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2018 Management Alumni Excellence Award Recipient

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Diversity, inclusivity and cultural insights have become critical elements of a university education as the world becomes more interconnected and competitive. But what happens when education is in the line of fire, when your home happens to be a war-torn country? In this 13-page feature on the internationalization of education, we follow the harrowing journeys of three immigrants who, in some cases, risked everything they had in order to land at UCalgary.



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hen I was a kid, my parents would alternate beloved cottage holidays with what my brother and I dubbed, "the dreaded educational road trips." The only redeeming highlight of the latter were not all those AMA TripTik viewpoints we'd be forced to stop at, but, rather, the spectacular cannonballs my brother and I would perform at the motel swimming pools at the end of every day.

Whether these trips influenced my lifelong love of travel (but not of road trips), I've become a big believer in gap years and study abroad programs. This love also stems from the answers I've collected from hundreds of interviews I've had with alumni where I have asked them for their "biggest regret about their university life."

The overwhelming response has been, "I wish I had studied abroad." The reverse has also been true. When asked for a seminal university experience, most will say, "my study abroad."

Their reasons, of course, are varied. What, however, we do know is that globalization is here to stay and that students who want to work in our global world should likely study overseas at some point. In fact, so strongly does UCalgary believe this, it's committed to seeing that 50 per cent of its students have an international learning experience by the time they graduate (UCalgary is currently at 22 per cent). Don't believe how life-altering these experiences can be? Turn to page 36 where you'll discover what seven study abroad participants and leaders have to say.

But the internationalization of education isn't just about encouraging Canadians to study abroad. It's a two-way highway by which Canadian universities are striving to create intercultural classrooms by recruiting more international students. In fact, right now, there are nearly 4,000 international students representing 120 different countries at UCalgary — with undergrads hailing mostly from China, India, Pakistan, Nigeria and the U.S.

If some of the ideas on tolerance and diversity that we explore in this issue take hold, maybe more of us will value an educational experience that fosters the kind of long-term relationships that open doors to future trade, commerce and cultural opportunities that will benefit us all. That, indeed, was the spirit that drove this particular issue of *UCalgary Alumni Magazine*. We hope you find this edition on international education illuminating and, should you want to invest in removing any barriers posed by financial need, you will find a donation envelope — something we've never done before — tucked into the middle of this magazine.

If you're a parent, lifelong learner and traveller like me, you might just want to make an international experience an essential and affordable component of a well-rounded education. In all its forms — study abroad programs, faculty-led research projects, overseas internships and co-ops — an international education will enable us to build on the knowledge and talent Canada needs to succeed on a global scale. Here at UCalgary, we believe that the intercultural classroom is an asset to domestic and international students, alike.

I love the thought that, somewhere, two lucky kids might still cannonball into a pool, but, when they pop up, they might just know how to chat in Spanish, French or Mandarin with all the other tykes at the Super 8.

Do you have a story of your own to share? Email me at **d.cummings@ucalgary.ca**. And be sure to follow us **@ucalgaryalumni** on Facebook, Instagram and Twitter.

— Deb Cummings, MEd'17, Editor **U**

Connect to the Energy of UCalgary Alumni

UCalgary Alumni is your global network that is nearly 180,000 strong — and growing! There are so many ways to connect to this energetic hub in Calgary and cities around the world. Follow @ucalgaryalumni on social media, watch your inbox and visit alumni.ucalgary.ca for dates and more information about these programs and events.



LINKS AND DRINKS

Graduates of the last decade — make connections and learn some important career and life hacks at this atypical alumni mixer. Drinks provided!



FUTURE ALUMNI NETWORK

Students are future alumni! The Future Alumni Network launches in 2019 — connecting current students to the energy of UCalgary Alumni and building UCalgary pride from Day One.



ALUMNI MENTORSHIP

This winter, share your skills and expertise in the new alumni mentorship program. This is your digital connection to advancing your career and sharing with your alumni community.



CONFERENCE

You'll leave this one-day conference with tips and practical advice that will help guide your career journey, no matter if you're looking for new opportunities or are aiming to develop professionally in your current career.



DIG IN

Dig in to the most important meal and topics of the day! Join fellow UCalgary alumni for an interactive discussion of current events, innovation and trends. The coffee is on us!



ALUMNI PARTNERSHIPS

UCalgary Alumni supports many faculty-led programs throughout the year. Grow your mind at:

- **Design Matters** (Faculty of Environmental Design)
- Sustainability Speaker Series (Office of the Provost)
- Death by Chocolate (Schulich School of Engineering)



ON THE ROAD WITH THE IDEA EXCHANGE TOUR

A lively discussion with leading UCalgary researchers and experts where you will explore ideas that challenge perceptions, push boundaries and spark meaningful change. Watch for the Idea Exchange Tour returning to cities across Canada and the United States starting in February 2019. Email energize@ucalgary.ca for additional information.

Here's a snapshot of when we'll be where:

- Feb. San Francisco
- Feb. Vancouver
- March New York City
- March Washington, D.C.



COMING SOON

A new twist on a typical wine and cheese event and behind-the-scenes field trips are two brand-new programs to watch for in 2019. Also, watch out for other exciting events hosted by faculties in partnership with UCalgary Alumni that will run throughout the year!

NEW:

WINE + CHEESE + WORLD EVENTS

Learn about the state of the world through wine and cheese. Details coming this spring.

NEW:

ALUMNI FIELD TRIPS

Get behind-the-scenes access to new and unusual places in the great company of your fellow alumni.



SKATE WITH SANTA

Santa returns to the Olympic Oval on Nov. 25, 2018. Lace up your skates and bring the whole family to take a spin around the fastest ice in the world. U

Join the Conversation

Stay connected with your alma mater by diving into our regular e-publications or bookmarking alumni.ucalgary.ca where you'll discover exclusive alumni benefits, news and details on upcoming alumni events. Here's how you can easily stay in touch:



Mid-month in your inbox, you'll find **Alumni News**, showcasing a handpicked selection of the best stories and videos from UCalgary.



At the end of each month, we send you **Alumni Connection** — a customized newsletter packed with event information.



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hat prompts someone to offer lodging to complete strangers is a many-varied thing. If you're running an Airbnb, it may be for the money, but, if you're hosting an international student, it's more likely altruism or reciprocity, as the money is just a stipend.

For Katerine and Emmanuel Delfin, it was an empty suite in their home's lower level, as well as an opportunity, explains Katerine, to show their two teenage girls "that there are many ways to be nice to people ... and why not learn about the world over dinner?"

Plus, she adds, "if my girls end up travelling or studying overseas, I would like to think some kind family would take care of them," recalling the many friendly folk Katerine met when she first moved to Calgary from Peru in 1998.

Karen and Dave Holmes, who have now hosted nine students through UCalgary's Homestay program, waited until they were empty-nesters. It was the summer of 2013 — their sons had just moved out when a fun-loving student from Quebec named William moved in.



"We have kept in touch with him," explains Karen, adding that William's trip to Calgary launched his travels which have now taken him from L.A. to Alaska, along with two long stays in South America.

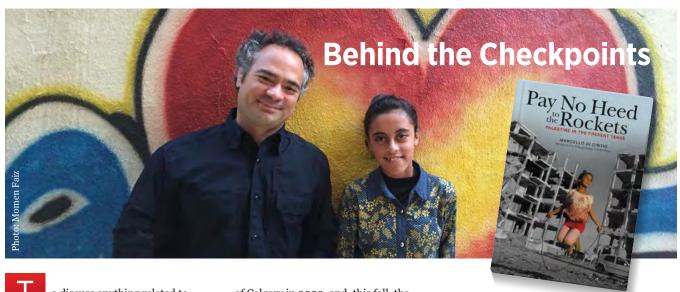
"William is now fluent in French, English and Spanish and just graduated from university," adds Karen, explaining, as proudly as any parent, that his one-month English course at UCalgary was the first time he had ventured outside of Quebec.

This past summer, the Delfins hosted two students who were enrolled in the

summer-intensive English program: Yuina Fukushima from Japan and Yoori Cho from Korea. What impressed Yuina the most was, "everything is very big here and fathers finish work earlier in Canada. My father never gets home before 8 or 9 p.m., so we just eat dinner with our mother, never our father."

For Yoori, "it's the sky and how fresh and clean everything is — that's what's different." — Deb Cummings

Read the full story online at alumni.ucalgary.ca/exchange U



o discuss anything related to Palestine, the conversation usually begins and ends with political conflict. But for his latest book, *Pay No Heed to the Rockets*, Marcello Di Cintio, BA/BSc'97, interviewed poets, authors and scholars to learn how imagination and creativity played a vital role in uniting Palestinians in the face of violence and upheaval.

Before he embarked on a career as an author, Calgary-based Di Cintio spent a year as writer-in-residence at the University of Calgary in 2009, and, this fall, the Calgary Public Library has hired him to be a writer-in-residence to assist writers with their manuscripts. We recently caught up with the award-winning author:

What motivated you to investigate the Palestinian literary scene?

The West only sees Palestine on the news when a mother is crying over her dead children or when a militant is throwing rocks. But they have a full culture like anywhere else and I wanted to use their rich literary heritage as a starting point.

Were you surprised by anything you uncovered talking to Palestinian writers?

I didn't expect to see so many young female writers. They face oppression in two ways, by being both a woman and Palestinian, but they find freedom on the page. For them, the art of writing is a beauty to behold in and of itself. — David Silverberg

Read the full story online at alumni.ucalgary.ca/checkpoints U



EVDA 782 - RED: A New Beginning: One of the design challenges tasked to students in this Master of Architecture course is to build livable colonies on Mars. Gravity, radiation, air and water supply, as well as the inhabitants' psychological and sociological conditions, are covered as they create a livable model for four to six people. - Deb Cummings, publications editor, Alumni **LING 227 — Rap Linguistics:** Applying a linguist's approach to analyzing language used by rappers such as Eminem, Jay-Z and Kanye West, this class also looks at the evolution of hip hop and its impact on

BSEN749 — Rediscovering Leadership: The

language and society. - Emily Aalbers, alumni

relations specialist, Faculty of Arts

team building, and cross-cultural First Nations teachings and ceremonies. - Jackie Lewis, associate director, Campaign

EDER 678.03 — Collaborative Creativity & Design Thinking for Innovation: Offered by the Werklund School of Education, this master's-level cohort recently built a life-size orca whale out of cardboard, newspaper, string and tape. Lessons learned: collaborative skills, organizational structures, creative problem-solving — in other words, design thinking. - Jayne Dangerfield, development co-ordinator, Werklund

Biology 202 - The Science of Food and Cooking: Brand-new this year, the course promises to give students a scientific understanding of food and cooking using principles from a range of biological sciences. ENGL 201 — Approach to Literature: You've got to love a course where the required reading is 20 stories written by Roald Dahl. Besides analyzing Dahl's love of cruelty, lust, madness and murder, you will also learn how to make persuasive arguments about literature including using interpretive strategies for analyzing texts. — Serita Rana, regional alumni specialist

CNST 451 - The Culture of the Calgary **Stampede:** Offered by the Department of History, this interdisciplinary course takes a deep dive into the Stampede's vision, history and operation. Of course, you also get to spend some of your class hours havin' a rootin' tootin' time on the grounds.

- Emily Aalbers, alumni relations specialist, Faculty of Arts U



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Innovator, Optimist, **Trailblazer**

When the inestimable Dr. Elizabeth Cannon, BSc'84, MSc'87, PhD'91, steps down as UCalgary's president at the end of the year, she'll leave big shoes to fill. Since arriving from P.E.I. as an undergraduate, through to her stewardship of one of the most ambitious universities (and fundraising campaigns) in Canada, Cannon has been a trailblazer, innovator and champion for transformative change. Her eight years at UCalgary's helm has raised the bar on student experiences, elevated our position as a global research hub, put entrepreneurial thinking into action and strengthened community connections. We can't help but wonder about the journey that brought her here.



EARLY DAYS

Born and raised in Charlottetown, P.E.I. "I'm the youngest of four, so by the time I came around I had quite a bit of flexibility and freedom — and those were times when, as a kid, you took off in the morning, enjoyed the day and came home when you were hungry."



Parents were both entomologists, but her mother went back to university to become a high school math and science teacher. "Growing up, I don't know if I appreciated the unique path my mother had forged or the support she gave me. I didn't ever feel there were barriers — I just did what I wanted to do, never thinking that 'girls can't do that."

"I remember driving toward Calgary and seeing the big sky country, the Rocky Mountains — the scale of everything impressed upon me that this was bigger than anything I had lived through before. It was going to be a little uncomfortable, but I was ready for the adventure."





Lives in residence and remains unfazed by the scarcity of women in engineering. "You've got to be yourself, be authentic, but get along with people, not get hung up on things — that's the way I approach life."

GOING WEST

Completes undergraduate degree in mathematics at Nova Scotia's Acadia University. She loads up her Dodge Omni, waves goodbye to the east coast, and drives nearly 5,000 kilometres with best friend and three house plants in tow to begin her engineering degree at UCalgary. "I'm not sure why I felt the need to bring my plants to Calgary, but I did."

TRAILBLAZING

Completes undergraduate degree in engineering and begins her first job as the first female engineer hired at a Calgary engineering firm; her interest in GPS/geomatics is unleashed. "What fascinated me was that you had satellites 20,000 km above the earth's surface, travelling at four kilometres per second, and you could use their signals to determine your location on earth — it's mind-blowing. I knew it was going to make a difference."



ACADEMIA

Joins the Faculty of Engineering (now the Schulich School of Engineering) in 1991. **"I was finishing my**

PhD around the time of the Montreal Massacre, where women were targeted because they were studying engineering. I hadn't previously contemplated going into academia, but I was very fortunate to get one of 15 new positions created by the government for women in my field. I was only the second female faculty member at a time when society started to see the importance of having female role models in the classroom — for women, and for young men, as well."



Continues research in the GPS/ geomatics industry, often collaborating with colleagues to commercialize technology to more than 200 agencies worldwide.

FAMILY

Marries a former colleague, geomatics engineer Dr. Gérard Lachapelle, PhD, who goes on to become a UCalgary engineering professor. "We had our first child, Sara, when I was in the middle of my PhD, and I was eight months pregnant with our son when I defended it. There's a lot of pressure in staying disciplined in your studies during the day and being a mom during your evenings, and not letting all of it overwhelm you. But kids won't let a PhD overtake your life."



