for her art projects—including drawing, painting and textile works—and also co-ordinates Edmonton's Royal Bison, an art, craft and design festival and market that happens twice a year. In September, Vikki served as an artist-in-residence at the Arteles Creative Centre in Haukijärvi, Finland.

'08 **Alex Fitzpatrick**, BDes, a lighting designer based in Sydney, Australia, is one of five winners of the Rising Talent Awards Asia 2017. In September, Alex picked up his award at Maison & Objet Paris 2017, one of the largest design, furniture, lighting and tableware fairs in the world. Alex is the owner of ADesignStudio PTY Ltd., a lighting consulting and manufacturing practice in Sydney.

## 2010s

'12 **Kenzie Gordon**, BA(Hons), '11 Cert(Peace/PCSt) received the Boardwalk Rental Communities Learning and Change Award, which provides the master's student in humanities



BOTTOM PHOTO BY LAUGHING DOG PHOTOGRAPHY

LEFT ILLUSTRATION BY ERIC CHOW; RIGHT ILLUSTRATION BY JEANNIE PHAN



### DID YOU KNOW?

In 1978, U of A President Harry Gunning saw nothing wrong with joining a huge student protest at the Alberta legislature against rising fees. The board ordered him to stay home—but students did get support from campus faculty who cancelled the afternoon's classes.

Alumni, students and friends enjoy live music at Fest of All during Alumni Weekend in September.

## flashback

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



## POWER PLANT

That narrow walkway from Quad to the Power Plant might as well have been the Champs Élysées. We practically danced past CAB like two characters in a French new wave film. Holding hands and jumping in fresh puddles and twirling! God, I remember literally twirling with you. Do you remember that? We were just kids, partners playing the game of adulthood as best we could. You would call me the mornings of exams or mid-terms, just in case my alarm didn't go off. I would keep dry gym socks in my backpack because I knew of your penchant for puddles. Whenever it rains in late April I think about those two people. In that place in my mind my hair is damp and flat and you are holding a cold glass of beer with both hands. You shiver, poking your frigid feet at my knees under the table as I toss the spare socks to you with a knowing smirk. If friendship were just cold beers and warm socks, we would have everything we ever needed.

This piece of flash fiction was inspired by **Sheila Graham**, '98 BA, who fondly recalls the pure joy of post-exam puddle jumping. Submit your own memory at [newtrail@ualberta.ca](mailto:newtrail@ualberta.ca).

IN THE NEWS

# 150 Acts of Reconciliation

To mark Canada's sesquicentennial, two researchers in the Department of History, **Crystal Fraser**, '08 BA, and **Sara Komarnisky**, '03 BCom, published a list of 150 suggestions for "everyday reconciliation," such as learning why headdresses aren't for festivals or buying books by Indigenous writers. Fraser is Gwich'in from Inuvik, N.W.T. Her PhD dissertation is about northern residential schools, and she hopes people will rethink views about their Indigenous peers. —METRO EDMONTON

computing with funding to create, design and execute a project in conjunction with a partnering community organization. She created a video game called *It's Your Move*, designed with the assistance of the Sexual

Assault Centre of Edmonton. The intent is to educate users on sexual assault bystander intervention. The video game was launched at an event in August, where attendees were able to get a first glimpse at Kenzie's project.

'12 **Norma Dunning**, BA(NatStu), '12 Cert(AborGov/Ptnshp), '14 MA, celebrated the launch of her new book *Annie Muktuk and Other Stories* with an event held in September at Audreys Books Ltd. in Edmonton. Norma

recently wrote to *New Trail* to say: "Annie' is being read in two local book clubs and has been made required reading for a University of Alberta course. She is having the time of her life, and I thank you for your generous support."

'13 **Albert Remus Rosana**, MSc, a second-year PhD student, was named a 2017 Vanier Scholar. The Vanier Canada Scholarships Program recognizes doctoral students who display both leadership skills and academic achievement in natural sciences and engineering, social sciences and humanities, or health sciences.

'15 **Jason Buzzell**, MA, was recently promoted to director of digital communications at the University of Nebraska at Omaha. His team is part of that university's central communications office. They are in charge of digital communications governance and storytelling for the university website, social media, internal communications channels, digital signs, analytics and mobile applications. The team also supports media relations and crisis communications on campus and throughout the University of Nebraska. ■

Participants in the Turkey Trot Fun Run take the "fun" part of the day seriously. The event was part of Alumni Weekend activities.



Alumni Horizon Award recipient Lalitha Taylor, '05 BSc(Nutr/Food), with her grandmother at the Alumni Awards ceremony in September



Opening Centennial Event

100 Years

1918 4 Nursing Education 2018

2018

Preparing Leaders Who Make a Difference

SPECIAL GUESTS INCLUDE:

Hal Johnson & Joanne McLeod  
Timothy Caulfield  
Billy Streen

NEW U100

Nursing Education & Wellness at UAlberta

Saturday, February 3, 2018, 10 a.m. - 4 p.m.

