

UCalgary

Alumni magazine

FALL | WINTER 2015-16

SHAPING OUR WORLD

THE DESIGN ISSUE

+
SMARTER
TRAVEL

GREAT
MISTAKES

MINDFULNESS



UNIVERSITY OF
CALGARY

They started at UCalgary

For 30 years, the UCalgary Alumni Association's Arch Awards have spotlighted our best and brightest alumni. This year, we congratulate eight alumni with four awards — the Distinguished Alumni Award, the Alumni Achievement Award, the Management Excellence Alumni Award and the Alumni of Distinction Award. They inspire others, they make a difference around the world, they couldn't be more eclectic — they're all UCalgary alumni.

Find out more...
ucalgary.ca/alumni

Distinguished Alumni Award



Anar Simpson,
BSc'86, MCS'01

Alumni Achievement Award



Robbie Babins-Wagner,
PhD'11



Jonathan Brower,
BA'14, BFA'14



Susan Bare Shin Bone,
BSW'90, MSW'08



Dr. Simon Bryant,
MD'91



Jennifer Koshan,
BSc'85, LLB'88

Congratulations to our faculty-based Alumni Award recipients

Alumni of Distinction Award

(given by the Cumming School of Medicine)



Dr. Kym Boycott,
PhD'97, MD'00

Management Alumni Excellence Award

(given by the Haskayne School of Business)



Curtis Probst,
BComm'89



Know a UCalgary alumnus or alumna who makes you proud? Nominate them for a 2016 Arch Award
ucalgary.ca/alumni/2015-arch-awards

Contents

FALL | WINTER 2015-16



Eyes on Design Let five alumni tour you through some of the planet's hottest design capitals, from Hong Kong to London.

p.32

Features

p.26

A Better City by Design

Can the right design of a building — one with order, balance, elegance and self-knowledge — actually communicate happiness? What civic values do our transit system or pieces of public art express? We're not promising our issue on design will change your life, but it's guaranteed to sharpen your brain and eye — and make you think.

p.38

The Power of Great Mistakes

According to many psychologists, you'll reach new heights if you learn to embrace the occasional tumble. 'Fess up is what we asked some of our most successful faculty, alumni and researchers. The great reveal ...

p.44

Smarter Travel

Why do we go to unfamiliar places — such as Machu Picchu? We ask a merry band of UCalgary travellers what they discovered in this lost city.

Departments

- 5 | Notebook
- 11 | In the Field
- 16 | Dropping In
- 18 | Unconventional Paths
- 20 | Mind & Body
- 22 | Alumna vs. Alumna
- 25 | Alumni Update
- 47 | Class Notes
- 49 | Pay It Forward
- 50 | Where Are We?



ON THE COVER

Illustration by Edmonton-based artist Valéry Goulet. Like reshaping a blob of clay, design impacts our lives and expands our world every day.

More from Alumni

At UCalgary's downtown Alumni office, we love telling stories — and hearing them, too. In the last year, we've overhauled and rewritten our own approach to storytelling. You'll find fresh, relevant content that is constantly being updated on our Alumni website at ucalgary.ca/alumni.



At ucalgary.ca/alumni is where you'll also find our calendar of upcoming events that includes regional programming in far-flung cities with vibrant alumni populations — from Hong Kong and New York to Edmonton and Ottawa. A little more than a year ago, we launched a lively weekly podcast series dubbed *Peer Review* to which you can subscribe for free through iTunes. Or, if you'd rather watch a video — we produce those, too, found on our YouTube channel.



If the written word is more your thing, we deliver that straight to your inbox every Tuesday in the short and snappy format of *Alumni Bulletin*. Or, if you'd rather hear from us once every two months with a big, healthy dose of alumni and university news — subscribe to our other free e-publication, *UCalgary Alumni News*.



UCalgary Alumni magazine

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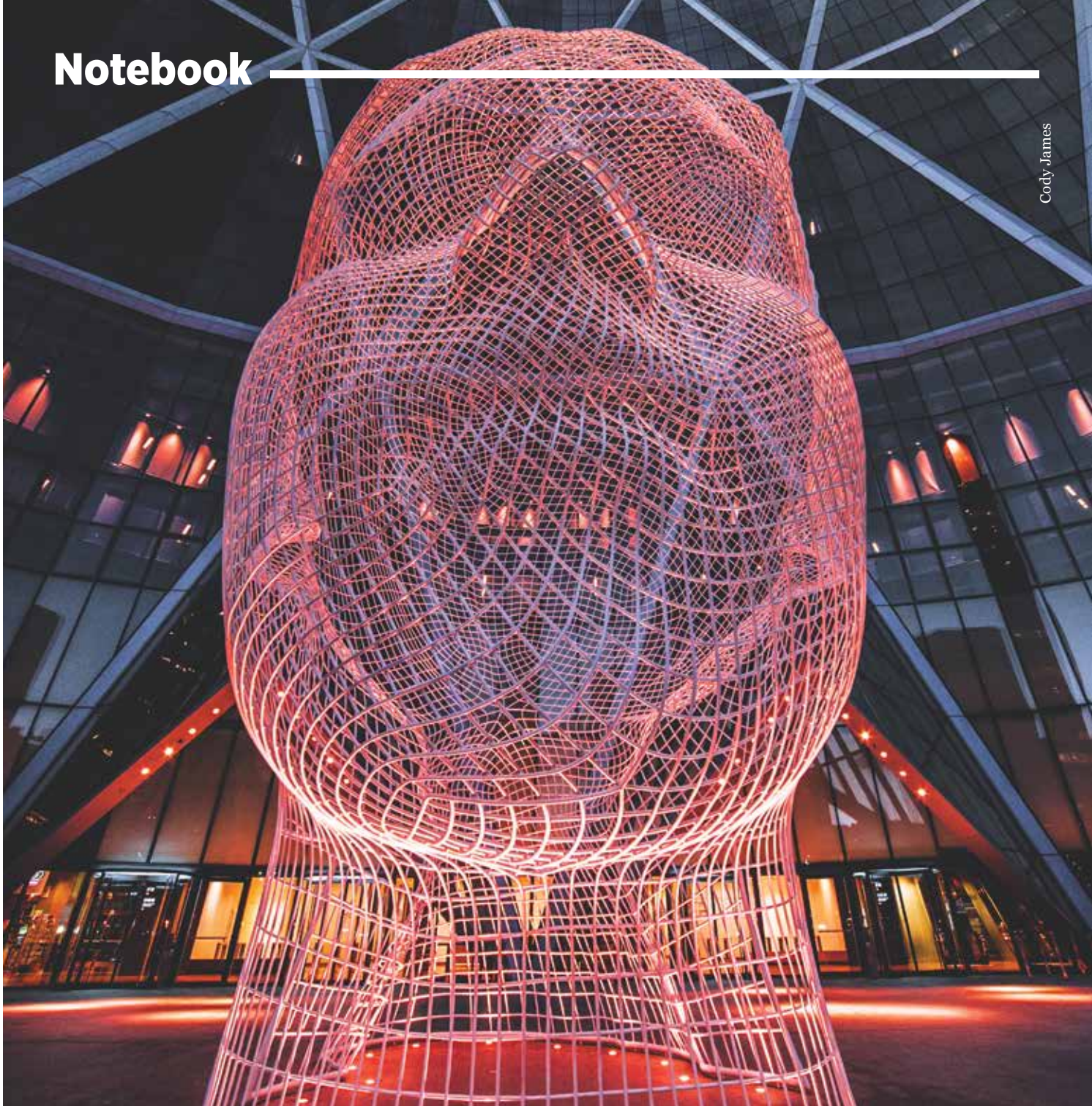
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Notebook



Cody James

Building the Future: How UCalgary and its Alumni are Shaping the World

The world of design is not what it used to be. No longer are we content to simply look — we want to be teased, engaged, provoked, entertained and involved in socially responsible design that connects us to the surrounding world. Consider this special issue on design a conversation of sorts with scholars, alumni, artists, designers, architects and urban planners weighing in on a variety of topics.

And, as is true with any lively dialogue, there is always room for the unexpected, such as the encounter with alumnus Ken Heinbecker, BComm'o8. A newly minted UCalgary grad, Heinbecker was working at Heavy Industries in 2010 when he heard that Spanish sculptor James Plensa had just won the bid to design an art piece that would front Encana's Bow tower. Immediately, he began cold-calling everyone associated with public art, resulting in Heavy's

win to actually "build" Plensa's magnificent 12-metre-high steel wire sculpture, *Wonderland*. Ever stepped inside Plensa's four-storey mesh head and taken a stroll? When you do, you'll begin to understand what Plensa meant when he said, "I believe the architecture of our bodies is the palace for our dreams." Let Heinbecker take you inside an artist's head and into a welder's wonderland. See next page. — Deb Cummings

Heavy Hitter

When artists think big, real big, they turn to fabricating companies whose studios can resemble a metal shop, wood shop or auto-body shop

by Ellis Choe

When marketing whiz Ken Heinbecker, BComm’08, helped Heavy Industries snag the building of The Bow’s iconic *Wonderland* sculpture, the fabricating company’s first million-dollar-plus con-

tract and its first major steel project, he had no idea what a crowd-pleaser it would be. Since then, Heavy Industries has built the controversial *Travelling Light* (a.k.a. the “blue ring”) in north Calgary, the Glacier Skywalk in Jasper National Park and others around the planet.

What is your favourite public art installation that Heavy has built?

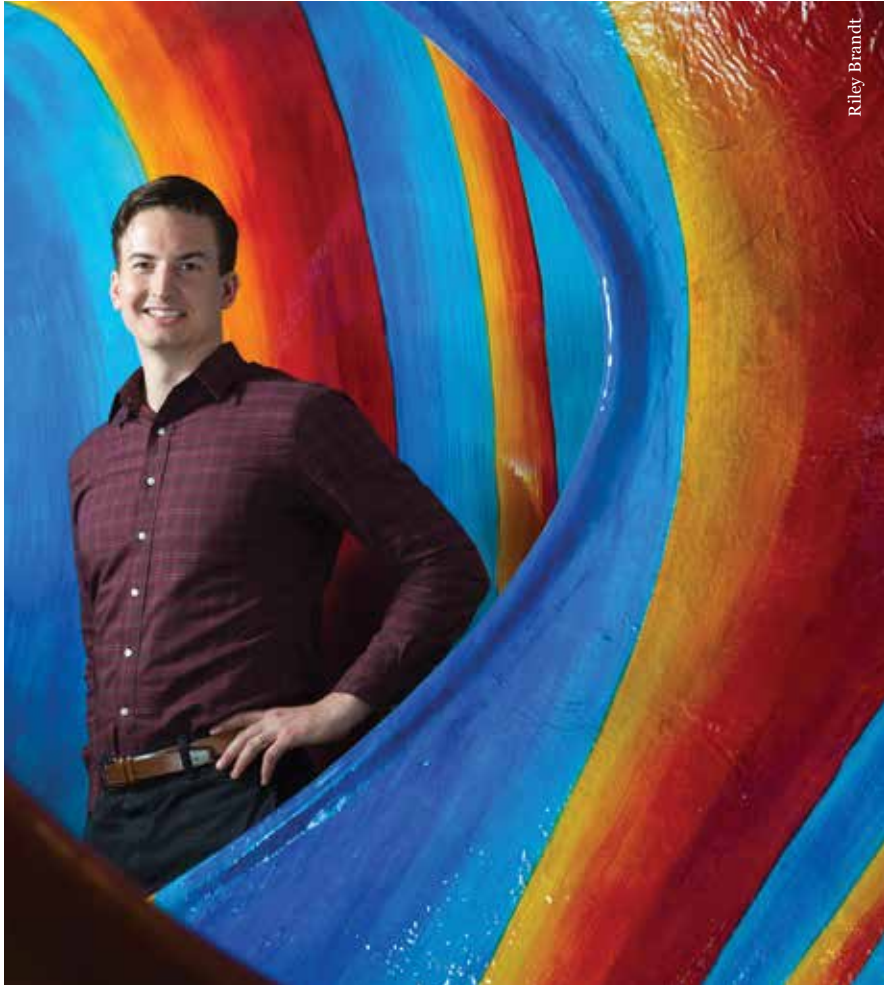
It’s a sculpture called *Aufschwung*, in Munich, Germany. It’s a Baroque-style cupid whose profile has been elongated about 31 metres and wrapped into a corkscrew-like shape. It was difficult to build given its texture, shape and degree of precision.

What has been Heavy’s most challenging installation?

It was *Wonderland* because of its sheer scale. It took 4,633 metres of steel rod, more than 11,500 welds and 14 full-time welders, around the clock, about 18 months to design, engineer and fabricate the pieces, as well as six months to construct on site.

Were you an engaged student at UCalgary?

Yes. A lot of the experience I use today I gained at Haskayne, as well as in student clubs where I organized events, built web-sites and lead and managed teams.



Ken Heinbecker, BComm’08, with a creation by artist Dan Corson.

My profs in my last year were amazingly helpful in renegotiating my schedule so I could start here part-time.

If you could get another degree, what would you study?

I’d take architecture. A lot of people I talk to are architects.

If you could design a work of art, what would it look like?

Personally, I like geometrical things. I’m working on a stool that’s also a bench that’s also sculpture that’s also pop art.

The “blue ring” (*Travelling Light*) got a bad rap. What do you think of it?

Personally, I think it’s awesome. The freestanding ring [situated on a road overpass along 96th Avenue N.E., just west of Deerfoot Trail] is an engineering feat that’s a clever solution to a very challenging site. At 60 km/hour, you’ve got a split-second to see it, understand it and get challenged

by it. The simple circle, a metaphor for travel, is perfectly positioned there — considering you’re at a site where planes, trains and automobiles are going by continuously.

So many projects just fall into the bane of indifference. This is at least spoken about and everybody sees it, so I think it’s very successful.

Where do you want to see the company in five years?

It’s very rare to find one business that includes cutting-edge design software and expert designers that can back it up.

That’s why you hear about the Peace Bridge [crossing the Bow River in Calgary] being built in Spain, getting finished in Germany and then shipped over here, because there’s no one in between Spain and Germany that could have worked on it.

In five years, I want us to be the no-brainer for that kind of work. **U**

UP&COMING

Big Ideas, Alumni Perspectives

Idea Exchange

Join us for dynamic conversations with UCalgary alumni and university thought-leaders about big ideas and global issues. Come, be part of the exchange.

San Francisco

Leading and Following. Career journeys, leadership and the power of your own network. — Jan. 28, 2016

Edmonton

Brain Strain. Findings from the Hotchkiss Brain Institute reveal more about amazing brains. — Feb. 8, 2016

New York City

Innovate That. Alumni entrepreneurs take a bite out of the Big Apple. — March 8, 2016

Ottawa

NEW! We’re back in the capital — our newest regional Alumni community. — April 11, 2016

Houston

Expand Your World. The UCalgary alumni community spans the globe — come expand your network. — May 16, 2016

Register and learn more:

- ucalgary.ca/alumni/programs-events
- Want to get involved? Contact Sarah at s.m.wilson@ucalgary.ca

Volunteer Opportunities

From our campus to our communities, University of Calgary alumni are leaving their mark through the new and improved Alumni Volunteer Program. Whether it’s volunteering at our annual Skate with Santa event, advising on a council or being part of a speaker series — we’d love to help you get involved.