Determined to make her mark as an expert in GPS, she returns to UCalgary for graduate studies in geomatics engineering. "I wanted to call something my own and understand it well. There aren't many times in life that an opportunity comes with a new technology and you're there to be part of it. I knew I was in a unique place and I'd better make something of it."

PRESIDENCY

Appointed UCalgary president in July 2010. Led the establishment of unprecedented Eyes High strategy to elevate student experiences, research outcomes and community partnerships. Spurs increase in research grants and inspires upswing in philanthropic involvement. "It's about working together to deliver on what our community members expect of us. I don't shy away from high expectations — I know this university is ready to contribute even more to put Calgary and Alberta on the national and international stage. That's been a fun part of this job — to see that happen through the work of others."



Kicks off historic \$1.3-billion Eyes High campaign that exceeds the \$1-billion milestone ahead of schedule. "If you've got a compelling idea with a clear line of sight to an impact, that gets people excited. When I think about philanthropy, I go back to my early days as an engineering professor. If you want to do interesting work, if you want to have partnerships, you have to raise money. When you connect a community member with a piece of the university, great things happen."

Appointed Dean of the Schulich School of Engineering in 2006. During her tenure, propels it into the top ranks of Canadian engineering schools. "That was a pretty 24/7 ** job — keeping an international research group on the forefront, while committing to moving the engineering school forward. I wanted to ensure that I was really serving the students and the faculty and staff and, through that, the community and the profession."



FAREWELL

Prepares to leave presidency as of Dec. 31, 2018. "What I've been particularly proud of is that sense that we are truly a great university. We are at the starting line of really huge achievements. I can feel it; I can see it; it will happen here. I've had the pleasure of working with wonderful people. When I walk across campus and see the fascinating things that are happening and meet the terrific people in our community — well, as university president, I've had a front-row seat to all that. It's been an honour and a privilege and I'm going to miss it."

— Jacquie Moore 🔱



Meet the Saigon

Sub: A Foot of Food Court

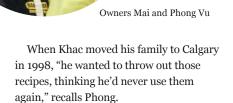
Wonder Wonder

Let's be honest. Who hasn't succumbed to a foot-long, lip-smacking legacy of French colonialism, a.k.a. banh mi or a Vietnamese Sub?

dare you to resist the yeasty smell of freshly baked demi-baguettes stacked high with fragrant cilantro stalks, a tangle of carrots, crisp slivers of cucumber, peppery beef or chicken satay that wafts out of Bake Chef in Mac Hall's Food Court.

Few of us can, which is why we called up owners Mai and Phong Vu to find out what makes their subs so cult-worthy — they can sell, after all, 400 of these toasted babies on a busy day.

It turns out the Vu family (refugees from Vietnam) got their Canadian start in a bakery in Cranbrook, B.C., where Phong's dad, Khac, learned English while punching and pinching bread dough into all sorts of artful shapes. A few years later, or so the story goes, a local German baker closed shop and sold his recipes to Khac, who then stuffed them into a shoe box.



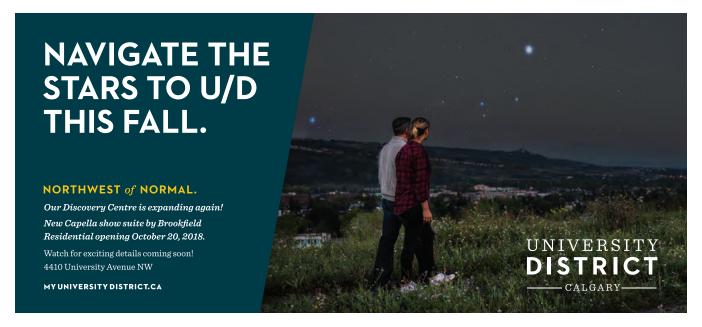
But, in 2006, the Bake Chef location at UCalgary became available and Khac snapped it up, hauling out that precious box of treasured recipe cards and adding subs to the menu. Not long after, most of the Vu family began working shifts at the little shop, toiling from 5 a.m. (when the baguettes have to be made — yes, they create their own) and shutting things down at 7 or 8 p.m., seven days a week.

"There are always students here," explains Phong, who continues to use his father's recipes for the cookies, muffins, cinnamon buns and baguettes Bake Chef serves every day. "And they are always hungry."

As for a "secret recipe," say the one that makes their Spicy Beef w/Cheese Sub their No. 1 seller, Phong isn't giving anything away. He does, however, stress that everything is made from scratch (no frozen bread or cookie dough here), and that all the ingredients are über-fresh and bought at local Asian markets.

To celebrate banh mi's popularity, however, Phong and his wife, Mai, have endorsed a recipe that (they promise) is very similar to Bake Chef's crackly-crusted toasted wonder. Be forewarned: to truly recreate the Vu family's version, be sure to wrap it in parchment paper and bind it with an elastic band. Watch the Vu family construct a banh mi, backstage at Bake Chef's kitchen and enjoy this recipe at alumni.ucalgary.ca/sub-recipe

— Deb Cummings **U**





Mannion (Eckerd College, Florida), Mateo Montero (UCalgary), Sophia Bendorf (UC Berkeley).

n an attempt to nurture entrepreneurial thinking across faculties, last summer, UCalgary participated in a prestigious program in Portugal called the European Innovation Academy (EIA). The Haskayne School of Business and the Hunter Hub for Entrepreneurial Thinking accepted 15 students from three faculties who then spent 15 days in Portugal's capital, Lisbon, fully immersed in a wildly intense international startup environment. Partnering with some of the planet's most ambitious entrepreneurial institutions such as Stanford University, UC Berkeley and Google, EIA's mission is to guide 1 million entrepreneurs through its programs by 2022. Curious about how, exactly, one turns ideas into startups in a little more than two weeks, we checked in with two UCalgary

undergrad students, Mateo Montero (fourth-year psychology and marketing major) and Linda Zhu (fifth-year business student). Here's what they had to say: What is it like to be with the same 500 EIA participants for 15 intense days? Mateo: It felt as if I was trying to quench my thirst by drinking from a fire hose. I wanted to meet as many people as possible, but I was quickly overwhelmed by the sheer number of participants — but so pleased that everyone, no matter their language or cultural background, was as open as they were. What does a typical day look like? Mateo: At 10 a.m., everyone gathers in a large auditorium in Lisbon to listen to amazing keynote speakers for two hours. Following that is lunch and then teamwork

coaches would come around to answer our questions, provide professional guidance and keep team dynamics in check. Throughout the afternoon, there would be private mentoring sessions in workrooms where we could get specific mentoring in either design, marketing or pitching. As a team, we had the freedom to do all our mentoring right away, then focus on our own work the rest of the day, or vice-versa.

What was the most challenging part? **Linda:** Teamwork. Initially, during the ideation stage, it was helpful to have diversified perspectives, but what became an issue was trying to make a unified decision. It is actually very difficult to incentivize a team of very passionate and motivated individuals and I found it hindered our productivity when time was needed to be spent to ensure team cohesiveness.

What makes the experience unique? **Linda:** It exposes students to a different economic market and political landscape. During the second week, I went to Lisbon's largest hospital to conduct interviews, so the interactions I had with locals would not be able to be replicated elsewhere.

Will this experience alter how you study, do business, view life?

Linda: This experience altered my perception of cultural and language barriers. It showed me that, as long as the vision is well-defined, and that you are vested in making things happen, then you will attract individuals who will support and work with you, even if there are personal differences.

Deb Cummings U

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A Mapping Success Story

by Alex Frazer-Harrison

t was the rescue mission that fascinated the world: a race against time and the elements to save 12 teenaged soccer players and their assistant coach from a flooded cave in northern Thailand.

Although a rescuer tragically died, the team was recovered safe and sound — thanks, in large part, to 3D-mapping data provided by Intermap Technologies, a Denver-based company with strong UCalgary connections.

Ivan Maddox, BSc'96, has been with Intermap for 18 years, and was one of the last Faculty of Engineering grads to receive a Surveying Engineering degree before it was renamed Geomatics.

"They called us because Intermap's been active in Asia for its entire existence," recalls Maddox, Intermap's executive vice-president of commercial solutions. "We created the data on demand and delivered it to them three hours later. Not just the cave, but everything around it, so they could plan their rescue mission."

The data was based on Intermap's NEXTMap One, a high-resolution map dataset offering resolution down to one metre.

"It was nice for it to [be recognized] that there was a use like this for the product," adds alumnus Stephen Griffiths, BSc'89, chief technology officer and executive vice-president of data solutions, who came to Intermap from UCalgary with a background in astrophysics. "Humanitarian aid wasn't really on our radar, so to have that pop up was quite humbling. But the only thing that was important was rescuing the kids."

Griffiths says NEXTMap One was awarded its patent on June 19 — less than a week before the incident. "It was truly an international effort: [research and development] was in Calgary along with the engineering team; development in Prague; implementation in Denver." He adds at least 10 other UCalgary alumni work in the Calgary office.

So, how did the Intermap team feel as they saw the teens rescued? "Just happiness — we were so glad we were able to get those kids out of there," says Maddox. "The second emotion we felt was appreciation for the teams on the ground."

Adds Griffiths: "I would wake up and turn on the news and it was all we talked about in the office ... good news all around."



Ivan Maddox, BSc'96

Both Maddox and Griffiths have fond memories of attending UCalgary.

"The geomatics [program at Schulich] is a world leader that's also defining the industry," says Maddox. "I thought I would be a land surveyor in B.C., but ... I'm doing things I never thought I'd be doing."

One of Maddox's undergraduate professors remembers him as "consistently attentive, technically curious and passionate about the subject.

"[These were] key characteristics of a future innovative technological leader," says Dr. Gérard Lachapelle, PhD.

The Intermap team and its UCalgary alumni members are embodiments of this university's goal of impacting the world beyond the campus, says UCalgary President Elizabeth Cannon, BSc'84,

MSc'87, PhD'91, who instructed geomatics at Schulich at

the time Maddox
attended and
served as dean.
"I am full of pride
at Ivan Maddox and
Stephen Griffith's
readiness to come to
the aid of the Wild Boars
soccer team and their
coach," she says.

"What is the purpose of higher education if not to give back to the world?" U



Should I Take Part in a Research Study or a Clinical Trial?

ick Young is an amateur photographer who likes to spend his time taking wildlife pictures in the mountains. "Bears are my favourites," says the 58-year-old, Airdrie-based marketing rep for a furniture company. That's why Young never imagined he would participate in a UCalgary research study — and that he would have so much fun and learn something new in the process.

As a volunteer participant in the Lucida: Photography Metering Assistant study — which is just one of more than 400 studies and clinical trials actively recruiting participants through the UCalgary Participate in Research website — Young gained eye-opening insights into how to create better pictures.

He was also one of the first people who tested a new photography app in one of the

coolest rooms on the UCalgary campus, the Visualization Studio, which has a wall-sized, 35 million-pixel screen. The Lucida study uses the digital wall to project lifelike scenes — think sun-dappled mountains and crackling campfires — and replicate real-world photography locations.

From photography and psychology to health and beyond, the variety of the more than 400 research studies and clinical trials included on the Participate in Research website is quite vast — and all the projects listed are actively recruiting participants. If you can think of a topic that interests you — for example, computer games, exercise, sleeping, gambling, stress, social media, e-cigarettes or dance — type the term into the website's "Search research studies" box, and you're likely to generate some potential options.



Grad student Brad Wrobleski, BA'11, is recruiting people to test his Lucida app.

If the study's summary details and eligibility parameters look like a good fit for you, click the "I'm interested in participating" button and submit your contact information. Discover more at **ucalgary.ca/research/participate**. — UToday **U**





(L-R): Dr. Abdel Aziz Shaheen, MD, with liver specialist Dr. Mark Swain, MD.

Antidepressant Could be a Promising Treatment for a Serious Liver Disease

team of scientists at UCalgary's Cumming School of Medicine have discovered what could be a new option for patients suffering from primary biliary cholangitis (PBC) — a rare, incurable liver disease that can be fatal if untreated. A drug usually prescribed for depression appears to effectively stop progression of PBC.

Dr. Abdel Aziz Shaheen, MD, a gastroenterologist and epidemiologist, was researching the effect of depression on people with PBC and came upon an unexpected finding. While combing through data, he found a sub-group of people with depression who were healthier than others.

"As I began to look deeper, I realized these patients were all taking the anti-depressant mirtazapine, which seemed to be having a positive impact on their liver disease," says Shaheen, an assistant professor in the departments of Community Health Sciences and Medicine. "You don't expect to find people with a chronic illness and depression to be healthier than those patients who don't have depression."

— UToday **U**

Fake It 'Til You Make It is Not a Good Plan for Job Interviews

Researchers who study impression management in job interviews suggest honesty is the best policy when talking about yourself.

Dr. Joshua Bourdage, BA'06, MSc'08, PhD'12, associate professor in UCalgary's Department of Psychology, and Dr. Nicolas Roulin, PhD, associate professor of industrial/organizational psychology at Saint Mary's University in Halifax, studied the behaviour of 1,470 North American job applicants during interviews — a field called "impression management."

"Faking in an interview tends to be someone making up for something," says Bourdage. "It's not that you go in and say, 'I'm going to fake my way through this interview.' It's an adaptive response to, 'I don't know what I'm doing, I don't have the experience, I am uncomfortable in this situation and this interview is very difficult."

People who sell themselves in an honest way tend to receive a job offer, whereas those who fake it are often "found out" in reference checks and other verification processes. The researchers also found that the interviewer can encourage more honesty from an applicant by having a longer interview and asking specific questions about past behaviour or jobrelated situations. — UToday U



UCalgary Researchers Discover Why Staph Infection-Related Sepsis Causes Organ Failure

or patients diagnosed with a Staphylococcus aureus infection, also known as a staph or MRSA infection, every minute counts. The bacteria create havoc in the body, the immune system goes into overdrive and the heightened immune response can lead to sepsis, which kills 30 to 50 per cent of those who develop it. In Canada, sepsis is the 12th leading cause of death.

Scientists have known for some time that one of the reasons a staph infection is so deadly is the bacteria send out an alpha toxin (AT) that quickly worsens sepsis.

Using a process called intravital microscopy that allows scientists to see what's happening inside living animals, UCalgary researchers recently discovered the toxin causes platelets to respond abnormally in mice. Platelets' primary role is to help stop bleeding in mammals after injury, but what's relatively unknown is that platelets also play a role in the body's defences against bacteria. Normally, platelets coat bacteria to prevent the spread of a microbe throughout the patient. However, during sepsis caused by staph infection, as the amount of toxin in the bloodstream increases, the platelets aggregate to form clumps. Those clumps deposit in the liver



First author of the study, Dr. Bas Surewaard, PhD.

and kidneys, causing serious damage and eventual organ failure.