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

The Faculty of Nursing invites you to play...  
*A Game of Wellness*

featuring dozens of "try me" activities and demonstrations that promote general wellness, movement and activity.

This family friendly event is one you cannot miss!

Move through the NEW U100 game, learn about the Faculty, its contribution to health and wellness, try activities you have always wanted to try, and attend our special guest presentations.

Visit [NU100.org](http://NU100.org) for more information or call 780-248-1813

TOP PHOTO BY JESSICA HONG; TOP RIGHT PHOTO BY AKEMI MATSUBUCHI PHOTOGRAPHY; BOTTOM RIGHT PHOTO BY JOHN ULAN

Norma Dunning with her grandson, Joel, 4





IN THE NEWS

## Cool Grad, Cool Job

When **Shawna Pandya**, '06 BSc(Hons), '12 MD, was asked how she knew she'd made it, the physician/astronaut/scientist replied: "I will tell you if I get there." Recently added to *Flare* magazine's list of Canadian women with cool jobs, Pandya describes her journey as taking roads less travelled and working "very, very, very hard." —FLARE MAGAZINE

### Calgary Business Leaders Recognized

*Business in Calgary* magazine recently honoured four Calgary-based U of A alumni with 2017 Leaders Awards: **Fabrizio Carinelli**, '94 BSc(Eng), president of Cana Construction Co. Ltd.; **Wendy Coombs**, '92 BSc(Spec), '96 BSc(PT), CEO of Momentum Health, Evidence Sport and Spine, Innovative Sport Medicine; **Robert Heaton**, '86 BSc(Pharm), CEO of Cambrian Pharmacy; and **Bruce Rabik**, '83 BA(Spec), '85 BCom, chief operations officer of Rogers Insurance Ltd.

## ALUMNI ADVICE



### FOR LOVE AND MONEY

Four keys to a happier relationship and a healthier bottom line

By **Jyllian Park**

Nothing takes the romance out of a relationship quite like financial stress. But there are solutions.

"[Financial challenges] are the leading cause for separation and divorce," says **Lesley-Anne Scorgie**, '05 BCom, a financial coach and founder of MeVest, a financial planning company.

For Scorgie, the hurdles that couples face dealing with money could fill a whole book—specifically, *The Modern Couple's Money Guide: 7 Smart Steps to Building Wealth Together*. Published last year, her book uses basic principles of budgeting and open communication to help couples get out of debt and plan for the future.

Combining finances and household duties can be hard to navigate. Couples often encounter problems over their romantic partners' debts,

spending habits and money management.

"They don't know how to be better with their money, so they are embarrassed and they don't feel that they are equipped with the skills to improve it. So couples just sweep it under the rug." But the mess is bound to come to light eventually.

So, whether you're co-habiting, heading to the altar or already growing old together, here are four tips for financial—and maybe more blissful—coupledom.

#### 1) Talk about your goals

Don't avoid money talks—plan for them. Whether it's purchasing a home, having children or travelling, determine what you want to accomplish together. "It's important to know where you stand before you can set any sort of goals for the future," says Scorgie.

#### 2) Make a budget

"Without a jointly agreed-upon budget, it is almost impossible to achieve anything financially," says Scorgie. Balance sheets that record household income and expenses are the most effective tool for financial accountability.

#### 3) Make your own grass greener

Don't spend yourself into debt trying to one-up your friends and neighbours. "People can waste a lot of money trying to look rich. It just raises the questions: who are we following, why are we doing it, and how is it [affecting] our finances?"

#### 4) Don't be a hero

Financial plans often require outside help, and the best time for an accountant, financial adviser or other form of money coach is right after you form your permanent household. "Get some advice and learn to do this together." ■

*The original version of this article was published in the Spring 2017 issue of UAlberta Business magazine.*

The Alumni Association notes with sorrow the passing of the following graduates (based on information received between June 2017 and September 2017).

# In Memoriam

## 1940s

'42 **Marjorie M. Campbell**, BA, '44 Dip(Ed), of Leduc, AB, in June 2017

'42 **David Edward Davids**, BSc(Ag), of Medicine Hat, AB, in June 2017

'42 **Ellen Elizabeth Thomson (Towerton)**, BCom, of Edmonton, AB, in May 2017

'43 **Lora Lillian Fried (Furhop)**, Dip(Nu), '44 BSc(Nu), of Edmonton, AB, in June 2017

