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Manulife
The Stories That Bind Us

Over the last century, New Trail has kept grads connected through times of war and unprecedented change—the space race, the advent of computer technology and the invention of the internet, to name a few. During the Second World War, the magazine shared university news with former classmates serving as soldiers on the home front (page 24). Just recently, New Trail’s digital publication delivered COVID-19 research and tips to grads’ inboxes within days of the World Health Organization declaring COVID-19 a pandemic.

Finding New Trail in your mailbox or inbox is an invitation to keep in touch—to reconnect with each other and with the stories that bind us together. In my experience, people talk about the university like they talk about home. They recount funny anecdotes and fond memories and they’re reminded that no matter where they end up, they will always belong.

I hope as you read this special issue and the issues to come, you’ll find yourself walking down a familiar trail—and meeting some old friends along the way.
Researcher maps breeding grounds of two owl species to help protect them

Not Whoo But Where

A U OF A STUDY RECORDED FOREST SOUNDS — including owl calls — at 677 sites across northern Alberta to produce a map of where the hard-to-track boreal owl and northern saw-whet owl are most likely to breed and nest. The information produced by Zoltán Domahidi, '14 BSc(EnvSci), '18 MSc, and his team can now be used by pipeline, road or utility line planners to avoid the breeding grounds and by governments when planning protected areas. Neither owl is at risk in North America, but research in Finland found boreal owls became threatened after logging changed the forests. The birds are difficult to monitor as they’re nocturnal, live in remote areas and spend most of their days hidden. — BEV BETKOWSKI
The study’s findings are based on a model the researchers created of all the energy inputs and energy uses in oilsands extraction processes. From equipment to utilities to transportation, all sources of emissions and energy-related steps were accounted for and quantified. “It’s a bottom-up approach,” Davis explains. “Our analysis captures all the energy flow and greenhouse gas emissions tied into the process. We account for it all.”

The model was then used to project energy use and greenhouse gas emissions until 2050. “We developed the model projections based on historical data since 2007. We could then assess how accurate the model was from that point until now by comparing it to industry data, and it was very close,” Davis says.

The model can be used to help oilsands producers assess their energy efficiencies and evaluate their options for greenhouse gas mitigation.

“—Catherine Tays, ‘13 BSc, ’19 PhD

The study finds that upgrading oilsands technology could net oilsands producers significant savings, investing in new energy-efficient systems would end up saving money from that point until now by comparing it to industry data, and it was very close,” Davis says.

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COVID-19 Research

Teams across the U of A are working to help curb the pandemic's impact. Here are a few examples

**Microbiology**

**Study Will Analyze Whether Antibodies Provide Immunity**

A U OF A STUDY will analyze thousands of blood samples to help determine whether COVID-19 antibodies create long-term immunity.

The year-long study will look for the presence of COVID-19 antibodies in leftover blood samples from Canadian Blood Services donors, analyze the concentrations and study how effective they are in preventing the novel coronavirus from infecting a host cell.

“This work will potentially guide our way forward if there are future waves in the pandemic,” says U of A and Canadian Blood Services microbiologist Steven Drews. While he doesn’t expect a treatment to emerge from the research, he says understanding immunity at a population level could help researchers develop more efficient tests.

The study will also help estimate immunity in the population, which is fundamental to formulating public health policy. “It’s not clear if people who have recovered from COVID-19 are immune to the coronavirus that causes it, although there is some evidence that immunity is probably occurring,” says Drews. “But we really don’t have a good sense of what the presence of just having antibodies means and what levels of antibodies we need to be protected,” says Drews. “One you’ve been infected, you can’t stop that, but having enough pre-existing antibodies could blunt that infection and reduce your chances of having a severe disease or reduce the chance of having the virus, for example, move deeper into your respiratory tract.”

Epidemiologists from Canadian Blood Services will look to see if there are different regions in Canada that have different exposure levels and if those populations, because they were affected at different times, have different antibody responses, says Drews.

The study is co-funded by the federal government’s COVID-19 rapid response research fund and Alberta Innovates. —Michael Brown

**Psychology**

**Chinese-Canadians Experience Racism During Pandemic, Study Finds**

Many Chinese-Canadians report being insulted, called names or threatened since the COVID-19 pandemic began, a survey found.

Two-thirds, 64 per cent, reported at least some level of disrespect. Half said they were bullied. The online survey by the U of A and the Angus Reid Institute, conducted in June, questioned a randomized sample of 516 Canadian adults who self-identify as being ethnically Chinese. Just under half of those surveyed were born in Canada, while one in five were born in mainland China or Hong Kong.

“This is happening in proportions that are strikingly large,” says U of A social psychologist Kim Noels, a researcher in the study. —Geoff Mcmaster

**Genetics**

**Project Will Explore How Virus Mutates**

Sequencing genome tests and treatment mutations that occur as the virus spreads — for example, move deeper into your respiratory tract. —Timothy Caulfield

**Psychology**

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**Busting Misinformation**

Printmaker and fine arts professor Sean Caulfield, ’92 BFA, ’96 MFA, has teamed up with his brother, fake-science buster Timothy Caulfield, ’97 BScSpec, ’90 LLB, to counter misinformation swirling around COVID-19. Part of a multi-pronged campaign against pseudoscience called Coronavirus Outbreak: Mapping and Countering Misinformation, the artwork is paired with hashtags like #ThinkAccuracy and #BreakThatFake on social media. The goal is to get people to stop and think, says the artist. “I’m trying to create images that… talk about the body and the anxiety around COVID, and that are complex and not easy to read.” —Geoff Mcmaster
Mental Health

Feel Like a Fraud? You’re Not Alone

High achievers are particularly prone to the debilitating effects of impostor syndrome. DO YOU FEEL YOUR SUCCESS is a fluke or just good luck? Do you obsess over mistakes or brush off compliments? Maybe you stay quiet so people don’t realize you’re a fraud.

Research shows as many as 70 per cent of people experience “impostor syndrome” at least once in their lifetimes. It’s not a mental health disorder, but the effects can be debilitating, says Becky Ponting, ’04 MA, a psychologist with the university’s Counselling and Clinical Service.

And surprisingly, it’s even more common among high achievers than in the general population. Ponting runs a workshop for students on how to identify and overcome impostor syndrome. Here are some of the risk factors:

- Being a high achiever
- Comparing yourself with others
- Being a perfectionist
- Growing up in an achievement-oriented context
- Being different from peers in some way
- Uncertainty such as a new job or learning a new skill
- Feeling pressure to never fail

Ponting says the first step to overcoming impostor syndrome is to understand what it is and why you might suffer from it. While it’s a temporary issue for many, for others it can be a lifelong problem that damages their careers and relationships. — Gillian Rutherford

10 Tips to Overcome Impostor Syndrome

1. Talk to others about your feelings.
2. Avoid minimizing your accomplishments or expertise (“Yeah, but...”).
3. Mentor others in your field — it helps you realize how much you do know.
4. List your achievements and “own” them. They can’t all be due to luck.
5. Keep a record of positive feedback.
6. Stop comparing yourself with others.
7. Write a list of people, such as employers and loved ones, who you think you have convinced. Imagine how they would respond if you told them.
8. Let go of perfectionism, which can lead to procrastination, harsh self-criticism and fear of risk-taking.
9. Don’t assume your self-perceptions are correct. Check with a trusted source by asking for feedback.
10. Practice accepting compliments — just say “thanks!”

Why It’s Tough to Get the Stink Out of Polyester

When does that favourite shirt still stink after you’ve washed it a bunch of times? Chances are it contains polyester, which means that funky smell isn’t going to go away. A new U of A study shows that difference — smelly compounds like those in sweat — are more attracted to polyester than to other fabrics and don’t completely wash out.

Polyester is a non-polar fibre — meaning it repels water — which is why it dries quickly. But that also means it naturally attracts oil from our skin, which can lead to body odour, says lead author Makaya Makokis, ’18 MSc, who conducted the research for his master’s degree in textile and apparel science.

“We found that polyester isn’t easily releasing those sweaty-smelling compounds, and repeated washes put more of them into the fibre, so over time there’s this buildup of odor.”

The research gives insight into why antimicrobial textiles only partly address the issue of smelly fabrics.

“Is there any news?” Your favourite shirt will probably only get to a certain level of smelliness. Between five and 10 wash cycles made no significant difference in the amounts of odorants extracted from the fabric — even Automated

Let’s Walk the Talk to End Racism

When the COVID-19 pandemic hit, my daughter and six-year-old grandson, Atayoh, moved back to Sleeve Lake Cree Nation so we could support each other. As safety precautions eased, we put Atayoh in soccer and swimming camps.

As I walked into the local pool to register him, I was transported back to the time when my children, Janice Makokis, ’05 BA(NativeStu), and James Makokis, ’06 BEng(Food), were competitive swimmers. I remembered the many times my husband and I volunteered at swim meets and the excitement of watching our children compete.

But I realized I also had a terrible feeling in the pit of my stomach. I felt worry for my grandson.

Atayoh knows he looks different. He has long braids and he’s brown, and for some reason his appearance causes people to stare and sometimes even ask if he’s a boy or a girl. So, when I went to the pool that day, I found myself trying to soften the blow by explaining to the receptionist that my grandson is a traditional Cree boy with long beautiful braids.

One day as I sat watching Atayoh swim, I struck up a conversation with a young woman next to me. It turns out her younger brother was in the same Grade 5 class as my son 20 years ago. Talking to her sparked a memory of an incident at a school Christmas concert, when this young woman’s brother told James he was black, he didn’t belong and he “should burn.” When my husband and I spoke to our son’s teacher and the school administrator, they minimized the incident. We were told, essentially, to shrug it off. Get over it and move on.

Why am I sharing this memory? Because here we are in 2020 — and what has changed? Not enough.