A team of UCalgary researchers wanted to know whether an antibody that targets the toxin could be effective in preventing platelets from clumping. They started working with MedImmune, a drug company that is conducting a Phase 2 clinical trial where an alpha toxin antibody it developed is given to intensive-care unit patients prone to develop pneumonia caused by staph due to long-term use of a ventilator. Early indications are the antibody is

effective in preventing lung damage.

"When we introduced the antibody to the bloodstream of mice during sepsis, we saw an immediate reduction in the amount of clotting," says Dr. Bas Surewaard, PhD, a postdoc in the Department of Physiology and Pharmacology and first author of the study.

"A single dose of the antibody reduced liver damage by 50 per cent. By knocking out the toxin, the platelets could begin flowing in the bloodstream again."

— UToday 🔱



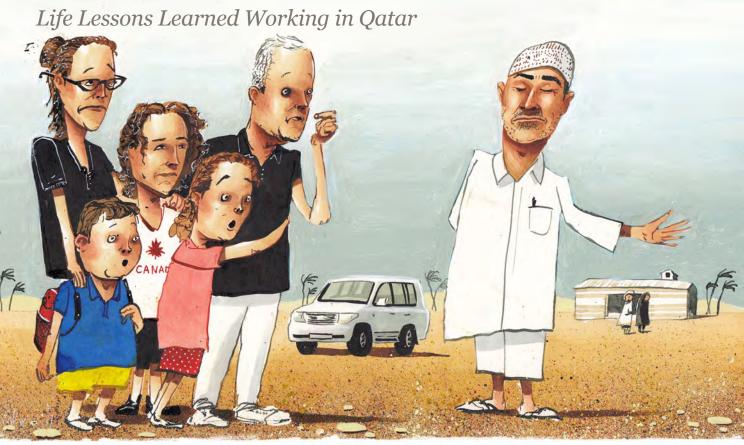
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Lost in Translation



by Graeme Lauber illustrated by Kelly Sutherland

am a little ashamed of what happened on May 3, 2015. That was the day that my family and I left Calgary, our home for nearly 20 years, and flew to our new home in Qatar, a small peninsula that juts out of Saudi Arabia into the Persian Gulf, where I was starting a new job as the director of marketing and communications for the University of Calgary in Qatar (UCQ), a nursing faculty.

My shame comes from the fact that the day I moved my wife and three children 11,000 kilometres around the globe was the first time I had ever left North America. I'd been to New York, Chicago, Houston, Los Angeles and Seattle, but never to Paris or Dubai or Delhi. In every place I'd ever been, I spoke the language, could navigate the streets, understood the culture. I'd never had a cross-cultural adventure, so now I was jumping in with both feet and my patient spouse and long-suffering children were jumping in with me.

The world I discovered in the Arabian desert was very different than the one I left behind on the Canadian prairie. Starbucks didn't have cream for my coffee, McDonald's hamburgers tasted different and extreme cold was replaced with extreme heat (53°C one day). But the differences ran deeper than consumer goods and climate; they extended to the ways society was structured, the ways people thought, the ways they communicated.

Communication was a particular challenge. Shortly after I arrived, I hired Noura, born and raised in Qatar and able to help me navigate the language and culture — and to help me navigate Snapchat. Noura made it her mission to teach me a few words of Arabic. Several times a week, she would say to me, "Say XXX!" and I would try my lame best to repeat what she'd said. Then she would laugh and say, "That's hilarious. Here, let me Snap you!" and she would share my ridiculous pronunciation on Snapchat. This happened every time I attempted an Arabic word. Every. Time. By the time I left Qatar, I was a minor Internet celebrity for my terrible pronunciation.

Incapacity with the Arabic language is a liability for someone responsible for communications in an Arabic-speaking country. On one occasion, UCQ decided to host an event for some of our alumni. I was responsible for the invitations to be sent by email with the subject line, "An Event for Nursing Leaders." I asked Noura to translate the invitation into Arabic.

That afternoon, I was in a meeting when my phone began to blow up. It was Ian, a member of the team who did not speak Arabic, saying we had a serious problem with the invitation. An alumna had replied to our invitation, saying, "This invitation contains a word that the university should not use." Ian couldn't tell which word was the problem, and Noura had gone home sick, so

he took the invitation down the hall to an Egyptian national who spoke Arabic. She reviewed the invitation and then pointed to the word we thought meant "leaders" and said, "This word means a man ... who brings women ... to other men ... for sex."

Pimp. I had created a university event for pimps.

We sent the invitation to an outside translation agency to be revised and sent a corrected version to our alumni. The next morning, Noura just rolled her eyes at me, "That alumna was just trying to make your life difficult! She knew what you were trying to say!"

Arabic is a language that has small marks around the main letters called diacritics. These marks change the pronunciation of letters or words (think about accents in French). The use of diacritics is generally reserved for specific, formal contexts and they're not typically seen in everyday Arabic. This means that the reader occasionally has to understand which word is intended based upon the context. The words "pimp" and "leaders" are different when the diacritics are included, but look the same in everyday usage. Noura explained all of this to me with a look of exasperation. We had been played, and I was realizing that I was a long way from home.

Language was not the only difference between me and my Qatari neighbours — there were also fundamental differences in the ways we thought. As a Canadian and as an Albertan, I am an individualist, but most Qataris are collectivists. For them, community and relationships take priority over the individual. This difference is so profound that it's hard to grasp, let alone articulate. It's the kind of difference that can influence a person's perspective on almost everything — professional goals, relationships, even the definition of "the good life."

One of the cultural expressions of collectivism in the Arab world is the majlis. Majlis can refer to people coming together for conversation, but it's more often used to refer to a building where those people gather — a sort of reception tent or hall. The majlis is a place where men can hang out in the evenings to drink tea, smoke, gossip and, ultimately, come to decisions for the community. The majlis is the beating heart of the community and a symbol of Arab hospitality.

I've only ever been in a majlis once. It was a rainy and cold (14°C!) day in February. We had a day off and everyone in the family was bored, so we decided to go for a drive in the desert. After driving on the highway for a while, we thought we'd try a little off-roading in what looked to us to be a barren wilderness. We'd only been driving for a few minutes when a Land Cruiser came racing toward us over a distant rise. When it got close to us, the Qatari driver rolled down his window.

"Come! Come!" he ordered.

I tried to respond to him, but it was soon clear that he knew about as much English as I knew Arabic, so we obeyed his orders and followed him to a home nearby. Once there, he invited us into his majlis tent, where we were greeted by his daughter, who seemed to be about 12 and could speak English, and his son who was about nine. In the majlis, the man lit a fire for us, turned on the TV, and asked his servant to bring us tea and dates. He showed us some artifacts he had collected from the land around

and (through his daughter) made it clear that we were to make ourselves at home. Then he and his children left, and we were left alone to enjoy the refreshments and the fire he had provided. Eventually, we wrote a note of thanks and left. I never learned his name, but his son's name was Sultan, so, in my mind, the man will always be Abu Sultan (father of Sultan).

When I got to work the next morning, I asked Noura about what had happened. She said, "Oh, you were on his land, and, as a Qatari, he had a choice to make. He could either be *reeeeeally* nice, or shoot you."

Within our Western culture, there seems to be two schools of thought when it comes to relations with the Islamic world. One says, "These people are very different from us! They have different values and ways of thinking and, therefore, they are our enemy!" The other says, "These people are basically the same as we are. They want the same things as we do — peace, prosperity, security — therefore, they are our friends!"

66-

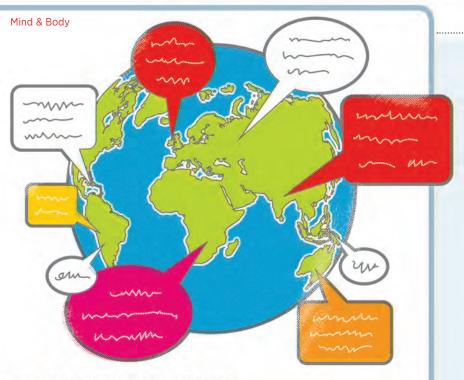
... what was important to me seemed trivial to them, and what seemed essential to them often seemed optional to me.

-55

My experiences in Qatar taught me an important lesson. The people I encountered were different from me — what was important to me seemed trivial to them, and what seemed essential to them often seemed optional to me. Abu Sultan and I probably lived our lives by different principles and had fundamentally different ways of thinking. We likely had very different opinions about politics and community and family. Yet, in that moment when he had to decide whether to be really nice or to shoot me, he chose compassion. At a moment when he had every right to be angry with me, he chose hospitality.

Abu Sultan showed me that our compassion for one another is not based on shared beliefs or values, but on our shared humanity. We are kind to each other not because we think the same things, hope for the same things or believe the same things. We are kind because we are all human beings. He also showed me that there is a language of compassion that is universal — a bit of fire on a cold day and tea and dates in the desert (like we'd offer coffee and doughnuts on the prairies).

It seems to me that this message is more important than ever. lacksquare



THE WORLD BEYOND WORDS:

HOW TO WALK AND TALK LIKE A LOCAL

Manners matter in all countries, but cultural missteps can be deal-killers or cause you to miss out on a meaningful connection. Here are 10 cultural faux pas to avoid while visiting 10 countries — many with which UCalgary has partnerships or shares business

by Deb Cummings and Andrea Lee Morrow

hewing gum. Giving a thumbs-up. Writing on business cards. Eating with your left hand. These gestures may seem entirely benign, but in some places they are frowned upon - some are even actually against the law — and what you don't want is to get tossed into some foreign slammer when travelling abroad. UCalgary's International Relations Department takes the understanding of diverse cultures, customs and perspectives very seriously — which is precisely why they've created a beefy primer on how to avoid making offensive cultural blunders. Take a peek. Just don't pat someone's head while doing so, especially if you're in India, where it's considered offensive!



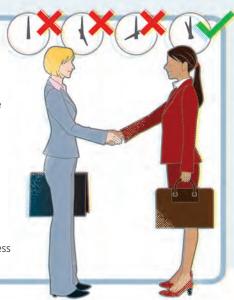
more esteemed than in Germany. Be on time for every appointment, whether for business or social engagements.



Remember that the left hand is considered unclean in the Islamic world. When travelling, even in many non-Islamic areas of Africa and Asia, use the right hand — especially when it comes to eating.

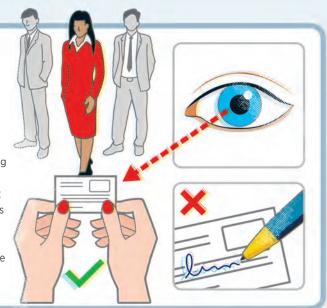
MEXICO

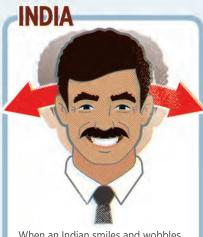
Try to make appointments between 10 a.m. and 1 p.m. That's because meetings can often take longer than two hours and business may only occupy a small portion of this time. Developing a relationship on a personal level is key to conducting business in Mexico.



JAPAN

The exchange of meishi or business cards is critical in Japan. Typically, business cards are presented at the beginning of a meeting led by the people who enjoy the highest status. Use both hands to present the card. When you receive a business card, examine it carefully and avoid writing on it.



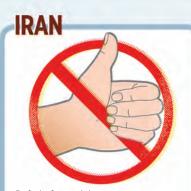


When an Indian smiles and wobbles his head, which may look somewhat like a Western "no," do not be fooled. This gesture likely means "yes."



The number eight is the luckiest number, as well as six. Even numbers are preferred (except four).





Refrain from giving anyone a thumbs-up, as it is equivalent to the middle finger in the Western world.



If you spot a Brazilian flicking their fingertips underneath their chin, realize they don't know the answer to your question.



Like most things in America, greetings are quite informal. This is just a manifestation of the American belief that everyone is equal.

UCALGARY INTERNATIONAL

hosts international visitors, university delegations, government officials and dignitaries each year. It also helps faculty and staff develop campus itineraries and organize meetings and seminars for international visitors and advise on various cross-cultural matters — culturally appropriate gifts, forms of address and country-specific recommendations. U

UCalgary Goes Global

In an effort to expand its global reach, the University of Calgary brought its internationally recognized and accredited nursing program to Qatar in 2007. Here's a peek at its campus in the capital of Doha, the only post-secondary institution in Qatar to offer a degree in nursing

by Deb Cummings

t's 7:30 a.m. on a Sunday at the University of Calgary in Qatar's (UCQ) labour and delivery simulation lab. Besides the unusually early hour (for a university class) and day of the week, the ultra-modern teaching lab could be in any North American city: a wireless birthing mannequin known as Noelle lies under a sheet; an IV pump and blood pressure meter are clipped to a wall nearby; the typical charts, bins and equipment are at the ready.

Even the students are in scrubs, just as they would be in any Western-style hospital setting, but the similarities may stop there. Take a look in any of UCQ's 27 classrooms and you'll find a student body far more multinational than what we'd find in Calgary — Qataris, Sudanese, Syrians, Indians, Filipinos and a few Canadians on study abroad comprise this student population. And, although you see male nursing student Abdul Rhman Hamdeh (in the photo), you would never find a male nurse in any Qatari hospital treating a female patient. It's true that 11 per cent of all UCQ's 450 current nursing students are male, but — apart from an emergency — they are not allowed to treat any females, nor are they allowed on any "female" ward. They do, however, receive maternity training and education at UCQ where they complete their required clinical hours in this simulation lab.



Explains Hamdeh: "There are many challenges that face male nurses in Qatar as most people expect only women to do this job. I'm here to change that — I'd like to see the scope of nursing broadened to give all of us more opportunities."

Daniah Mereno, a third-year student, agrees, pointing out that the nursing field is "evolving in Qatar," just one of the reasons she values the international perspective UCQ provides as it follows the Canadian curriculum.

In Qatar's rapid rise to modernity, the country has taken a different approach to post-secondary education. For those who wanted a Western education, but didn't want to live abroad to get it, Qatar decided some 20 years ago to import a host of foreign universities. Two decades later, Doha is home to degree-granting campuses from top-flight universities such as Cornell, Texas A&M, Carnegie Mellon and

UCalgary (the only Canadian university). In some ways, these schools are a study in contradictions — Western ways of thinking and teaching in what remains an Islamic monarchy, albeit a liberal one by regional standards. These foreign universities represent broad opportunities for women in a nation where many families do not allow their daughters to travel overseas to study or to mix casually with men. Although UCQ is still relatively small, it, along with the others, could be a seedbed of change.