'43 **Marjorie Mae Gibson (Thompson)**, BA, of Vancouver, BC, in June 2017

'44 **Helen Audrey Roberts**, BA, '54 BEd, of Edmonton, AB, in July 2017

'46 **Margaret Nancy Cutt (Davis)**, BA, '49 MA, of Victoria, BC, in July 2017

'47 **Yvonne Patricia Harrison**, Dip(Ed), of Calgary, AB, in June 2017

'47 **Philip Ferdinand Proctor**, BSc(CivEng), of Edmonton, AB, in August 2017

'47 **John Douglas Wordie**, BSc, of West Chester, OH, in June 2017

'48 **Stephen Ian Hnatko**, BSc, '55 MD, of Edmonton, AB, in June 2017

'48 **John Gerald O'Neill**, BSc(ChemEng), of Toronto, ON, in July 2017

'48 **Elmer Lionel J. Smith**, MD, of Kelowna, BC, in June 2017

'49 **Finley Smeltzer Morrison**, BEd, of Victoria, BC, in July 2017

'49 **Mary Smithson Sheppard (Clark)**, BA, of Sheffield, England, in July 2017

'49 **William John A. Toole**, BCom, of Calgary, AB, in August 2017

## 1950s

'50 **David Moyes Allan**, BSc(ElecEng), of White Rock, BC, in August 2017

'50 **Barbara Ann Bassett (Blackett)**, BA, of Toronto, ON

'50 **L. Jean Coglon (Sawdon)**, Dip(Nu), '51 BSc(Nu), of Edmonton, AB, in June 2017

'50 **Denny Emerson Duff**, BSc, '51 MSc, of Calgary, AB, in July 2017

'50 **John Edgar Dutton**, BA(Hons), of Victoria, BC

'50 **Charles Edgar French**, BSc(Ag), of Cardston, AB, in July 2017

'50 **John Gordon Geddes**, DDS, of Edmonton, AB, in August 2017

'50 **Allan Stuart Hay**, BSc, '52 MSc, '87 DSc (Honorary), of Niskayuna, NY, in August 2017

'50 **Bruce Munro MacKenzie**, DDS, of Saanichton, BC, in July 2017

'50 **Douglas Wayne Minion**, BSc(CivEng), of Spruce Grove, AB, in August 2017

'50 **Andrew Dickson Robson**, BSc(CivEng), of Calgary, AB, in June 2017

'50 **Robert Charles White**, BSc(CivEng), '62 MSc, of Edmonton, AB, in July 2017

'50 **Katherine C. Wynn**, BEd, '71 Dip(Ed), of Edmonton, AB, in July 2017

'51 **Edward Burritt Allan**, BCom, of Edmonton, AB, in June 2017

'51 **Ian Alexander Ferguson**, BSc, '55 MD, of Calgary, AB, in June 2017

'51 **Ronald Leslie Harris**, BSc(PetEng), of Surrey, BC

'51 **William Victor Pauls**, Dip(Ed), '70 BEd, of Didsbury, AB, in July 2017

'51 **Douglas Lawrence Petherbridge**, BEd, '67 PhD, of Lethbridge, AB, in April 2017

'51 **Nadia Lena Ponich**, Dip(Nu), of Edmonton, AB, in June 2017

'52 **Melba Wyllo Gutowski**, Dip(Ed), of Edmonton, AB, in August 2017

'52 **William Cameron Laureshen**, BSc(ChemEng), of Calgary, AB, in June 2017

'52 **John Edward Miller**, BSc(CivEng), of Calgary, AB, in September 2017

'52 **Peter Matthew Nash**, BSc(ElecEng), of Edmonton, AB, in September 2017

'52 **William Ernest Selby**, BSc, of Calgary, AB, in September 2017

'53 **Flora Jean Allison (Morrison)**, Dip(Nu), '54 BSc(Nu), of Calgary, AB, in August 2017

'53 **Lorne D. Wiley**, BEd, of Medicine Hat, AB, in April 2017

'54 **David Gilmour Dawson**, BSc(ElecEng), of Burlington, ON, in June 2017

'54 **Robert Carl Edlund**, BSc(CivEng), '57 MSc, of Calgary, AB, in August 2017

'54 **Humphrey Fedorak**, BSc(ElecEng), of Fort Myers, FL, in July 2017

'54 **Betty Jane Fitzpatrick**, BSc(HEc), of Don Mills, ON, in August 2017

'54 **Lorne Ronald Hanson**, BSc, of Cochrane, AB, in May 2017

'54 **Joan Marie Henning (Beaudry)**, Dip(Nu), '55 BSc(Nu), of Edmonton, AB, in June 2017

'54 **Ted Stanley Kolber**, BSc(ElecEng), '63 BDiv, of Edmonton, AB, in June 2017

'54 **Monica Maureen Theresa McLaren**, Dip(Ed), '66 BEd, of Calgary, AB, in August 2017

'55 **Jack Adolph**, MD, of Saskatoon, SK, in June 2017

'55 **Karl Heinz Richard Gemeinhardt**, DDS, of Delta, BC, in July 2017

'55 **Kenneth Maxwell MacDonald**, DDS, of Winnipeg, MB, in May 2017

'55 **John Stanley Moore**, BA, '56 LLB, of Calgary, AB, in September 2017

'55 **Keith Mackay Page**, BA, '61 BDiv, of Seguin, ON, in March 2017

'55 **Norman Albert Rolf**, BA, '58 LLB, of Westeroe, AB, in June 2017

'55 **Olga Sherstan**, Dip(Ed), of St. Albert, AB, in May 2017

'55 **Claus Adolf Wirsig**, BA, '57 MA, of Toronto, ON, in July 2017

'56 **Carl Daneliuk**, BA, '57 BEd, '68 MEd, of Surrey, BC, in June 2017

'56 **R. Garth Helland**, BSc(Pharm), of Sherwood Park, AB, in June 2017

'56 **George Alexander Moruzi**, BSc(MiningEng), of Guelph, ON, in March 2017

'56 **John Cecil Murison**, BEd, of West Vancouver, BC, in March 2017

'56 **Tova Yedlin**, BEd, '59 MA, '69 PhD, of Calgary, AB, in September 2017

'57 **Doris Elizabeth Cybulski (Cruikshank)**, Dip(Nu), of Regina, SK, in September 2017