For four generations, my family has experienced racism and it’s painful. As Atayoh’s kokum (grandmother), it will break my heart to see him experience the pain we’ve all had to endure.

As a young mom, I was so busy working, raising my children, being involved in their education and in their sports activities that I dealt with racism on the fly.

Now, I feel a sense of urgency to create change for the sake of my grandson.

I remain optimistic. If we work together, if we do the intellectual and emotional work that’s needed to counter racism, our grandchildren and those yet to be born will inherit a better world.

About a year ago, I participated with Indigenous and non-Indigenous allies in a two-week treaty education walk from Edmonton to Calgary. The mission was to educate other potential allies about the numbered treaties. We walked and talked all the way to Calgary. We stayed in church basements en route, and every night we watched a short film, Treaty Talk. Shaking the River of Life, followed by talking circles with residents from each community. We shared many tears and heartfelt stories over the two weeks.

One night, a white man in his 70s said: “I am here to unlearn what I learned as a young person and to learn about Indigenous Peoples from Indigenous Peoples.” His words gave me hope. The hope I have for all of us. At his age he is still open to learning. None of us learned the true Indigenous world view in school, and we have all lost out as a result. We have lost out on opportunities to really know one another, to learn from the horrific stories of colonial history, to hear about Indigenous resilience despite ongoing racism and, most importantly, how we can all move toward making reconciliation more than an empty word.

It takes what I call “heart work.” We are all called to do this work. It involves confronting difficult questions. It requires that we recognize and address racism head-on with honest, positive and respectful conversations.

And as we do this work, I will continue to love and laugh and wear my rose-coloured glasses that foresee a brighter future.

Patricia Makokis has a EdD in education. As an educator and consultant, she considers herself an excellent listener working for the people. She is co-producer of two educational documentaries: Treaty Talk: Sharing the River of Life and Treaty Talks: A Journey for Common Ground. She lives on the Sleeve Lake Cree Nation.

Walking Together

Patricia Makokis, ’79 BEG, has devoted her life to building bridges between Indigenous and non-Indigenous cultures. She guides us as we walk through some difficult spaces together and learn what it means to say we’re all treaty people.
It’s not easy living green

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

A father and his 24-year-old daughter forced to spend every single minute together for two weeks, hunkered down in a house full of canned food, with no escape during a period of terrible March weather, no other human contact and the threat of plague hanging over us. It sounds like the script notes for a desperately existential black and white Ingmar Bergman movie where no one smiles and every conversation unravels different filaments of the futility of the human condition. Sign me up!

But it didn’t go that route, for various reasons. For my part, it’s because I was pre-quarantined. You see, I have spent the majority of my freelance writing career sitting by myself in my tiny basement office trying to make sense of one subject or another, after which I try to write something interesting about it. I have operated on the principle that no one knows or cares what I’m doing, which has kept the bar low enough for me to be fairly satisfied with my so-called career, while remaining uninfected by the bitterness of not having won the Nobel Prize in Literature (yet). Like professional athletes and parents of small children, writers rely on metronomic routine to maintain balance. This allows us to go about our business without having to wait around for our muse to arrive, which it never does until the exact moment we need to go to the bathroom. All this is to say, my workdays have involved the same routine for the last 25 years or so. Get up, eat breakfast, go down to the Panic Room, wrestle until lunchtime with the limits of my talent, insight, temperament and motivation, get some exercise, eat lunch, repeat the process in the afternoon.

When the implications of the pandemic were becoming clear and we were told that we had to stop seeing people, isolate, exist in bubbles, work from home and avoid large gatherings, my first thought was, “Same old, same old.”

“My wife, Cathy, sensibly decided it would be better to stay with her parents. Our younger daughter, Grace, was living in Vancouver. So, I picked Jess up at the airport and then it was just her and me. For two weeks. In isolation.

In the spring, our older daughter, Jess, came home from New York City, where she’s been living for the last couple of years. Naturally, this was a relief on many levels because, by the third week of March, New York had passed France and South Korea in the number of positive cases of COVID-19 and the disease rates were climbing exponentially. But it also meant a two-week quarantine for Jess and anyone who would come into contact with her. My wife, Cathy, sensibly decided it would be better to stay with her parents. Our younger daughter, Grace, was living in Vancouver. So, I picked Jess up at the airport and then it was just her and me. For two weeks. In isolation.
The World Underfoot
To experience a place is nuanced, depending as much on when and why you go as how you get there.
What if Here is All We Have?

If you can’t travel widely, travel deeply

DAY 1 STARTS near ancient dunes west of Edmonton. The land still speaks in outbursts of sand of ancient glacial waters and profound change. This is a day to walk softly through tall grass and, on reaching the forest, to pluck a spruce tip and taste its lemony piquancy. Further along, we climb the long thread of the valley from Devon to Fort Saskatchewan. And for the past three years, a group of friends has walked this path together. Sheilla Thompson, 74, BEd, and Graham Hicks, both long-distance walkers, decided in 2018 to walk our river valley. They inaugurated the Camino Edmonton, named for Spain’s famous pilgrim trail, Camino de Santiago. Again this year, our goal is to celebrate what civic and volunteer collaborations have built — trails, paths, stairways and walking bridges — by making a secular 100-kilometre pilgrimage from Devon to Fort Saskatchewan over five days. Walkers reconvene daily at 8:30 a.m. to walk the day’s segment. No need to camp in rude huts nor rise before dawn to chant the day’s prayers, just a day of walking together.

This year, COVID-19 means physical distancing, and face masks or shields and hand sanitizer are pilgrim gear. And we walk under an invisible pressure, grasping at ways to stay safe. Singing indoors makes the virus more transmissible — can we sing, can we sing a trail song?

Day 2 begins walking past Fort Edmonton. In the treachery, we discuss old names, dark histories, how to teach and learn together. Slippery potholes mark the path like wounds that bar our understanding. How are we to live as treaty people, all of us, weighted and unbalanced by the complex and difficult histories we carry? We don’t sing together.

We gather for lunch above Kiniskiwinowyin, the North Saskatchewan River. Carefully spaced, we talk about negotiations with settler land owners who were reluctant to allow the River Valley Alliance to build walking trails along the fringes of their farms. We talk about the possibility of one day seeing Cree, English and French signs. Below, swift brown waters roll and tumble as murky as history, as apt to hide snags and sandbanks, the sturgeon muscling along on its sovereign, inscrutable trajectory.

Day 3 is blessed with misty rain, cooling us as we stroll through the city centre. Some of us are blistered, our age and conditioning telling on us. I push through, even though the extra two kilometres that make it the longest leg of the journey are too far for my back. Dehydrated and overtaxed, I imagine myself a real pilgrim or refugee, and I labour up the last incline.

I pay in back spasms that lay me out for Day 4. It gives me time to ponder. What does it cost refugees and devotees when one of their number falls? I have a comfortable bed, anti-inflammatory medicines and a hot water bottle my husband filled before work. If this gets worse, I can call a friend, a cab, even an ambulance, to get medical help. That is where we live, too. I am profoundly thankful.

Day 5 finds me improved and I rejoin the walkers. Our last leg is open country to Fort Saskatchewan. Our morning meeting is brimful of energy. We are like the boys who galloped past us on the first day. We haven’t gone hungry nor tried to survive ourselves through storm or peril, nor huddled in fear of enemies. We haven’t begun touching the depth of history that lies like sand, and thrusts glacial erratics along our path. Whether we know which erratics along our path. Whether we know which.

Today the sun is shining. We form a final circle on a broad swath of civic parkland, and I am invited to sing an Anishinaabe song to honour our river: “If I sing, I tell them, you must join. It won’t matter if you get the words wrong.” And they join me, and physically distanced but with our hearts in the same flow, we softly sing our thanks for this Earth, this river valley, the possibility to walk it, again and again, deepening day by day. — Anna Marie Sewell, 91 (August)

WRONG WAY, AGAIN!

Can’t follow that street map? It’s not you, it’s a design flaw

LIKE MANY THINGS, grocery shopping became more stressful after COVID-19. It’s not only the shortages of yeast and toilet paper, but the slapdash wayfinding systems: those arrows taped to the floor. If you’re faced yourself halfway down the cereal aisle before realising you’re going the wrong way, you’re not to blame, according to Gillian Harvey, ‘00 BDes.

“A wayfinding system fails if there’s no consideration of the users of that space,” says Harvey, assistant professor in design studies and programme director of the Edmonton Wayfinding Society. “She has seen for those trying to direct human traffic.

1. Don’t give too much information. It’s too much for people to take in at once.

2. Use consistent language. A system needs to be understood by everyone, everywhere, all the time,” she says. She advises using language that is comprehensive.

3. Make it comprehensive. For Harvey, a historic example of effective wayfinding in its time was the iconic pedway signs in Edmonton designed by Lance Wyman in 1987. They depict the word “ped” in Helvetica typeface with pairs of footprints stacked vertically in three rows. Based on the placement of feet on the sign, you can see if the pedway is underground, at street level or elevated. Unfortunately, until recently, the system wasn’t maintained or updated as new buildings and connections appeared. The lesson: wayfinding systems require upkeep and a budget.

4. Don’t forget why the signs are there. Good wayfinding focuses on human and physical distance indicators, for example, tell pedestrians how long it will take them to reach destinations, which promotes walking, Harvey says. It also helps people find their way in unfamiliar places and lets them navigate when the usual visual cues, such as city blocks, are absent. “User-centred design paints the picture of the space so people have a mental model,” she says. “And it’s not a simple task.”

So, spare a thought for the hard-working staff in grocery stores and other public spaces, who have suddenly been called on to interpret public health instructions while learning wayfinding principles on the fly. They are finding that the duct taped arrows in aisles illustrate a common design pitfall: they are not visible enough.