Visit:
ucalgary.ca/alumni/volunteer
or email:
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Alumni

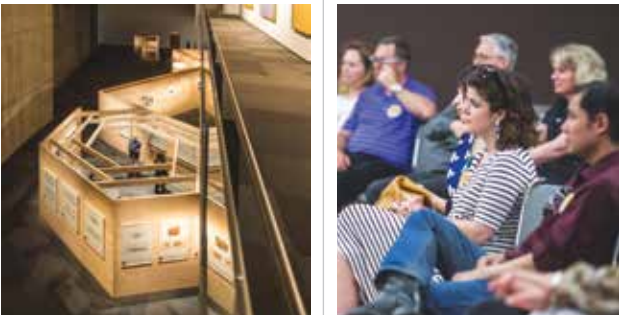
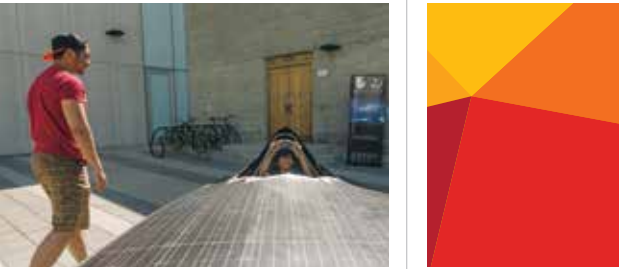
Alumni weekend

SAVE THE DATE
April 30 – May 1, 2016

We're celebrating UCalgary's 50th anniversary with a party of our own!

Experience your university like never before in a jam-packed Alumni Weekend featuring leading UCalgary minds, awesome alumni, and because we've been growing since '66 — a nod to our roots!

Come celebrate!



Learn more:
ucalgary.ca/alumni/weekend

Dorms of Your Dreams

Gone are the cinder-block aesthetic, dingy common rooms and crowded bathrooms of yore. At least, from UCalgary's two new residences — Aurora Hall and Crowsnest Hall — which opened in September after the demolition of the Norquay, Brewster and Castle residences.

In what's been dubbed the amenities race, you'll find upper-year undergraduate students in Aurora happily ensconced in studio, two- and three-bedroom suites totalling 268 beds. Aurora features full kitchens and private bathrooms. Plus, the building has

CAMPUS LIFE



Amélie House

a two-storey lounge, an academic/study lounge on every floor, a multipurpose room and an event kitchen on the main floor.

Equally a stunner is Crowsnest Hall that houses graduate students in one- and two-bedroom apartments totalling 390



The new Crowsnest residence houses grad students.

beds with full kitchens and private bathrooms. The building includes an academic project room, breakout study rooms, a music room, a multipurpose room and an event kitchen on the main floor. There is also a retail space for a café/deli on the main floor by the main entrance of the building.

Today's residence experience includes workshops, peer-assisted support services, counselling services and tutoring, extra-curricular education programs, social activities, leadership and volunteer opportunities. Each have been carefully crafted and designed to help meet the needs of residence students at different stages throughout their university education.

Remember those days when showers were so puny you had trouble raising your arms to lather your hair? Or, when water temperatures veered from freezing to scalding? No longer! **U**

Go West, Young People! And East, South and North!

UCalgary students have many study abroad options available to them. They can jet across Europe or Southeast Asia with a Geography Group Study program; immerse themselves in the language and culture of Spain, France or China; do an internship in Washington D.C.; or learn about international insurance markets in Bermuda and London. They may even choose to study at one of more than 80 exchange partner universities worldwide for a semester or a year.

More than 1,000 students "internationalize" their degrees through exchanges or group study programs every year, says Colleen Packer, manager of international learning programs.

"They can spend a summer, semester or year on one of more than 150 programs worldwide and earn credit toward their major, minor or options," she says. "Not only do our programs allow students to continue paying University of Calgary tuition, there is funding available specifically for study abroad." **U**

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Photo by Sean Derrine



Strong voices have shaped this great city

As early as 1905, students and community members in Calgary fought passionately for a university they could call their own. When they succeeded in 1966, they laid the foundations for what would soon grow to become Canada's No. 1 young university.

In 2016, the University of Calgary will celebrate 50 years of being an integral part of this vibrant, energetic city. Plan to celebrate with us at our inaugural Alumni Weekend (April 30 — May 1, 2016). In the meantime, gather your most memorable moments of how this great city and your university grew together over the past five decades.

50 years of building community

In the Field

Bold, Brave and Competitive — it's in our DNA

The University of Calgary has developed **six** bold and comprehensive research strategies that will help shape and guide our work for the next 50 years. UCalgary is uniquely poised to lead profound and far-reaching advancements that will shake our world — moreso even than the industrial and digital revolutions that made today's research possible.

Here's a snapshot of just a few of our labs and the leading academic minds they contain.

by Jennifer Allford



1 Energy Innovations for Today and Tomorrow research strategy

UCalgary is in the energy capital of Canada, which means we're a natural to become a national and international leader in energy research. With contributions from every single faculty on campus, we are focused on creating a low carbon energy system while assessing the cumulative effects of energy-related processes and harnessing unconventional hydrocarbon resources.

Earthquakes and Epilepsy (really?)

Associate professor in physics, Joern Davidsen, is leading a multidisciplinary team exploring theoretical models that

may be used to describe seismic events like those related to hydraulic fracturing — while also offering insights into the unexpectedly similar dynamics as those involved in epileptic seizures.

Research Goals One is earthquake prediction, the Holy Grail of seismology. In Alberta and the central U.S., a lot of seismicity is induced by manmade activities.

For example, hydraulic fracturing or underground wastewater storage can lead to micro-earthquakes and one of the questions is — can one control the size of these micro-earthquakes to prevent larger events?

What does predicting earthquakes have to do with epilepsy? The underlying physical triggering mechanisms in both cases are vastly different, but they are related by their organizing principles. In the brain, a neural cell fires a signal to other cells and these cells, in turn, propagate the signals further. This type of signal transmission, this triggering, is very similar to what you have for earthquakes because one earthquake can lead to another earthquake, like a cascading process. So far, we are better at predicting when people might have a seizure than we are with earthquakes. Even though the general processes are very similar, the specific details are very different. The hope is to address them in a joint framework.

RESEARCH AND
DISCOVERIES

2 Brain and Mental Health research strategy



Led by the Hotchkiss Brain Institute, we're setting the course for advancements in brain and mental health research. With leading experts in a wide range of fields working in interdisciplinary teams, the strategy positions the university to unlock new discoveries and treatments in three broad pillars: brain and behaviour, neural injury and repair and healthy brain aging.

TMS Helps Children with Cerebral Palsy

Dr. Adam Kirton is using transcranial magnetic stimulation (TMS) as a non-invasive tool to map the brain. TMS maps reveal how the brain reorganizes itself after an injury, including children with cerebral palsy. Using TMS, Kirton is helping these children improve their motor control.

1 pediatric

brain-stimulation lab in Canada, at the Alberta Children's Hospital Research Institute (ACHRI).

50 per cent

of Canadian families are affected by diseases or disorders of the brain.

20 minutes

of TMS for 10 days is what a group of minors received before heading into six hours of occupational and physical therapy. TMS, undeniably, improved the children's motor function.

1 child a week

is diagnosed at Alberta Children's Hospital with having had a stroke at birth causing cerebral palsy and physical disabilities, epilepsy, developmental delays and mental health and behavioural issues.

1,000 Alberta

children are currently living with a perinatal stroke of some type.

Dr. Adam Kirton is the associate professor in the departments of paediatrics and clinical neurosciences at Cumming School of Medicine and is part of Alberta Children's Hospital Research Institute (ACHRI).



3 Human Dynamics in a Changing World research strategy

A growing human population is changing how we interact with each other, our systems and our limited natural resources. We face growing demand for housing, food, transportation, education and healthcare. Compounding that are climate challenges, privacy and security issues. Our interdisciplinary strength seeks the situations and systems, and develops solutions we need to adapt in the face of rapid change.

Bumble Bees "Crushed by Climate"

Many species of plants and animals seem to be moving north to escape climate

change. But not bumble bees. Paul Galpern, assistant professor of Landscape Ecology and Informatics in the Faculty of Environmental Design, co-authored a study in the journal *Science* that shows that bumble bee species aren't relocating — they're vanishing in their southern ranges.

Galpern analyzed a database of about half a million georeferenced observations for 67 bumble bee species collected over 110 years. "It's sad and worrisome," he says. "Bumble bees are not moving north to compensate for the warm climate and they are also losing ground to the south. They are being crushed by climate. And we are losing this important pollination service that they're providing."

4 New Earth Space Technologies (NEST) research strategy

New Earth Space Technologies (NEST) capture, analyze and share the smell, sight, taste, touch and sound of our earth-space environment, enabling better decisions for industry, security and society. These technologies have staggering implications for humanity. Our researchers are recognized internationally in space physics, are leaders in geomatics remote sensing and excel in engaging and inspiring the public about space.



The Sky's the Limit

Chris Hugenoltz, the Cenovus Research Chair in the Faculty of Environmental Design (EVDS) and associate professor of geography in the Faculty of Arts, is exploring drones' varied uses from detecting methane leaks above pipelines to monitoring changes to the Elbow River.

"There's a lot of interest in delivering packages from Amazon to delivering medicine, but we really don't know if it's practical and whether it's really going to take off in those domains," says Hugenoltz.

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5 Engineering Solutions for Health: Biomedical Engineering research strategy

UCalgary is a global leader in bio-medical engineering, using engineering tools and approaches to advance knowledge and solve problems in animal and human biology, medicine and healthcare. Researchers from Engineering, Medicine, Kinesiology, Veterinary Medicine, Science and Nursing are at the forefront of advancing neurosurgery, joint repair and stem cell production and are producing unprecedented insights into complex global healthcare-research challenges.

Bringing Better Breast Cancer Tests to Market

UCalgary biomedical engineers have partnered with a group in South Korea to create Syantra Diagnostics, a company that is commercializing superior diagnostic tests for breast cancer.

With just a tiny sample from a tumour and a bit of blood, they can determine the type of breast cancer a patient has and their risk level. It's faster than other tests, more precise, easy to administer and doesn't require shipping or a sophisticated lab. It also removes the need for a second round of testing, so doctors can get the information they need sooner to start their patients on the right treatments.



"Our first test speeds up one of the first steps in diagnosing cancer — measuring levels of key molecules," says Bob Shepherd, the president and co-founder of Syantra and research associate in the Schulich School of Engineering. "This kit determines levels of estrogen receptor, progesterone receptor and epidermal growth factor receptor."

Syantra has also discovered some new molecules that are associated with advancing cancer. "By looking for these early, we expect to improve outcomes for not only breast cancer, but cervical and prostate disease, too," Shepherd says.

6 Infections, Inflammation and Chronic Disease research strategy

Understanding how genetics, stress, animal health and the state of the environment interact and impact infections, inflammation, chronic diseases and pain are huge challenges. We're meeting those by bringing together world-leading expertise in environmental sciences, biological and nutritional sciences, animal sciences, medical sciences, epidemiology, law, population and community health, as well as public policy.

How Proteins Build Better Drugs

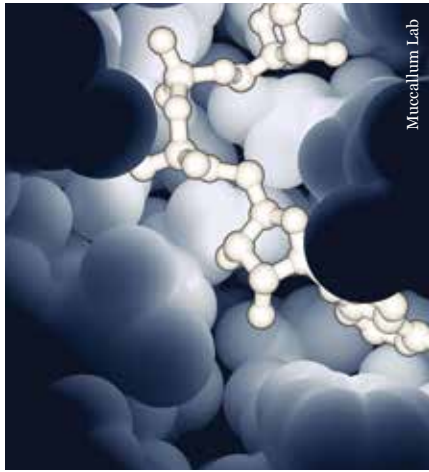
Justin MacCallum, assistant professor in chemistry, studies the structures of proteins.

"Proteins are the targets of almost all drugs," he says. "A drug recognizes and binds to a specific protein, causing it to not work anymore. In order to design those drugs, you need to know the structure of a protein and its three-dimensional shape."

"Imagine a long string that has a bunch of different-coloured beads on it. Those are different amino acids, and that long string of amino acids folds up into a complicated, three-dimensional shape."

"We're trying to understand the rules. How does a sequence of which amino acids, in what order, make up the proteins? How does that lead to a particular 3-D shape, and how can we manipulate that to get the protein to do what we want?"

"You can design proteins from scratch



that do some particular task at the molecular level. In my lab, we're focused on the basics of how these molecules behave and how we can learn to control them. We design proteins that bind to and recognize particular markers that are diagnostic for different types of disease or help with different treatments." U

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Expanding Campus Borders

If you're passionate about lifelong learning, classroom access at UCalgary is about to get easier. Behind the blueprints of University District

by Mike Fisher

You're walking on your way to work along tree-lined University Avenue — once known as West Campus Way. A friend who lives in a modern townhome on nearby Chancellor Robert Thirsk Street waves from her outdoor patio chair. She's wearing her cycling helmet and has just ordered you a chai latte. Sure, you've got time. After all, it's 2035 and the future is bright.

Today, the lands immediately west of the University of Calgary main campus are mostly greenery, but in the next few years they'll start transforming into a thriving community called University District that's designed to be a 24/7 destination for the city within 20 years.

Revenues from the district will go towards the core teaching and research mission of the university. As the university approaches its 50th anniversary in 2016, there are plans to use the names of chancellors for streets at various locations.

"The University District is designed for all ages and lifestyles," says James Robertson, president and CEO of the West Campus Development Trust, the land developer. "It will be as much a home for retired empty nesters as it will be for busy professionals and young families."