'57 **Kenneth E. Howery**, BSc(CivEng), of Edmonton, AB, in May 2017

'57 **Ronald Robert Jackson**, BSc(ChemEng), of Hialeah, FL, in April 2017

'57 **Frank Kiyooka**, BPE, of Valemount, BC, in September 2017

'57 **Elizabeth Ann Pabst**, Dip(Ed), '77 BEd, of Edmonton, AB, in August 2017

'57 **Margaret A. Ginger Young**, Dip(Nu), of Brandon, MB, in September 2017

'58 **Hugh Arthur Baird**, BSc(ElecEng), of Edmonton, AB, in May 2017

'58 **Kenneth Edwin Brown**, BSc(CivEng), of Calgary, AB, in July 2017

'58 **Patricia J. Diediw**, BSc, of Edmonton, AB, in May 2017

'58 **James Wooley Gibb**, BSc(Pharm), '61 MSc, of Salt Lake City, UT, in July 2017

'58 **Jon Bruce Johnson**, BSc(CivEng), of West Vancouver, BC, in August 2017

'58 **Annette Macpherson MacCallum Madsen (Brown)**, BEd, '82 Dip(Ed), of Kelowna, BC, in July 2017

'58 **Alda Lavee Myrthue**, Dip(Nu), of St. Albert, AB, in May 2017

'58 **Harry Roy Rudy**, MSc, of Calgary, AB, in August 2017

'58 **Ormond James Uptigrove**, MD, of Calgary, AB, in June 2017

'59 **Daniel Joseph Gau**, BSc(EngPhys), '67 DDS, of Edmonton, AB, in July 2017

'59 **John Anthony Mayzel**, BA, of Victoria, BC, in August 2017

'59 **Zelick Perler**, MD, of Vancouver, BC, in July 2017

## 1960s

'60 **Kenneth Brown Innes**, BCom, of Fairmont Hot Springs, BC, in August 2017

'60 **Richard Louis Old**, BEd, of Calgary, AB, in August 2017

'60 **Anne Vipond-Skibo (Aleksiuk)**, BSc, of Fairmont Hot Springs, BC, in August 2017

'61 **Charles Ross Beggs**, BEd, '67 BA, of Edmonton, AB, in July 2017

'61 **Gordon Charles Domeier**, BSc(ElecEng), of Surrey, BC, in July 2017

'61 **Gordon Neville Hobson**, BA, '62 MA, '64 PhD, of Victoria, BC, in July 2017

'61 **Heidi Judith Kass**, BEd, '63 BSc, '69 PhD, of North Vancouver, BC, in May 2017

'61 **William John O'Callaghan**, MD, '63 MSc, of Edmonton, AB, in June 2017

'61 **Norman Arnold Sande**, BEd, '70 MEd, of Edmonton, AB, in August 2017

'61 **Helmut Schroer**, BA, of Edmonton, AB, in July 2017

'61 **Leo Superstein**, BCom, of Edmonton, AB, in April 2017

'62 **Evelyn Dolin Blakeman-Crofford**,

BEd, '66 Dip(Ed), '75 MEd, of Edmonton, AB, in May 2017

'62 **Jim J. Cope**, PhD, of Aptos, CA, in August 2017

'62 **John Patrick Kehoe**, BA, '68 MA, of Whitehorse, YT, in January 2017

'62 **Adelaide Elizabeth Mullen**, Dip(Nu), of Rochester, MA, in May 2017

'62 **Lloyd Edwin Symyrozum**, BEd, '71 MEd, '81 PhD, of Edmonton, AB, in May 2017

'63 **Francois J. Casavant**, BEd, '65 Dip(Ed), '76 Dip(Ed), of Sherwood Park, AB, in August 2017

'63 **Arthur Wesley Cragg**, BA(Hons), '64 MA, of Aurora, ON, in August 2017

'63 **Sheila Janice Porter**, BA, of Calgary, AB

'63 **Jane Elise Rigel**, Dip(Nu), of Calgary, AB, in September 2017

'63 **Richard John Roberts**, BSc, of Calgary, AB, in June 2017

'64 **Lawrence Harold Chapman**, BA, '73 BEd, '91 MEd, of St. Albert, AB, in August 2017