Now at the vanguard of Qatar's health promotion, UCQ's nursing students and graduates practise in the community, in primary health centres, clinics, schools and acute care hospitals. Accredited in Canada and adapted to the local culture, UCQ's curriculum provides students with the knowledge and expertise to become leaders in Qatar's heath-care sector. Offer-



ing two paths to a Bachelor of Nursing degree — the four-year program targets high school grads and its two-year program is for nurses with diplomas from recognized institutions — UCQ also offers a Master of Nursing in Leadership program, designed to further develop leaders in the profession.

As for the future of UCQ, its dean, Dr. Deborah White, PhD, explains the significance of collaboration between Qatar's health partners and the main campus in Calgary. "We would like to offer more graduate education courses as well as courses leading to a certificate focused on chronic disease," she says.

In an increasingly globalized world, UCalgary is investing in young people around the world. A program that combines Canada's curriculum but reflects other faiths and traditions may be exactly what our future depends upon.



Photos: Sadie Packer

KATALINA SZEWCZYK BCOMM'10

After perfecting her French while completing a Study Abroad program in Bordeaux, France, Katalina Szewczyk went on to work in Haiti and, most recently, Senegal. She has just wrapped up a twoyear contract with JLB Expertises in Senegal's capital city, Dakar, where she's been a liaison, bridging the gap between the company's headquarters in Marseille and a local team in Dakar.



Photo: Nathalie Guironnet



What kind of work does JLB Expertises do? They are a French company that provides survey services for companies that import food from all over the world into Africa. Their role is to note all of the quantities of sound cargo [bags of rice, for example], and to record any losses or damaged merchandise [torn bags, wet bags, oily bags, etc.], as well as implement preventative strategies that lessen the losses.

Why Senegal? It is the only country in continental Africa that has always enjoyed peaceful transfers of political power — no coup d'etats, no revolutions, just peace. I also wanted to live in a predominantly Muslim country during a time when Islam, due to its extremists, keeps getting such a bad image. What I found in both the Senegalese people and the Islam that they practise here, is the value and presence of peace.

Why JLB? I was interested in the entire food chain — from seed to plate. The gratifying part of the job was the preventative aspect; working with logistics companies and insisting on proper handling and storage measures so that less food would be lost and damaged.

How did you use your UCalgary education in this job? I used a lot of the soft skills, which are not always a given in a place like Senegal: (1) allowing everyone to have a voice and making sure they are heard; (2) recognizing individual achievements, but reprimanding in private, never in public.

Advice for those who want to work internationally? Take cultural differences very seriously, because they are real. For example: Senegalese people are very accustomed to hierarchy and a more vertical corporate structure — they want to know who is whose boss and who is responsible for what. Greetings are always long and drawn out, and asking for what you want is considered very rude. And they take appearances and clothing very seriously.

What is the working language? French is the written language used for documents and for speaking with French/European clients; English for dealing with clients from India; and Wolof is spoken by all Senegalese employees and throughout the day. It was quite fun learning a bit of Wolof.

What were your top three favourite things to do in Dakar? The ocean, learning how to surf and the relaxed pace of life in Africa.

What are you reading these days? A lot of good works about Buddhism such as the Tibetan Book of Living and Dying, as well as books by Simon Sinek like Start with Why.

What skill would you like to master? Acting, public speaking and telling jokes (that get laughs!) in front of an audience.

What's your claim to fame? I biked alone across Europe in 2012 as a fundraiser for World Literacy Canada. Most difficult, and also most rewarding, thing I've ever done. Afterwards. I made another dream come true: I self-published a book about the trip.

What could you give a 40-minute presentation on with no preparation? How to travel and see the world on a very small budget via various volunteer programs and networks such as couchsurfing, WWOOF, helpexchange, workaway.com and on.

What is something everyone should do at least once in their lives? Live or camp for a time alone in the wilderness.

What movie title best describes your life? Lost in Translation. Trust me ... between Polish, English, French, Spanish, Creole and Wolof in my head — sometimes, it's a complete mess in there. — Deb Cummings U

DR. SHAWN WATSON BSC'08, PHD'13



As the CEO of Senescence Life Sciences (a biotech company aimed at combatting age-related cognitive decline), Dr. Shawn Watson is one of Singapore's top 10 influencers in health care under the age of 40. Under Watson's leadership, Senescence also won a spot on the list of Singapore's Top 20 Hottest Companies to watch in 2017. Although this superstar spends most of his working hours pitching the company's vision and closing deals in order to catapult it forward, it's a tag-team effort. His wife, Tegan, BComm'11, manages the day-to-day business, investor relations and venture capital programs.



What is the genesis behind Senescence, and why Singapore? Dementia is a big part of my family's life, with many members having succumbed to the disease and several more who are currently living with the condition. I don't know if our new methods will work, but, so far, things are looking very promising! We based ourselves in Singapore because of access to capital, IP protection, ease of business. access to the Asian market, and it's a great hub for regional travel.

How did your seven years at UCalgary help you launch this biotech company?

It was my supervisors — Dr. W.C. Wildering and Dr. Petra Hermann — who gave me the confidence, curiosity and drive to launch the company and move to Asia. Neither showcased academia as the only route to success after graduate school. Much of my entrepreneurial success comes from their tutelage.

What was the biggest lesson you learned at UCalgary? Curiosity is only a benefit if you have the perseverance to search for the answers

Did you think of yourself as an entrepreneur while studying? Well, if launching a

landscaping company while in high school counts ... but grad school did give me the opportunity to work independently, explore topics of interest and leverage my creativity.

What can we do to keep our brains healthy?

Physical exercise, adequate sleep and a balanced diet are all proven to make a tangible difference in cognitive health and performance. Conversely, smoking, stress, lack of exercise, bad diets and too much alcohol can increase our risk of developing pathologies like Alzheimer's disease later in life.

How can Senescene's natural supplements help stave off cognitive decline?

Our company is based upon the growing evidence that diseases, such as Alzheimer's, start mid-life (30s, 40s and 50s). Our goal is to prevent, slow or stop the transition from healthy brain aging into pathological aging by using natural, targeted supplementation.

Do you have any advice for someone who would like to work abroad? Do it. Don't hesitate — just book the flight, strap yourself in and experience the world. You will have no regrets — only great learning experiences!

What is your idea of a perfect weekend in Singapore? One of the best aspects of Singapore is its location. Got a long weekend? Let's go to Bali, Thailand, Vietnam or

maybe Angkor Wat in Cambodia, or one of my other favourites, Bagan in Myanmar.

What have been the biggest challenges in running this business?

(1) For every one person that believes in you, there will be 500 that say you can't do it; (2) Disruption is a "sexy" word, but no one really wants it because it requires change; (3) Leaving friends and family and moving to the other side of the world isn't easy.

Do you wish you had taken any other courses at UCalgary?

Marketing; specifically, something related to social media. Even if you aren't running your own company, using social networks like LinkedIn are critical for making connections across the globe.

What's the best thing about expat life?

Meeting people from all over the world. My perceptions of the world, happiness and priorities have changed dramatically since moving here (and for the better).

Where do you hope you are in a decade?

Telling you that we have found a cure for Alzheimer's disease.

What do you miss about Calgary?

Family, friends, Costco, camping and the Rocky Mountains. — Deb Cummings **U**

WHEREVER LIFE TAKES YOU

UCALGARY ALUMNI IS THERE



by Michael Sclafani



NOS



Michael V. Sclafani, Associate Vice-President, Alumni Engagement & Partnerships

he rise of the University of Calgary from a small regional institution to an intellectual hub of global influence parallels that of Canada itself. As you are discovering in this issue, UCalgary's outlook is now decidedly international — as is that of our alumni.

Hailing from 153 countries, of UCalgary's nearly 180,000 alumni, approximately 11,200 live abroad. What's also exciting is realizing that our alumni body is larger, more diverse (in age and race) and increasingly more engaged than ever before. In fact, it was this appetite to connect to their alma mater that prompted us at Alumni Engagement to expand our programming into five key areas in which we invite you to participate. Whether you're a current student, a recent graduate or enjoying retirement, we believe it's never too early nor too late to connect to UCalgary.

My role as associate vice-president of Alumni Engagement & Partnerships connects me to a broad swath of people who care enough to get involved and build community. Fundamentally, that's what our role is — community-building by connecting alumni to UCalgary and UCalgary to alumni. And that's precisely the theme we've explored in the next five pages, something we've dubbed "Wherever Life Takes You." Consider it a road map of sorts for creating and advancing meaningful connections with alumni at all stages of life, anywhere on Planet Earth.

To show how alumni bolster the community person-by-person with their ideas and actions, we are telling the varied stories of five graduates who illustrate the five key pillars of our

new alumni programs. Alumni career development, life-stage programming, volunteer engagement, philanthropy and community-building play important roles in their lives as they carry the shared experience of learning and growing at UCalgary into the world.

As alumni, the way you engage with the University of Calgary will shift as you progress through different stages of your life. We get it — and we are okay with it. Just as we help our students become global citizens in our highly connected world, we want you to see a path of engagement that is unique and meaningful to you. Besides tailoring programs to suit our global community of alumni, we've designed our offerings to be nimble and scalable, to be available in real time or on demand. Whether you're a business leader, an artist, a hockey coach or a public servant, I believe you'll be impressed with our new direction in programming and proud of your association to the University of Calgary.

Michael V. Sclafani @new2calgary

ALUMNI NETWORK CAN ENRICH CAREERS

he was 15 minutes early for her Skype interview with a potential employer in Toronto. As Iryna Gaspard, BA'15, BComm'15, sat in her small Calgary apartment, all the preparation she'd done with UCalgary Alumni's Career Program was about to pay off.

"I was nervous as this was my first real Skype interview," says Gaspard, a great example of someone who has accessed the services offered by UCalgary Alumni to successfully secure a position within her field prior to relocating.

IRYNA GASPARD, **BA'15**, BComm'15







She'd reshuffled the furniture, dressed professionally, tweaked the lights so she'd be more visible and sat in the glow of her laptop in case the call came early.

Ever since high school, when she realized she wanted to discover different parts of the world, Gaspard has focused on developing a career that would allow her to do so. In fact. the reason Gaspard chose to study at UCalgary was in order to pursue a career that would be flexible and global in nature. The potential to pair the university's International Relations program with her Bachelor of Commerce sealed the deal.

"I was pursuing a dream," says Gaspard, now a senior accountant at MNP in Toronto. "Once I got my degrees, I needed help finding the right position, and the Career Coaching program helped me do that."

It also helped her prepare a rough draft of her cover letter and showed her how to



punch up facts and her achievements, which helped enormously when Gaspard began applying for jobs. The coaching also included mock interview sessions.

Gaspard also started to use LinkedIn and began reaching out to Toronto-based UCalgary grads to get a better sense of the city. "I could see how other people had made the move, which was really helpful," says Gaspard, who wanted to join her husband, a software engineer, who had recently relocated to Toronto.

One thing led to another and, sometime after securing that job through the Skype interview, she landed at MNP, where Gaspard now sees the potential for becoming an expert in the field. — Mike Fisher

HOW TO BOOST YOUR CAREER

The UCalgary Alumni Career Program can help you excel at any stage in your life and career. It is chock full of programs and opportunities, whether your aim is to accelerate your growth or plan for retirement:

- Webinars and workshops cover a wide range of topics. You'll find a digital library stocked with resources, including new content and articles in the Career Success Series.
- You can connect with a career coach and meet one-on-one or virtually for sessions that range from writing cover letters and resumes to job-search tips and interview prep. Want to do a mock interview? You're covered.
- If you are looking for new opportunities or aiming to advance in your current role, the annual Grow Your Career Conference, brings together tips, coaching and best practices from top career professionals.
- Become a mentor share your lessons learned with a current student or recent grad.
- Volunteer as a career development resource for students and fellow grads.

Advance your career at alumni.ucalgary.ca/careers









UCALGARY ALUMNI CAN HELP ANYONE AT ANY LIFE STAGE



STEPHAN GUSCOTT, BSc'17

tephan Guscott, BSc'17, holds a taco in one hand and a beer in the other. watching with awe as UCalgary alumna Anila Lee Yuen does a kung fu takedown of her master-instructor amidst more than 50 grinning alumni at a popular Calgary beer hall.

It was the first Links and Drinks pub night, held in May of this year at The National on 8th. This new program's aim is to bring alumni together at fun events, inspiring conversation while providing opportunities to share experiences.

Lee Yuen, BSc'06, who is CEO of the Calgary Centre for Newcomers, was one of the guest speakers at the inaugural event. She described her path to community service and explained that her drive to challenge herself led her to learn kung fu — and perform it at Links and Drinks.

After she and architect Mark Erickson. BFA'07, spoke, two improv musicians (Patrick Quinn, BFA'07, and Kristin Eveleigh, BFA'07) remixed their stories into hit songs from the past few decades — adroitly bringing the past into the present, while showcasing their talents to the crowd.

"My goal through the work we do with Links and Drinks is simple — it's about bringing people together," says Guscott, who, as a member of the Recent Graduate Committee (RGC), is empowered to do this work, "While as a student, there were tons of opportunities to find your own niche. As a graduate, it's more ambiguous."

Groups like the RGC help lay a path forward for alumni to ensure there are ways to remain engaged with the university, so you always know there is a place for you as your priorities shift through various stages of life.

While an undergrad, Guscott served as president and vice-president academic on the UCalgary Students' Union and on the Board of Governors and General Faculties Council, and other boards and committees. Like many alumni, he's facing a crossroads as he decides how he wants to move forward.

"Life-stage programming can be really helpful because it's about enabling us to navigate from one phase of stability in our lives to the next," says Guscott, who's planning to return to school at some point for medicine. "At an event like Links and Drinks, it's inspiring to hear from grads who are at various stages of their own careers and lives." - MF

DEGREES OF PROGRAMMING

Just as universities evolve, so too do alumni. Our goal is to be relevant, timely and meaningful for a lifetime. Here's what we're doing:

- Promoting pride, spirit and tradition, the Future Alumni Network (FAN) connects current students to the alumni network.
- The Recent Graduate Program serves the unique needs of alumni who have graduated within the last 10 years. New programs like Links and Drinks ease the transition from student to alumna/us.
- · We understand that raising a family requires a transition from me-time to we-time. From summer camps that challenge the mind and body to experiential learning excursions for the whole family, we've got Dinos of all ages covered.
- In the coming year, we will introduce the Alumni Lifelong Learners (ALL) program. ALL will curate programs from across the university of special interest to retired alumni. Travel, health and wellness, and the arts are a few of the areas you'll soon see covered.