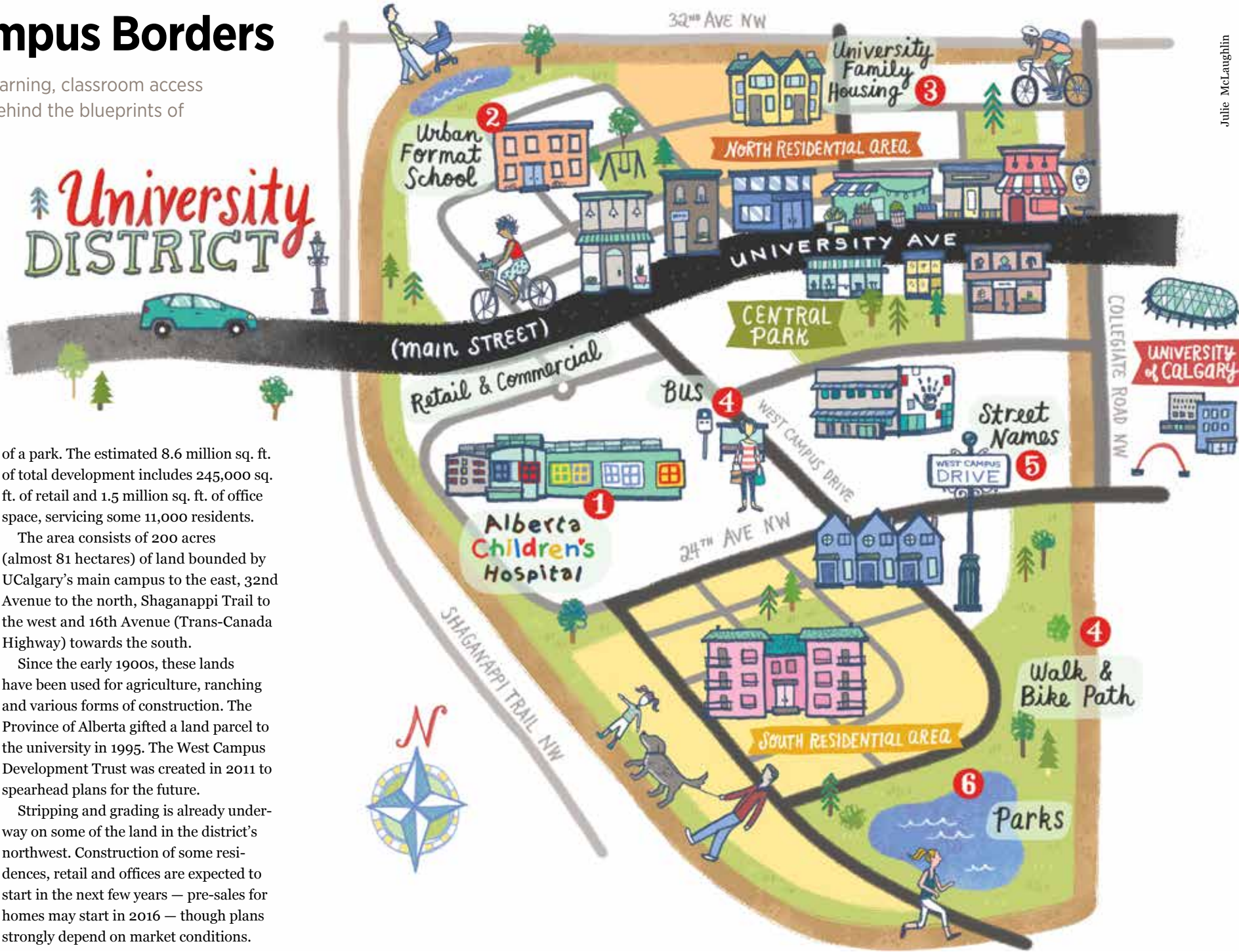
The district plan adds more than 6,000 multi-family homes — including townhomes and condos — in a range of price points over the next two decades. All residences would be within a 10-minute walk

of a park. The estimated 8.6 million sq. ft. of total development includes 245,000 sq. ft. of retail and 1.5 million sq. ft. of office space, servicing some 11,000 residents.

The area consists of 200 acres (almost 81 hectares) of land bounded by UCalgary's main campus to the east, 32nd Avenue to the north, Shaganappi Trail to the west and 16th Avenue (Trans-Canada Highway) towards the south.

Since the early 1900s, these lands have been used for agriculture, ranching and various forms of construction. The Province of Alberta gifted a land parcel to the university in 1995. The West Campus Development Trust was created in 2011 to spearhead plans for the future.

Stripping and grading is already underway on some of the land in the district's northwest. Construction of some residences, retail and offices are expected to start in the next few years — pre-sales for homes may start in 2016 — though plans strongly depend on market conditions.



Julie McLaughlin

1 Alberta Children's Hospital Integration

Step outside the hospital and within minutes you can walk into nearby office buildings and stores in an area to the north that will be known as the Professional District. The district will be pedestrian-friendly with streets and bike paths. Cars will enter the east-west main street, University Avenue (now West Campus Way), from north-south Shaganappi Trail.

2 Urban Format School

The District plan allows for a potential K-12 urban format school to be located just north of University Avenue. The urban format, new to Calgary, aims to make it easier for students to walk or cycle to classes. The school would be located in one of the mixed-use buildings adjacent to one of the north residential parks.

3 University Family Housing

The existing university family housing complex (immediately east of 39th St.) is anticipated to have 20 years left in its life cycle before the buildings will be replaced with new low-density housing. There are currently 250 townhouses available to students with families. This area is expected to be included in the last stages of the district development.

4 Walk, Bus and Bike

The plan takes a multi-modal approach to transportation through an extensive bicycle and pedestrian network and an interconnected transit network. The plan supports environmental sustainability and encourages a stronger sense of community. That means generally less vehicle traffic (and fewer greenhouse gas emissions) and more walking and cycling.

5 Street Names

As the district undergoes a future facelift, West Campus Way will become University Avenue, 39th Street will be renamed University Link and West Campus Boulevard will become University Boulevard. Plans are underway to name other streets after University of Calgary chancellors.

6 Plenty of Parks

The plan creates five parks totalling almost 32 acres throughout the district. The largest park will be 20 acres, located toward the southeastern boundary of the site and landmarked by an existing storm-water pond. Other options include a park in the northwest that will act as a major gateway to a pathway system that will run around the perimeter of the entire district. U

Register for updated information at MyUniversityDistrict.ca



University Avenue

Sip a coffee, grab a baguette and stroll tree-lined sidewalks as people enjoy sunshine on outdoor patios along nine blocks of retail. Just west of the university campus along what's currently West Campus Way, this east-west main street corridor will feature restaurants, shops, plazas and residences.



Central Park

Enjoy outdoor markets, pop-up shops and cultural performances that enliven an urban park and plaza of more than three acres. It's the greenspace heart of the community. The park will act as a buffer between university maintenance facilities to the south and new residences along the main corridor.



N. Residential

In the larger of the two residential areas — both will collectively have more than 11,000 residents — you'll find townhomes and condos.



S. Residential

Stretching over 20 acres, this inclusive area boasts stunning views and will allow for assisted living or residential care as a permitted use.

Manjit Minhas and Ravinder Minhas
BSc(Eng)'05

Scott White
BMus'89, Piano

Beer baroness and dragon. Beer baron and passionate film/TV producer. Fifteen years ago, the teenaged siblings launched Mountain Crest Liquors while hitting the books as UCalgary engineering students. Today, the youngest distillery owners in the world have also built Calgary's Minhas Micro Brewery into a \$155-million business and launched Spotlight (producing 240 TV episodes and five documentaries a year). Manjit — in her spare time — is also a new star of CBC's Dragons' Den.

Multi-talented songwriter, playwright and musical director Scott White plumbs his mottled career path only to confess he still designs TripTiks for personal road trips — a skill he honed decades ago while toiling at visitor's centres. That was before he sold clown noses, played in the ill-fated rock band West World, spent 10 years with the famed Second City comedy improv group, was "the world's worst drag queen" and launched his latest play, Newfoundland Mary, that's now wrapping up in Ontario.

If you were a teenager again, what would you do differently? M: I don't regret anything about my entrepreneurial path, but I wish I'd had more unscheduled fun; I was always in the books or doing paperwork. You're supposed to be studying to be engineers — what was your parents' reaction to your liquor sideline?

M: My dad came to this country from India with nothing. He had an engineering degree and had to redo it here (UCalgary, '81) while working two jobs. His message has been, "Do what you want, but you have to have a plan." A very big part of our business success is we never went into debt; we never had fancy offices downtown. We were taught to live within our means. R: My mom was, "No, don't do it; go to school and get your degree and then do those things". After conversation, she said, "OK, now go do what you want."

What's the worst thing about working with your sibling? R: I am more of a spendthrift than Manjit. She will ask, "What is the logic behind that purchase?" and my answer is, "There was no logic, that's the point." My wife and she gang up on me. M: He knows everything about me; I can't hide anything from him. What's the best thing? R: There's always a pinch-hitter behind you. We share successes and failures — and the little victories are sometimes the biggest celebrations that no one else gets. M: The same as the



worst — he knows everything about me. Manjit, what do you bring to Dragons' Den? M: A new, younger perspective. Most dragons have been 50-plus. I am a mom in a different generation. I am also culturally Sikh, so I am reflective of Canada and the audience. I am also tough. If you are asking for my hard-earned dollars, I have tough questions to ask. These are real questions about real money. I have to believe in you as a person, as well as the product. If you could dine with anyone, who would it be? What would you eat? M: Richard Branson [founder of Virgin Group]. He would be amusing, entertaining, but down-to-earth. Some people at his level live in a bubble, but he knows his customers. I am vegetarian, so pizza. R: Jay Z [rapper and businessman]. I like his philosophy of business and life — doing it his own way, while having fun; combining a successful business and family life [with singer Beyonce]. And I would order venison, because I am a hunter. What's on your bucket list? R: I want to build a distillery in Calgary, next to the brewery. And I'd like to arrange some sort of behind-the-scenes tour to every major sports event where I'd take my dad. M: While we sell beer in 16 different countries, we haven't covered all of Canada. I want to open another brewery in Eastern Canada. — Barb Livingstone U

Are you a composer? No, I call myself a songwriter. I think composers are people like UCalgary's Dr. Allen Bell (I loved his 8 a.m. theory class), who writes for orchestras. My music consists of catchy tunes with good hooks and lyrics. Who are your favourite playwrights? Stephen Sondheim, who's about so much more than melodies. In terms of Canadians, I think Leslie Arden is one of Canada's best unknown entities. My strongest influence has been the Sherman brothers who wrote so many old-fashioned [movie musical] classics like Chitty Chitty Bang Bang. Simple, singable and sincere are what I am after. What are some of your favourite movies? Dead Poets Society, Raiders of the Lost Ark, Jaws — I love escape. What is your guilty pleasure? Watching The Amazing Race.

We watch it religiously — once it starts, there's no talking, except during commercials. Would you like to be on it? My partner, Pete, and I have talked about it. He'd be the science guy and I the arts guy — the gay couple. The problem is Pete doesn't like heights and he doesn't drive — so I don't think we'd last long. What was your job at Second City? I was a music director with them for 10 years and loved it. I'll never forget being sent to Singapore for a week. What is your most treasured possession? It's a little glass heart that was given to me seven years ago, at my mother's funeral.



I hold on to it because it reminds me to be more like her — although I'll never make butter tarts like she did. Which historical figure do you most admire? He's less an historical figure, but I am fascinated with him because he was flawed — Walt Disney. He created a place where people could watch the transformation of people — whether that's at one of his parks or a movie. What advice do you have for new students? Realize that what you are studying now may come in handy down the road, years from now, in ways you don't expect. Like all of my lesson-planning training I did when I considered teaching — that's exactly what I do when scheduling rehearsals. When you're rehearsing, don't treat it like a practice. Dig in and perform!

Is there a healthy future for musical theatre in Canada? The challenge is that the art form is predominantly American. It's not heavily subsidized in Canada, but I am starting to see connections develop between American Broadway composers and Canadian students. So I am hopeful. If you could get Canadians to see a musical this year, what would it be? If you're in Toronto after December, try to get tickets to Cinderella. Those in Calgary should definitely try to see The Little Prince, with a score by Lloyd Webber's son, opening in late January. — Deb Cummings U

Wisdom 2.0 — Finding Time to Press Pause and Reset

In a world besieged by multitasking and constant connectivity, mindfulness is gaining traction in numerous fields of study

by Barb Livingstone

In her ongoing battle with cancer, 56-year-old Calgary psychiatrist Dr. Carla Atkinson takes half an hour each day for meditation that relieves stress, alleviates fatigue and clears her cluttered mind.

For Calgary family physician Dr. Brendan Miles, his personal daily meditation allows the 34-year-old to focus on each of his 15 to 20 daily patients, in the moment, without carrying baggage from previous sessions.

Both are part of a global interest in “mindfulness,” a therapy credited with everything from increased productivity at tech giants (think Google) and to relieving depression and post-traumatic stress disorder (PTSD), to helping children’s brains deal with ever-increasing life anxieties instead of depending on medication.

In a nutshell, mindfulness means dealing in the moment; without judgment; being present and paying attention; of listening to your heart. One can eat mindfully, work mindfully, parent mindfully. Programs often combine meditation, yoga and stretching — practices that link mind and body health.

And, lest it be dismissed as “new-agey,” neuroscientists have shown — through brain-imaging technology — that the practice affects brain areas related to perception, body awareness, pain tolerance, emotion regulation and complex thinking.

American neurobiologist Dr. Dan Siegel describes mindfulness as the mental-health version of dental hygiene — as important in daily life as brushing your teeth. It’s something that is increasingly gaining cachet in Calgary with medical residents, cancer patients, university students, the caring professions and the corporate community.



One of the city’s earliest practitioners was Dr. Linda Carlson, a professor in Psychosocial Oncology at UCalgary’s Cumming School of Medicine. She became interested, while still in university, in the work of molecular biologist Dr. Jon Kabat-Zinn, who has trained people around the world in Mindfulness-Based Stress Reduction (MBSR).

It was while Carlson, now director of research and a clinical psychologist at Tom Baker Cancer Centre, was doing a medical training rotation that she helped modify Kabat-Zinn’s program into Mindfulness-Based Cancer Recovery (MBCR), focusing on challenges faced by people living with cancer and their supporters.

MBCR launched in 1997 and a pilot study monitored patient progress, measuring outcomes of stress and mood systems. In 89 patients with a variety of cancers, there was improvement of 65 per cent in

mood and 35 per cent in stress symptoms, compared to controls. The patients reported less tension, depression, anger and concentration problems and more vigour, as well as fewer physical manifestations of stress.

“Having cancer means a loss of control; they don’t know what the future looks like,” says Carlson. “People are used to problem-solving and this is a problem that can’t always be solved.” Through mindfulness, she says, “you learn emotional coping, something society has not trained us to do.”

The eight-week MBCR program combines meditation and yoga through weekly group practice, a weekend retreat and daily home practice. A patient handbook accompanies a program that helps about 200 people per year.

Atkinson signed up for the course in 2012 and has continued the practice ever

since, including during a second round of cancer treatments.

“Just focusing on breathing and what is going on in your body gets you out of the busy mind,” she says. “You think clearer; I am not as tired.”

Atkinson says her family notices the difference, with one daughter now using meditation to help cope with her own stresses of university life.

And those anxieties are one reason Derek Luk, mental health education coordinator at UCalgary’s student union wellness centre, has become a teacher in MBSR and developed an online study program.

Luk has worked in the mental health and addictions field for the past eight years. While helping design a course for fourth-year nurses, he saw addictions as often stress- or pain-based. Further research supported mindfulness-based cognitive therapy as being as effective as anti-depressants in reducing relapses for the chronically depressed.

Luk is particularly concerned about burnout, especially in the caring professions.

“People don’t learn how to take care of themselves,” he says. “They are hard on themselves instead of living in the moment, and the body reacts with toxicity to the brain.”

The more mindfulness is practised, Luk says, the stronger the brain gets, in



the same way constant physical exercise strengthens the body.

His own daily meditation starts with letting his dog outside. In 10 minutes, Luk says, “I sit, I watch, I listen. You can do it any time — standing in a line, washing dishes.”

Luk’s research has a very personal hue: he lost a nursing colleague to suicide just days before taking his MBSR training.