'64 **Robert James Fairbairn**, BSc, '73 Dip(Ed), of Edmonton, AB, in June 2017

'64 **Anna Harder (Martinek)**, BEd, of Edmonton, AB, in June 2017

'64 **Francois Eugene Meunier**, BA, of Edmonton, AB, in July 2017

'65 **Gerald Edwin Keindel**, BEd, of Edmonton, AB, in August 2017

'65 **Herman Peter Kroeker**, BSc, '68 MBA, of Calgary, AB, in August 2017

'65 **Larry Wilbur Mills**, BSc(ElecEng), '71 MBA, of Edmonton, AB, in July 2017

'65 **Raymond Alfred Nerland**, BSc(MechEng),

of Camrose, AB, in April 2017

'65 **Philip John Unland**, BSc(MechEng), of Calgary, AB, in August 2017

'65 **Mary Isabel Ward (Sneddon)**, BEd, '71 Dip(Ed), '75 MEd, of Edmonton, AB, in August 2017

'66 **David John Feniak**, BSc, of Edmonton, AB, in July 2017

'66 **Maurice Leo Simoneau**, DDS, of Candle Lake, SK, in August 2017

'66 **James Ivar Tangjerd**, BEd, of Edmonton, AB, in August 2017

'66 **Leroy Douglas Travis**, BEd, '69 MEd, '75 PhD, of Vancouver, BC, in August 2017

'66 **Alistair William M. Anderson**, BCom, of Sherwood Park, AB, in July 2017

'67 **Leonard Clarence Bracko**, BEd, '84 Dip(Ed), of Parksville, BC, in August 2017

'67 **Terry Richard Davis**, BA(Hons), '68 MA, of Calgary, AB, in May 2017

'67 **Leonard P. Gietz**, BSc, '69 MD, of Victoria, TX, in April 2017

'67 **Leslie Wayne Healy**, BSc, of St. Albert, AB, in September 2017

'67 **Sharon Ann Hutchings (Link)**, BA, of Devon, AB, in April 2017

'67 **Oleh Shykora**, BEd, '78 MEd, of Vegreville, AB, in July 2017

'67 **Lenora Mae Stratton**, BSc, '69 BEd, of Calgary, AB, in May 2017

'67 **Graham Walker**, BSc(ElecEng), '75 PhD, of Edmonton, AB, in July 2017

'67 **Brian Douglas Warrack**, MSc, '73 PhD, of Toronto, ON, in July 2017

'67 **Douglas Takeshi Yamamoto**, BSc(ElecEng), of Edmonton, AB, in August 2017

'68 **Frederick George Bosch**, BSc(ElecEng), of Calgary, AB, in March 2017

'68 **Therese M. Potvin**, BEd, of Edmonton, AB, in July 2017

'69 **Terry James Casey**, BEd, '71 BSc, of Calgary, AB, in June 2017

'69 **George Robert Chalmers**, BSc, '70 MD, of North Vancouver, BC, in May 2017

'69 **Marjorie Cheperdak (Mycek)**, BEd, of Edmonton, AB, in April 2017

'69 **Stephen Douglas Hawrelak**, BSc, of Edmonton, AB, in September 2017

'69 **L.M. Melitta Kandler**, BA, '72 MA, of Salt Spring Island, BC, in September 2017

'69 **John Daniel Ritter**, BEd, '78 MEd, of Edmonton, AB, in August 2017

'69 **Marjorie Grace Schill (Magee)**, BEd, of Edmonton, AB, in August 2017

'69 **Jeffrey Parker Devins**, BCom, '73 MBA, of Vancouver, BC, in January 2017

'69 **James William Ebbels**, BA, of Edmonton, AB, in September 2017

'69 **Theodore Roy Hellqvist**, BSc(Ag), of Calgary, AB, in September 2017

'69 **Gregorius Marian Mandziuk**, BA, of Edmonton, AB, in August 2017

'69 **Doris Evelyn Ogrodnick**, BEd, of Ryley, AB, in June 2017

'69 **Barrie Pickles**, BSc(PT), of Ottawa, ON, in July 2017

'71 **Patrick John Gathercole**, BA, of Edmonton, AB, in August 2017

'71 **Patricia Jane Hardwicke-Brown**, BA, '74 Dip(Ed), of Lac La Biche, AB, in March 2017

'71 **John Hermans**, BEd, of Ascona, Switzerland, in August 2017

'71 **Gwendolyn Gay Johnston (Tkachuk)**, BA, of Gibbons, AB, in August 2017

'71 **Nadia Ruth Kryschuk (Shwaikowski)**, BA, '75 Dip(Ed), of Edmonton, AB, in August 2017

'71 **Brian Philip Spencer**, BSc(Med), '75 MD, of Victoria, BC, in June 2017

'71 **John William C. Willock**, BSc, of Edmonton, AB, in August 2017

'71 **Margaret Patricia Wilson**, Dip(DentHyg), '81 BEd, '99 MEd, of Edmonton, AB, in July 2017

'72 **Allison Kenneth Brownlee**, BSc, '76 MBA, of Calgary, AB, in June 2017

'72 **Marilyn Patricia Schill (Millard)**, BEd, of Edmonton, AB, in August 2017

'72 **Terrance Kelly Flock**, BSc(ElecEng), of Calgary, AB, in July 2017

'72 **Alvin Lawrence Swyripa**, BSc, of Edmonton, AB, in July 2017

'72 **Wanda Nadine Wetterberg**, BA(RecAdmin), of Edmonton, AB, in July 2017

'72 **Douglas Wayne Germshaid**, BEd, '74 MEd, '82 PhD, of Edmonton, AB, in June 2017