“Signs or maps should catch your eye,” Harvey says. — Stephanie Bailey, To B伐oK
The Route of Memory
Maps say as much about time as they do about place.

EVERY FEW YEARS my family returns to Hong Kong and my dad, Sik-On Yu, '78 BSc(CivEng), insists on a pilgrimage to the neighbourhoods where he grew up more than 50 years ago. We get on the bus and I'm skeptical that he can find the route he took as a teenager, but he has an undeniable faith that eventually the street will bend the same way it used to, a line on a map that no longer exists. The word "map" dates to the early 16th century from the Latin mappa mundi, which means "sheet of the world." For my master's thesis in humanities computing, I looked at how we map experience, rethinking city spaces with user-generated data. Some maps record distance or show you the nearest Starbucks. Others record thoughts or hold the memory of where you bumped into a friend and had a spirited sidewalk reunion. Sometimes a map is less about finding a location and more about anchoring a place in time.

Cartographer Denis Wood asked, "What if map-making were an expressive art, a way of coming to terms with place with the experience of place, with the love of place?" Our experience of place is personal and multi-layered, meaning no map is ever accurate; rather it represents a moment. Author and historian Rebecca Solnit says each of us is an atlas, containing versions of place as experience, rethinking city spaces with user-generated data. Some maps record distance or show you the nearest Starbucks. Others record thoughts or hold the memory of where you bumped into a friend and had a spirited sidewalk reunion. Sometimes a map is less about finding a location and more about anchoring a place in time.

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When Home Doesn’t Feel Like Home

Sometimes you leave a place. Sometimes it leaves you.

WITH NO END IN SIGHT to the pandemic, the sad realization is beginning to sink in: things might never be the same again. Our world is getting ever stranger as the weeks turn into months, from wearing masks indoors to facing the corners in elevators. It turns out there’s a word for that feeling, that sense of loss or longing for the carefree comforts of Life Before. “Solastalgia,” a portmanteau of solace, desolation and nostalgia, was coined by philosopher Glenn Albrecht in 2005. If nostalgia is the longing we feel for home after we leave, solastalgia is the distress we feel when home becomes unfamiliar—when it leaves us.

“It is the pain or sickness caused by the loss or lack of solace and the sense of isolation connected to the present state of one’s home and territory,” writes Albrecht, a former environmental studies professor at the University of Newcastle in Australia.

The concept describes the anxiety we feel when our sense of place is challenged by environmental change, whether natural or manmade. Drought, flooding, war, terrorism. Or infectious disease. Take, for example, the U.K.’s 2001 epidemic of foot-and-mouth disease. It had a serious psychological impact, Albrecht says. Farmers and other community members directly affected by the sudden change felt “distress, feelings of bereavement, fear of a new disaster ... flashbacks, nightmares and uncontrollable emotion.”

Solastalgia is a concept Brad Necyk, ‘06 BCom, ‘11 BFA, ‘14 MFA, ‘19 PhD, and Dan Harvey were exploring even before the pandemic arrived. In 2019, as part of a group art show called Dyscorpia at the University of Alberta Enterprise Square Galleries, they produced a multimedia exhibition (above) that focused on solastalgia as a psychological effect of environmental change. Through hyperrealistic 3D renderings, their work depicts uncanny natural landscapes and people in radiation suits navigating them. The exhibition proved to be prescient, as art often is.

Just look at the way the coronavirus pandemic has destabilized our lives, whether it’s through job loss, the strain on family life or fear for our own well-being. The life we once knew has been altered in ways we couldn’t have imagined.

“When our home becomes unrecognizable, says Albrecht, it no longer comforts us in the way it once did. ‘In short, solastalgia is a form of homesickness one gets when one is still at home.’”

As we continue to navigate the changes COVID-19 brings, it may be a helpful term to add to our growing pandemic lexicon. --STEPHANIE BAILEY, ‘10 BA(hons)
More than once we found articles that showed just how well U of A grads and researchers could predict the next big thing

**Laptops and smartphones in 1953**

"Let us see, what summer school students are doing in the year 2000." We strode over to where a group of students were sprawled in the grass and looking at their hot July sun. “Better not interrupt them,” Whiskeyjack cautioned. “They are probably attending lectures right now. Each,” he explained, “has his personalized portable television set. Do you see?”

I did note that they were looking more or less intently at the screen of a small camera-like article each seemed to possess. I glanced from screen to screen. The subject matter, though different, seemed, for the most part, to be of an academic nature. A student, laden with all the paraphernalia of learning… and gazing intently at the screen of her portable television set, seemed about to be walking smack into the south door. She didn’t raise her eyes. When I thought she must go bang wham into the red panel, she glanced up and closed after her. “Isn’t that wonderful?” cried Whiskeyjack. "Here one can sit in on lectures even while one is walking about. And one needn’t take one’s eyes off one’s studies even to open a door." —The author of the “Whiskeyjack” column imagined campus in 2000.

**WE SAW IT COMING**

**Self-driving cars in 1993**

"I just drove two days ago to Drumheller. Coming back on the Calgary Trail is pretty darned boring. I don’t know why the cars can’t drive itself. Why can’t there be sensors in the car? Why can’t it know where the right and left shoulder are? Why couldn’t it be possible to have a car that is smart enough to drive itself?"

I could program it to say here I am, here’s my destination, here’s the route I want to follow and it would do the rest."

**The need for a cure in 2010**

"One need only think about the threat to human well-being posed by virus pandemics — avian flu, swine flu, the next unidentified killer — to see how today’s gift has the potential to be transformational in the lives of literally millions of individuals." —Frank Sire, president of the Li Ka Shing (Canada) Foundation, during the announcement that Li Ka Shing had donated $28 million toward the founding of the eponymous institute of virology. Now researchers at the institute are working on solutions to COVID-19. (Spring/Summer 2010)

**Screams in classrooms in 1965**

"Closed-circuit television as a teaching aid has come to the campus. With the faculties of Education, Dentistry, and Medicine there is a growing trend to use TV as a supplement to certain courses where increasing enrolment and a relative inaccessibility of certain subject material demands it… All departments using closed-circuit TV indicate there is an increasing need for more video tape equipment to expand what has become a valuable and effective method of teaching." (Autumn 1965)
Despite having only 439 registered students when the First World War erupted, by July 1916, 222 members of the university community were serving in the Canadian Forces in some capacity, with 14 staff members on active service. “By the end of the war, the roll contained some 475 names; 82 died on active service.”

Grads were encouraged to donate $10 or $20 (equivalent to $150 or $300 today) to establish a memorial on campus for those killed in the First World War. “Remember that those who ‘laid the world away’ valued not lightly what they sacrificed—comfort, ambition, learning, comradeship and life itself.” The war memorial was erected three years later in the form of an organ in Convocation Hall.

In the midst of the Second World War, The Trail was renamed The New Trail. University of Alberta president Robert Newton explains: “We have hit a new trail. … The world war which consumes our wealth and drains our best blood is the reward of sins of omission. We failed to provide real equality of opportunity, whether for nations or for individuals. In this small world nothing less will do. We have fallen short and must do better. Naturally we must begin where we are. That need not discourage us.”

The U of A sent a monthly newsletter of university news to soldiers during the Second World War. The New Trail printed this as a column called “The Chipmunk.” The inaugural newsletter included the lineup for a co-ed hockey game, news that the Tuck Shop had opened under new management and reflections on a talent night for which the author and his companion accidentally bought the ticket for the wrong night and so instead “plodded sadly homeward reflecting on such matters as youth and age and love and efficiency.”

Students Counselling Services at the U of A was developed largely to support war veterans who flooded campus in the late 1940s.

The Trail published the names of prisoners of war, soldiers killed in action and missing persons during the Second World War. However, after a request from the press censors, the magazine stopped publishing detailed information about men and women in the service.

During the Second World War, military training became compulsory for all students. “This resulted in the formation of the University Auxiliary Battalion. In 1942–43, the Air Training Corps and the Naval Training Division completed the permanent representation of the armed forces on the campus.”
SIX GRADS WE WISH WE’D MET

Eight years after the University of Alberta fetched its first graduating class in 1912, The Trail was launched to unite alumni scattered far and wide. Letters, accompanied by the obligatory two bucks for dues, arrived at The Trail with postmarks from Vancouver or Chicago, China or South America. The gossip “Sparks from the Anvil,” column detailed the European adventures of Rhodes scholars alongside the LinkedIn-style job announcements of grads closer to home.

Part Facebook, part phone book, the magazine had a mission to connect current students with their alma mater and with each other. Here are a handful of grads we’d love to have met from the magazine’s first decade.

BY THEDEE KHELER

BEATRICE GEORGINA PARLEY (BUCKLEY) 25 BA, 44 PhD Ed 34-45 Pandosy basketball 1903-09

After graduating, Buckley returned home to Glencoe, Alta., where she did “anything and everything” to earn enough to attend a teacher training program at an Alberta normal school. “My latest adventure,” she quips in a November 1925 letter to The Trail, “has been cooking for threshers to the tune of ‘Groans from the Thresher.’” Farming and politics “were a part of my life, I was in the women’s suffrage movement and I was a farmer’s wife.” Buckley later served as an English professor at the U of A, teaching the poetry of her beloved John Milton. As Alumni Association president from 1925 to 1926, she took great pride in raising funds for the Convocation Hall pipe organ, in memory of the 82 staff and students who died in the First World War. Under his guidance, The Trail went on a mission to capoe, and otherwise motivate grads to donate to a memorial fund to raise $12,000 for an organ in honour of those killed in the First World War. “If we have any self-respect, if we have any pride in our university ... we can do nothing but give our hearts and souls to this fund.” The pipe organ was installed on Nov. 11, 1925.