MAKING VOLUNTEERING A LIFELONG PRIORIT IS A WIN-WIN

WILMA SHIM, BSc'07. JD'10

hen Wilma Shim was 11 years old she stood behind a bulletproof window while volunteering with her mom at a shelter for victims of domestic violence. That experience shook her in a way that still ripples throughout her life.

"That moment at the Lurana Shelter Society in Edmonton shaped my future volunteer experiences," says Shim, BSc'07, JD'10, a lawyer, Crown counsel and mom whose busy, accomplished life stands as a beacon to anyone who believes they don't have time to volunteer. "I wanted to make those children feel comfortable."

From that day onward, Shim has had a remarkable impact at the University of Calgary and throughout Alberta in the fields of sports and law.

While Shim finds giving back personally fulfilling, she adds that volunteering with the university can also create professional opportunities. As a volunteer, she maintains strong bonds with faculty members, has access to a vast alumni network, and, through her work with students, is connected with emerging leaders in both her profession and her community.

While a UCalgary student, she served as president of the Society of Law Students and was an elected member of the Students' Union for three years. Shim also earned a bronze while on the Canadian powerlifting team at the World Juniors in France in 2007, went on to coach the Special Olympics Calgary Powerlifting Team and is now board chair of Special Olympics Alberta.

Shim has also been a guest instructor for the Faculty of Law's Trial Advocacy program since 2013 and returns as a volunteer judge for debates. While she's giving back to the university, Shim says she is widening her own education. And she feels good knowing she's making a difference.

"I believe that volunteering with students has a direct impact on the legal profession as the law school trains future lawyers," Shim says.

Volunteering as a UCalgary Alumni Association board member and chair of the Arch Awards Committee, Shim encourages nominations as part of community-building.

"Reaching out to various networks has allowed me to link back to the university and increase the connections between alumni through their nominations," says Shim, adding that there's a bonus — she's caught up with people she hasn't seen in years.

"Matching one's interest to various volunteer opportunities is a win-win for both sides," she adds. "Once you start volunteering, you're hooked and will want to continue." — MF

HOW TO GIVE BACK

In addition to providing valuable professional development, studies show volunteering can reduce stress, combat depression, keep you mentally stimulated and provide a sense of purpose.

- Your volunteer opportunity can be tailored to your expertise or designed to help you develop new skills. Watch for UCalgary's soon-to-be-launched Volunteer Hub that will list volunteer opportunities for alumni, university-wide.
- Tell us your passion and we will align it with an opportunity at the university. Become involved in many ways from faculty-based and student-serving to community-focused.
- Last year, more than 1.000 alumni served in volunteer roles at the university. Some gave a few hours, others a few months, and some have been at it for years.
- In conjunction with National Volunteer Week, all alumni volunteers are recognized and celebrated at an annual reception in April.

Volunteer with us at alumni.ucalgary.ca/volunteer

WHAT SPARKS PHILANTHROPY?

en Dr. Jon Fennell, then a UCalgary geosciences student, tore open the envelope that he found waiting in his mailbox one day in the early 1990s, it sparked an idea that he and his wife. Heather, would ignite years later in the form of an endowment for other worthy students.



DR. JON FENNELL, MSc'95, PhD'08







They were both surprised and relieved to discover on that day that he'd just received the John O. Galloway Memorial Scholarship, worth thousands of dollars.

"That scholarship was very timely for us." recalls Fennell, MSc'95, PhD'08, now a principal hydrogeologist and vice-president of consulting and water security at Integrated Sustainability. "It felt nice to know that there are people out there doing this out of the goodness of their hearts. Heather, [BComm'84.] and I are proof that it makes a difference." Today, that \$7,000 scholarship is awarded each year and continues to help fund master's students at UCalgary's Department of Geosciences.

The Fennells decided to create the Fennell Sustainability Graduate Scholarship in 2017 through an endowment, which provides \$5,000 annually to full-time master's-level students in the Sustainable Energy Development (SEDV) program.

The multidisciplinary program is co-ordinated between the Haskayne School of Business. Schulich School of Engineering. and the faculties of Law and Environmental Design. It supports dedicated graduate students — who are looking to develop a holistic knowledge of energy and environmental management — in creating sustainability solutions.

While the couple has donated to other causes in the past, they decided to focus their efforts on one area at the university to have a bigger impact and, as they say, pay it forward

"We are passionate about sustainability," Fennell says. "With this scholarship, we can give back to the university and make a difference in ways that matter to us." -MF

INVESTING IN PHILANTHROPY

Through UCalgary's \$1.3-billion Energize campaign, philanthropy is literally transforming our university. Here's how:

- Every gift, no matter the size, brings us closer to our goal. Every donor reinforces the reality that we all have a role to play. So far, more than \$1 billion has been raised. thanks to the participation of more than 24,000 donors and more than 64,000 gifts.
- · A gift to the university reaches far beyond our campus, impacting communities throughout the world served by our research, our alumni and students.











ANDREA ZABLOSKI, BSc'08

BUILDING A COMMUNITY USING HER DINOS ROOTS

ndrea Zabloski. BSc'08. shifted on her newly sharpened skates and listened to O Canada echo around the Olympic Oval, feeling the familiar excitement in her belly that would tighten into focus as the Dinos Women's Hockey team readied to play in 2001.

"When you play a team sport like hockey at the collegiate level, your whole life is the team," Zabloski says. "You finish the program and then all that connection seems to be gone."

The alumna and former Dinos right-winger says she's suiting up for UCalgary in a different way these days, as she begins to lead the newly formed Dinos Women's Hockey Alumni Group.

The Dinos Women's Hockey group is one of numerous Affinity Communities established with support from UCalgary Alumni. Groups are also forming around shared degree, major, ethnicity, geographic region, athletic or student club involvement.

"My experience playing hockey with the Dinos [from 2001-2005] and earning my BSc helped shape the person that I am today," says club founder Zabloski, who works in

Calgary as a greenhouse gas technology engineer at Devon Energy. "Now, like then, it's all about teamwork. Everyone is pitching in to make this club a success."

The idea for the group emerged when Zabloski, who still plays hockey in a recreational league with some of her former Dinos teammates, thought it would be great to keep in touch with colleagues and classmates, along with anyone associated with the Dinos along the way.

"The benefits for everyone involved include being able to develop their skills. whether it is teamwork or communicating with others or problem solving," she says. "Personally, working as the club chair allows me to hone my leadership skills while doing something I love."

Zabloski estimates there are 170 former Dinos women's hockey team members from the past 20 years who could be potential club members. She and other board members will be reaching out across North America to attract those interested in joining. One of her goals is to establish an annual alumni hockey game. — MF U

ALL TOGETHER NOW

The UCalgary alumni network is nearly 180,000 strong. Join us at one of our events and you'll feel the power of community. You'll also discover that many alumni are part of our growing number of official groups, formed around shared experiences.

- Four Affinity Communities currently exist in Calgary while several other regional groups are in the works — from Vancouver and Silicon Valley to NYC and Hong Kong. Learn about existing groups, or how to form your own; email: alumnivolunteers@ucalgary.ca
- Alumni Weekend is an annual opportunity for the entire UCalgary community to participate in one-time-only experiences. This is one weekend you'll want to be on campus.
- Presented by the UCalgary Alumni Association, the Arch Awards recognize remarkable alumni who have sparked change in their professions and communities.

Discover more at alumni.ucalgary.ca/community



UNIVERSITY WITHOUT BORDERS

UCalgary's strategic push towards global education stresses the benefits of diversity and inclusion in an aim to deliver excellence

by Mike Fisher

iversity, inclusivity and cultural insights are increasingly important elements of a university education as the world becomes more interconnected, says Dr. Janaka Ruwanpura, UCalgary's vice-provost, international.

Welcoming students from abroad, while creating opportunities for others to widen their education with international experiences, is placing UCalgary at the leading edge of a global push to internationalize campuses, he says.

"We're giving our students from many cultures a comprehensive education in a diverse and inclusive environment, so that they can be successful," says Ruwanpura, PhD.

The number of undergraduate and graduate foreign students has risen steadily since the university's international strategy was formalized five years ago within the ambitious *Eyes High* strategic direction, as has the size of foreign faculty and the number of students going abroad on programs.

In the first half of this year, there were more than 3,500 foreign students from more than 120 countries on campus within a total student body of 32,702. More than 1,200 students participate in exchanges, group studies and internships.

"We have students who are sought the world over for their talents and skills," says Ruwanpura, describing the scope of UCalgary's global opportunities. "We also have students who have come to us as refugees. Plus, 38 per cent of our faculty originate from other countries, and 48 per cent have at least one degree outside of Canada. And we are continuing to do better."

The international strategy has boosted UCalgary's strategic partnerships around the world, including a collaborative agreement with the Kerui Group to offer research and training programs for oil and gas professionals in China. Among other achievements,

the university has established Global Research Initiatives in China and Mexico with more than \$57 million in external funding.

Dhruv Bhaskar, BSc'18, who came to the university as an international student from India in 2013, graduated from the Schulich School of Engineering this past spring with a perfect cumulative GPA of 4.0/4.0 and secured three medals at convocation.

"I chose to study at the University of Calgary because it is consistently ranked among the top young universities in the world," says Bhaskar, who studied electrical engineering and now works as an associate engineer at Semtech Canada Corp. in Calgary. "I was embraced with an inclusive environment at the on-campus residence and the ethnic diversity led to great friendships and ever-interesting conversations."

The university's international strategy has received a handful of awards over the past two years, including the 2017 Institutional Award for Global Learning, Research and Engagement — the first and only Canadian institute to be recognized by the Association of Public and Land-grant Universities (APLU) for one of its institutional awards.

This kind of community-building, at home and abroad, has increasing value and prestige for individuals, corporations and educational institutions. As the world becomes more interconnected and the university expands its influence, the African proverb, "It takes a village to raise a child," becomes ever more important.

We're illustrating the themes of diversity, inclusivity and cultural insights that inform the international strategy by telling the harrowing journeys of three people from abroad — one from Rwanda, one from Croatia and one from Egypt — whose struggle to escape war-torn countries have resulted in strong ties to UCalgary that inspire.

INTERNATIONAL CALL FOR FREEDOM LEADS TO UCALGARY

From war zones to Canada, three harrowing journeys ferry hope

by Mike Fisher

n a wide Rwandan field, six-year-old Jean-Claude Munyezamu kicked a soccer ball up and down, keeping it aloft with his bare foot. The ball was made with plastic bags, one inside the other, held with twine. A dirt road led to his village at the edge of the city of Kigali, where the few cars and trucks that visited churned a trail of dust. A few boys straggled to the field's edge, calling him, eager to play.

Thirteen years later, soon after the plane carrying Rwandan president Juvénal Habyarimana was shot out of the sky on April 6, 1994, men overran that field, raising machetes high to hack the screaming men, women and children they chased. Bodies began to pile, one upon the other, and, over the weeks and months that followed, the rot raised a stench that sickened 19-year-old Munyezamu when he returned to his homeland in the aftermath of a genocide that still horrifies today.

More than 800,000 Rwandans were slaughtered in 100 days. Think about it — that's a huge portion of Calgary's population erased, one by one, during springtime. Emotionally, the math is incalculable.

The frantic butchering of Tutsis, an ethnic minority in Rwanda that includes Munyezamu, was led by another ethnic group, the Hutus. On the day the president died, a history of antagonism between the two groups, already boiling within the context of a previous civil war, fatally erupted. Hutus raged for bloodshed.

FLEEING, MOMENTS AWAY FROM DEATH

"Survivors are those who ran from dogs and machetes, diving into marshes, drinking rain for water, running for their lives," says Munyezamu today, a determined, humble guy who does widely praised work with his non-profit



organization, Soccer Without Boundaries. It provides outreach programs to integrate immigrant and low-income families and children into Calgary communities. "I call myself an escapee, not a survivor. There's a difference."

Months before the genocide, Munyezamu fled Rwanda by crossing a bridge into Tanzania. He hid in a truck's cargo bed, the smell of raw coffee beans in the sacks piled over him worsening in the heat. When someone climbed the truck's back, the driver he'd paid to get him across the bridge shouted something, then the tent roof opened. "I'm going to live or I'm going to die," Munyezamu thought, sucking in his breath, right before the roof shut again. Then the truck lurched forward to freedom.



Over the next year, he worked as a volunteer at Somali and Sudanese refugee camps, establishing soccer programs for kids living makeshift lives. When the genocide flared, he was in Kenya, Watching it unfold on television, he rushed back to Rwanda. "I returned because I felt guilty and I wanted to do something," Munyezamu says. "I felt maybe I had been selfish to go."

SUFFERING HORRORS AND HEARTBREAK

How many words are there for death? The Rwandan genocide depletes the list.

Before he returned to Kigali, Munyezamu's aunt, Daphrose, watched her husband, sons and daughters killed with machetes in her Rwandan home. The blood pooling, one of the killers decided to spare her life, preferring, he told Daphrose, that she die of a broken heart. Munyezamu's brother, Em-

"His sister, Claudine, and her infant child hid in a church, huddling with others..."

manuel, was also slain. Cousins were murdered, some maimed. His sister, Claudine, and her infant child hid in a church, huddling with others before a last-minute rescue by UN peacekeepers.

Munyezamu found his sister and made volunteer runs from Kenya to Kigali many times more, bringing supplies and ferrying families to safety.

Years later, he came to Canada, first to Montreal, where he had gained permanent resident status (he was not a refugee), then to Calgary. Today, Munyezamu continues his work helping refugee and immigrant families with his grassroots social programs, himself a married father of three. >>> During the Rwandan genocide, Munyezamu rescued these five boys and helped reunite them with their families in Kenya. They all now live in Canada.



Photo courtesy Jean-Claude Munyezamu

LESSONS LEARNED INVALUABLE FOR UCALGARY RESEARCHERS

UCalgary social work and sports program researchers work closely with Munyezamu, relying on him as an invaluable resource for examining a wide range of issues that face newcomers to the city and the country.