'72 **Taras Nick Klym**, BEd, of Vernon, BC, in April 2017

'72 **Rolf Heinrich W. Kugelstadt**, BEd, '77 MEd, of Edmonton, AB, in May 2017

'72 **Harry Lewis**, BSc(Spec), of Calgary, AB, in September 2017

'72 **Michael Robert Lippe**, BCom, '76 LLB,

of Edmonton, AB, in April 2017

'72 **Jacquelyn Ann Penner (Brownlee)**, BA, of Medicine Hat, AB, in April 2017

'72 **Phylis Jeanette Rigby (Olson)**, Dip(Nu), '85 BSc(Nu), of Spruce Grove, AB, in June 2017

'72 **Yvonne M. Rouleau**, BEd, of Edmonton, AB, in August 2017

'72 **Valerie Jeanne Vik**, Dip(Nu), of Edmonton, AB, in May 2017

'73 **Michael Francis Meraw**, BCom, of Calgary, AB

'73 **Wayne Allan Scott**, MSc, of Calgary, AB, in June 2017

'73 **Neda Svob**, BA(Hons), of Edmonton, AB, in June 2017

'74 **Andrew James Boyd**, BEd, of Ardrossan, AB, in September 2017

'74 **Larry Ross J. Case**, BSc, of Calgary, AB, in June 2017

'74 **Gerald Charles Daniels**, BEd, of Edmonton, AB, in August 2017

'74 **Brian James Erickson**, BA, '75 LLB, of San Antonio, TX, in September 2017

'74 **Terrance Kelly Flock**, BSc(ElecEng), of Calgary, AB, in July 2017

'74 **Alvin Lawrence Swyripa**, BSc, of Edmonton, AB, in July 2017

'74 **Wanda Nadine Wetterberg**, BA(RecAdmin), of Edmonton, AB, in July 2017

'75 **Bruce John Collingwood**, BSc(Spec), '76 Dip(Ed), '84 LLB, of Victoria, BC, in August 2017

'75 **William Danyluk**, BEd, of St. Paul, AB, in July 2017

'75 **Christopher James Scopis**, BSc(Spec), of Edmonton, AB, in August 2017

'76 **Janet Bauerfind (MacKenzie Rayment)**, BEd, of St. Albert, AB, in May 2017

'76 **Roy Allen Hennig**, BSc(MechEng), of Qualicum Beach, BC, in June 2017

'76 **Sylvia Adele Lyon (Miller) BEd**, of Camrose, AB, in August 2017

'76 **Judy Ann Pahl (Linderman)**, Dip(DentHyg), of Medicine Hat, AB, in April 2017

'76 **David Thomas Robottom**, BCom, '78 MBA, '79 LLB, of Calgary, AB, in May 2017

'76 **F. Lorraine Wylie**, BSc(Speech/Aud), '99 MScSLP, of Edmonton, AB, in September 2017

'77 **Leslie Gail Cook**, Dip(Nu), '83 BSc(Nu), of Victoria, BC, in July 2017

'77 **Garry Joseph Kitz**, BSc(Ag), of Two Hills, AB, in August 2017

'77 **Richard John Kuchar**, BCom, of Edmonton, AB, in June 2017

'77 **Wendy Elizabeth Mortis (Elliott)**, BSc(Nu), of Calgary, AB, in June 2017

'77 **Bruce Charles Percy**, BCom, of Victoria, BC, in March 2017

'77 **Cornelis Stam**, BA, of Edmonton, AB, in June 2017

'78 **Ruth Merle Kelly (Sanborn)**, BA(Spec), '16 LLD (Honorary), of Edmonton, AB, in June 2017