JOHN THOMAS "J.T." JONES 32 BA, 36 MA 1898-1989

The front-page editor’s note in November 1923 wasted no time letting readers know that a new editor was in town. Jones steered the magazine for five issues and remained on its editorial committee for many years. He spent his career as an English professor at the U of A, teaching the poetry of his beloved John Milton. As Alumni Association president from 1925 to 1926, he took great pride in raising funds for the Convocation Hall pipe organ, in memory of the 82 staff and students who died in the First World War. Under his guidance, The Trail went on a mission to capoe, and otherwise motivate grads to donate to a memorial fund to raise $12,000 for an organ in honour of those killed in the First World War. “If we have any self-respect, if we have any pride in our university ... we can do nothing but give our hearts and souls to this fund.” The pipe organ was installed on Nov. 11, 1925.

WILLIAM "BILL" FREDERICK SEYER 16 BA, 31 MSc 1890-1977

Seyer was among the first members of the St. A’s Ikey alumni chapter in Vancouver in 1923, The Trail reports. As a professor at UBC, Seyer saw the potential for the then-emerging field of chemical engineering and helped start a department. In 1948, he moved to Los Angeles to take up a job as a professor at UCLA, where he specialized in the study of corrosion. Amazingly, his work helped put better ballpoint pens in our pockets. When ballpoint pens were introduced in the 1940s, they used a wax-like solid for ink. Seyer developed a quick-drying, absorbent ink, patented the process and sold the rights to a company that was the forerunner of Paper Mate. In fact, Seyer later became a consultant to Paper Mate, according to a University of California website, and his corrosion research influenced how the pens were designed. The pipe organ was installed on Nov. 11, 1925.
#27

**They Call It The Brain!!!**

GEMS FROM THE MOUTHS OF GRADS

OK, not everyone quoted here is a grad but the people who appeared in *New Trail* definitely had some interesting things to say over the years. Here are a few standouts.

### 22 Spring 1963

“Having ideas and disseminating them is a risky business… The march of civilization has been quick or slow in direct ratio to production, testing, and acceptance of ideas; yet virtually all great ideas were opposed when they were introduced.” – *What Right Has This Man…*

### 23 January 1944

“A pig not only makes a wonderful pet; he is also the finest little mortgage lifter you ever saw.” – Libbie Lloyd Elsey, ’12 BA

### 24 January 1943

“Varsity Tuck Shop would not rank high from the point of view of an architect, but from the point of view of anyone who has found there the young laughter and bright faces for which he has hungered, there is no building, whatever its magnificence, that is half as fine as the long, low shop named many years ago ‘Varsity Tuck.’” – M.D. Skelton, ’43 BA

### 25 Autumn 2010

“I believe we can build a better world! Of course, it’ll take a whole lot of rock, water & dirt. Also, not sure where to put it.” – Marc MacKenzie, ’96 MSc, ’00 PhD

### 26 September 1928

“We too easily forget the fact that the child grows through his own activity and not by listening to instruction.” – M.E. LaZerte, ’25 MA, ’27 BEd, ’63 LLD (Honorary)

### 27 Winter 1957-58

“I have never met you personally but statistics tell me you are a young woman of superior intelligence and high ideals.” – Mary B. Silcox of the Edmonton University Women’s Club

### 28 Spring/Summer 2000

“When you wanted to look up a book you first went to the library. We even had card catalogues. Now you do your research through the Gate [the U of A library’s online catalogue].” – Paul Gervais, ’81 BSc(Ag), ’00 Mag, ’00 MBA

### 29 Winter 1953

“We’re back once more on the old trail, our own trail, the out

### 30 April 1945

“Fiddlesticks, it doesn’t hurt you to go out in the daytime.” – *Two Little Bats*

### 31 November 1968

“Students used to swallow goldfish. They will get back to that sort of thing soon.” – *The University in 1968*

### 32 January 1948

“The student who takes his history from only one book, or from only one lecturer, is not apt to arrive at the understanding of very much.” – S.R. Mealing, ’49 BA(Hons)

### 33 Autumn/Winter 1955

“Artists need stimulation, they need encouragement, but most of all they need money.” – James Stolee, ’53 BA

### 34 Autumn 1956

“Complete skeletal examples of every known group of pre-monkeys are included.” – *University Purchases Dr. Rowan Collection***

### 35 October 1931

“The Trail solicits and will publish contributions, prose or poetry of an acceptable literary merit, on any topic, and by any person interested in the spiritual and material progress of Western Canada.” – *Call for contributions*
WE EMBRACED NEW JOURNALISM

The new journalism trend of the 1960s made its way into New Trail on the occasion of the retirement of Walter H. Johns, '70 LLD (Honorary), president of the university from 1959 to 1969. We reprinted this profile, which originally appeared in The Gateway student newspaper. The writer, Al Scarth, was editor-in-chief of The Gateway the following year when, presumably, he benefited from the knowledge that even a busy president always makes time for the press. (See our more contemporary take on a presidential profile on page 34.)

The President is busy. He does not look up when you enter his office. An impressive stack of letters has just disappeared under his signature. Walter H. Johns, written with an ‘a’ almost as large as the ‘W’ and a ‘J’ with a monstrous mouth. If he ignores you for the moment, there is already a hospitable cup of coffee by your chair. Funny, you didn’t notice it and sat in the wrong chair. However, you might glance about and see that it is really a very nice office, the one they reserve for the President, but then, it’s all part of the insulation, part of the attempt to shelter, protect the administration from – First of all, before we do anything else,” (oh, oh, he wants to run this show), “can you come to supper tonight?”

Hub? “My wife will have some leftovers from a luncheon and if you don’t mind leftovers …”

There is a private phone in the President’s office which he must keep tabs on in addition to calls routed through his secretary. His constant companion, it frequently makes its presence known, every few minutes “Yup, yup, yup, yes. Well why don’t I just send it to you?” “I haven’t time.”

That stack of official looking letters? He is organizing a club of former university presidents, Lucem Revidemus (We See the Light Again) in the proposed title. And there is a personal invitation for tea in Victoria, which he must refuse because of a speaking engagement in Vancouver. “No time.” His secretary pleads that he signs “one little short letter, I think that’s the last one.” Getting around the President’s phone is like feeding your girlfriend’s little brother quarters: neither stay away for very long. “It’s not a year of foaming” he tells it. “It’s a year of work, what the young people say today is doing my thing.”

That year starts September 1, when he leaves the post he has held for 10 years to return to his overstuffed bookcase for 10 years to return to the University of British Columbia’s morning tape. “I have been so busy doing nothing, I cannot find time to finish, and if I ever finish, I suppose I’ll never know it.” (Summer 1987)

In a recent letter from Harold W. Weekes, ’48 BA, he notes that: “The new Trail serves as excellent propaganda to support his thesis that Toronto is not necessarily the only university in Canada.”

Norma Christie, ’35 BA, says she couldn’t marry the man she wanted and wouldn’t marry the man she wanted, so she stayed single. “I am glad I am a spinster.” (Summer 1983)

Stewart Davies, ’52 BA, ’64 MBA, and Professor Palmer, ’51 BSc(Ag), ’64 MBA, ’63 LLB, from the Institute of Business Administration, Britain, report that they are putting the “entrepreneurial skills we learned at university to use” as the owners and managers of an adult entertainment company in Soho in London’s West End. (Summer 1989)

H.E. Rawlinson, ’27 MD, tells us that his hair is grey; he is a few pounds heavier, not much wiser and poorer financially. (Summer 1952)

Charles E. Simmons, ’30 BSc(MiningEng), ’57 BEd, reports that he retired in 1976. "I have been so busy doing nothing, I cannot find time to finish, and if I ever finish, I suppose I’ll never know it." (Summer 1987)

40

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Economic conditions are still difficult in Alberta. The registration of the university is growing at a natural rate, commensurably, I think, with the normal increase in the population of the province. But until our income begins again to expand and the economic tide definitely turns, we must be patient and the business affairs of the institution must be managed with extreme care. This doubtless is only a temporary phase through which we are passing. Anyone who takes a long view of Alberta has real confidence in her future stability and prosperity.

"More than ever the intellectual point of view—and that is the university's age-long contribution to civilization—is required today when force and ignorance again raise their hideous heads. Let us all stand together. Between light and darkness there can be no compromise.”

—William A.R. Kerr, university president (June 1957)
It was after midnight. A shot rang out across the cabbage field behind Athabasca Hall: then another shot, and groans and cries for help. Little groups of half-dressed students came from the buildings and made their way to the scene. The snow showed unmistakable marks of a struggle. A torn purse spoke of robbery. Drops of blood gave away the joke. It is said that the police were angry. Somebody has described the event as a hundred per cent “home”—on the students, on the police force, and on the jokers themselves. For, it must be known, the two jokers were arraigned before the police magistrate and before the Students’ Court. Fortunately the police magistrate recognized a good joke, and dismissed the prisoners with a warning. The Students’ Court dismissed them with stern solemn reprimands.

Naturally most of the university was highly amused at the exploit, and pleased at the display of originality, which some claimed the students did not possess. Many stories of the eventful night are going the rounds. Even some of the details we have narrated may be legendary, although many say they are true. (March 1926)

50 The Most Interesting Article You’ll Ever Read About Dirt

Our goals could turn even dirt into poetry, as evidenced by this article about the value of soil surveys.

“Soil is not an inert mass of ground-up rock, which mantles the Earth’s crust. Soil is the living, constantly changing home of millions of bacteria and the food provider of the Earth’s vegetative cover and, therefore, of all life. Nor is soil homogeneous. The original rock from which the soil came differs greatly from place to place and these materials were, through the ages, moved and sorted by wind, by water, and by ice before they found a final resting place. The ultimate aim of a soil survey, if it can be put in one sentence, is to find the best, the most desirable, permanent use for every acre of our land—whether that use be for cereal crops, for hay crops, for grazing, for commercial timber, or for play grounds. As long as land is used for purposes other than it is suited, just so long will soil deterioration and eventual abandonment be the result. Any planning for a better allocation of the 150 million acres of land in this province must be based on the natural characteristics of the soil.