Take a Moment to be Mindful



Mindfulness is not new, but it is increasingly being cited as a tool in an ever more stressful society.



For general information on mindfulness, start with Dr. Jon Kabat-Zinn’s book, *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Or, watch him lead a meditation session on YouTube.



Dr. Linda Carlson of UCalgary developed a program for cancer patients and their supporters through the Tom Baker Cancer Centre. Read about her research at: lindacarlson.ca/research



For more information on the Mindfulness-Based Cancer Recovery (MBCR) at Tom Baker, visit: tbccintegrative.com/clinical-programs/mindfulness-based-stress-reduction



Interested in the online mindfulness training developed by Derek Luk, mental health education coordinator at UCalgary’s student union wellness centre? Check out: mindfulmentaltraining.ca



“We had worked in the mental health unit together and she had struggled with her own mental health and depression and no one knew,” he says, adding many first responders struggling with PTSD face stigma if they seek help.

Luk’s current master’s thesis addresses whether an eight-week simultaneous online mindfulness program reduces burnout for Calgary nurses.

Five years ago, mindfulness was also introduced to the curriculum for UCalgary medical residents.

Dr. Todd Hill, director of behavioural medicine in the department of family medicine, surveyed faculty and residents, assessed family medicine programs across the country and found a need for medical learners to deal more effectively with their own work stresses, while developing better relationships with patients.

“In the literature on developing skills, the term that kept coming up was ‘empathy,’” says Hill. “How do you teach that? What kept coming up was that mindfulness was relatively easy and produced robust results.”

Hill says, with growing demands on medical residents, including long hours and heightened knowledge expectations, support is critical for potential anxiety and depression in physicians.

He says the exploding field of research on mindfulness for medical learners shows improved empathy resulting in both doctor and patient satisfaction, and decreased burnout and anxiety levels. It has also shown to decrease medical errors, while increasing complex problem-solving under stressful situations.

“Mindfulness is very active exercise; you are constantly trying to keep the brain in the moment,” says Hill.

“Brains are skittish and want to go here and there.”

Mindfulness is now included in both communications and wellness labs for residents, conducted by Hill, accompanied by practising family doctors like Miles. For Miles, personal mindfulness (including listening to music), is “a reset. It is calming and prevents me from getting overly stressed or anxious.”

Professionally, it means: “being aware, in the moment, on purpose,” and listening to each patient. **U**

Our relationship with transportation and mobility in our cities is a wobbly one. Even before Calgary launched its cycle-track pilot project last spring, citizens were taking sides — some cheering the \$5.75-million investment, others citing safety concerns and parking pressures as reasons enough not to embrace the initiative. Perfect or not, Calgary’s Cycle Track Network’s time has come. Or has it? We turn to the experts . . .

Currently on leave from the City of Calgary’s transportation planning business unit, Blanka Bracic, BA’01, BSc (Eng)’01, MA’04, is now working on an MSc in urban planning in Stockholm. And spins to school.

Should we have bike lanes in Calgary’s downtown core?

Transportation choices are important if cities are to attract business investment and educated workers. We know through studies in Calgary and other cities in North America that more people will ride bikes, (up to six per cent of trips to work or school), when bike lanes and low-stress routes on residential streets are offered. With 2.5 per cent of inbound workers entering the downtown core by bicycle in the busiest hour of the morning, Calgary has plenty of potential to get more people riding.

Due to our long winters, some people say we have a short cycling season. Is the new cycling infrastructure too elaborate for the amount of time the lanes will actually be used?

No. Calgary gets less snow and more sunny days than some other bike-friendly cities such as Minneapolis and Montreal. In fact, we know that 30 per cent of summer bike riders on Calgary’s 10 Street N.W. bike lane and the 7 Street S.W. cycle track ride in the winter. Just like car lanes and sidewalks — bike lanes and cycle tracks need to be cleared of snow so people see them as a reliable way to get around.

There is a small percentage of people that use the lanes on a regular basis or as their main mode of transportation. Should all Calgarians be paying for the lanes (via tax dollars)?

Bike lanes or cycle tracks are part of a bicycle transportation system and, like other transportation systems, they remain the responsibility of local government. We also need to remember that the small percentage of people who use the cycle tracks is because Calgary does not have

a closely spaced grid of bike routes. The more routes we build for bike riding, the more cycling we’ll see.

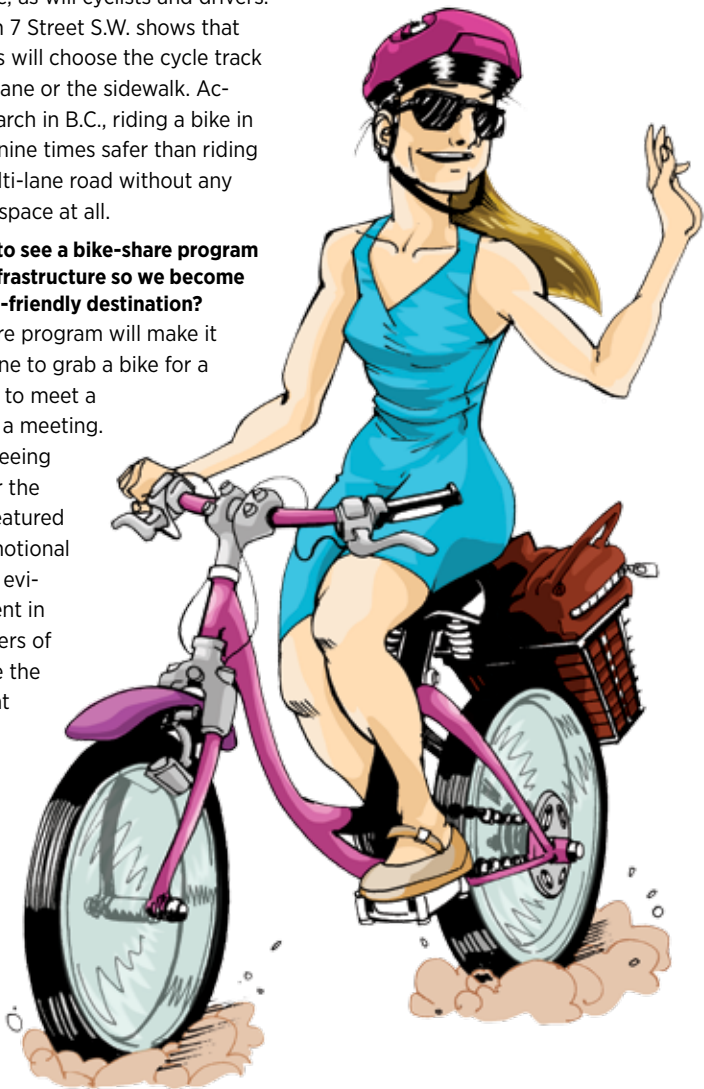
Are we creating a higher likelihood of a car/cyclist accident by “allowing” cyclists to interact with traffic so closely?

Over time, people will get used to the predictability of the setup: pedestrians will have their space, as will cyclists and drivers. Our research on 7 Street S.W. shows that most bike riders will choose the cycle track over the travel lane or the sidewalk. According to research in B.C., riding a bike in a cycle track is nine times safer than riding on a similar multi-lane road without any dedicated bike space at all.

Would you like to see a bike-share program built into our infrastructure so we become known as a bike-friendly destination?

Yes. A bike-share program will make it easy for someone to grab a bike for a last-minute trip to meet a friend or get to a meeting. We’re already seeing bike-riding over the Peace Bridge featured in tourism promotional materials. More evidence is apparent in the huge numbers of cyclists that use the Legacy Trail that now links Banff with Canmore.

“UNTIL RECENTLY, MOST CALGARIANS HAVEN’T FELT SAFE TO RIDE A BIKE IN TRAFFIC. THE MORE ROUTES WE BUILD FOR BIKE RIDING, THE MORE CYCLING WE’LL SEE.”



“THERE ARE VERY SERIOUS CONCERNS ABOUT SAFETY, THE USE OF TAXPAYER MONEY AND WHETHER THE BIKE LANES ARE ACTUALLY EFFECTIVE”



Keely O’Neil, BComm’04, is a senior landman in downtown Calgary, who started an online petition last June aiming to have Calgary’s downtown bike lanes removed. Having gathered 1,723 signatures, O’Neil intends to send it to the City of Calgary soon.

Should we have bike lanes in Calgary’s downtown core?

I believe if a city can successfully implement bike lanes in their downtown core, they [decision-makers] should have considered whether: (a) our climate is suitable to year-round cycling; (b) the city has the traffic capacity or room to add bike lanes; (c) the cost to implement the lanes in the city is reasonable and supported by taxpayers. My experience is that none of the points above are true for Calgary. Our city already has beautiful bike lanes along the Bow River, giving cyclists access to the downtown core.

Due to our long winters, some people say we have a short cycling season. Is the new cycling infrastructure too elaborate for the amount of time the lanes will actually be used?

Yes. This project, which has been described to Calgarians as a one-year “pilot project,” includes permanent cement lane dividers, brand-new traffic lights specific to bike lanes, lane closures and parking disruption. Perhaps a compromise could be the installation of temporary lanes that can be removed in the winter, as well as be removed in emergency situations such as floods, fire, hail, allowing emergency vehicles access to the core and allow all motorists the ability to leave the core rapidly.

There is a small percentage of people that use the lanes on a regular basis. Should all Calgarians be paying for the lanes (via tax dollars)?

I don’t believe all Calgarians should be paying for these lanes. It was frustrating to learn that millions of dollars had already been spent on this pilot project, for the benefit of what seems to be a small percentage of daily users in the downtown core. It was also frustrating that there isn’t a clear measure of success to determine if the pilot project has met its target or hurdle to continue.

Are we creating a higher likelihood of a car/cyclist accident by “allowing” cyclists to interact with traffic so closely?

I think we are increasing the likelihood of a cyclist/vehicle accident by placing the lanes in the major arteries of the core originally dedicated to car traffic (5 Street, 12 Avenue, 8 Avenue). Moving the lanes to less-utilized streets on the outskirts of the core would decrease the likelihood of a car/cyclist accident. Certain cyclists treat their bike as a vehicle when it suits their purposes (using the vehicle lanes), and sometimes they choose to be a pedestrian (using sidewalks) if it speeds up their commute. It is increasing road rage and sidewalk rage because there is ambiguity in the rules and no enforcement of the rules.

Would you like to see a bike-share program built into our infrastructure so we become known as a bike-friendly destination?

I don’t believe that becoming “bike-friendly” should be our city’s priority list. In principle, a bike-share program sounds like a nice idea, but not at the expense of traffic lanes, safety and millions of dollars. I don’t want to come across as someone who is just trying to avoid change, but there are very serious concerns about safety, the use of taxpayer money and whether the bike lanes are actually effective. It’ll be interesting to see what happens after the one-year trial period. U

Illustrations: Travis Sengaus

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All About Alumni

I'm pleased to report the Alumni Association and the University of Calgary have agreed to a Memorandum of Understanding on a UCalgary Alumni Association Charter and a set of Association Board Bylaws. These documents provide the framework for building engagement with the more than 160,000 UCalgary alumni in 160 countries (visit ucalgary.ca/alumni to see these governing documents).

The engagement framework provides for the Alumni Association to:

1. recruit accomplished alumni to serve on UCalgary committees, including the Board of Governors and Senate;
2. recognize outstanding alumni;
3. connect alumni with the university through involvement in research projects, community projects and other activities like mentoring current students and recent graduates;
4. provide alumni with information about and access to many of the activities on campus; and
5. support the university's fundraising goals.

The Alumni Association's Nominating and University Appointments Committee, led by **Sarah Akierman, BA'09, BSc'09, MSc'15**, and **Judy Johnson, BA'77, BN'79, MN'83**, is currently recruiting alumni to serve in various leadership positions (please volunteer through ucalgary.ca/alumni/volunteer).

You'll see the work of the Alumni Association's Recognition Committee, led by **Lawrence Bailey, BA'04**, and **Bonnie MacRae-Kilb, BPE'83**, in this year's Arch Awards Winners [inside cover].

And the Community Engagement Committee, led by **Rob Allen, BComm'82**, and **John Hickie, MD'91**, is ramping up its activity in support of the university's 50th anniversary (see Mark's column).

We have appreciated hearing that you have noticed the alumni team's efforts to increase invitations to campus lectures, celebrations and community events. This curatorial effort will continue to grow and is promoted at ucalgary.ca/alumni.

And, finally, in November you will see a new approach to connecting alumni. Working with alumni leaders, regional communities and the Haskayne School of Business, we will use LinkedIn to invite alumni to network with each other in online community sites and to take part in facilitated sessions with faculty or other alumni.

As the university approaches the mid-century mark, our 160,000-plus alumni are making significant contributions both on and off campus.

Vern Kimball

President of UCalgary's Alumni Association



Extending Alumni's Reach

As part of the university's 50th anniversary celebrations, the launch of Alumni Weekend promises to be an event not to be missed. With a collection of interesting lectures, fun for the family, chances to network with old friends — and meet some new ones — and opportunities to learn a little bit more about what's happening at the University of Calgary, this two-day affair will run April 30 to May 1, 2016. And, for those who can't join us in Calgary, we're working hard to bring a little UCalgary to some of our alumni communities a few miles from home.

Speaking of our regional communities, we're also excited to be returning once again to a few of the centres across the globe where our alumni reside. Having just finished our swing through Toronto and Vancouver, we'll be returning to New York, San Francisco, Edmonton and Houston in the winter and spring of 2016.

We are also thrilled that **President Elizabeth Cannon BSc'84, MSc'87, PhD'91**, will be joining us in each of these locations. She'll also be with us as we launch an alumni community in Ottawa in March. Lastly, the alumni team will be connecting with our alumni in Hong Kong and Beijing as this issue hits the mailboxes.

But our work outside of Calgary is much more than an annual visit and an evening event. As great as it is to come together as a community to hear from one of our notable alumni or a faculty member, we're focused on keeping this community spirit alive, year-round.

This year, we're committed to increasing the number of alumni-led activities in some of these alumni communities through some casual networking evenings and expat get-togethers. As Vern mentions, we're also going to increase our presence on LinkedIn for all UCalgary alumni, and we're keen to support alumni who venture a little further afield through the launch of an online program with Brazen. This interactive networking tool will support alumni in finding folks with common interests or ambitions, with regional pilots to launch in January.

Lastly, we're expecting to launch a beta-test program this year that supports alumni in learning the ropes from some of their more seasoned peers in New York, San Francisco and Hong Kong — stay tuned.

As always, thanks for your support — and I look forward to seeing more of you in Calgary and beyond.

Mark C. Sollis

Associate Vice-President, Alumni



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Carlos Montes

A Better City BY DESIGN

Peace Bridge, over the Bow River, in Calgary.

By Valerie Berenyi

Copenhagen and Melbourne are often held up as brilliant examples of smart urban design.

Calgary is not. Copenhagen is a cycling haven where an astonishing 75 per cent of cyclists ride year-round. Car-culture in this northern city had nearly obliterated bicycle usage in the 1960s.