"I draw a lot from the work of Soccer Without Boundaries as a ground-up model of violence prevention and community development," says Dr. Régine King, PhD, a Faculty of Social Work associate professor who holds a Bachelor of Education degree from the National University of Rwanda. She sits on the federal Cross-Cultural Roundtable on Security advising the Ministry of Public Safety and its partners on violence prevention. "The lessons I have learned from Jean-Claude's programs have been extremely useful in my contribution to the prevention of gang violence and terrorism and refugee resettlement."

Simon Barrick, a PhD candidate in the Faculty of Kinesiology under the supervision of Dr. William Bridel, PhD, has been involved in a project with WinSport that introduces 200 newcomer children, teens and adults to winter sports programs. "The lessons Jean-Claude has shared with me surrounding the need to design welcoming and sustainable sport programs for newcomers to Canada continues to inform my ongoing research," he says.

Munyezamu has since returned to Rwanda. These days, this landlocked country has a burgeoning economy and a growing tourism sector. The field where, as a child, he kept a soccer ball aloft with his foot, where his friends called to play, where killers ran with machetes raised — it's gone, buried under a Kigali suburb. Yet, "in that exact spot," he says, there is a stark reminder. A national monument stands to honour genocide victims, marking for visitors what he and others can never forget.



OUR INTERCONNECTED GLOBAL WORLD NEEDS STUDENTS TO STUDY ABROAD

Supporters say study abroad programs push students out of their comfort zones while experiencing another culture, language, environment and education system. It teaches diversity and ultimately leaves them with cross-cultural communication skills necessary to succeed in the global economy

BY MARK WITTEN

Each year, more than 1,100 undergrads embark on a UCalgary Study Abroad program to experience a unique learning and potentially life-altering adventure. The range of international learning experiences offered include student exchange programs with partner universities, group study programs led by our faculty, internships, practica, international co-ops and research projects. Two of the most popular are student exchanges and the 30-plus faculty-led group study programs that attracted more than 500 students in the 2016-17 academic year. Seven past participants in UCalgary's Study Abroad programs share memorable highlights, impressions and advice:



MIROSLAV RELJIC RISES FROM WARTIME RUBBLE TO TOP BUSINESS COACH

Half a world away from Rwanda, a different ethnic conflict was forcing people to flee their homes in the earlyto-mid 1990s. The Bosnian War involving Serbs and Croats, and, within it, the Croat-Bosniak War, resulted in more than 100,000 deaths during myriad clashes.

At 5 a.m. on Aug. 5, 1995, 19-year-old Miroslav Reljic raced outside his home wearing flip-flops, a T-shirt and his shorts, clutching a family photo album as he ducked and ran with others who were pouring into the streets. The thump of heavy shelling heaved the ground beneath his feet and smoke coiled around buildings.

He trekked more than 140 kilometres on foot, from near Petrinja in Croatia to relative safety in Banja Luka, a city in Bosnia. Moving across fields, through forests and over half-destroyed bridges where split-up families roamed, shell-shocked and calling out, pleadingly, >>



Treat an exchange abroad as a chance to be anyone or anything. No one will have any preconceived notions about who you should or shouldn't be, making the exchange the perfect opportunity to find a niche you've never known about. You're in a unique environment where other exchange students are looking for new friends and new experiences. The usual rules for social interaction are replaced with fast, adventurous friendships where the monotony and obligations of day-to-day life don't get in the way. My exchanges in Sweden and South Korea were some of the happiest months of my life and I was able to carry that joy and sense of adventure back home."

- Emma Walsh, BSc'18 (Cellular, Molecular and Microbiology)



CLUBS FOR NEWCOMERS

BY MARK WITTEN

Some of Canada's universities are experiencing a record number of international students on campus. In 2017, UCalgary had 2,143 international students enrolled in undergraduate programs and 1,676 in graduate programs, making up 8.1 per cent and 26.9 per cent, respectively, of the overall student body. Many of those students seek out services from UCalgary's International Student Specialists.

The path to study in Canada is long and twisty. If there's a typical route, this is it: A student from abroad applies for a study permit that often allows eligible full-time students some work options, on or off campus. Once that permit is approved a "proof of funds" document is then sent to the international student who must demonstrate that they, or their family, have sufficient finances to cover tuition (often three times what a domestic student pays) and more. There are other permits for co-op/ internship students and graduates who want to stay and work in Canada can apply for a post-graduation work permit that may be issued for up to three years.

More resources at alumni.ucalgary.ca/ international-clubs



Above: Miroslav's UN refugee certificate which he says was his "one-way" passport to Canada. Right: Miroslav's grandmother, circa 1960, taken in Bukovica, Croatia. Born in 1901, she raised 11 kids, lived through two world wars and the civil war of the 1990s.

holding their crying babies — Reljic stepped determinedly over the dead.

"Whatever you wore, you wore because you had to leave," says Reljic, BA'04, now a top business, career and life coach in Calgary who "Our home was burned down, raided, looted. We hugged..."

donates his time to help refugees and newcomers gain footing after they arrive as strangers in a strange land. "There was hatred. If you stayed, you'd be executed."

He found his way to a UN mobile kitchen, where he washed dishes to help, asking everyone he met if they'd seen his parents, a slim hope given that hundreds of thousands of dispossessed people were on the move. Miraculously, a former schoolmate told him that she'd just seen them walking on a nearby road. Night was falling. Reljic ran.

He saw two people ahead, walking very slowly. "It was a man and a woman, broken people, my mother in a trance, my father, depressed," Reljic recalls. "'We've lost everything,' they said. 'Our home was burned down, raided, looted.' We hugged . . . the best hug I have ever received. And then my father said - 'you can always work to get things back, but, when a life is lost, that's it.' We were blessed to survive."

COMING TO CANADA WITH PURPOSE

Reljic's story is threaded with resolve. His journey from his homeland to Calgary, where he became a consultant to companies including TransCanada, as well as an inspiration to new-



In my 10 years as a member or leader of the field school in Tanzania, I've learned that most students are fantastic to work with, are passionate and want to make a difference. I've also learned that it is much more rewarding to engage with community members in a very personal way than to just rush in to get some research data. The long-term relationships with the communities you work with have the most impact on your personal and professional life."

> - Dr. Frank van der Meer, DVM, PhD, Associate Professor, **Faculty of Veterinary Medicine**



comers, could be a textbook example of setting lofty goals and ambitiously reaching them.

He landed in Canada as a refugee in 1999, barely able to speak English, but he doggedly learned, working toward his UCalgary degree. He remembers faculty and fellow students as being kind and patient with his faltering language skills.

"I learned it is not just a university, but a community is where we belong," he says. "That's what gives us a sense of security and purpose."

When a friend invited him to Bow Valley Square for an office job, he was thrilled. He dressed smartly, arriving early for an interview. He looked up at the downtown tower and then entered the building, bursting with confidence. There was a mix-up; he'd misunderstood. He was led to a mop and pail. It was a custodian job.

So, Reljic rolled up his sleeves, deciding he'd work his way up by graduating and then becoming a business analyst in just such an office in five years.

He made that happen, and, step by laborious step, he rose to become a go-to advisor and executive coach with his eponymous consulting company, Reljic Coached, whose clients have included Warren Buffet's company, Berkshire Hathaway.

Reljic has volunteered with thousands of newcomers and immigrants in Calgary through various agencies because he believes in giving back to the country that has given him the opportunity to realize his dreams. He is an RBC Top 25 Canadian Immigrant Award winner, among other honours, including being featured at the Canadian Museum of Immigration at Pier 21 in Halifax.

"My life has taught me that one thing is certain change," he says.

"We have to let go so we can move on. I learned these skills living through a war, but I honed them by studying at the University of Calgary. Look at my story. You can get to where you want to go."



NINE LIFE LESSONS AN ALUMNA IS LEARNING WHILE ON THE ROAD

WHILE SOME RECENT GRADS MIGHT DEFINE SUCCESS IN A SOLID PAYCHEQUE IN A JOB THAT'S CLOSE TO "HOME," OTHERS. LIKE GENEVIÈVE LAURENT. BA'14. CRAVE ADVENTURE. SOME DISCOMFORT AND A CHANCE TO REINVENT THEMSELVES IN FAR-FLUNG LANDS

BY GENEVIÈVE I ALIBENT

In the months and weeks leading up to my final days at UCalgary, I stared blankly at the blinking cursor marker in the search engine that was meant to help me find a job. I was haunted by the small box that dutifully waited for me to make my guery. I had no idea what to type into it. I had successfully completed my Bachelor of Communications Studies degree. I was also armed with a diploma and loads of work experience — yet the ping! I had hoped I'd hear when I found the perfect job hadn't happened.

Finally, I reached out to a mentor who suggested I might need to take on a new adventure. A big one. It lit a match in my brain and I started looking into different options. Fast-forward a year and there I was — packed up and bound for Ireland for what would become a life-changing decision that completely shifted my way of looking at my life.

Read more at alumni.ucalgary.ca/life-lessons



My favourite moment on the Hawaii photo safari experience was being able to watch the Milky Way rise up in the starry sky while being 9,000 feet above sea level on top of Mauna Loa. Our whole group shared this collective silence because we were all in awe that such an amazing phenomenon was happening. I will always remember this moment, along with all the new friendships and bonds I made with my classmates."

> - Mariah Wilson, Bachelor of Arts student majoring in Urban Studies



NOHA MOHAMED HEARS THE 3-A.M. KNOCK ON THE DOOR

Imagine it — you're lying in bed in Cairo at 3 a.m. and an unbidden knock on your apartment door startles you from sleep. Your heart thumps as you scramble to grab your only weapon — a tennis racquet. The military tanks prowling the streets outside, the looting of stores, the rat-a-tat of machine guns and the throb of television news showing the revolution that would become known as the Arab Spring have ground you down. The knock stomps on your last frayed nerve.

"My mother and I had pushed all our furniture up against the balcony windows," says Noha Mohamed, BComm'17, recalling the upheaval against then-President Hosni Mubarak that shook Egypt on Jan. 25, 2011. "Just opening the windows might get you shot by mistake. Outside was crazy. We didn't want anyone breaking in."

They never found out who'd knocked on the door. It was one moment in a string of terrors that seemed surreal in what had been a peaceful, well-kept city neighbourhood. Cairo, where Mohamed grew up, had become a war zone.





The students met with people from rural communities in Peru and were able to see what their lives were like and the importance of sustainable water. They asked thoughtful questions, listened, learned, shared knowledge, shared food and visited community water projects. For many students, this was the first time they had visited a rural community and it can be an emotional experience when they see such hardships and fortitude. Co-leading the group study deepened my resolve to be a good global citizen and assist the people of Peru."

> - Dr. David Bethune, PhD'15 (Environmental Engineering), co-leader of a group study program in sustainable water management in Peru





Tune in to Noha Mohamed's radio show, Calgary Arabia, on Red FM 106.7, every Thursday at 10 p.m., and discover more about Canada's Arab community.



Doing an internship in Washington, D.C., was key to making contacts and gaining experience that have led me to where I am today. Studying in Seoul was the first time I had been abroad for any reason other than to travel. Being able to make a new city my own was such an exciting experience, particularly through exploring the city's vibrant culture and nightlife with Korean students, as well as students from all over the world. Both experiences encouraged me to move abroad after graduating. Since then, I've lived and worked in London and in the South Pacific, and I think both of my study abroad experiences really impacted this decision."

- Lauren Babuik, BA'13 (International Relations)





"I continue to get priceless support as an alumna..."

Mohamed had already planned to study business at UCalgary, where her sister was pursuing a degree in fine arts. She left Egypt that summer for Calgary and graduated within several years. Though she'd earned \$12,000 in scholarships and had her sister in Calgary, she faced daunting challenges that can be common for international students.

"Adjusting to a new city, the cold weather, having no friends, still grieving the loss of my father [who died a few years earlier] and leaving my mother alone for a time in Egypt, it all took a toll on my mental health," says Mohamed. "I got stuck in a loop of stress and depression."

UNIVERSITY HELP COMES WHEN NEEDED

The first person to tell her that things were going to be all right was Rasha Tawfik, an academic advisor at the Haskayne Career Centre. Then Mohamed's mom gave her a pep talk. She rallied herself and established successes — overcoming a difficult class, getting involved in the Alliances in Marketing Club at Haskayne, securing a job in the Haskayne marketing department (where she worked for three years before graduating) and, most important to her, starting Calgary Arabia, a popular radio show for the local Arabic-speaking community on Red FM.



"The support I've received from the [UCalgary] Career Centre, the people I worked with in the marketing department, and the opportunities I got from my extracurricular involvement are all factors that have helped shape the person I am today," says Mohamed. "I continue to get priceless support as an alumna from the Centre for International Students and Study Abroad, which helps the university community with immigration, refugees and Citizenship Canada."

WHEN A UNIVERSITY WELCOMES OTHERS, THEY CAN MAKE A NEW HOME

Words that carry heavy freight — courage, strength and resilience - are tough enough to express in actions during our lives. Most of us have not had to



I participated in the African and Development Studies Field School in Ghana in 2011. What I wish I'd known beforehand is also, I think, part of the reason that I went: some of the most beautiful learning wasn't in the classes I took but in the unplanned, in-between moments, like spending a night in a tree fort in Mole National Park. I knew that's why I wanted to go, but I wish I'd been intentional about keeping that perspective every day."

- Brittany Vine, BA'14 (Development Studies)





For 3 ½ years, Noha Mohamed has been hosting Calgary Arabia, on Red FM. Here, she's interviewing attendees at the Calgary Arab Film Nights Festival.

bear the hard weight of history in a war-torn country, where just staying alive is a challenge. Yet, three remarkable people connected to the University of Calgary - one from Rwanda, one from Croatia and one from Egypt — escaped from armed conflicts in their homelands and, in their journeys, ferried hope. The university has been a landing place, of sorts, for their starts and triumphs.

We in Canada are the better for it, the beneficiaries of each of their victories. They give back more than they can possibly take. The question of why here and at what cost, often raised like a flag, invites a compassionate answer. They are here for the same reasons any of us might be. They seek to improve their lives and help their loved ones, and, by doing so, they enrich ours. U





A GIFT OF GLOBAL IMPACT

FEBRUARY 22, 1968. A TEENAGE BOY STEPS OFF THE PLANE IN SASKATCHEWAN AFTER A LONG FLIGHT FROM HONG KONG. HE HAS NEVER SEEN SNOW IN HIS LIFE

BY BARBARA BAI FOUR

Urged to leave the country by family members concerned about escalating political riots — "You have to go, it's no longer safe for you to stay here," they tell him — he's on his way to St. Joseph's boarding school in Yorkton, where he will spend the next two years alone, and then the next four years after that struggling to pay for university.