“We are not landowners (would that that word had been stillborn); rather we are temporary custodians. Land should and must be a permanent resource to use; to husband; and to pass on—to pass on in at least as good a condition as we received it.”

—William Earl Bowyer, 30 BSc(Agr), 32 MSc
Where most people see challenge, Bill Flanagan sees opportunity.

He returns to Alberta to face his biggest challenge yet, as the U of A’s new president.
he got a summer job at the experimental farm on the outskirts of his hometown, Lacombe, in central Alberta. He and a few classmates from the local high school were hired to sort seeds. Within hours of their first shift, they all came to the same horrible realization. This was going to be one very long, very boring summer.

But before the first workweek was through, Flanagan concocted a plan.

Take turns reading short stories aloud, he proposed, to distract them from the mindless task at hand. It was an unusual suggestion and his co-workers were vaguely skeptical but they agreed. Flanagan went first, reading ‘A Christmas Memory’ by Truman Capote, a deeply moving—albeit out-of-season—tale about country life and friendship. By the time he finished, the workday was done and no one had noticed the long hours.

On a warm summer’s day some 40 years later, I meet Flanagan, now the newly appointed president of the University of Alberta. And though much has changed since he left the province years ago, one thing quickly becomes apparent: where most people see a challenge, he sees opportunity. Just as he was that summer he spent sorting seeds, he is still a man who thinks differently about a problem. This will be vital to the task before him as incoming president: a massive restructuring following cuts to provincial funding.

Faced with a substantial budget reduction amid an economic downturn, he has his work cut out for him.
Flanagan is a tall man with a smile that puts me at ease and a knack for telling stories. We meet on a windy Quad, where we have our choice of picnic benches. With summer students learning from home due to the pandemic, it seems as though there are more magnics on campus than people. The Sweetgrass Bear sculpture by Indigenous artist Stewart Steinhauer stands as a backdrop to our conversation, with the words “We are all related” engraved on its side. The only sound my recorder picks up between gusts of wind, is Flanagan’s voice as he reflects on his rural Alberta upbringing and his life since. His return to Alberta is a homecoming in more ways than one. He grew up in the Alberta towns of Stony Plain and Lacombe with his parents and four siblings, and his connection to this province runs deep. Both parents were raised on the Prairies; his mother grew up on a farm and father went through the Great Depression in Medicine Hat, Alta., as one of 12 kids. Hard work and resilience were prized memories of the university is of a summer job painting dorm rooms with his brother at St. Joseph’s College, where his dad had studied years before. Both parents were raised on the Prairies; his mother grew up on a farm in Saskatchewan and his father went through the Great Depression in Medicine Hat, Alta., as one of 12 kids. Hard work and resilience were prized in the Flanagan household.

This attitude is baked into the very DNA of the family; says Flanagan’s husband, Saffron Sri, a registered dietitian who works in the health-care sector. “It’s a humble resilience,” he says, not a “drum your chest” approach to challenges. “It’s more like, ‘We did it. And what’s next?’ That’s their humble approach.”

As you might expect, growing up with two teachers meant being under a certain level of scrutiny as a kid, says Flanagan — not only from his parents but also from his peers, just waiting for the teacher’s kid to make a mistake. Still, there were perks. “I was fortunate and spoiled, in a way, because my mother was a librarian in the junior high school. And every week she’d just hand me a new stack of books that I had to read. I’d never had to pick anything. It was just, ‘Mom, what am I reading this week?’”

With not much space in the family bungalow, he would often pedal his bike around Lacombe looking for reading nooks. One day he ventured a bit out of town, down by the experimental farm — the same place where years later he would land that summer job. There he found a grassy spot overlooking a small lake that soon became his favourite hiding place. Heid spend hours in the prairie landscape, losing himself in the literature of the region. Western Canadian literature was his mom’s favourite genre. Their family bookshelf boasted the entire McClelland & Stewart New Canadian Library collection, including works by W.O. Mitchell, Robert Stead and Martha Ostenso. “As for Me and My House is one of Flanagan’s all-time favourites. Set against the backdrop of rural life, the stories of hardship, perseverance and coming-of-age deepened his understanding of his home — and of himself. “The novels gave me a sense of place, a sense of history, a sense of what it means to be from the Prairies.”

“Learning was everything in my childhood,” he adds. “In my family the world began and ended with a good book. As long as I was diligently involved in reading a good book, my mother and father were happy. They thought education was the route to all that mattered in the world.”

It’s abundantly clear the message got through. Flanagan is one of three lawyers in the family. His other siblings are a physician and a journalist. You’d

U of A for Tomorrow

In the face of unprecedented cuts to the university’s provincial funding, U of A President Bill Flanagan unveiled a five-year proposal in June for major restructuring. The goal of U of A for Tomorrow is to transform the university in a way that will retain and enhance its global leadership in education and research. With major changes to be implemented by summer 2023, consultation on academic and administrative restructuring is already underway with university leaders, faculty and staff. — Stepanie Daley, ‘10 ba(hons)

The Proposal

THE GOAL

The proposal aims to streamline university activities and increase interdisciplinary collaboration and co-ordination. The university expects its annual operating budget to shrink by a total of $127 million between 2019 and 2023. This would take into account additional income from tuition increases of an average of seven per cent a year, as allowed by the province.

I can’t overstate the magnitude of the challenge facing the university, but I am convinced that with the right strategic approach, we can seize and reaffirm the key role the U of A has always played in driving economic growth, innovation and creativity in Alberta and beyond,” Flanagan said in an online presentation to faculty and staff.

THE PROPOSAL

Reorganize and consolidate faculties, departments and programs to avoid duplication. The current total of 18 faculties is expected to be reduced, Flanagan says.

Reconfigure administrative services and centralize business operations to increase efficiency.

Revisit how the university uses its assets, including buildings and leased spaces.

Changes Begin

Academic restructuring will begin as early as April 2021. Administrative restructuring has already begun. In July, the number of positions reporting to the president was reduced from nine to seven and salaries were reduced for new senior leadership hires. This change will reduce costs for senior leadership by 25 per cent from 2018 levels, an annual drop of almost $900,000. The president’s compensation has also been reduced by 32 per cent since 2018.

To learn more, visit ualberta.ca/ufat-tomorrow.

At home, the couple meal-preps as dinner cools in the oven. It’s roast chicken with tarragon, the first dish Flanagan ever cooked for the man who would become his husband. “Cooking is a very much part of our daily routine,” says Sri, who trained as a chef. Recently, they’ve been experimenting with local products, such as rhubarb, a Prairie summer staple.
run out of nails before you hung all their degrees. Flanagan, a legal academic and passionate educator for most of his career, holds four degrees, including a JD from the University of Toronto and an LLM from Columbia University in New York City. Most recently he was dean of law at Queen’s University in Kingston, Ont., from 2005 to 2019.

One of his proudest achievements is finishing his master’s degree in international economic law from Université Paris I Panthéon-Sorbonne in France. It was a demanding program, far from home and in a foreign language, no less. And so, at age 25, he momentarily entertained the idea of quitting. After all, he didn’t need the degree to further his career—he already had a clerkship at the Supreme Court of Canada lined up for when he got home. But one thing stopped him short.

“There was just no way on planet Earth I was going to explain dropping out to my mother,” says Flanagan, with a laugh.

“My mother’s favourite expressions were, ‘Get over it’ and ‘Get on with it.’ She was also very kind and thoughtful, but she was a Prairie girl through and through. In the end, Flanagan pushed beyond what he thought was possible to finish what he had started at the Sorbonne. ‘That’s why I always say to my students, ‘When you’re miles outside your comfort zone, don’t shy from that. That’s where you need to push through because that’s where you learn.’

Flanagan regularly steps outside his comfort zone, says his husband. Sri recalls a vacation the pair took in Sri Lanka during which Flanagan arranged a bumpy, 16-hour overnight bus ride to visit Sri’s hometown. Or when he created a study abroad program from scratch as a faculty member at Queen’s University, giving law students the opportunity to study in the United Kingdom. “Take any problem and he’ll be able to reimagine it,” says Sri. “One fundamental characteristic of Bill is that he’s not afraid of challenges.”

And while Flanagan’s upbringing was idyllic in many ways, there were definitely challenges. He was, after all, a young gay man growing up in rural Alberta in the 1970s. In hindsight, he says, that’s probably one thing that motivated him to explore the world, which wasn’t a bad thing.

“There’s nothing quite like leaving home to help you appreciate it. There’s nothing quite like leaving home to help you appreciate it,” he says, adding it has been around long before Europeans settled here. “I see a tradition of community that’s deeply rooted in the land reflected in the Indigenous histories and cultures of this territory, which continue to enrich our lives today.”

People in Alberta band together during trying times, he says, whether it’s weathering the Great Depression, a wildfire or flood—or a global pandemic. It’s this Prairie sensibility that he will tap into as he guides the university community through the challenges of the coming years.

And he has a plan.

He has put forward an ambitious academic and administrative restructuring proposal to find tens of millions of dollars in savings over the next five years (see sidebar). “I know it’s a challenging time, and I don’t want to understate that,” he says. “But I’m a perennial optimist, and I think there are great reasons for optimism. This restructuring will be of historic benefit to the university, to the province. It will bring the community together and position us in a very strong place to grow and thrive.”

Reflecting on the challenges ahead, Flanagan recalls a story his father told from his childhood, when a barn outside of town burned down. The next day neighbours from the surrounding community and a nearby Hutterite colony got to work clearing the fields and doing whatever was needed to help the family through.