Likewise, Melbourne has transformed its desolate downtown into a lively people magnet by de-emphasizing traffic, adding new squares and widening sidewalks. Cafés, boutiques and street art revitalize its Victorian-era lane ways. It's been named the most livable city in the world for five years running.

Calgary, however, has had a bad rap as a sprawling, car-centric city with a cold, lifeless core chock-a-block with tall, sterile buildings and few people out and about in its public spaces.

But that's changing. Fast. For the past six years, Calgary has ranked fifth in *The Economist* Intelligence Unit's Top 10 most livable cities in the world, a ranking based on 30 factors spread across five areas: safety, infrastructure, education, healthcare and the environment.

And Calgary is well on its way to becoming an even more livable city. Here is a look at recent examples in three areas — transportation, public spaces and buildings — where smart urban design is making our city a vastly better place in which to live, work and play.

Getting Around

At its simplest definition, urban design is the planning and shaping of cities and towns, a practice that dates to the ancients. The Persians, Greeks and Mayans all piped clean water in and wastewater out of their cities.

In contemporary urban design, livability, safety, sustainability and health are key goals when it comes to modern cities, writes Jan Gehl in his 2010 book, *Cities for People*. The influential Danish architect and urban-design consultant is largely credited with transforming Copenhagen into a cycling and walking paradise. He contributed to Melbourne's revitalization and to New York City's ongoing (and controversial) attempts to turn part of Times Square into a car-free zone.

Gehl argues that the explosive growth in car traffic has squeezed "urban life out of urban space," and believes increased human-powered transportation "is an obvious answer to many of the problems cities struggle with worldwide," including gridlock, pollution, climate change and the poor health of citizens.

Calgary already has one of the most extensive recreational pathway networks in North America. And it's about to get larger.

In 2017, the Rotary/Mattamy Greenway project will be complete, adding a 138-km network of parks and pathways to the current 1,000-km multi-use trail system.



Renderings of Calgary's new Central Library, slated to open in 2018.



Until recently, though, commuting by bicycle in the car-dominated core wasn't for the faint of heart. While 36 per cent of Copenhageners bike to work or school, less than two per cent of Calgaryans do. A 2010 City of Calgary phone survey found 60 per cent of respondents said they want to ride more, but 80 per cent don't feel safe cycling in traffic.

"The solution is separated bike lanes," says Blanka Bracic, a transportation engineer with the City of Calgary and the former

project manager behind the \$5.75-million cycle track pilot project that launched in downtown Calgary last June.

"We need to offer people more transportation choices," says Bracic, BA'01, BSc'01, MA'04, currently on leave in Stockholm to do a master's degree in urban planning related to cycling. "Providing bicycle access is par for the course for progressive cities nowadays to attract economic development, skilled workers and visitors."

Alex de Barros, PhD'01, a transportation engineer and an

associate professor in civil engineering at UCalgary, believes cycling is an "effective, efficient, environmentally friendly mode of transportation in summer," but doubts it will become a significant one, given Calgary's climate.

"Most of the winter [in Copenhagen], you have snow, but it's a lot milder and people there can cycle year-round," says de Barros. "It's very different in Calgary where we have -20°C and sometimes -30°C. Biking is far more difficult in those conditions."

He cites public transit-oriented development as a good example of made-in-Calgary urban planning. "Calgary has changed a lot in the past 10 years. It was built as a place to drive around in. And, as the city grew, so did the traffic congestion and all the unhappiness it brings," he says, explaining that increased density has allowed the city to expand its transit system and change the zoning around LRT stations such as Brentwood, Lions Park and University, spurring development of nearby apartment towers.

What Calgary doesn't need, emphasizes de Barros, is more and bigger roads. "It's called the boomerang effect: you build more roads, temporarily reducing traffic congestion, but it encourages more people to drive and then you have even more traffic," he says.

He also points to East Village's N3 Condos — with 167 units and zero parking stalls. Approved by city council in May and said to be the first of its kind in Calgary, its residents will get around by walking, cycling, taking transit or car-sharing.

Out and About in Public Spaces

Marjan Eggermont moved to Calgary from the Netherlands in 1986 and says, "To me, it was crazy that there were no people on bicycles." Naturally, she applauds the pathways and new cycle tracks.

As a newcomer, she also found it "scary" that there were so few people out and about in public. "There's a sense of well-being when you see people on the streets," says Eggermont, the associate dean (student affairs) and senior instructor in mechanical and manufacturing engineering in the Schulich School of Engineering.

"It's called the boomerang effect: you build more roads, temporarily reducing traffic congestion, but it encourages more people to drive and then you have even more traffic."

— Alex de Barros

Part of Eggermont's research involves biomimicry, or design inspired by nature. She says Calgary has taken "huge steps" in the past five years by embracing biophilic design — where built environments connect people with nature and other people — in its urban planning. It's had a positive influence on the city's public spaces.

"Calgary's been very practical for a long time, but there's a lot to be said for varying colour, textures, sound, smell and taste. It's very enriching. People put nice flowers in their homes and backyards; the whole city should be like that," she says, adding that humans are part of nature. "Seeing plants, trees and people is all part of the picture."

Eggermont is enthusiastic about St. Patrick's Island, the newly revitalized park near the Calgary Zoo. There are picnic areas, walkways through woodlands and over wetlands, public art, reintroduced native plants, even a little beach. Its most striking feature, a big hill for surveying the surrounding city and for tobogganing down in winter, was created by digging out the 1960s backfill that once clogged the Bow River's seasonal channels around the island.

"Leaving room for floods is smart," a contingency plan borrowed from Mother Nature, notes Eggermont.

Jane Ferrabee, an architect at UCalgary, loves that St. Patrick's Island is fast becoming a people place. She lists other recently developed public spaces that are resonating with Calgaryans.

BUILDING OUR FUTURE

FROM THE VAST BUCKET THAT IS DESIGN — DEFINED BY THE OXFORD DICTIONARY AS THE "PURPOSE OR PLANNING THAT EXISTS BEHIND AN ACTION, FACT, OR OBJECT" — WE'VE SELECTED THREE DISPARATE DESIGNERS CONNECTED TO THE UNIVERSITY OF CALGARY.

HOW TO TRAIN A COMPUTER ANIMATOR

Andrew Pearce, BSc'84, MSc'88, director of research and development at DreamWorks Animation in California, is known for his work on the animated films *How to Train Your Dragon* (2010), *Monsters vs. Aliens* (2009) and *Kung Fu Panda* (2008).

Ironically, as a kid growing up in Calgary, Pearce figured he couldn't draw well enough to make it as a cartoonist — his dream job — so he enrolled in business management at the University of Calgary. He kept his creative side stoked by working at CJSW Radio, volunteering at *The Gauntlet*, playing in a band at the legendary National Hotel and doing improv at Loose Moose Theatre alongside comic genius Bruce McCulloch of *Kids in the Hall* fame.

His path changed when he cracked open an issue of his dad's *Popular Science*, spotted a small, simple computer graphic — "Wait, computers can draw?" — and promptly transferred to computer science.

"My job did not exist when I was in school, not even remotely," says Pearce, adding he "fell backwards" into computer animation when he moved to Toronto with his band after grad school. The struggling musician took a job with Alias, a computer graphics company. There,



he and his colleagues developed Maya, the 3D computer graphics software used to create video games, animated film and visual effects; they won an Oscar for scientific and technical achievement in 2003.

DreamWorks courted Pearce in 2004. "I don't code anymore, which makes me happier. I've moved over to the dark side, to the operational



side of how we make films," he says.

Pearce delights in people's reactions when they learn about his work. "It's, 'I love Po!' [the main character in *Kung Fu Panda*]," he says. "We are in the business of touching people's hearts. You're connecting people, experiencing emotions together. I can't imagine a more perfect job for me."

DESIGN INSPIRED BY NATURE

Artist. Designer. Educator. Magazine maker. **Marjan Eggermont** is all of these things and more.

Biomimicry, or design inspired by nature, is the common denominator of her many interests. "It's using ideas from nature for more sustainable design," says Eggermont, associate dean (student affairs) and senior instructor in mechanical and manufacturing engineering in the Schulich School of Engineering.

Zygote Quarterly, an award-winning digital magazine co-founded by Eggermont in 2012, explores all facets of bio-inspired design and biomimicry. In the current issue, one story suggests architects could incorporate photosynthesis into buildings to reduce greenhouse gases; another interviews a doctor who has used gecko-inspired technology to create quick-release medical tape.



Eggermont also co-founded Biomimicry Alberta, a regional network that encourages sustainable design innovation and promotes learning from "Mother Nature's 3.8 billion years of R&D." It organized a two-day Sustainable Change by Design Workshop in Kananaskis Country at the end of September. Participants examined how local flora and

“The Bridgeland area with its parks, community centre and buildings along 1st Avenue is really lovely,” she says. “It’s standing the test of time and will continue to develop. And the whole East Village RiverWalk is wonderful.”

She has “high hopes” for the new Central Library downtown. Add the National Music Centre and Decidedly Jazz Society’s new dance centre into the mix, and the notion of a cultural core forming where downtown and East Village meet really gains traction.

Ferrabee also commends city planners for the people-friendly mix of fountains, formal gardens and an enticing café in the 2009 redevelopment of Central Memorial Park, the city’s oldest park.

Sometimes, says Bracic, great public spaces are happy accidents. “I think of the new 4th Street S.E. underpass with its series of steps. It was an industrial area with no food services, and now people go to Village Ice Cream, then sit on the steps and eat their ice cream. It’s a small urban surprise, waiting to be discovered.”

Living, Breathing Buildings

Increasingly, human and nature-oriented design is evident in Calgary buildings, too.

Research shows that incorporating nature into buildings reduces stress and improves people’s well-being, says Eggermont, and there are many ways to achieve it by using bird or water sounds, replacing stale indoor air with variable airflow or by making subtle changes in humidity and temperature. “These are primal things that keep us human,” she says.

The Energy Environment Experiential Learning building on the UCalgary campus is one of her favourite examples. Opened in 2011, the EEEL has good air quality, lots of natural light and views



UCalgary’s EEEL Building is one of the largest LEED Platinum-certified laboratory buildings in North America.

to the outdoors — all of which are linked to enhanced learning and productivity.

Several new projects on campus are following EEEL’s lead. One generating a lot of excitement is The Taylor Institute for Teaching and Learning. Built on the foundation of the former Nickle Arts Museum, the new building will provide innovative teaching and learning spaces for students and faculty.

Ferrabee, who represents the university on the project from an architectural, design and technical point of view, describes it as “a petri dish for experimenting with advances in teaching and learning.”

The two-storey building, slated to open in the spring of 2016, will contain two massive spaces that can be broken down into smaller spaces, depending on the users’ needs. Partition walls can be pulled down from the ceiling. Everything — furniture, whiteboards, monitors, floor risers — is moveable. The forum space can transmogrify from theatre in the round to lecture hall, from gallery space to student hub, and it’s wired to the teeth with the latest technology.

The building is aiming for LEED gold certification, which would put it near the very top of the green building-rating program. That means huge windows with loads of natural light to reduce eyestrain and lift the spirit, excellent air quality, finishes and furnishings with low volatile organic compounds and the highest energy efficiency.

“The architects [Gibbs Gage and Diamond Schmitt Architects, in collaboration] have worked hard to make sure this building isn’t a burden on the environment,” Ferrabee says. “We want it to be a centrepiece. Lit up at night, it will be a beacon, the heart beat of the campus.”



Emil Zieba

fauna responded to the massive flood of 2013 and what design ideas the resilient natural structures in riparian areas offer.

Spurred by a lecture Eggermont gave on campus, several students started Enova, a biomimicry club. Four of its members won an award last November for their hydrophobic

coating innovation to industrial food packaging inspired, in part, by shark skin.

“Biomimicry is so appealing and interesting because it lives between disciplines and there are so many entry points, from architects and biologists to chemists and environmental designers. The combination of the disciplines is where the innovation comes from,” says Eggermont, who is currently pursuing a PhD in Computational Media Design, a collaboration between art, design and computer science.

And just to add to the mix, she’s preparing for an art show in a downtown gallery next fall, using metals to create, “landscape-inspired works that sometimes veer into abstract.”

HOW TO FOSTER HOME-GROWN DESIGNS

Geoff Gosling, MEDES’92, an award-winning industrial designer and vice president of product development at DIRT Environmental



Julie Pithers

Solutions Ltd., has building in his DNA.

The native Calgarian comes from home-steader stock. A proficient woodworker in boyhood, he spent weekends and summers helping out on the extended family farm where he learned to “fix things and problem-solve.” Gosling got a diploma in sculpture at Alberta



DIRTT

College of Art and then started a small art furniture company, Freefall Design.

After struggling to make ends meet, he followed a friend into a Master of Environmental Design program at UCalgary. “I’d never heard of the profession, which is embarrassing,” says Gosling, who later served for six years as an

adjunct associate professor in the Environmental Design faculty’s Master of Industrial Design program. “But, the more I looked into it, the more I realized industrial design is related to problem-solving, creating and involving my farming heritage.”

Around the same time as he was helping product design at Evans Consoles — the Calgary-based company famous for its consoles used in NASA control rooms — Gosling, modular furniture mogul Mogens Smed and software designer Barrie Loberg co-founded DIRT in 2004 with six employees. It now has 913 staff.

Using 3D software, the company creates highly customizable prefab interiors for industries such as corporate, government, education and healthcare, an innovative approach that results in faster, cleaner, greener construction.

This past summer, DIRT expanded its focus on residential interiors by launching a new prototype. Gosling is excited by the possibilities: he



DIRTT

sees how a house could “grow” with a family by reconfiguring interior spaces for additional bedrooms; once children leave, the nest could be repurposed to allow people “to age in place by integrating home-care technologies into a home.”