The 16-year-old from a humble Chinese family has no one to guide him. And, even though he speaks English, the language barrier, culture shock and harsh winter weather are an unbearable combination. So, too, would be every Christmas and Easter to follow, spent in a deafeningly silent dormitory with instructions to help himself to whatever he could find in the freezer.

It would be just the beginning of real estate tycoon Joseph Leung's long and difficult journey — one that would see him battle hepatitis A alone in the hospital, work day and night to make tuition payments at the University of Alberta, where he earned a degree in chemical engineering, and face the stomach-wringing stress of never knowing whether he could make it financially through another year. And yet, now 66 years old, Leung says he wouldn't have changed a thing about his life.



Studying abroad has been one of the most rewarding experiences of my life. During the semester in Sweden, I faced numerous fears, gained independence, became more culturally aware, and met amazing lifelong friends. I feel I have gained a lot of new insights, not only about the world, but about myself and who I want to be."

> - Beth Verhelst, Bachelor of Arts student majoring in Communications and Media Studies



GLOBAL IMPACT continued...

"I was able to pull myself out of that box, to think outside of it and to meet amazing people along the way," he says in a telephone conversation from Portugal, where he has been conducting business for more than two decades as president and CEO of Marquis Communities Development Inc. and Environcon Systems.

That journey has included earning an MBA in the U.S. with the assistance of a scholarship, raising two daughters with his wife of 28 years, Cindy, and moving to Calgary, which he has called home since 1979, and where he launched his career as part of the design team that worked on Gulf Canada Square.

"Canada gave me an opportunity to learn and to earn. And now, it's my turn to give back," Leung says.

Leung and Cindy recently gave a \$600,000 gift to the University of Calgary that will provide a full four-year scholarship to international students from China who are in financial need. The gift will also provide \$20,000 in scholarship funds annually to students in Calgary who wish to study abroad in China, Macau and Hong Kong.

"If you have that head start of travelling to another country and getting exposed to different cultures and ways of life, you're one step closer to working together well in the future," Leung explains. "As the second largest economic power of the world, there are many business opportunities between China and Canada. This gift will be good for our students, but it's also good for our future.



(L-R): Vice-Provost (International) Janaka Ruwanpura, UCalgary President Elizabeth Cannon and major donors Cindy and Joseph Leung.

"If I had financial support while going through engineering school, I would have done so much better. That's why I want to dedicate this gift to students with financial needs, so they don't ever have to worry like I did."

During Leung's two-term tenure on UCalgary's Senate, he sponsored 30 engineering and seven Faculty of Environmental Design students to come to Portugal and work on the Alta de Lisboa, the largest urban renewal project to ever take place in Europe.

"When the students come back and say, 'This is what I learned, and this is what I'd like to pursue further in that part of the world,' I'm happy with that," Leung says. "Quantifying success is never easy. I know from experience that it might take a few years to see the results or longer."

For Leung, his first taste of success was when he finally called his parents the day he attended his convocation ceremony at the U of A. "I couldn't afford to call home. It was \$3 a minute back then, and you had to pay for a minimum of three minutes," he recalls.

"But, that day, I did call . . . to say, 'Dad. I'm graduating!"" U

UCALGARY ROLLS OUT A WELCOME MAT FOR INTERNATIONAL STUDENTS

BY MARK WITTEN

With a federal goal of doubling the number of Canada's international students by 2022, most universities are trying to match their recruiting efforts with robust programs to help students settle. Here are a few of UCalgary's most popular and practical resources:

GLOBAL FRIENDSHIP PROGRAM International and Canadian students meet twice a month from September to April for activities such as learning to skate at the Olympic Oval, going to a Flames hockey game, potluck dinners and more. The kickoff day trip to Banff and Lake Louise in September is always a big draw, attracting busloads of students. **ucalgary.ca/iss/programs/globalfriendship**

GLOBAL FAMILIES PROGRAM This family-friendly program for international students offers fun events, from laser tag and trampoline parties to Minds in Motion science labs for kids. The staff have childcare training, so parents can socialize and get to know each other during conversation cafés while their kids play. **ucalgary.ca/iss/programs/globalfamilies**

WELCOME CENTRE This summer service from late July to early September supports international and other new-to-Calgary students with issues like housing, setting up a phone plan and navigating the city, as well as social

events. More than 3,000 students from at least 60 countries used this service last year. ucalgary.ca/welcomecentre

CAMP LEAD A two-night trip where international and Canadian students can learn leadership skills, meet new friends and enjoy outdoor adventure activities. **ucalgary.ca/leadership/leadership-development/camp-lead**

UCALGARY MEET-UP The International Student Services (ISS) office organizes volunteer-led Meet-Up groups of eight to 10 students for fun activities ranging from escape rooms to summer festivals and soccer. **ucalgary.ca/leadership/student-life/ucalgary-meetup**

USPEAK GLOBAL International and Canadian students meet once a week to learn or practice a language with a first language speaker and teach their own language. **ucalgary.ca/iss/programs/uspeakglobal**

INTERNATIONAL MENTORSHIP PROGRAM connects new international students with current UCalgary students who provide peer advice about adapting to Calgary and the university. **ucalgary.ca/iss/programs/mentorship**

For more resources, visit alumni.ucalgary.ca/international-resources



About Us

The Kinesiology Alumni Advisory Council serves as ambassadors for the faculty and the university. It influences impactful engagement, examines key issues affecting kinesiology students and graduates, and participates in community outreach efforts.

Submit Your Resume

Courtney Elliott Development and Alumni Engagement Co-ordinator, University of Calgary 403.220.5944

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Introducing the 2018 Recipients of the UCalgary Alumni Arch Awards

Meet five outstanding alumni who have not only demonstrated extraordinary devotion to their careers, but also to the ideals of the university. Although we toasted them at the Sept. 8

Arch Awards gala, their stories bear repeating

by Deb Cummings photography by Adrian Shellard

Since 1985, the University of Calgary Alumni Association has honoured a select group of extraordinary alumni who have built remarkable careers and made exceptional contributions to their local and global communities. Since its inception, the Arch Awards have been presented to 69 individuals, all of whom demonstrate exemplary leadership in an increasingly complex and globalized world. Such outstanding Arch Award recipients have included: astronaut and former UCalgary Chancellor Dr. Robert Thirsk. BSc'76: Java programming language creator Dr. James Gosling, BSc'77, Hon. LLD'99; first Indigenous graduate and lifelong academic, Dr. Vivian Ayoungman, BEd '70; Olympic speed skater Kristina Groves, BSc'04, MSc'15: and the founding president of the National Music Centre, Andrew Mosker, MA'12

This year's Arch Awards recipients exhibit the same talent, devotion and unbounded enthusiasm as their predecessors. They are: **Dr. Sam Weiss**, PhD'83 (Distinguished Alumni Award for Lifetime Achievement); **Dr. Debra Isaac**, BN'84,

MD'87 (International Career Achievement award); **Dr. Rowan Cockett**, BSc'11 (Early Career Achievement award); **Lisa Dixon-Wells**, BPE'84, BEd'87, MEd'97 (Community Commitment award); and **Rahim Sajan**, BSc'01, BEd'03 (Alumni Service award).

This year's diverse cohort includes the founder of TEDxCalgary and the teacher-entrepreneur behind one of Canada's most successful anti-bullying programs. It also includes the under-30 entrepreneur who launched a geoscience software-tech company, and an innovative cardiologist who developed the Guvana Program to Advance Cardiac Care. There's also an extraordinary scientist-researcher whose work in treating brain cancers and neurodegenerative diseases has altered the course of medicine. What they all have in common is they embody spirit, drive, determination and teamwork - and they inspire us all. That's why we've asked the winners to share a critical moment that launched them on their path to innovation and success.





ure, he may have received his doctorate in chemistry from UCalgary only five years after completing a BSc at McGill University and, in 1992, was the first to discover neural stem cells in the brains of adult mammals. And, ves. he has advanced research in areas such as multiple sclerosis and brain tumours: led a team of 127 faculty members, 300 neuroscience trainees and 250 professional staff as founder and director of the Hotchkiss Brain Institute: and has published a staggering 110 peer-reviewed journal articles and nine book chapters. But that doesn't mean Dr. Sam Weiss is so scholarly that he would never stoop to use a sports analogy or metaphor.

In fact, this year's down-to-earth recipient of UCalgary Alumni Association's highest honour attributes one of the most influential and gratifying relationships of his life — with Harley Hotchkiss — to a chat about hockey.

"We were at a breakfast back in 2003 at the Chamber of Commerce when Harley and I started talking hockey and couldn't stop," recalls Weiss. "At some point, I told him I had a presentation that I wanted to show him, but he didn't really want to see it — he just wanted to talk about hockey and he wanted me to leave him with an idea. Just one.

"That idea was based on my vision of a model that would bring the community together with the academic brain health group that is at the University of Calgary. In other words, we'd go from the ivory tower to the pavement."

Weiss likens the university's investigator-initiated, discovery-based research as the "light bulb," but stresses the "spark" is rarely accomplished in isolation. "The goal line is the team approach, and it became obvious to me where the puck was going and that, if we continued to operate as individuals, and not a team,

we'd always be chasing after it. We'd never get ahead of it," he says.

Arch Awards

It turns out Hotchkiss, Hon. LLD'96, shared not only Weiss's love of the puck (Weiss was a right-winger on a men's league), but also his vision, and backed it with an initial \$5-million donation (that, eventually, grew to more than \$50-million from the Hotchkiss family).

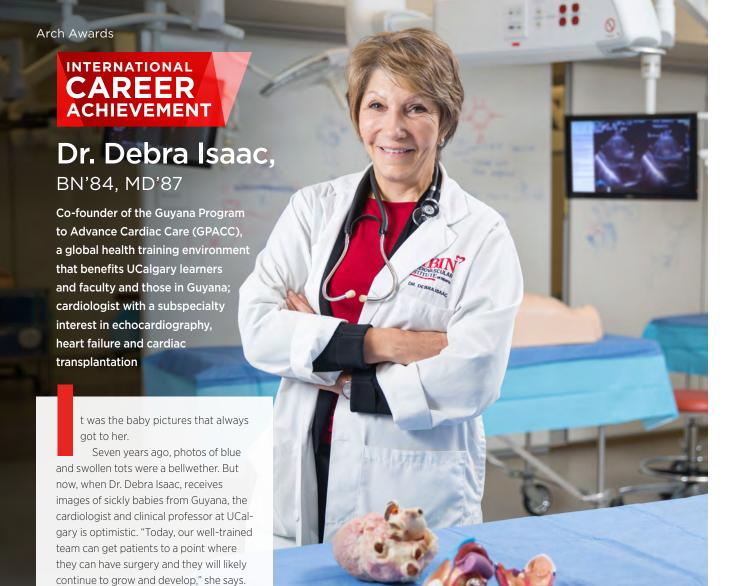
Today, the Hotchkiss Brain Institute (HBI) is one of Canada's top research institutes and is responsible for advancing seminal contributions such as endovascular treatment that can dramatically improve patient outcomes after an acute ischemic stroke (a.k.a. the ESCAPE trial), and that a common acne medication, minocycline, can slow the progress of multiple sclerosis (MS).

"Frankly, meeting Harley changed my life; it was like discovering a long-lost soulmate," chuckles Weiss, who, besides being hockey player, is also an avid hiker. "We connected on so many levels — from sports, to the principles of why we are on this earth, to bringing like-minded people together, to breaking down silos."

Team science is at the root of Weiss's passion for collaborative research — the risky, freewheeling type that, ultimately, drives a collective experience toward the people you serve.

Just as you might form a cohort of all-star players, Weiss and his colleagues at HBI recruited more than 50 new investigators over 12 years, enough to feel like "we were constantly renewing, building through the draft," says Weiss. "That's where I believe our future is, with young investigators trained in the most modern approaches. They come in with the broadest of ideas and they're not tarred with years of battling bureaucracies and the need to establish a hierarchy.

"If you give people a runway [OK, his affinity for metaphors stretches beyond sports], they will take off."



Like so many other paths to success, Isaac's swerved one day and that sharp detour changed the course of her life. It was 2011 when a colleague asked if her team at the Libin Cardiovascular Institute could donate a cardiac ultrasound machine to a public hospital in Guyana where this surgeon/researcher was originally from.

Intrigued, yet somewhat skeptical, Isaac took a portable echocardiogram machine to Guyana, only to realize her fears were well-founded.

"I remember having dinner with Guyana's minister of health when I told him there was no point in leaving this machine in his country when nobody had been trained to use it," Isaac says. "There might be a nice photo of us and the machine in the paper the next day, but we would not actually be helping anybody."

By the end of that meeting, Isaac had agreed to design a program that would

teach echocardiography to a medical team at the Georgetown Public Hospital. And so began the 12-week training endeavour that has expanded into an eight-month program with ongoing mentorship and learning. According to various colleagues, Isaac is a rare breed — a brilliant cardiologist and inspiring mentor who is relentlessly persuasive. So much so that she was soon able to convince Calgary-based medical experts to take their holiday time in Guyana in order to teach courses which eventually led to the formation of today's Cardiac Intensive Care Unit.

During her 30-plus visits to one of South America's poorest countries, Isaac has also transported numerous donated echo machines from Canada to Guyana, where genetics, poor diet and infrequent exercise contribute to an abnormally high rate of cardiac disease.

If you were to visit Guyana today, a tiny country of less than a million people, you'd find trained nurses, doctors, pharmacists and echotechnicians — all experts in cardiac care. Many have come to Calgary's Foothills campus to train and study for short periods, just as our medical students, fellows and residents have practised there.

But Isaac can see a day — and it's not far off — when the team in Guyana will be completley independent. Until that happens, Isaac remains thrilled when she does rounds in Guyana and hears "guys talking about their patients and using specific therapies and making the right diagnoses. They still phone occasionally and ask us to look at an echo, but 90 per cent of what they do, they are doing on their own."



very scientist hopes for a "Eureka" moment — that jolt of sudden insight when a discovery becomes clear. For 29-year-old Dr. Rowan Cockett, that moment was borne out of frustration when one of his undergrad professors claimed that "structural geology is hard and only some of you will ever be able to see the 3D visualization model.

"I remember thinking, 'that's just silly," says Cockett, who would go on to become a Vanier Scholar and a Killam Laureate. "It wasn't their brain that was stopping them but the visualization tool that was the problem."