“You can see this sense of community throughout the Prairies,” he says. “There is something striking about that pulling together and helping one another. It’s a generosity of spirit, a sense of shared interest and common ground.”

Watch Bill Flanagan’s formal installation as U of A president on Sept. 16 at uab.ca/installation.
Today, Parker is a role model seriously. Here he shares what he’s learned as to encourage more Black students to become teachers. "We need teachers to reflect the diversity of the classrooms—we need more Black faces, more brown faces, more Arabic faces, more LGBTQ faces." Their mission is to help Black teachers network and land full-time positions, as well as to encourage more Black students to become teachers.

When he co-founded the Black Teachers’ Association of Alberta with Sarah Adomako-Anaa, ’13 BEd. "We need teachers to reflect the diversity of the classrooms—we need more Black faces, more brown faces, more Arabic faces, more LGBTQ faces." Their mission is to help Black teachers network and land full-time positions, as well as to encourage more Black students to become teachers.

1. **MAKING CHANGE**

**Andrew Parker, ’08 BA, ’14 BEd, offers some advice on how to be anti-racist**

*By Stephanie Bailey, ’20 BA(Hons)*

**IF YOU HAPPEN TO OVERTAKE**

Students at M.E. LaZerte High School in north Edmonton talking about Waiakana, they’re probably not talking about the fictional African country from the Marvel Cinematic Universe. It’s the nickname they gave to the classroom of Andrew Parker; their charismatic social studies teacher and basketball coach. (He’s a former Golden Bear.) One of two Black teachers in a school where around 40 per cent of the student body is Black, Parker takes his position as a role model seriously. Here he shares what he’s learned about making a difference in the fight against racism.

**_HAVE TOUGH CONVERSATIONS**

No topics are off limits in Parker’s classroom. Whether it’s racism or homophobia, he doesn’t avoid difficult conversations and sees it as his duty to teach students how to talk about these things. “It’s important that my students know how to deconstruct society, to think critically,” says Parker, who was named one of Avenue Edmonton magazine’s Top 40 Under 40 in 2017 for his work empowering youth and building community. “Because critical thinking—for some people, it will save their life.”

**LEARN THE VALUE OF PROTEST**

The road to human rights and equity is paved with protests, Parker says. So, he starts each semester with a week committed to the topic. He covers everything from Martin Luther King’s Selma-to-Montgomery March of 1965 through to the demonstrations held after Colten Boushie was shot to death in Saskatchewan in 2016. So, of course he agreed when former students—now U of A and MacEwan students—asked him to speak at the Black Lives Matter rally in Edmonton on June 5 in the wake of the killing of George Floyd in Minneapolis.

**REPRESENT AND REFLECT**

After speaking at the rally, Parker was inspired to seize the moment to make lasting change. That’s when he co-founded the Black Teachers’ Association of Alberta with Sarah Adomako-Anaa, ’13 BEd. "We need teachers to reflect the diversity of the classrooms—we need more Black faces, more brown faces, more Arabic faces, more LGBTQ faces." Their mission is to help Black teachers network and land full-time positions, as well as to encourage more Black students to become teachers.

**PRACTISE SELF-AWARENESS**

When it comes to practical steps we can all take to fight racism, Parker says the key is self-reflection and self-awareness. “Be honest. Be honest about whether you’ve benefited from white privilege. You have a chance to right the wrongs of previous generations, previous leaders, previous family members. And it all starts with honest conversations.”

**SHOW SOLIDARITY**

These days Parker is optimistic about the mass movement building for the anti-racism movement. He has colleagues reaching out, asking how they can help. And he’s seeing people in positions of power speak up about racism. “The University of Alberta’s president [David Turpin] coming out and saying Black lives matter is something that I never thought I’d see,” says Parker. “When he said that Black lives matter—and he’s a Caucasian man in a high position, in the school, academia and society—I said, ‘This is hope, this is hope.’ And with this hope we can do beautiful things.”
We'd love to hear what you're doing. Tell us about your new baby or your new job. Celebrate a personal accomplishment or a volunteer activity or share your favourite campus memories. Submit a class note or email newtrail@ualberta.ca. Notes will be edited for length, clarity and style.

Compiled by Lisa Szabo, ’18 BA

Class Notes

1950s

’57 Douglas Roy Stevenson, BSc. ’57 MSc, has re-released his self-published treatise Global Warming: An Astrogeophysical Perspective. The short book addresses factors affecting the Earth's changing temperature based on Stevenson's work as a hydrogeologist and engineer. It also highlights Stevenson's prolific sports career in an autobiographical update. He played eight seasons with the then-Edmonton Eskimos, including 1950 and 1956 when the team won two Grey Cups. He also became an assistant coach for the Golden Bears while at the U of A for his master's degree and helped win the Vanier Cup. Stevenson is a member of the Alberta Sports Hall of Fame and the Steve Coad Memorial Athletic Hall of Fame.

1960s

’63 Steven Kashuba, BEd, has penned three books, Once Lived a Village, To War and Destination Europe. He is now working on his fourth book, The German Jerk, which explores his Ukrainian-Polish heritage and take place during the aftermath of the Second World War in Eastern Europe. He is now working on his fourth book, The German Olympics.

’64 Edward Fergusson, BEd, who turned 85 in June, recently set new Canadian weightlifting records for the snatch event and clean and jerk event at the B.C. Masters Weightlifting Championships. He and his wife, Brenda, both competed at the Canadian Masters Weightlifting Championship in 2018 and the World Masters Weightlifting Championships in 2019. When they’re not competing, the couple enjoy travelling to countries like Scotland, Greece, Ukraine and Spain.

1970s

’77 Sheryl Rohter, BSc(HEd), ’77 BEd, has updated her book Found: Health, Wealth and Time in a Grocery Bag, which shares recipes and ideas on how to save money on groceries. As a former home economics teacher, Rohter enjoys educating and presenting. She and her money-saving methods have been featured on various radio and TV programs, including ones on Global News and CTV.

’79 Darrell Toma, BSc(Ag), ’79 MSc, received a Fellow Certified Management Consultant award from the Institute of Certified Consultants of Alberta after 40 years of consulting. As a certified management consultant and professional agrologist, Toma is grateful to have worked on more than 850 projects over the years, including a three-month development project in South Korea. Some career highlights include being elected chair of the Alberta Chamber of Commerce, dining with Queen Elizabeth, receiving the Alberta Centennial Medal from then-premier Ralph Klein and publishing a book chapter on leadership traits. He credits his time at the U of A for getting him off to a good start.

’80 Donna Balzer, BSc(Ag), is a horticulturist, speaker and author who teaches practical methods have been featured in the best novel in Fiction—Mystery/Thriller by the Midwest Independent Publishers Association.

In the 1960s, the university operated in loco parentis, or as a kind of guardian, for students under 21. This meant dress codes in residence and curfews for female students.
Jim Raycroft, BMus, has been lending his vocal talents to movie soundtracks for decades, but by far the biggest project he’s worked on is Star Wars: The Rise of Skywalker, which was released in 2019. In addition to contributing to movie scores from Home Alone to Jurassic Park, Raycroft recently worked on music for a new Disney World attraction, Mickey and Minnie’s Runaway Railway. Raycroft is also a music director at a church, conducts choirs and prepares choruses for local symphony orchestras in Los Angeles, where he lives.

Joyce Assen, BASpec, is pleased to announce that two of her short stories were chosen for publication in an international short story writing competition run by Exisle Publishing. “His Voice” and “Honor Thy Father and Mother” appear in the short story collections Love and Loss and Struggle and Success, respectively. In addition to writing, Assen enjoys golfing in the summer and travelling in the winter; however, her recent knee replacement is keeping her closer to home. Assen retired from the U of A in 2010 after 22 years working in the board of governors office, as well as other departments. She is currently finding contentment as a stay-at-home grandma.

Paula Simons, BA(Hons), recently launched a five-episode podcast called Alberta Unbound. Simons, who represents Alberta as an independent senator in the Senate of Canada, hosts a diverse panel of thoughtful Albertans to discuss topics like identity, alienation and the future of the province.

Blaine Riding, BEd, retired from the Spirit River Regional Academy in the Peace Wapiti School Division after 31 years of teaching. He has had an enjoyable career teaching social studies in a rural school and helping out with extracurricular activities. In his retirement, Riding looks forward to improving his golf game, continuing to serve as secretary of his local Royal Canadian Legion and catching up on sleep.

Sandra L. Hawes, BSc, ‘96 LLB, was recently honoured with the Queen’s counsel designation in Alberta. This appointment by the lieutenant governor in council recognizes her exceptional legal skill, professionalism and contributions to the administration of justice and to the community.

Bryan Ulrich, MEng, was inducted into the Academy of Geotechnical Engineers at the American Society of Civil Engineers’
Ge-Congress in Minneapolis. Ulrich has spent much of his consulting, most recently his career with Knight Piésold or soil that gets separated as senior vice-president. He now owns a geotechnical engineering consultancy, Bryan Ulrich LLC, in Colorado. Before taking on his new role, Ulrich was recognized for his accomplishments in the management of mine tailings—the leftover rock or soil that gets separated from the mined commodity. He recently became the president and CEO of Grande Prairie Regional College.

He was shortlisted for the Kobo Emerging Writer Prize in Literary Fiction. Elliott’s string portraits, which she creates by layering and glazing strands of fibre, are creatively inclined queer activism and curated Booty Call, a pop-up art exhibition in Ottawa that featured work by artists from across Canada and Italy. Elliott also recently completed a residency at the Ottawa School of Art.

In addition to her work creating string portraits, the multidisciplinary artist recently moderated a panel on creatively inclined queer activism and curated Booty Call, a pop-up art exhibition in Ottawa that featured work by artists from across Canada and Italy. Elliott also recently completed a residency at the Ottawa School of Art.