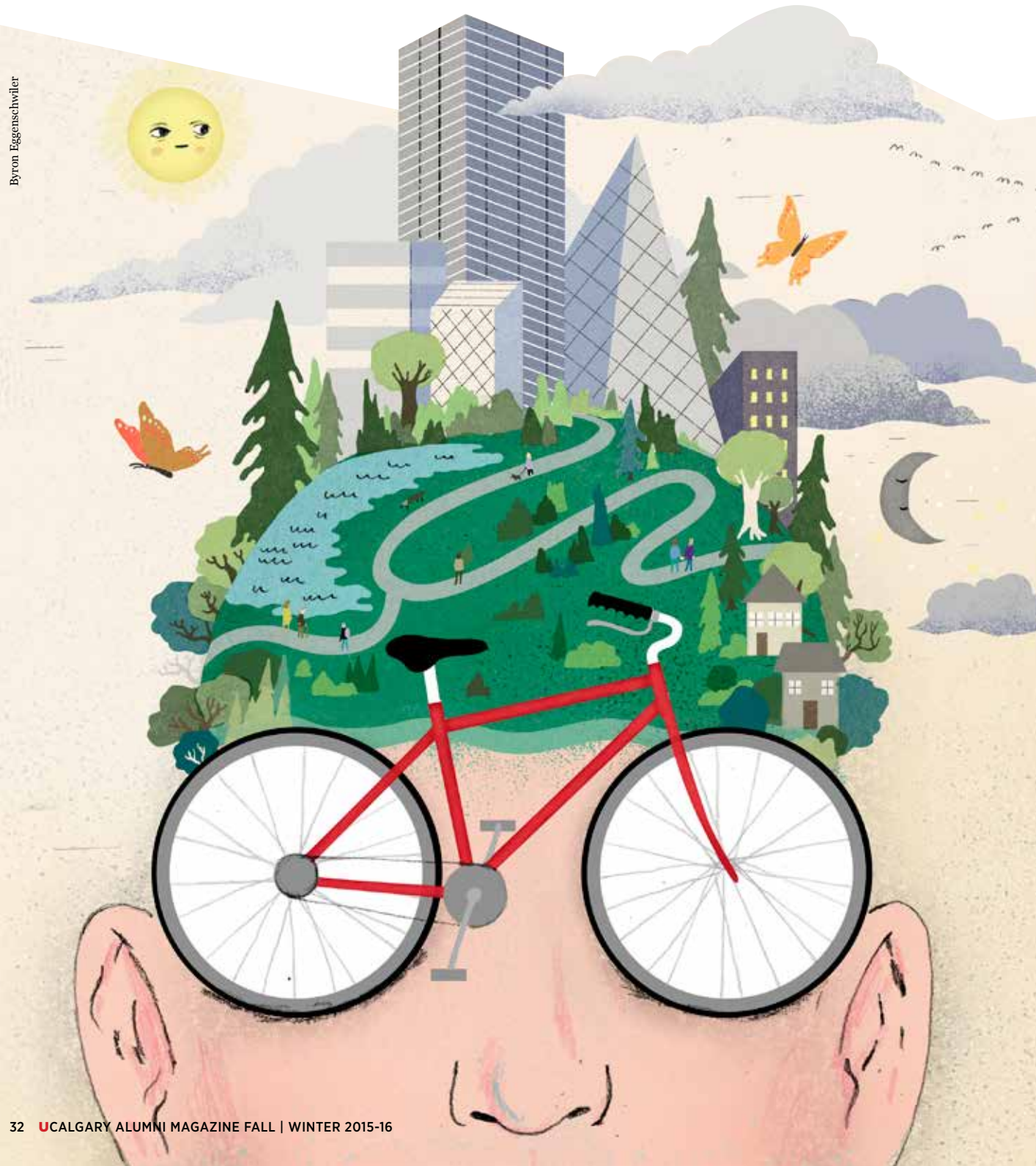
Gosling balances his high-tech design career with getting his hands dirty on the quarter-section he owns near Sundre. “My personal goal is to have technology act as servant, not master.” **U**

EYES ON DESIGN

The future success of most urban centres is largely reliant on those who plan, design and manage the shared spaces and functions of their city. Design has, therefore, become an increasingly fundamental tool in all levels of public and private development. For cities, design is at their very core and is utilized in business, with citizens, as well as in government, to make cities more attractive, more liveable and more efficient.

Always intrigued by life in innovative cities, **Deb Cummings** checked in with alumni who now live in some of the planet's design capitals, who happily gave their opinions on smart designs — from transportation systems and architectural masterpieces to abominations and sustainability trends. Hong Kong, London, Dallas, Edmonton, New York City — we're eyeing you.

Byron Eggenchwiler



Klyde Warren Park, on the edge of the Dallas Art District, is an urban green space built over a freeway.



DALLAS

Craig Kolstad, MArch'07

Now a design director with Gensler — a multinational design powerhouse based out of Dallas, Texas — Kolstad has also worked with other swashbuckling design giants, from SOM

in Chicago to Aedas in Dubai.

What is your definition of design?

Design is about sensing, understanding and defining your place within the world. It is important at all scales of practice to focus on the enrichment of the human experience, while being a steward of the environment.

How does good design make you feel?

Good design takes me beyond myself to immerse and connect me to the environment I am within, or an experience that I am having. Perhaps cities are the greatest examples of design that we have — those

that are great are woven tapestries, fabrics of memorable places tied together and worthy of inhabiting and remaining generation after generation. Our goal as designers is to evolve with our built environments and refashion them with improved function, delight and added resiliency for future needs.

Any personal examples of great design in Dallas/Fort Worth? And "abominations?"

The Dallas/Fort Worth region boasts more designs by Pritzker Award-winning architects than any other city. Examples of abominations in DFW are limited to the efficient, yet omnipresent, "High Five" freeways, Harry Hines Boulevard and my unfinished backyard.

Is there a designer who is a hero of yours?

Without a doubt, the professors at EVDS who provided the basis of critical thinking, knowledge and skills to become an effective agent of change. My mentors are: Graham Livesey, Tang Lee, John Brown, Chris Roberts, Catherine Hamel, Loraine Fowlow and, above all, Marc Boutin, who taught us that "design matters."



Simon Upton



Francisco Diez



Kloniwski

Jean-Louis Deniot, a Paris-based designer, is one of Popowich's heroes.

Bethesda Terrace is considered the heart of Central Park.

London's skyline has 16 skyscrapers that reach the roof height of at least 150 metres.



NEW YORK CITY

Michael Popowich, MArch'07

After graduating from UCalgary's Faculty of Environmental Design, Popowich hightailed it to New York City to pursue a career in retail design. Since then, his client base has

included heavy hitters such as Marc Jacobs and the Museum of Modern Art. Now firmly based in the Big Apple, Popowich is the director of wholesale store design and development for Michael Kors, an American fashion brand with shops that span the planet.

How does good design make you feel?

Design is, first and foremost, about creating a point of interaction between people and their constructed surroundings, so "good" design can bring about the same feelings of comfort, inspiration, wonder, intrigue or whatever, that a successful interaction with another human, or with nature, would inspire. I think we're all pretty familiar with this on a specific level; when we think of our home or a favourite restaurant or park space, we can talk about a sense of quiet, of the way it smells or the way light and shadows fall across the space. We can recall materials and the way they feel, a favourite piece of furniture, a specific view from a porch or through a window. That's the work of a good designer, and I don't think it's as elusive as some would say.

When this happens on a civic level, you have the makings of a great city, although the more I travel, the more impossible I think it is to plan for. It might take generations of building up and tearing down, of mixing new and old and of accumulating the shared history and cultural shifts to allow a large population to feel a sense of pride and ownership in such a large environment.

What are some examples of great designs in N.Y.C.?

I have a soft spot for iconic architecture from the late '20s and early '30s. For me, the American Standard Building [currently the Bryant Park Hotel], Rockefeller Center, the Chrysler Building and, of course,

the Empire State Building, really embody this idea of American industry and the optimism of the time.

If you were to design a tour of your city, where would you send people?

Begin at the Flatiron Building — pop into Eataly for lunch — and walk west through the historic Ladies' Mile. Hop on the High Line [a decommissioned elevated rail line that has been converted into a greenway] and then walk south, stopping to marvel at the architecture by Gehry, Shigeru Ban and Jean Nouvel. Then, jump off in the Meatpacking District and head south for a relaxing walk through the West Village to admire the brownstones and unique shops. Make your way to the Christopher Street Pier for sundown and take in an unforgettable view of the sun hitting the skyline, including Richard Meir's Perry Street condominiums and the newly completed One World Trade Center.

Is there an urban-renewal project that makes you proud?

The conversion of Hudson Yards is one of the most dramatic. Currently an open rail yard and already fenced in by the High Line, it will be covered over with an entirely new neighbourhood with park and cultural spaces, commercial and residential towers.

Is there a designer or an architect who is a hero of yours? Why?

I love the work of Annabelle Selldorf, Jean-Louis Deniot and Shigeru Ban. My dream is to have a John Pawson country house and a Herzog & deMeuron apartment in the city.

If someone has only half a day in N.Y.C. and has time to see only one iconic "thing," what would it be?

Central Park — it will give you a taste of the city and let you mix amongst New Yorkers for a very pleasant afternoon. Explore Bethesda Terrace, relax in Sheep's Meadow and take a lap around the reservoir. When you're finished, make your way over to the Mandarin Oriental lobby bar and view it from above for the perfect end to your day.



LONDON

Jeremy Kooyman, BSc(Eng)'11

After graduating from the Schulich School of Engineering where he specialized in biomedical engineering, Kooyman helped launch a global health startup that focused

on designing affordable surgical tools for the developing world. He's now a consultant medical device design engineer with Cambridge Design Partnership, based in Cambridge, England.

How do you define design?

In the context of medical device design, I consider design to be a process that merges user needs, risk management and technical requirements into a novel, therapeutic device that's safe and effective for its intended use.

What are some examples of great designs in London? And "abominations?"

It's often said that the best design is practically invisible, so good, that you don't even notice it. Travelling through London quite frequently, I was amazed to learn of the intentional restriction of heights of certain buildings to preserve the historic skyline and your ability to see certain landmarks from London's neighbourhoods.

As for bad design, it's easy to talk about the failures. Building on the skyline theme, London's famous "Walkie-Talkie" building at 20 Fenchurch Street acts as a concave mirror and, prior to the installation of a permanent solar ray-dissipating awning, was known to melt cars and scorch asphalt when in direct sunlight.

Any favourite buildings or spaces in Calgary?

I lived near Fish Creek Provincial Park growing up, so it gave me my first experiences with nature, and really helped cement the

importance of being in contact with a natural environment.

I have fond memories of getting very lost in the park with friends and having to bushwhack our way back to "civilization," returning home several hours later covered in mud and scratches. It's probably why I can visit some of the most impressive built/designed environments all over the world, yet yearn for the rugged beauty of proper wilderness.

Is there an urban-renewal project you are most proud of?

There's a study going on in Vancouver called Active Streets, Active People (ASAP) that seeks to better understand how changes to the built environment impact the mobility and health of its occupants. The ASAP team has taken baseline fitness measurements with two key at-risk populations, youth and seniors, and then, following the greenway redesign, will assess if the occupants have become healthier as a result of their new environment. The project isn't finished yet, but it's my favourite example of design being used to offset morbidities associated with lack of exercise and aging, and I hope they're successful.

Is there a designer or an architect who is a hero of yours? Why?

Right now, I've got a lot of time for Kelly Johnson, an American systems engineer most famous for his contributions to the Lockheed SR-71 Blackbird, in addition to being the first team leader of the Lockheed Skunk Works [a global security and aerospace company]. His outstanding feats of engineering design aside, he pioneered 14 rules used to govern Skunk Works' internal operations, which I'm finding go a long way to improving the efficiency with which I can manage projects and tackle tough technical challenges. They're a little aviation- and military-specific, but the core lessons of isolation, autonomy and mastery go a long way in addressing people-specific problems that can plague design teams.



Saffdie Architects

Modern architecture dominates the West Kowloon Cultural District.



Thomas Birke

Sham Shui Po has a wet market and some of the oldest housing in the area.



HONG KONG

Kevin Fung, B.Eng'87

Fung self-identifies with Batman, having led a dual life for nearly 20 years. An engineer by day, a sculptor by night — until 2011, the year he quit his engineering job with a

telecommunications firm in Hong Kong to become a full-time artist. Today, you'll find his sculptures in galleries in Hong Kong, Shanghai and Beijing. Look for the works that depict “the fatigue of urban living, how the burden in work and life wears one out.” No one said playing Batman was a snap!

How does good design make you feel?

A good design brings new meaning to the work. It should inspire people to explore the piece or act as a catalyst, opening up new possibilities for a space, or a city.

What are some examples of great designs in Hong Kong?

Hong Kong's subway system is very efficient and affordable. And our 100-year-old double-decker tram system is a not only a form of commuter transport, but also a great way to see the city. For buildings, the HSBC headquarters is still my favourite, even after so many years. I also love the old houses that were built during the early colonial period. One good example is the pawn shop with the

neon sign and exceptionally high countertop with iron bars — every detail has been well thought out.

If you were to design a tour of your city, where would you send people?

Go to Central District, the business area in Hong Kong, where one can experience the hustle and bustle of one of the world's most vertical cities. You'll find a good mix of modern and heritage buildings, with a lot of places to shop and dine out. Sham Shui Po is another area worth visiting. It's more down-to-earth, with a wet market and some of the oldest government housing in the territory.

Is there an urban-renewal project taking place in your city that you find exceptional?

The latest one is a project called PMQ, which were government quarters for policemen and their families in the old days. Now it is a space for designers to showcase their work or set up their studio.

Is there a designer who is a hero of yours? Why?

The outspoken Frank Gehry, because he is a Canadian.

If someone has only half a day in Hong Kong, what should they see?

Definitely take a train ride across the border between Hong Kong and mainland China. You will see the stark difference that I believe will disappear within two decades.



Stella Blu

The Art Gallery of Alberta underwent an \$88-million renovation and reopened in 2010.



EDMONTON

Cheryl Clieff, MEdes'13

Clieff is an award-winning urban planner with the City of Edmonton with a focus on parks and recreation facilities. Her passion for design began while working at Evergreen, a national non-profit organization that helps schools across Canada create environmental projects.

How does good design make you feel?

Good design feels like a surprise. The role of good design is to bring a city to life. It's not just one thing, but a fusion of things such as active frontages, alternative transportation, small-scale development, interesting architecture, compatible land uses and, most importantly, people.

What are some examples of great designs in Edmonton? And “abominations?”

I think Edmonton's river valley, with its 7,400 hectares of parkland, showcases the planning and foresight that went into our city. Plus, I love built spaces like Churchill Square with its ledge seating, fountain sculpture and its open plaza space that is programmed all summer with giant chess, festivals, zumba classes and [a] splash pool/skating rink. The abomination is Edmonton's pedestrian zebra crosswalks. They are both terrifying for pedestrians and drivers. It's great that the city is working to expand the transit system, improve bicycle transit and upgrade pedestrian crosswalks in the near future.

What embodies good design in Edmonton?

When I want to show off my city and its design, I take visitors to: [Old] Strathcona Farmers' Market and the Whyte Avenue strip, which are in a provincially designated heritage district that reflects

Edmonton's past and present; the Mill Creek trail system that makes you forget that you're in the inner city; the Art Gallery of Alberta that was designed after the aurora borealis; the Lee Pavillion, which is a tropical garden inside the Citadel Theatre that offers a year-round taste of summer in a winter city; the Clareview and the Meadows Community Recreation Centre and Library that brags of a cutting-edge building and site design; [and] 104th Street, that's been transformed into a vibrant, pedestrian-focused street in the heart of downtown with widened sidewalks, good permeability, places to sit and a popular weekly farmers' market.

Choose three buildings and three restaurants that blend intriguing design with terrific atmosphere.

For buildings, I would choose the 1881 schoolhouse and archives, the Prince of Wales Armouries Heritage Centre and the Hyatt Place Hotel. For restaurants, I'd pick: Café Amore Bistro, The Hat, Belgravia Hub.

Is there an urban-renewal project you are most proud of?

The projects currently under construction in downtown Edmonton have created a “perfect storm” of urban renewal. They include: Edmonton's Ice District, Rogers Arena, the Valley Line LRT, the Royal Alberta Museum and The Quarters and Blatchford neighbourhood developments. All of these projects will bring more vibrancy, economic development and access into downtown.

Is there a designer or an architect who is a hero of yours?