'78 **Douglas Wayne Spotowski**, BSc, '83 BEd, of Edmonton, AB, in July 2017

'78 **Heather Joanne Woolley (Lindgren)**, BSc, of Edmonton, AB, in August 2017

'79 **John Richard G. Horn**, BEd, of Whitecourt, AB, in September 2017

'79 **Gordon Wallace McPhee**, BEd, '83 MEd, of Calgary, AB, in June 2017

'79 **Joyce Charmayne Peabody**, BEd, of St. Albert, AB, in August 2017

'79 **Donna Alice Pipa**, BSc(Pharm), of Cochrane, AB, in April 2017

'79 **John Sneep**, Dip(Ed), '82 MEd, '89 PhD, of Burnaby, BC, in June 2017

## 1980s

'80 **Monique Rose Belanger**, BEd, of Fort Saskatchewan, AB, in June 2017

'80 **Patricia Ann Dalton**, BEd, '95 MEd, of West Kelowna, BC, in June 2017

'80 **Korey Cecelia McDonald (Bokenfohr)**, BEd, of Edmonton, AB, in August 2017

'80 **Carla Esther Nolan**, BA(Hons), of Toronto, ON, in August 2017

'81 **Patricia Marie Stevenson (Manning)**, BEd, of Edmonton, AB, in July 2017

'81 **Kathleen Ellen Thomas (MacKenzie)**, BEd, of Edmonton, AB, in June 2017

'82 **Theresa Jacqueline Swan**, BEd, of Clyde, AB, in June 2017

'82 **Susan Margaret Worth**, BA(Spec), of Edmonton, AB

'83 **Allen Scott Hinman**, PhD, of Calgary, AB, in August 2017

'83 **Lorraine Marie Kramer**, BEd, of Invermere, BC, in July 2017

'83 **Cheryl Ann Kuzyk**, BA(Spec), of Edmonton, AB, in June 2017

'83 **Douglas Charles Prud'Homme**, BCom, of Sherwood Park, AB, in June 2017

'83 **Robert Junior Schantz**, BEd, of Calgary, AB, in July 2017

'83 **Garry Victor Spotowski**, BEd, of Edmonton, AB, in August 2017

'84 **Julian Michael H. Coward**, MBA, of Victoria, BC, in September 2017

'84 **Donald Cochrane Machum**, BA, of St. Albert, AB, in August 2017

'84 **Michael Peter Markowski**, BSc, of Saint-Lazare, QC, in May 2017

## 1990s

'85 **John Francis Bourchier**, BEd, of St. Albert, AB, in June 2017

'86 **Jamie Barton Church**, BSc(MetEng), of Arrnprior, ON, in June 2017

'86 **Gary Dwight Juskiewicz**, BSc(Spec), of Edmonton, AB, in June 2017

'86 **Edith Irene Stearns (Simonsen)**, BEd, of Edmonton, AB, in June 2017

'87 **Laurel Noreen Middendorf**, BSc(Spec), '93 BSc(Pharm), of Edmonton, AB, in September 2017

'87 **Gregory Lee Penney**, BA, of Edmonton, AB, in August 2017

'88 **Wilfred Lawrence Bird**, Dip(Ed), '89 Dip(Ed), of St. Albert, AB, in June 2017

'88 **Robert Andrew Hall**, BPE, '92 BEd, of New Sarepta, AB, in May 2017

'88 **Gordon Bruce McDonald**, BSc, '90 BEd, of Brooks, AB, in May 2017

'89 **Agnes Ching-Yee Au**, BSc, of Edmonton, AB, in August 2017

'89 **Janet Lorraine Coatham (Ferguson)**, BSc(Nu), of Red Deer, AB, in July 2017

'89 **James Wooley Gibb**, BSc(Pharm), '61 MSc, of Salt Lake City, UT, in July 2017

'89 **Shauna Dee Roller**, BEd, of Edmonton, AB, in June 2017

'89 **Hannelore Renate Sterzik (Tschampel)**, Dip(Nu), of Edmonton, AB, in May 2017

'89 **Patrick James Stokes**, BEd, of High River, AB, in July 2017

'89 **Wilda Therese Swampy**, BEd, of Maskwacis, AB, in September 2017

## 2000s

'90 **Bruce Meldrum Buchanan**, BPE, '92 BEd, of Calgary, AB, in June 2017

'90 **Suzanne C. Lundrigan**, BA(Spec), of Edmonton, AB, in June 2017

'90 **Sandy Auld Mactaggart**, LLD (Honorary), of Islay, Scotland, in July 2017

# Alumni Events



## VOLUNTEER OPPORTUNITIES

### EXAM GREETERS

**EDMONTON** | DEC. 11-22  
Student Accessibility Services is looking for some friendly volunteers to help greet and check in students for their accommodated exams.

### UNWIND YOUR MIND

**EDMONTON** | DEC. 6-15  
Help students stay energized during long study sessions by delivering free healthy snacks at campus libraries.

### PETER LOUGHEED LEADERSHIP COLLEGE LECTURE SERIES

**EDMONTON** | JAN. 8, JAN. 22, FEB. 5, FEB. 26  
Assist the Peter Lougheed Leadership College with setup, guest check-in and ushering, and then enjoy the lecture series that invites everyone to be informed, challenged and inspired.

### JOB SHADOW WEEK

**EDMONTON** | FEB. 20-23  
**CAMROSE** | MARCH 7-9  
Give a student a behind-the-scenes experience at Winter Job Shadow Week. Apply by Jan. 5.

### EASTER EGGSTRAVAGANZA

**EDMONTON** | MARCH 31  
**CAMROSE** | MARCH 31  
Volunteer for the Alumni Association's most popular family event—a giant Easter egg hunt.

### GROCERY RUN ASSISTANTS

**EDMONTON** | ONGOING  
Help distribute food to refugee and immigrant families in need at the Edmonton Intercultural Centre on Thursday mornings.

### USCHOOL

**EDMONTON** | ONGOING  
Bring your enthusiasm for learning to U School and inspire the next generation of U of A students.