The tool kit

Blessie Mathew, ’99 BSc(Spec), ’04 BEd, ’07 BSc, ’04 MEd, says a practical way to search— and manage the recession job search— is to stay positive is to remember that your job isn’t your whole identity. “Career is part of your identity, but there’s a whole spectrum of things that make you who you are— like your interests, values and relationships.”

Instead, she encourages job seekers to ask themselves: Who do I want to serve? What kind of person do I want to be? What do I want to solve? What problems do I want to solve? What kind of person do I want to be?

Answering these questions prepares graduates to enter a tough job market with the ability to adapt. “Think about it like a tool kit,” she says. “Each of your skills, areas of knowledge and personal characteristics can be taken out of the kit and blended in different ways, leading you down a different path.”

The mindset

But even when job seekers are using that tool kit, it can be easy to get discouraged as rejection emails roll in. “It’s not so much about whether you’re employed university graduates should understand that it’s normal to feel anxious or disappointed, and there is hope for those just stepping into the professional world. “It’s not so much about whether you are—who you are like your interests, values and relationships.”

The bigger picture

Finally, Varghese says that unemployed university graduates should understand that it’s normal to feel anxious or disappointed, and there is hope for those just stepping into the professional world. “It’s not so much about whether you’re employed university graduates should understand that it’s normal to feel anxious or disappointed, and there is hope for those just stepping into the professional world. “It’s not so much about whether you are—who you are like your interests, values and relationships.”

If you’re looking for another place to start networking, U of A Alumni and Career Services offers alumni-to-alumni career mentoring and free access to Switchboard, an online community where members can ask for career advice or discover a job opportunity.

IN 2020

Practical steps help you navigate the job search

By Anna Holtby

This year’s graduates, as well as alumni of recent years, are attempting to start their careers during a global pandemic and the resulting economic crisis. But there are ways to successfully navigate the recession job search— and manage the stress that comes with it.

The tool kit

Blessie Mathew, ’99 BSc(Spec), the director of the U of A’s Career Centre, wants you to not worry too much about job titles. Instead, she encourages job seekers to ask these questions: Who do I want to serve? What problems do I want to solve? What kind of person do I want to be?

Answering these questions prepares graduates to enter a tough job market with the ability to adapt. “Think about it like a tool kit,” she says. “Each of your skills, areas of knowledge and personal characteristics can be taken out of the kit and blended in different ways, leading you down a different path.”

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10 Robert Murray, PhD, recently became the president and CEO of Grande Prairie Regional College. Before taking on his new role, Murray was the managing director of the government affairs and public policy group at Dentons Canada LLP, which specializes in providing business, policy and legal advice to clients.

14 Bruce Cinnamon, BA(Hons), author of The Melting Queen, is one of 10 recipients of the 2020 Lieutenant Governor of Alberta Emerging Artist Awards. Cinnamon was also shortlisted for the 2020 Kobe Emerging Writer Prize in Literary Fiction.

16 Maren Kathleen Elliott, BA, adapted her solo exhibition Stringlism: Textures, Threads & Identity into an online event in May. The weekend-long exhibition featured performances from Edmonton dance companies, an online yoga class and a 3D gallery of Elliott’s string portraits, which she creates by layering and glazing strands of fibre.

This spring, alumni volunteers from regional chapters across Asia—including Beijing, Shanghai, the Greater Bay Area and Hong Kong—shipped more than 80,000 single-use surgical masks to Alberta. Many of the masks are now available free to students and staff at the university bookstore. Pictured: Michelle Lu, ’12 MSc, in Shanghai.
Alumni-Powered Projects Tackle COVID-19

Remember those health experts telling us we’d be “in it for the long haul”? It was hard to fathom exactly what that would mean. But now weeks have turned into months of wearing masks and physically distancing from each other. It’s clear COVID-19 isn’t the temporary house guest we’d hoped for. Here are just a few of the ways alumni who own businesses and do research have refocused to help those most affected by the pandemic.

Compiled by Niall McKenna

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<th>HERE’S THE THING</th>
<th>WHAT IS IT?</th>
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<td><strong>A look in the lung</strong></td>
<td>Artificial intelligence ultrasound technology</td>
<td>To help diagnose, triage and track COVID-19 by detecting and monitoring lung abnormalities using machine learning and ultrasound imaging</td>
<td>Data analyst Danesh Zonoobi, ’19 MSc; AI scientist Amir Forouzandeh, ’19 MSc; AI strategist Roberto Vega, ’17 MSc</td>
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<td><strong>Gang of debunkers</strong></td>
<td>Map of how misinformation around COVID-19 spreads through mainstream and social media, and search engines</td>
<td>To develop an evidence-based guide for future policy, including recommendations to regulate social media content</td>
<td>Health policy expert Timothy Caulfield, ’87 BSc(Spec), ’90 LLB</td>
<td>U of A Faculty of Law, in partnership with the University of Regina, Alberta Health Services and University of Manitoba</td>
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<td><strong>Personal medical assistant</strong></td>
<td>Machine learning technology and smartphone app</td>
<td>To create early-detection screening for COVID-19, using smartphone sensors to record breathing, pupil dilation and other data</td>
<td>Chief operating officer Patrick Earl, ’01 BSc(Spec), ’04 MSc</td>
<td>Caredemic, Pleasant Solutions</td>
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<td><strong>Salty doorknobs</strong></td>
<td>Self-sanitizing, antimicrobial surfaces made of compressed salt (which helps kill viruses)</td>
<td>To prevent spread of viral infections on high-touch surfaces, such as door handles and handrails</td>
<td>Director of research Bryden Whitlock, ’13 BSc(Hons); Co-founder Matt Hodgson, ’13 BCom, ’17 MBA</td>
<td>Outbreaker Solutions, in partnership with U of A researchers</td>
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<tr>
<td><strong>Easy breathing</strong></td>
<td>Reusable, Alberta-made respirators</td>
<td>To provide an alternative to N95 masks, protecting against viral transmission</td>
<td>Team lead Warren Finlay, ’83 BSc(ElecEng), ’84 MSc; Researcher Andrew Martin, ’02 BScEng(Phys), ’04 MSc, ’08 PhD</td>
<td>U of A Faculty of Engineering, in partnership with product developer ACAMP</td>
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<td><strong>Age of activity</strong></td>
<td>Eight-week online fitness program for seniors</td>
<td>To keep seniors active at home with minimal equipment</td>
<td>Executive director Haidong Liang, ’14 PhD</td>
<td>Westend Seniors Activity Centre</td>
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<td><strong>Power of knowledge</strong></td>
<td>Educational resources on COVID-19 for parents: echokt.ca/tools/covid-19</td>
<td>To help families know what to expect when visiting emergency rooms during the pandemic</td>
<td>Researchers Shannon Scott, ’06 PhD; Lisa Hartling, ’90 BSc(PT), ’10PhD</td>
<td>U of A Faculty of Nursing</td>
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<td><strong>Vegetable matters</strong></td>
<td>Alumni-run mobile grocery store in Edmonton and Calgary</td>
<td>To deliver food to families in need during the pandemic. A spin on its original model</td>
<td>City lead for Edmonton Morgan Allen, ’19 BSc(Nutri/Food)</td>
<td>Fresh Routes</td>
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IN THE NEWS

**Big Laughs and a Big Mall**

’92 Heidi L.M. Jacobs, BA(Hons), ’93 MA, won the 2020 Stephen Leacock Memorial Medal for Humour for her debut novel Molly of the Mall: Literary Loss and Purveyor of Fine Footwear. The satirical story draws on Jacobs’ own experience working in a retail shoe store at a gigantic mall in Edmonton that shall remain unnamed, while completing her undergrad at the U of A. Now a librarian in Windsor, Ont., Jacobs beat 83 other contenders for the $15,000 prize honouring the best book of humour written in Canada. –cbc

DID YOU KNOW?
The Butterdome is really called the Universiade Pavilion. It was built to accommodate events for the 1983 Summer Universiade—the international university games. At the time, it had never before been held in North America. Prince Charles, ’83 LLD (Honorary), and Princess Diana attended.
The Alumni Association notes with sorrow the loss of the following graduates between February 2020 and May 2020.

1940s
- Mary Ellen Larson, BSc, of Mahnomen, MN, in March 2020.
- Alphonse Rebekau, BSc, of Calgary, AB, in May 2020.
- Elizabeth Helen Filkowksi, BSc, of Edmonton, AB, in 2020.
- Helen Walker (Rashun), BSc(Eng), of Calgary, AB, in March 2020.
- Harold West, BSc(Eng), of Toronto, ON, in February 2020.
- Harry Bent Scott, BSc(Eng), of Vancouver, BC, in March 2020.
- Robert George Jack, BSc, of Banff, AB, in March 2020.
- Robert Frank Fleming, BSc(Eng), of Edmonton, AB, in December 2019.
- Joye Gertrude McLaren (McLennan), BSc, of Vancouver, BC, in March 2020.

1950s
- Herbert B. Halsted, BSc, of Calgary, AB, in December 2019.
- Ronald Lewis MacKay, BSc, of Edmonton, AB, in February 2020.
- Victor Frank Mark, BSc, of Lethbridge, AB, in March 2020.
- Joyce Gertrude McLaren (McLennan), BSc, of Vancouver, BC, in February 2020.
- Hugh King, BSc(Eng), of Edmonton, AB, in March 2020.
- Elizabeth Helen Filkowksi, BSc, of Edmonton, AB, in 2020.
- William McCarthy; BSc; of Edmonton, AB, in February 2020.
- Robert George Jack, BSc, of Banff, AB, in March 2020.
- Robert Frank Fleming, BSc(Eng), of Edmonton, AB, in December 2019.
- Donald Clifford Munch, BSc, of Calgary, AB, in March 2020.
- Harry Weitz, BSc(Eng), of Edmonton, AB, in February 2020.
- Cecilia Marie Rathel, BSc, of Edmonton, AB, in March 2020.
- Keith Provest, BSc(Eng), of Edmonton, AB, in February 2020.
- Catherine Gill Pringle (Kettler), BSc(Eng), of Banff, AB, in March 2020.
- Olver Franco Provost, BSc(Eng), of Edmonton, AB, in April 2020.
- Mary Isabel Ramsay, BSc(Eng), of Calgary, AB, in February 2020.