Jan Gehl [of Gehl Architecture, Copenhagen] and Rob Adams [Director of City Design, City of Melbourne] are a tour de force of urban design. They both advocate the social and economic importance of urban design by proving that a shift in focus from brutalist, car-oriented places is necessary in creating vibrant, active environments for people. Their tenacious leadership was critical in the transformation of their cities to become successful examples of good urban design. **U**

NO FEAR

THE POWER OF GREAT MISTAKES

CAN FAILURE OPEN
THE DOORS OF
DISCOVERY?

WHY BEING WRONG
MIGHT BE KEY
TO UNLEASHING
CREATIVITY

By Mike Fisher

Standing at the podium in his brown leather jacket and multihued shirt, W. Brett Wilson, MBA'85 — maverick entrepreneur and author of *Redefining Success: Still Making Mistakes* — interrupts his speech on leadership to more than 230 students on campus at the University of Calgary. He's taking a phone call.

Emergency? Prank? Epic fail?

As the philanthropist and alumnus explains almost four years later, there was no urgency. Yet he answered briefly on stage, hitting

pause on the upturned faces seeking guidance for the future. The moment defines for Wilson a split between his past life and present — and raises questions of how we view failure and success.

"In the past, I was driven by the desire to grow my wealth and business and influence — that was a failing," he says. "I used to let family go to voice mail. No longer. I got a wake-up call with a cancer diagnosis. My working life now includes these top priorities — family, friends and health. I have a passion to learn from my mistakes and to follow them to greater things."

**“Ever tried. Ever failed. No matter.
Try again. Fail again. Fail better.”**

— Samuel Beckett, *Worstward Ho*



The best creative work collaborates with risk and failure, says **Aritha van Herk**, Professor, Department of English.

“When I begin a project that I care deeply about, I pay obeisance to perversity and hope that some element of fact or trajectory or logic will go awry, will refuse the tempered smoothness of practice, and turn on me. The surprise of losing my footing, the shock of unbalance, will thwart tedium. Failure enables us to forsake the planning and the plodding and to risk the unpredictable.”



If dance requires practice and repetition with some inevitable missteps, **Vicki Adams Willis, BFA'72**, co-founder of Decidedly Jazz Danceworks, is proof that the outcome can be glorious.

“You have to trust the path will reveal itself, even as it remains hidden. You start with a jumping-off point and have to go with the flow. Quite a few years ago, I started to do a piece about the relationship between the jazz dancer and the musician. Then I went to Costa Rica and became overwhelmed by the elements. Inspired by the trip, I took a complete left turn and the piece turned it into something entirely new named *Evanescence*.”



roroto12p / Shutterstock.com

THE BUMPY ROAD TO ACHIEVEMENT

Whether it's an invention, an innovation or a discovery — failing gets personal. Some of the world's most prominent business successes were dogged by frustrations and flops, though their creators pushed on, for good or for ill.

Henry Ford's first two automobile companies sank, but his missteps enabled him to launch the Ford Motor Company and revolutionize industrial production. Ray Kroc faltered as a milkshake-machine salesman, but his experience led him to expand McDonald's and spark the fast food industry. Walt Disney's first cartoon business went bankrupt and he was ridiculed for having lousy ideas (who wanted to see cartoons about a mouse?), but his innovations significantly impacted movies and culture.

The trajectory from failure to success differs from person to project, but there is a common thread, say psychologists — a willingness to learn and even embrace mistakes, using them to pivot toward fresh perspectives. It's a timely notion.

As the economy stalls, the pressure to get things right the first time is heightened. Tolerance for mistakes that could lead to a breakthrough, therefore, drops. For students on university campuses, it can sharpen the focus on getting the best grade, rather than seeking learning with lifelong payoffs. In the end, aversion to risk and worrying about failure stifles performance, rather than enhancing it.

“In this day and age, the requirements for education are generally higher,” says Joshua Bourdage, assistant professor in the Department of Psychology. “Students today don't want to screw up. Rather than thinking what competency or skill set they can acquire, they're worried about the grade. It leads to taking an easy course, rather than wanting to learn.

“The result is they end up with fewer skills. It's a performance-avoiding failure. The goal affects how they approach tasks. If we can foster the goal of learning, it actually tends to lead to much better performance.”

In her book *Mindset: The New Psychology of Success*, psychologist Carol Dweck suggests “learning goals” inspire different behaviours

than “performance goals.” For students with learning goals, mistakes become learning opportunities. Personal and intellectual growth arises from taking risks and allowing repeated failures.

FINDING HIDDEN OPPORTUNITIES

When now-Hotchkiss Brain Institute Director Sam Weiss, PhD'83, and his graduate student, Brent Reynolds, MSc'90, PhD'94, were looking for natural proteins to keep brain cells alive in 1989, they were testing a particular protein — epidermal growth factor (EGF) — to grow brain cells from adult mice.

Years later, Weiss describes that part of the experiment as a “woeful failure.” Yet, it became an accidental stepping-stone that led to one of the university's most profound research discoveries.

The culture dishes they had been using to test their theory started to produce something unusual and unexpected — which, in the end, turned out to be neural stem cells.

Repeating the accidental experiment again and again showed

that the adult brain does not lose the power to make new cells. It was a groundbreaking discovery, refuting dogma at the time that the brain cannot regenerate.

Weiss' explorations into the brain have changed the fields of developmental neurobiology and neural regeneration.

“We don't want research to just try and answer one question — we have to leave room for serendipity in science and for accidents that could yield impactful findings down the road,” says Weiss. “The most important observations can be the ones that you weren't initially seeking.”

Do we now live in a business climate that discourages taking risks and, if so, what's the cost?

“It's tougher these days, having risky, out-of-the-box thinking with the requirements of funding agencies,” says Weiss.

“Canada talks about diversifying the economy and becoming more innovative, but wants researchers to only ask for grants that will support predictable and applied outcomes. It's important to do what is relevant and applicable for today, but we also need to explore what may be, even if we don't recognize it yet.”



Gertan / Shutterstock.com

BRILLIANT MISTAKES

PENICILLIN



As Alexander Fleming rushed to go on vacation in 1928, he left a pile of dirty petri dishes in a hospital lab. When he returned, he dumped most of them in a vat of Lysol, but missed a few. **Oops.** That's when he discovered that one of the contaminated petri dishes contained a mould that was dissolving the bacteria around it. His mistake led to the discovery of penicillin.

THE PACEMAKER



Inventor Wilson Greatbatch was working on building a heart rhythm-recording device at the University of Buffalo in 1956 when he pulled the wrong part out of a box of equipment, a resistor. **Oops.** He plugged it in anyway and that mistake led to the creation of the implantable pacemaker, changing life expectancy throughout the world.

THE COLOUR MAUVE



Chemist William Perkin was trying to create a version of the malaria drug quinine in 1856 when he inadvertently developed an oddly coloured oily sludge resembling light purple. **Oops.** That weird residue became the dye mauve, which injected new life into fashion and launched the chemical revolution of pigments and paints.

THE SLINKY



Naval engineer Richard James was working on springs to keep equipment steady on ships in 1943 when he knocked one of them from a shelf. **Oops.** He watched, transfixed, as it kind of walked its way downward toward the floor. One of the world's most famous toys was born.

TURNING FAILURE INTO TRIUMPH

Can you excel in a fast-paced idea incubator like Silicon Valley, let alone a research facility, if you fear failure and are averse to risk-taking?

"I spent a lot of my time in research labs and there's a general principle in that universe — if you're not failing often enough, you're not doing anything interesting," says alumnus James Gosling, BSc'77, LLD'99, a software developer known as the father of the Java programming language. "If I'm learning, I don't count it as a failure."

In fact, Gosling, now Chief Software Architect with Sunnyvale, Calif.-based Liquid Robotics, a maker of robot vehicles that explores the ocean, says one of his criteria for evaluating people is: Are you failing enough?

When he was working on his computer science PhD at Carnegie Mellon University, he was asked to figure out how to run software on a different computer.

"I came up with an interesting trick, but failed to get anyone to approve it, so I kind of forgot about it," Gosling says.

"Years later, I was working on a problem at Sun Microsystems [Gosling was there from 1984 to 2010], and the failed project popped into my head. It became the cornerstone of Java and went on to be wildly successful."

If we can turn flops into triumphs in research labs, how can we use failure as a means of discovery in the workaday world?

While Gosling uses software to help scientists probe the ocean, alumna and aerospace engineer Natalie Panek, BSc'07, is working on hardware that will enable exploration of a different frontier — Mars.

During her first internship at NASA's Goddard Space Flight Center, she examined how solder joints for wires can fail on space-flight hardware.

She broke paper clips, again and again, to get the most basic understanding of how wires broke. It didn't work for her, until it did. Panek eventually found a better technique to solder the wires so they can withstand the extreme vibrations that launch vehicles undergo.

"You need to take time, be curious, think about the world in simple ways," says Panek. "That's how you can make discoveries, whether it's at your home or in a start-up culture."

"I've had failures and rejection, but drive, passion, resilience and perseverance have helped get me to where I am today."

THE SECRET SAUCE FOR SUCCESS

People aren't robots and traits can't be slapped together as if they are parts, but what characterizes a person who can capitalize on mistakes or failures?

The best entrepreneurs thrive on competing, says Houston Peschl, an entrepreneurship and innovation instructor at Haskayne School of Business.

"People who are good at self-reflection are often successful," says Peschl. "They unpack what's occurred and identify how to change or redo. Entrepreneurs are business-experimenters; they learn from their failures. They time-manage, prioritize and see opportunities."

While entrepreneurs are competitors most likely to shine when outside the box of a rigid organization, does the same hold true in the classroom?

"Basically, hierarchy has been one of the great mistakes in history, leading to civilizations and cultures where people oppress each other and create dysfunction," says Ron Glasberg, associate professor in the Faculty of Communications and Culture. "I try and create tribal classrooms, where students work together in a non-competitive manner. Success is learning that transforms the individual."

In most fields of endeavour, success is married to failure, a necessary alliance with inevitable ups and downs. Just like climbing a mountain, your approach is key. You may make mistakes, but the power is in the doing.

Stephen Colbert, one of our keenest social observers and now host of *Late Show*, told GQ as he took the show's reins earlier this year: "You gotta learn to love when you're failing. The embracing of that, the discomfort of failing in front of an audience, leads you to penetrate through the fear that blinds you."

"Fear is the mind-killer." **U**

Smarter Travel

by Deb Cummings

Educational trips are booming as travellers become more sophisticated and curious about destinations such as Peru



1

When I first saw Machu Picchu, I thought it was a bit like seeing the Grand Canyon after staring for years at an Ansel Adams fridge magnet. You know exactly what to expect, and, at the same time, can't quite believe that the real thing exceeds the hype.

Unlike the Grand Canyon, however, Machu Picchu is more compact, which means you can see the Royal Apartments, the perfect arc of the Sun Temple and the titanic structures of the Sacred Plaza.

"It was astounding," admits intrepid traveller Carol Gray, 69, who took part in the UCalgary-sponsored Ancient Peru Tour last July. "But the fact we also got to other archaeological sites like Tambo Colorado where we were the only tourists — those private encounters are what keeps me coming back." And "back" she's come, having clocked five UCalgary Travel Study trips since 1981, the time she took Aeroflot planes across the Soviet Union.

Led by archaeologist Patrick Carmichael, who has taught courses at UCalgary, as well as at Mount Royal University, this recent 17-day trip to Peru covered two of the areas that

have fascinated Carmichael for more than 35 years — the extraordinary mysteries behind the ancient Inca and Nazca cultures.

As for Erich von Daniken's theory about aliens landing in the Nazca Desert, or hot-air balloon travel being responsible for the hundreds of mysterious drawings etched on the desert surface known as the Nazca Lines, Carmichael harumphs.

"So many of these theories are completely unfounded," he says. "Scientists have shown that these lines could have been drawn with rudimentary surveyor's equipment — people didn't have to be airborne. And we know the Incas were superb engineers — just look at the vast banks of terraces rippling down mountain sides, and the exquisite masonry of their walls."

It's exactly this breadth and level of expert knowledge that separates a UCalgary Travel Study trip from others. It's one thing to learn about the 15th-century Ice Maiden Juanita in a classroom (which 13 participants did in advance of the trip); it was quite another to have Carmichael take them to Arequipa's Museum of Andean Sanctuaries to study this frozen mummy who lived in the time of the imperial emperors.



2

Such insider knowledge was worth the money, says alumna Tina Cheng, MSc'91, who went on the trip with her husband and 21-year-old son. "We wanted to give our son a taste of travel that wasn't superficial. But I don't think we counted on how stimulating the trip would be," she says. "We were constantly questioning the idea of history. Who gets to make history? What's a fair representation of true events? What was on their mind when the Nazca were painting their pottery? Are the answers in the designs? Why were the Incan walls so precise, so perfect?"

It's this hunger for answers to some of life's mysteries that Carmichael loves about guiding these trips. "The people who take these trips aren't there to be entertained," he says. "They want to learn." **U**

"When a trip is about the destination and not just the people, this is the kind of trip you should go on. I loved the context we got at all the sites and being an engineering student, I was really interested in how the Incas moved these enormous rocks (some weighed 200 tons apiece) over specially built roads to construct such perfect walls."

— Kevin Wang, 21, who travelled with parents Tina Cheng and Jim Wang

"I love the fact that you get off the tourist track on these trips. One of the highlights was stopping at a school to drop off little bottles of shampoo that we'd been collecting from our hotels. The shampoo was secondary — they were just so thrilled that visitors who spoke English (and Chinese) stopped to see them. Their smiles and glee were unforgettable."

— Kathy Laszlo, 46, a veteran of three Travel Study trips



3



5



4



6



7

1 Perched on the lip of UNESCO site, Machu Picchu, the group was able to admire this ancient lost city on three different occasions.

2 Alumna Tina Cheng and son Kevin Wang, spent hours climbing stairs and terraces.

3 Wandering around the lunar landscape of Cahuachi, the group discovered the Nazca revered this ceremonial centre for more than 500 years.

4 Even billy goats get tricked out for tourists in the heart of Cusco.

5 Acting spontaneously, the travel study group popped into a school off the Panamericana Highway.

6 A typical street scene in Cusco. Notice not only the fresh bread but the exquisite masonry work of the Inca walls, built with rocks that could weigh up to 200 tons and could take 1,000 men to move them.

7 In the town of Nazca, Patrick Carmichael organized a special workshop with master potter Alberto Segura, who shared his secrets on how Nazca pottery was made by the ancients.

To dive deeply into Inca history, read some of Carmichael's works at: inca-adventure.com For more trip information, contact Deb at: d.cummings@ucalgary.ca or call 403-220-4079 or 1-877-220-8509.



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Class Notes

1970s

Betty Jane Hegerat, MSW'73, was awarded the Writers Guild of Alberta Golden Pen Award at the 2015 Alberta Book Awards. The WGA Golden Pen Award acknowledges the lifetime achievements of an outstanding Alberta writer.

Blake Brooker, BA'78, received the Order of Canada for his creative contributions to theatre in Alberta, notably as a co-founder of the One Yellow Rabbit theatre company.