### HEALTHY SNACKS WITH FRUITS OF SHERBROOKE

**EDMONTON** | ONGOING  
Help prepare healthy snacks that will be donated to U of A programs.

More at [ualberta.ca/alumni/volunteer](http://ualberta.ca/alumni/volunteer)



## UPCOMING EVENTS

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

**BEIJING** | DEC. 8  
Alumni Reception

**EDMONTON** | DEC. 13  
Educated Luncheon – Extreme Weather with Gerhard Reuter

**EDMONTON** | FEB. 14  
Educated Luncheon

**PHOENIX** | FEB. 24  
Annual Brunch – The Global Impact of Wildfires with Mike Flannigan

**CALGARY** | FEB. 28  
Lecture series

**EDMONTON** | MARCH 14  
Educated Luncheon – Renewable Energy with Ryan Li

**EDMONTON & CAMROSE** | MARCH 31  
Easter Eggstravaganza

**EDMONTON** | MARCH 31  
Campus Saint-Jean Chasse Aux Oeufs

**VICTORIA** | APRIL 28  
Spring Brunch

**VANCOUVER** | APRIL 29  
Spring Brunch

LEFT PHOTO BY LAUGHING DOG PHOTOGRAPHY; RIGHT PHOTO THINKSTOCK

ILLUSTRATIONS BY KATY DOCKRILL

## smalltalk



## Fashion Sense

▶▶ We asked alumni to share the most popular (or worst!) fashions while they were students. Find more or share your own at [facebook.com/UAlbertaAlumni](http://facebook.com/UAlbertaAlumni).

**Plaid flannel shirt tied around the waist, XL concert tees (for extra volume), baggy Levi's 501s with the button-fly, and six-hole black Doc Martens. And a choker necklace, of course. If it was warm, the jeans were replaced by denim cutoffs worn with black tights. #90sGrungeGirl**

—Isabela Varela Romero, '96 BA

Mid-1980s. Polo shirts, Benetton, the first round of stirrup pants, Daniel Hechter sweatshirts from Fairweather's, perms and big hair, first round of neon, Dynasty-style shoulder pads, "Dress for Success" and those blouses with the ties at the neck, jumpsuits, "Lady Di" haircut, Miami Vice look for the guys, loafers with no socks, skinny ties.

—Leanne Sim Nickel, '87 BCom



**B**lue eyeshadow, heavily backcombed hair piled on top of the head, sleeping in hair rollers, cat's-eye glasses, stiletto heels, silk flowers worn as brooches. And never, never pants to class. Warm boots not invented yet, so walking from Pembina Hall to Corbett Hall, where education classes were held, meant pumps and bare legs. Frostbite was not unknown.

—Anita Jenkins, '66 BEd



**Big hair, shoulder pads, leg warmers, scarf in the hair.**

—Siobhan Muldowney, '88 BSc(Med), '90 MD

When I was on campus in the '60s, long hair was at its best. I wore a brush cut and got booed. —John Elson, '65 BEd, '68 BA

**MEC rad pants, fleece, socks and sandals.**

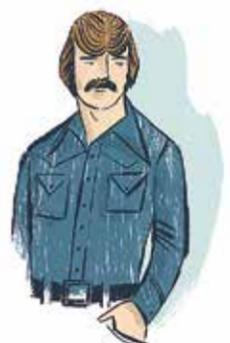
—Jacalyn Hodgson, '00 BSc(MechEng)

I lived in the new women's residence while I was a student. At that time, women were not allowed in the Lister Hall cafeteria wearing slacks. If a woman was wearing slacks, she was sent up to her room to put on a skirt, even in the winter!

—Tina Matiisen, '67 BA

**On the cusp of the yoga pants era. Lots of hoodies, flare-leg jeans. #2002**

—Cassandra Snider, '06 BA



**Late '70s: denim shirt, blue jeans, hiking boots.**

—Bob Kenyon, '80 BA



► **photofinish**

**Morning Commute**

Abdullah Altamer heads to the LRT on his way to North Campus for a physics exam. When he first came to the U of A as a recipient of the President's Award for Refugees and Displaced Persons, Altamer lived in HUB. Now he is one of the many students commuting to and from North Campus every day.

Photo by John Ulan



We think of Sandhill Fen as a worthy show & tell.

In our quest to rebuild the landscape, we've engaged the best minds to understand how natural systems work and what it needs to thrive. Syncrude, together with academics from across North America, has reclaimed a former mine site. We now have a success story that's 62 football fields large, filled with plants and wildlife. [Learn more at syncrude.ca](http://syncrude.ca)



# Secure Your Future with a Charitable Gift Annuity

If you are 65 years or older, would like a steady cash flow, and want to make a gift to the University of Alberta, you may wish to consider a charitable gift annuity. A charitable gift annuity allows residents of Canada to make a gift now, receive immediate tax savings, and earn a guaranteed income for the rest of your life.

To learn more about the investment that gives back, please contact us:

**780-492-4418**  
**[giving@ualberta.ca](mailto:giving@ualberta.ca)**



For general inquires about ***New Trail*** or the Alumni Association, please contact us:  
**780-492-3224 | [alumni@ualberta.ca](mailto:alumni@ualberta.ca)**