1960s
- Ronald Lewis MacKay, BSc, of Edmonton, AB, in March 2020.
- Gordon C. Wells, BSc, of Calgary, AB, in February 2020.
- Patricia Anne Smith, BSc, of Calgary, AB, in January 2020.
- Hugh King, BSc(Eng), of Edmonton, AB, in March 2020.
- Betty Anne Smith, BSc, of Victoria, BC, in January 2020.
- Thomas Hugh Dobbs, BSc(ElecEng), of Calgary, AB, in December 2019.
- C.E. Redway, BSc(Eng), of Edmonton, AB, in March 2020.
- Llewellyn John Friel, BSc, of Edmonton, AB, in March 2020.
- Mary A. Lewis, BSc, of Calgary, AB, in March 2020.
- Mary Anne Carolyn Rose (Devine), BSc, of Edmonton, AB, in April 2020.
- Alice Doreen Rates, BSc, of Edmonton, AB, in March 2020.
- Dorothy Margaret Sommerville, BSc, of Edmonton, AB, in April 2020.
- Margaret Brown, A. Dip(Nu), of Calgary, AB, in March 2020.
- Donald Allan Patrick, BSc, of Edmonton, AB, in March 2020.
- Peter Peter Goyal, BSc(Eng), of Calgary, AB, in March 2020.
- Kenneth H. Heron, BSc; of Edmonton, AB, in March 2020.
- Thomas Peter Burnett, BSc, of Calgary, AB, in March 2020.
- Lorna Donald, BSc, of Edmonton, AB, in February 2020.
- Harold F. Philipson, BSc, of Edmonton, AB, in March 2020.
- Thomas H. Philipson, BSc, of Edmonton, AB, in March 2020.
- Daniel Allan, BSc; of Edmonton, AB, in March 2020.
- Margaret Joan A. Armstrong, MD, of Edmonton, AB, in April 2020.
- James Edward Macrae, BSc, of Edmonton, AB, in January 2020.
- Stanley Grynszpak, BSc; of Edmonton, AB, in March 2020.
- MacDonald Hanumansingh, BSc, of Calgary, AB, in March 2020.
- Patricia Anne Perry, BSc, of Calgary, AB, in January 2020.
- George William Robertson, SA, BSc, of Calgary, AB, in March 2020.
- Edgar Patrick Dillies, BSc; of Calgary, AB, in January 2020.
- Gary Doua Trinh, BSc, of Edmonton, AB, in April 2020.
- Robert Dale West, BSc, of Edmonton, AB, in April 2020.
- Anders Raoul Anderson, BSc(ElecEng), of Calgary, AB, in December 2019.
- Thomas Mark Edgen, BSc(ElecEng), of Edmonton, AB, in October 2020.
- Cyril Arthur Werth, BSc, of Edmonton, AB, in February 2020.
- John William R. Lewis, BSc, of Edmonton, AB, in April 2020.
- Raymond Aaron Litten, BSc(ElecEng), of Calgary, AB, in February 2020.
- Lilian Rose Marie, BSc(Nurs), of Edmonton, AB, in March 2020.
- Nancy Suzanne Beliveau, BSc(Nurs), of Edmonton, AB, in March 2020.
- Thomas Peter Burnett, SA, BSc, of Calgary, AB, in March 2020.
- Bernard William, BSc, of Edmonton, AB, in April 2020.
- Gordon E. Bond, BSc(Educ), of Edmonton, AB, in April 2020.
- Ross Webb, BSc(Pharm), of Edmonton, AB, in April 2020.
- James Francis A. Rao, BSc(Eng), of Edmonton, AB, in February 2020.
- John Robert Johnston, BSc, of Edmonton, AB, in April 2020.
- George Charles Minns, BSc, of Edmonton, AB, in April 2020.
- George William recal, BSc, of Edmonton, AB, in April 2020.
- George Thomas Harrison, BSc, of Edmonton, AB, in April 2020.
- William Leslie McPherson, BSc(Educ), of Edmonton, AB, in February 2020.
Pierre Mertiny, ‘05 PhD, comes across these myths all the time. He’s a mechanical engineer and principal investigator with the U of A’s Future Energy Systems. And now, he’s here to share some facts.

**MYTH 1: THE TECHNOLOGY ISN’T FULLY DEVELOPED**
While renewable power sources will get cheaper and more efficient with time, much of the technology is already in place. Mertiny points to his native country, Germany, as a prime example. He says that on an ideal sunny, windy day, the country can get up to 75 per cent of its electricity production from renewables. This is largely thanks to hydro power, which harnesses the energy of the country’s many roaring waterways.

Mertiny is optimistic. He says, “Countrywide we are actually doing really well.”

Now, companies are actually doing really well. People have to work together. It takes a collaborative effort to find the optimal solution.”

**MYTH 2: RENEWABLE ENERGY COSTS MORE**
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**MYTH 3: YOU HAVE TO PICK SIDES**
Unfortunately, some people are skeptical of renewable energy. Others call for a system of the country’s many roaring waterways.

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**MYTH 4: CANADA IS BEHIND THE CURVE**
In reality, this country is a global leader in renewable technologies, says Mertiny. Canada ranks seventh in the world for renewable energy production, with 17 per cent of the nation’s energy coming from renewables. This is largely thanks to hydro power, which harnesses the energy of the country’s many roaring waterways.

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Pierre Mertiny is one of many speakers to share expertise through alumni webinars. Visit uabgrad.ca/OnDemand for more content.

The number of active users on Switchboard, where members of the U of A community gather to share resources, advice and help of all kinds — whether it’s piano lessons, mentoring or summer jobs. Sign up today: uab.ca/sboard

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**PODCAST WISDOM**
“To think that a piece of RNA could bring the world to its knees ... and there are other viruses and pathogens out there that can do the same thing.”

Lorne Tyrrell, ’64 BSc, ’68 MD, founding director of the Li Ka Shing Institute of Virology, discusses the race against time to battle COVID-19.

The 2020 Alumni Awards Nomination deadline: Dec. 15, 2020
Award criteria and nomination form: uabgrad.ca/awards

alumni.awards@ualberta.ca
(780) 492-7723 | 1-800-661-2593
You do not have to be an alumnus to submit a nomination.

**NEW BOOK CLUB**
Feed your mind and fill your social calendar this fall by joining the new UAlberta Virtual Book Club. Enjoy networking and discussions with fellow grads on a diverse selection of books, starting with the memoir From the Ashes by Jesse Thistle. Watch for more details in September. uab.ca/alumni.

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Award criteria and nomination form: uabgrad.ca/awards
alumni.awards@ualberta.ca
(780) 492-7723 | 1-800-661-2593
You do not have to be an alumnus to submit a nomination.

**PODCAST WISDOM**
“To think that a piece of RNA could bring the world to its knees ... and there are other viruses and pathogens out there that can do the same thing.”

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We want to hear from you! Share a campus memory for a chance to be featured in a future issue. Email newtrail@ualberta.ca.

reach out to your professors to discuss topics you don’t fully understand. Think about your course choices and don’t be afraid to change paths. Help others understand concepts — teaching is a surefire way to learn. Don’t isolate yourself by retreating to your cellphone too much. Find balance between study and play. If stressed, enjoy the beautiful spots on campus or in the river valley. What a wonderful, terrifying, exhilarating stage of life.

–Carolyn Redl, ’78 BA(Spec), ’83 MA, ’91 PhD

Try not to miss classes — not because of your grade (though that is important!) but because you’re missing the opportunity to learn something new. Also, there is a huge variety of mental health resources on campus. Please, if you ever feel like you need to, reach out.

–Amber Robinson, ’17 BSc(EnvSci)

Focus on truly learning and understanding the material as opposed to memorizing. What does it mean? Why does it matter? Not only will you get better marks, but you’ll enjoy the courses!

–Dale Kaliel, ’77 BSc(Ag), ’82 MSc

Taking time out of your week to chat & laugh & commiserate with friends is just as important as all those hours studying!

–Shannon Nelson Evers, ’96 BSc

I wish I had been taught to colour-code my notes with my highlighters, to create effective flash cards and to start studying one to two weeks before an exam! I didn’t really know how to study until I finished my third year of university!

–Jamie Hudson, ’16 BSc, ’16 Cert(ResearchSci), ’19 BScN, ’19 Cert(IntLearning)

Know that a coffee with a classmate or two can give you insights your prof might not.

–Peg Young, ’78 BEd

Timely Tips

The pandemic means that the first-year experience this fall will be unlike any before it. But some things never change, like the butterflies in your stomach as you step into the unknown. So, we asked grads to share the advice they wished they had received in advance of their first year of university. After all, good advice is evergreen.

If you have children, plan for them like you would your courses. You study better knowing they are taken care of, too. Plan your course load with your children in mind. Put in, like, 25 to 30 hours a week for study. Remember: used books are just as good and they save money. Enjoy your time getting smart!

–Roxie Vermilion, ’97 BA(NativeStu)

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Take a variety of courses, explore your options and enjoy the experience! It’s amazing.

–Angela Podgurny, ’76 BEd

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Music lovers and lifelong educators Alan and Alice Bell wanted to help aspiring musicians and teachers reach their full potential.

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“Education is everything. The best way to encourage it is to help finance it for those who can’t afford it.”

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

For general inquiries about New Trail or the Alumni Association, please contact us:
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