Mary Rozsa de Coquet, BED'79, DipED'88, LLD'06-Honourary, chairman and president of the Rozsa Foundation, received the Order of Canada on May 7, 2015, for promoting capacity-building and good management among arts organizations in Alberta.

Chris Roberts, MEDES'79, received the Faculty of Environmental Design's inaugural Distinguished Contribution Award. The award recognizes individuals who are role models for future architects and who demonstrate leadership and commitment to the architecture program.

Peter Johnson, PhD'79, has published a new novel under his pen name, Peter Richard, titled *The Vampire in Vancouver*.

1980s

Michael Falkenstein, BSc'80, has just co-invented a new screw that is expected to be on store shelves by early 2016. The Director of Manufacturing for Canada at Hillman Group can't release any further details until patents are approved for the U.S. and Canada.

Martin Price, MSc'81, has written a book published by Oxford University Press titled *Mountains: A Very Short Introduction*. The Chairholder of the UNESCO Chair in Sustainable Mountain Development looks at the value and regional and global effects of mountains on climate, ecosystems and mountain societies.

Kirk Gittings, MFA'83, was honoured with a 2015 ZIA award for being a distinguished alumni from his undergraduate school, the University of New Mexico. His commercial architectural photography has appeared on more than 150 magazine covers and in 95 books and 27 museums. In 2003, the editors of *Through the Lens: International Architectural Photographers* selected him as one of the leading architectural photographers in the world.

Annette Lane, BN'84, MN'93, PhD'07, heads up recruitment and special projects at Ben-evity, a company modernizing the giving and volunteering landscape of Calgary — "doing well by doing good."

1990s

Bonnie DuPont, MEd'90, and Chancellor Emeritus **Jim Dinning, LLD'02**, received the

2015 Institute of Corporate Directors (ICD) Fellowship Award last June. These awards recognize corporate directors in Canada who have made major contributions to Canadian enterprises and NFP organizations and excellent leadership in the boardroom.

Steven Muir, BComm'77, BA'86, MA'90, has been appointed the inaugural Director of the Concordia Institute for Christian Studies and Society. He was also awarded the President's Research Award for 2015 from Concordia University in Edmonton.

Rebecca Jaremko-Bromwich, BA'98, is the first student ever to receive a PhD from Carleton University's Department of Law and Legal Studies.

Jason R. Goode, BSc'99, a former Dinos volleyball player, has directed a number of short films, live theatre and just completed his feature film directorial debut for *Numb*, a mystery-thriller starring *Battlestar Galactica's* Jamie Bamber and *The 100's* Marie Avgeropoulos. It premiered at the Busan Film Festival in Korea in October.

2000s

Nancy Moules, BN'95, MN'97, PhD'00, Graham McCaffrey, PhD'12, Catherine Laing, BPE'94, BN'98, MN'08, PhD'13, and James Field wrote *Conducting Hermeneutic Research: From Philosophy to Practice*. The book takes readers through the historical figures in philosophy who have influenced current hermeneutic thought.

Jim Dinning, LLD'02, was awarded the Order of Canada on May 7, 2015, for his public service, notably as Alberta's finance minister and provincial treasurer. This comes three years after receiving a Queen Elizabeth II Diamond Jubilee Medal while serving as chancellor for UCalgary.

Jodi Scarlett, BComm'98, MBA'02, has been ranked 17th in the annual *Profit/Chate-laine* W100 ranking of Canada's Top Female Entrepreneurs. Scarlett's company, ProStar Cleaning and Restoration Inc., was also named as a 2015 Fast Growth 50 List company by *Alberta Venture* magazine.

Anton de Groot, BFA'04, was the Betty Mitchell Award winner for outstanding set design last year and a nominee this year for the set design of *Charlotte's Web* for Alberta Theatre Projects. He also curated the Canadian student exhibition for the 2015 Prague Quadrennial of Performance Design and Space — considered the Olympics of set design.

Kevin J Mellis, MSW'06, used antique photography to illuminate the aboriginal world in the Yukon this summer. His unique thesis project captured local headlines and is now on display at the Nickle Galleries.

Camille Dow Baker, LLD'07, has been named recipient of the Canadian Medical Association Medal of Honour. Since she co-founded CAWST

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(Centre for Affordable Water and Sanitation Technology) in 2001, the centre has helped 9.3 million people in developing countries access safe drinking water and sanitation.

2010s

Vanessa Salopek, BComm'10, was selected to represent Alberta in the \$100,000 finals of the Business Development Bank of Canada (BDC) Young Entrepreneur Award.

Leya Russell, BA'08, BFA'12 was nominated as one of the Top 10 under 30 emerging photographers in Alberta at the 2015 Vistek Exposure Photography Festival.

Graham McCaffrey, PhD'12, Christopher Gilham, MA'10, PhD'13, and David Jardine co-edited *On the Pedagogy of Suffering: Hermeneutic and Buddhist Meditations*. This book uses hermeneutic concepts and examines why suffering can be instructive in character and how it is often important in authentic acts of teaching and learning.

Lynette Lefsrud, MBA'13, was awarded the 2013 *Oilweek* Rising Stars Award. The president and founder of GridStone Marketing Inc. also competed as a member of the Hilti Mobile App competition in Liechtenstein, where the Haskayne MBA team placed second. She currently serves as president of the University of Calgary eMBA Alumni Alliance.

Aaron Baskerville-Bridges, BSc'15, Sarah Akierman, BA'09, BSc'09, MSc'15, Luis Carlos Welbanks Camarena, BSc'15, Kalista Sherbaniuk, BSc'15, and **Peter Jianrui Liu, BHSc'15**, were the recipients of the 2015 President's Award. The award recognizes exceptional graduating students who have a record of academic achievement, consistently demonstrate leadership and make significant contributions to the community.

Kate O'Brien, MSc'15, partnered with **Monique Sullivan, BSc'15**, in Track Cycling and won gold in the team sprint at the 2015 Pan Am Games in Toronto. Sullivan also won two more gold medals in the individual sprint event and in the keirin race, making her the first Canadian cyclist to win three gold medals at a single Pan Am Games.— *Ellis Choe* **U**

How Love Hit all the Right Notes



Pearl Jam, Garth Brooks, and Yo-Yo Ma — just a few of the notable performers that **James Desautels, BMus’94**, has worked with throughout his successful music career. For more than 20 years he has performed all over the globe, in venues such as the Hollywood Bowl and Carnegie Hall.

Desautels received his Bachelor of Music degree with distinction from UCalgary, where he had the opportunity to perform and collaborate with other vocalists and musicians. He then went on to pursue his Master of Music from the University of Arizona, and then a Doctor of Musical Arts in Austin, Texas. From there, he hit his first big break when he was asked to tour with David Byrne and Tosca Strings: “I’m grateful to have worked with David Byrne for the opportunity to travel around the world and for showing me what a work ethic really is.” He says that artists stay in his memory for different reasons: “David Amram for his kindness, Pavarotti for his bluntness, Pearl Jam for their friendliness.”

Now, Desautels says he has returned home to Calgary for love. He worked with Calgary musician Margaret Dahlberg producing her song, “Hand in Hand,” a tribute to the Alberta flood victims of 2013 and their relationship grew from there. His love of music also drove him to create the Popular Music Program at the Mount Royal Conservatory, which has just begun. It offers an eclectic lineup of courses and private instruction. — *Erin Moulton*

Wrestling with the Law (sort of)



Brittane Laverdure, BA’06, JD’11, is no stranger to hard work and a tough battle — whether it’s in a wrestling arena or a courtroom. Laverdure, a litigator with Llewellyn Law, also has a successful wrestling career, finishing second at both the 2014 Senior Pan American Championships and the 2014 Commonwealth Games. Now, she has her sights set on the 2016 Summer Olympics in Rio de Janeiro.

Growing up in Watson Lake, Yukon, she played many sports, from cross-country running and soccer to basketball. She says: “I guess I was always a sucker for physical punishment and challenge.” She was first inspired to become a lawyer while attending her nation’s General Assembly. The Liard First Nation member saw the law in action first-hand and, from then on, law was her goal. Laverdure completed both her undergrad in International Indigenous Studies and law school at UCalgary, and notes that winning Athlete of the Year in 2006 was one of the highlights of her education. Laverdure continues to wander the halls as her club and national team members train at the university.

A normal day for Laverdure sees her dashing from the gym, to work, and then to practice. In her law career, Laverdure is an advocate and a problem-solver, toiling under tight deadlines. But she’s comfortable with deadlines as they also apply in the arena as national team qualifications and Olympic qualifications are just around the corner: “It is simply a balancing act, it’s a challenge. Heading into the Canada Qualifications in December 2015, I plan to drastically cut my work hours ... after all, I do not want any regrets.” — *Erin Moulton*

Men in Nursing




Working in a hospital was a childhood dream for **Tyler Hume, BN’13**. While watching medical TV

programs, he imagined himself being a surgeon and impacting the lives of his patients. Intending to make his dream a reality, Hume enrolled in nursing at the University of Calgary as a first step in his career. Little did he know that, during his education, he’d discover such passion for nursing: “I wanted to get to know patients and their families while helping to treat illness and ease suffering, and there is no other job that I could do that with besides nursing.” Today, Hume is a nurse working at the Foothills Hospital in the Clinical Neurosciences Dept., where he treats patients with a range of neuro-

logical diagnoses including strokes, spinal injuries and tumours.

Hume took advantage of many opportunities offered at UCalgary, including completing a community nursing course in the Dominican Republic and a practicum at the sister campus, UCQ, in Qatar. He also co-founded the Nursing Guys Club, where he developed the Men in Nursing recruitment event for high school students. Along with the club’s executive, he set up discussion panels and talks at high schools to inspire students to “make an informed decisions rather than going by stereotypes.” Most recently, Hume won the Rising Star Award from the College and Association of Registered Nurses in Alberta — an honour he calls the pinnacle of his young career. When asked about the highlights of his job so far, he lists the balance of the adrenaline rush while also being able to give “psychosocial and emotional support for patients.”

— *Erin Moulton* 

Pay It Forward

Giving Spirit Has a Long Reach

The Ho family shares their appreciation for UCalgary Law through international studentships

by Colleen Donahue

Picture it: A 1970s Calgary apartment. Recent master’s degree recipients from the University of Hong Kong — Michael and Alice Ho — had just immigrated to Canada and were settling in to their first apartment in the Beltline, eager to start their careers in social work and forensic psychology, respectively.

“Their first place was full of unmatched furniture — an industrial wire spool served as their coffee table,” says their eldest son, Oliver, LLB’02. “Today, it would be retro; back then, it was two people relying on the kindness of neighbours to donate used furniture. They didn’t have a lot, but they wanted to create a sturdy base for starting a family in a brand-new country!”

They more than succeeded, though not following the path they had originally expected, as is so often the way with life.



Finding work in Michael’s field of study proved difficult, and so he decided to take on law school. “It was a novel thing at the time in Calgary,” says Oliver. Michael Ho stood proudly in the University of Calgary’s second graduating class in 1980, and quickly established his own law firm, Ho MacNeil, with partner, Steve MacNeil. He began a career of helping others, using law as the catalyst.

“I remember walking down the streets of Chinatown as a kid — or anywhere in Calgary, for that matter — and people would often stop my parents and thank them,” says Oliver. “They would turn to me and smile and say, ‘your father was the one who helped me get here. And Mom helped their brothers. And sisters. And children.’”

That’s because Alice, too, found her way to the University of Calgary’s Faculty of Law. A young mother of two, she left her career and returned to the classroom. As she did, Michael experienced a serious car accident that left him in a coma for three weeks and hospitalized for three months. He didn’t return to the practice of law.

“My mother is the strongest woman I know,” says Oliver. “With no income, tuition to pay and two boys in elementary school, she just figured out a way to finish her law degree in 1988. And that’s when she stepped into my father’s law practice. Thirty-three years later, it’s still going strong.”


With such strong role models, it’s no surprise that Oliver, too, chose to join his parents in what he calls “a helping profession.”

“My choice was easy,” says Oliver. “The University of Calgary gave my parents the opportunity to make their lives in this city. Our involvement in the law school allowed us to build our friendships and give back to community.”



Top: Michael Ho, LLB’80, and Alice Ho, LLB’88, in Chinatown. Inset (l-r): Alice, Michael, Merlin and Oliver Ho, circa 1989, celebrating Alice’s admission to the Alberta Bar outside Calgary Courts Centre.

The Ho family’s community-building efforts extend beyond Calgary and the four decades they’ve been here, however. Thanks to the family’s creation of the **Michael, ’80, Alice, ’88, and Oliver Ho, ’02, International Studentships to Hong Kong at the University of Calgary’s Faculty of Law**, generations of students will gain valuable educational and life experiences while working toward their Juris Doctor (JD) degree.

Newly married, Oliver and his wife, Paola, together with his parents, are pleased to be able to share in this way. “We are at a stage in our lives and careers where we can say thank you to those who have helped us. We would not be where we are today without the law school and the Chinese community. The university accepted us and educated us. And, for that, we are grateful.” 

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Where Are We?



In 2016, the University of Calgary will celebrate its 50th anniversary. Over the past five decades, its main campus has grown from two buildings that housed four faculties to a community all its own made up of more than 50 buildings, 14 faculties and an annual population of more than 30,000 students.

As the university continues to create high-quality learning environments, one of its original faculties is also doing its part to ensure students will be given the opportunity to thrive through collaborative work and hands-on experiences for years to come.

Starting out in what is now known as the Science A building, this faculty relocated to its permanent home in November 1964. By the time its first undergraduate class — a group of 85 men — walked the convocation stage in 1969, construction of the first four sections of its building was complete. It wasn't until 1982 that its fifth area was completed, 12 years after the faculty graduated its first female student.

Besides classrooms and academic offices, these buildings also offered quirky features such as a shrinking hallway, a “door to nowhere” and a meeting space for poets. Over the years, many tales have swirled about these areas — accounts of objects being suspended from the university's entrance arch, of disassembled campus artwork and of adventures through underground tunnels. It is, however, hard to confirm the details of these urban legends. Or are they?

As the faculty's academic offerings became more diverse, it saw an increase in student interest from both new and existing students. In 2014, 95 per cent of first-year undergraduate students moved on to second year, and, in 2015, the faculty

accepted approximately 800 undergraduate students, 28 per cent of whom identified as female. This increase of popularity, coupled with the desire to provide a better academic experience for students and teachers, sparked this newest wave of construction and renovations.

With a focus on achieving student success through collaborative student spaces and innovative academic programming, current construction will connect all six areas of this faculty's home, create more research labs and allow students to work closely with one another. The construction will also change the way students are taught, with instructors moving away from a traditional lecturing model towards a collaborative design-based learning approach. With the creation of two new large lab spaces, each with a capacity of 230 seats, professors will soon be able to teach amongst groups of students and provide better hands-on support. The construction will also allow student-advising offices to be centralized, the student lounge to be updated with new food services and more student club space.

With the bulk of the renovated undergraduate student space opening in fall 2016, the faculty will have another reason to celebrate along with UCalgary's half-century mark.

When the doors open to this new space, where will the celebration be happening? — *Kelsy Norman* **U**

How to Play

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