And, like so many impatient entrepreneurs, Cockett questioned the existing model and did something about it. He built an interactive software program, *Visible Geology*, enabling students to not

only see and understand a geologic problem, but do so in a matter of seconds.

Visible Geology, now considered the most widely used educational tool for geologic modelling in the world, led Cockett to help power up another opensource software platform for geophysics. SimPEG, and then — while working on his PhD at UBC — he co-founded 3point Science Inc., a web-based geoscience visualization and communication company. Less than three years later, Cockett and fellow founder, UCalgary associate professor Dr. Adam Pidlisecky, PhD, sold that company to Seequent Ltd., a world leader in visual data science, for whom Cockett now bears the title of director of cloud architecture.

While all of Cockett's many achievements are ridiculously impressive and the speed at which he works is quite remarkable, what's unusual is his source of motivation. There's a theme that knits together all of this über-achiever's innovations, and that's community-building. Whether it's boosting a classmate's ability to see a 3D model or assisting peers with web-based textbooks, Cockett is not interested in hoarding his intellect and insights. Rather, he's sharing them widely and generously with his peers, striving for transformative change while building a community of innovators — in other words, Cockett is innovating for scale.

Or, as one of his Arch Award nominators so aptly put it, Cockett "innovates to enable." By altering the paradigms and work practices in producing geoscience tools, the former student — who changed his major three times — has introduced an innovative way of working that allows new communities to form. Taking an idea from a UCalgary classroom, he has influenced the global geoscience education stage, catapulted these ideas into a business, and built a successful product that was sold to an international company for whom he is now driving a global cloud strategy.

Where, exactly, does this relentlessly collaborative spirit, this drive to organize people across multiple disciplines and countries, originate?

"Well," says Cockett, thoughtfully, "a role model in that space would have to be my mom [Dr. Polly Knowlton Cockett, PhD'14]. She is a big community activist who was, and still is, involved in all sorts of environmental initiatives. And I had a lot of inspiring science teachers along the way."



ow many of you would like to apologize to someone? asks Lisa Dixon-Wells. looking at a gym packed with hundreds of students at St. Ambrose School. They line up obediently and the roster of 16 guestions that focus on bullving begins. The rules are straightforward: if the question applies to them, they pass over the centre line — close to 100 per cent cross over at some point. This group "power shuffle" activity - just one of many in the program that has impacted students at more than 1,200 schools in eight provinces — is a powerful cue that illustrates how pervasive the culture of bullying actually is.

"What gets us every time is the lineup that forms behind certain people and the tears of guilt that follow," confesses Dixon-Wells, who created the Dare to Care anti-bullying program 18 years ago. "We are not in schools to shame anyone, but we do know that lots of people get caught

up in the wrong group, or they want to project a certain image, and they carry that guilt with them. Sometimes forever."

Nobody know this better than the three-time alumna and former Dinos swim-team captain. Dixon-Wells grew up across from a boy who was tormented in school. It was only when he was in her Grade 8 homeroom that she realized the severity of the bullying, yet she did nothing to stop it.

"In fact, I would giggle when they pushed him down the stairs," she admits, slowly. "I so wanted to be part of the 'in' crowd that I was part of the silent majority." According to Dixon-Wells, some 79 per cent of school-age kids witness bullying, but do nothing to stop it.

To this day, she wonders what, *exactly*, happened to that boy — now a middle-aged man.

She'll never know, but what Dixon-Wells does know is that the program she conceived and now operates with three former teachers will never change the two per cent of people who bully. "Our focus is on the silent majority who don't know what to do," she says, explaining the K-9 program that reaches about 65,000 individuals a year involves a full cultural shift that equips not only students, but parents, teachers and other stakeholders with bystander training and a code of conduct — as she explains it, a "full tool belt of skills."

Although the message is grade-specific, it never takes a sharp detour: Everyone has the right to feel safe and welcome in their schools and communities.

That may sound pat, but experts such as Dixon-Wells (who was a teacher and school counsellor before she created Dare to Care) believe the alarming numbers: 150,000 Canadian students miss school each day because of bullying; seven out of 10 Canadian youth drop out of sports by 13 due to a bullying culture; 60 per cent of kids who bully and do not get intervention have a criminal record by the time they reach their early 20s.

Besides impacting students, Dixon-Wells has recently expanded the program into amateur sport, beginning with an area that is near and dear to her — the University of Calgary Swim Club. Since last September, she has facilitated workshops for more than 600 youth swimmers, 40 varsity swimmers, 38 coaches and 750 parents.

"Wherever we are, whether it's a classroom or a swimming pool, we need to be able to identify bullying behaviours before they escalate," she says, "so we can deal with them quickly and effectively. We all need to be accountable."



border of Alberta and Saskatchewan. I pulled off the road and took a deep breath," Sajan recalls, taking another deep breath in his downtown Calgary office as though he was back on the prairies, inhaling wild sage and sunsets. "I realized I didn't have a place to stay that night but, oddly, I felt perfectly safe. That was the moment I realized I was home and that home was no longer Tanzania. but Canada.

"For the next five nights, I'd just pull off the highway, pitch my tent, sleep like a baby and know that I would never get robbed," says one of UCalgary's current senators, who cites the Aga Khan as a personal hero. "That doesn't happen in other places — and that, really, was the beginning of my journey when I realized I wanted to give back to my new home that had just given me an education that

would have been impossible to obtain in Tanzania."

That journey proved to be not only physical — Sajan rode his Honda GL 5 all the way to Newfoundland that summer - but an inner journey that has paved his teaching career with layers of community service that began with a two-year teaching post on the Little Red Cree Nation and has evolved to coaching university researchers and faculty members into becoming riveting storytellers as part of a program in the Cumming School of Medicine called the Dean's Talk, as well as mentoring international students. How most of us know Sajan, however, is for his dynamic role as co-founder of TEDxCalgary, which began in 2009 and

has produced more than 100 TEDxTalks that he estimates has reached more than 100,000 people.

One of Sajan's guiding principles that catalyzed the formation of the Dean's Talk and TEDxCalgary is the need to serve the community around you.

"I want to help create a civil society where motivated citizens get things done," he says, confessing that his favourite Ted Talk is "The Danger of a Single Story" by Nigerian novelist Chimamanda Ngozi Adichie. "I started thinking about that, and wondering how we could convene a space that would allow people to collect and share stories, during those long days on the back of my motorcycle ... when I knew I was home." U











Out About

Who says learning stops after convocation? UCalgary Alumni reconnect all over the world for various networking and educational events. Learn about upcoming events at alumni.ucalgary.ca









1. ALUMNIGHT

Scores of newly minted grads attended June's celebration at Trolley 5 Restaurant & Brewery.

2. HONG KONG ALUMNI RECEPTION

(L-R): Wendy Tam, UCAAHK (Alumni Committee Member); Janaka Ruwanpura, Vice-Provost (International); Michael Sclafani, Assoc. VP, UCalgary Alumni; Elizabeth Cannon, president and vice-chancellor of UCalgary; Jeff Nankivell, Consulate General of Canada in Hong Kong and Macao; Ron Hoffmann, Alberta Sr. Representative for the Asia Pacific Basin; Ramsey Pui, Executive Director of Pak Lok Chiu Chow Restaurant.

3. IDEA EXCHANGE, OTTAWA

(L-R): David Patterson, BKin'96; Dr. Keith Yeates; Carolyn Emery, MSc'99.

4. LINKS AND DRINKS

This new alumni program launched last May at The National on 8th.

5. IDEA EXCHANGE, WASHINGTON, D.C.

(L-R): President Elizabeth Cannon, BSc (Eng)'84, MSc'87, PhD'91; Athar Malik, BSc'86; Walter Suarez and Sadia Khan, BHSc'08.

6. IDEA EXCHANGE, CALGARY

(L-R): Geoff Cumming, BA'74, Hon. LLD'16, chats with Brenda Mackie at the Healthy Aging presentation.

7. MATHISON HALL

(L-R): At the announcement of a \$20-million gift from Ronald P. Mathison were students Nik Golob BA'19; Ally Penic, BA'18; and Tiana Harding, NA'20.

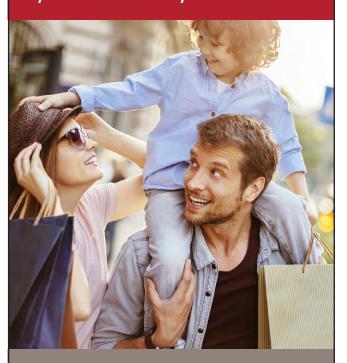
8. ALUMNI WEEKEND - DUNK THE DEANS

(L-R): Dean of Kinesiology, Dr. Penny Werthner, PhD, and Dean of Science, Dr. Lesley Rigg, PhD.

9. / 10. CAPS OFF TO YOU

(L-R): Hanan Abubakar, BSc'18, with family and friends at grad;
Dr. Sarah Barclay, BSc'09, PhD'18, toasted the big day with her family.

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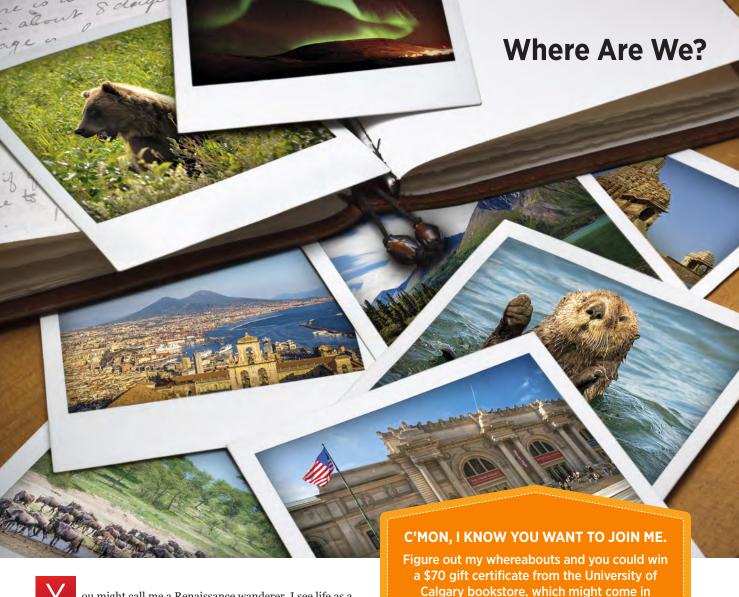
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ou might call me a Renaissance wanderer. I see life as a constant journey and a perpetual education. At 30-something, I've tackled 100 destinations. While I could easily be described as having "been there and done that," I always hanker for something new. A dozen trips a year for several weeks apiece is the norm.

I pride myself on not being run-of-the-mill. Don't imagine me amidst a herd of 50 Tilly-hatted tourists, nodding as our guide remarks, "When in Rome, you should really try the pasta." Here's what I'd say to that: D-uh!

Deeper learning is my mantra, though not for university credit. Nevertheless, before I go anywhere with anyone, we share a couple of classes so we all know what we're getting into. We arrive at our destination well-informed, primed for adventure and poised to absorb everything we can.

Though I often hang out with UCalgary alumni, I'm not "old school." Frankly, I'm fresh, and it is participants' enthusiastic word-of-mouth that keeps me hopping. They know that, wherever they go with me, it'll be intense. I'll pick the brains of experts from the university and the community; when we get to our destination, local connoisseurs will also bend our ears, over drinks, at local sights or on the bus between them.

One of the authorities I see most often is a naturalist, science writer and wildlife photographer; my companions can't get enough of him. But I also hobnob with smart folk immersed in the worlds of

drama, archaeology, geology — you name it. I've even got a soft spot for bon vivants; if there's Guinness involved, all the better.

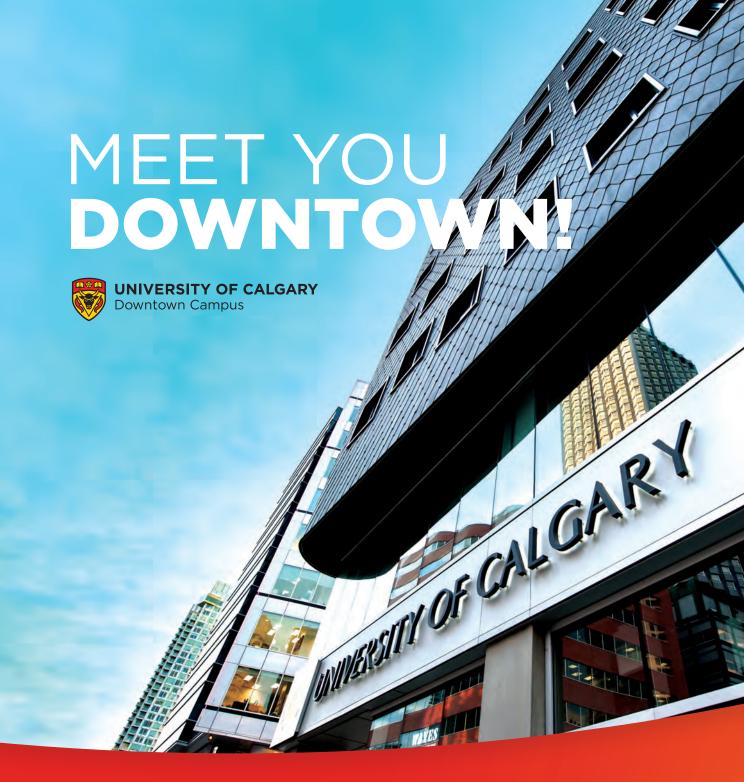
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In 2019, I've added Nunavut's Inuit arts and culture, Northern India and kayaking around Vancouver Island to my schedule. I've stuck pins in my world map at the Tanzanian-Serengeti plains; the coast; the islands and lakes of Croatia and Slovenia; the Caribbean countries of Costa Rica and Panama; and the archeological and historical sites of Campania, Italy. I'm using French literature as a way to understand its cuisine and drinks, and planning to live and eat like a local in Taipei and Hong Kong.

In my mind's eye, I'm already digging into the culinary aspects of Ireland's Celtic roots, embarking on an odyssey through Ancient Greece, and marvelling at India's wonders, past and present. Wish me luck as I plumb the Himalayan kingdoms of Bhutan, Nepal and Sikkim and comb the waters of Mexico's Baja region for grey whales.

But, reader, don't just stand there, waving me bon voyage. I never travel alone. Picture 10 to 25 like-minded people: curious, intelligent lifelong learners eager to focus on the subject at hand. Get packing! — $Kate\ Zimmerman\ U$



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