

# U Calgary

SPRING | SUMMER 2015

Alumni magazine



## Thought *for* Food

### MENU

*Appetizers*

Food Court Review

Edible Research

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*Entrées*

Feed the Future

Culinary Capitals

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*Dessert*

Sugar Wars



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Alumni Association

# WHO MAKES YOU PROUD?

2015 Arch Awards nominations open now

The UCalgary Alumni community is made up of more than 158,000 remarkable and inspiring graduates who are making an impact in Calgary, across Canada, and around the world. The Arch Awards is your opportunity to share their story, recognize their achievements and thank them for making our world a better place.

Nominations are open for the Distinguished Alumni Award and new Alumni Achievement Awards until June 10.

Nominate an alumnus or alumna who makes you proud.



[ucalgary.ca/alumni](http://ucalgary.ca/alumni)



**Join the Club** Welcome to a good GIG (Guys and Girls Into Guitars) — one of more than 330 clubs on campus

Photography: Jim Mathis

## Features

**p.28**

### Thought for Food

From food-security issues and sugar taxes to our alumni-endorsed food guide and fat trap research — we are a country obsessed with food. Join the national conversation and chow down.

**p.40**

### Join the Club

Clubs have helped UCalgary's campus life thrive since the first one was formed in 1962. That was decades before Quidditch swept our campus, or origami, improv and the 328 other clubs.

**p.46**

### Photos Turn World into Classroom

Travel can put the world in focus. The evidence lies in some of the powerful images snapped by UCalgary students on recent Study Abroad programs. Zoom in.

## Departments

- 3 | Notebook
- 11 | In the Field
- 18 | Dropping In
- 20 | Unconventional Paths
- 22 | Mind & Body
- 24 | Faculty Said/Alumna Said
- 27 | Alumni Update
- 47 | Class Notes
- 49 | Pay It Forward
- 50 | Where are We?



#### BEHIND THE COVER

Ever wonder what goes into designing a new magazine? Watch our video on the UCalgary Alumni YouTube page.

## 12 reasons to ♥ our new magazine

1. Let's start with its name. Formerly called *Omagine*, we felt the publication should show how proud it is of both the university and its city. Presto! It's now **UCalgary Alumni magazine**. Now you know, exactly, where you are.
2. In the magazine world, we call it "front-of-book." Think of these smart shorts — from **research breakthroughs to campus life** — as yummy appetizers, especially in this Food issue.
3. Who doesn't crave a secret invite? Precisely the premise of **Dropping In** — this time on CJ5W.
4. **Faculty Said/Alumna Said**. Everyone wants to be more than a footnote or a punchline. The answer — an intelligent debate on a hot topic, such as this issue's Sugar Wars.
5. **Unconventional Paths**. Could be a seizure, a twist, a chance encounter — so many careers are anything but predictable.
6. **Mind & Body**. This department goes beyond the typical stories about needles and pills to give you fresh ideas on how the university is building healthy communities.
7. **Alumni Update**. Here's the place to discover what Alumni is doing for you.
8. **Features**. Whether it's a Big Idea, a theme or a photo essay, think of this space as the main course. Tuck in!
9. **Class Notes**. Want to find out who's who at UCalgary and beyond? Look here.
10. **Pay it Forward**. Big gifts, small or midsize, time or money — this article provides inspiring profiles on philanthropists.
11. **Where are We?** Think you know every nook and cranny on campus? Tell us in our back-page contest.
12. **Overall design**. Linking all this fresh content is a bold new design — snappy, visual, playful and smart. Just like you!

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## UCalgary

Alumni magazine

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Photo: Jager & Co. Cupcakes courtesy of Sweet Culture and Cup Co.

## Voting With Your Fork

In the last 15 years, food has become far more than our daily bread. Or endless swirl of Carre cupcakes. It has become a global business. The kind of food we buy, where we buy it, and how it is prepared, has become part of our national conversation. Precisely why we've devoted 16 pages to the subject in an exclusive feature that starts on page 28. We don't typically think about food this way — but eating represents our most powerful engagement activity in the world. It makes the landscape more than other human activity and it transforms us, shapes us. We hope this issue sparks some Thought for Food. 🍴 — Deb Cunniff

**TALK TO US** What do you think? Are you a serious obsessed with food? Tweet us @CCalgaryAkamai

## UP&COMING

### Alumni Programs in Canada, the U.S. and Around the World

#### Calgary

Join us backstage for an exclusive reception with the Calgary Philharmonic Orchestra and sample two British classical music and beer. — **May 26**

#### Vancouver

Our environment can't live with the oil and gas sector, but our economy can't live without it. Hear engaging perspectives from UCalgary alumni living and working in B.C. — **September**

#### Toronto

Want to make it in the big leagues? It's all about leadership. Special guest speaker to be confirmed. — **October**

#### Hong Kong

UCalgary alumni are making an impact in Hong Kong. Don't miss out on this opportunity to grow your personal and professional network at our annual Hong Kong alumni reception. — **November**

#### New York City

Great entrepreneurs believe in action, innovation and thinking outside the box. Join us and some top-tier UCalgary entrepreneurs who have found success in NYC. — **Winter 2016**

#### Edmonton

No man is an island. Discover more about advances in brain and mental health. — **Winter 2016**

#### Houston

UCalgary alumni form a network that extends across the planet. Learn how to maximize your reach. — **Winter 2016**

For information on these and other programs, visit: [ucalgary.ca/alumni](http://ucalgary.ca/alumni)

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Alumni

# Students Savour Communal Food Project

By Mike Fisher



Photography by Ann Orsini



Guest speaker Julia Van Rosendaal, left, with students and faculty of the Communal Table Project

**“Food brings people together in cultures around the world as they share around a table.”**

—Julia Van Rosendaal

The project draws a mix of about 50 graduate and undergraduate students for the dinners, held six times yearly at the Red & White Club. Facebook, Twitter and word of mouth attracts participants.

The idea was hatched several years ago at Johnston and colleagues from the Faculty of Arts, Faith and Spirituality Centre, SU Wellness Centre, and Centre for Community-Engaged Learning discussed how they could use food to build community with students. The subject of communal cooking arose, and three years ago, the Communal Table Project dinner was born.

Students learn kitchen and knife safety, help plan the menu and consider what skills each dish will require. Zucchini

Parmesan crisps, Asian-style udon skewers and a giant guiso salad make up tonight's menu, along with a guest speaker, Calgary-based CBC Radio contributor and food writer Julia Van Rosendaal.

“Food brings people together in cultures around the world as they share around a table,” says Van Rosendaal. “There are so few activities these days that don't involve screens. When students cook together, it sparks conversation.”

Robyn Van Ek, BCCommTS, who volunteers as a peer helper for the project, says: “I love food, cooking with other people, and the conversations that arise when sharing food.” She heard about the Community Table Project while volunteering at an urban farm in New Orleans with other UCalgary students, last year, through the Centre for Community-Engaged Learning.

“At the dinner table is where you can connect to new people as well as people who are close to you,” Van Rosendaal adds.

The three-year pilot project is coming to an end this month. Attempts are ongoing to continue the project. [U](#)

**D**awn Johnston is conducting a symphony of sorts, her hands rising above her brown kitchen apron, as a gaggle of first students learn how to skewer pieces of chicken. It is another Communal Table Project dinner, the shared wisdom of food as much a centerpiece as the long, carefully laid table where they'll gather to eat what they've cooked.

The sizzle of eager students rubbing to blue trays dotted with items such as chili powder, cumin and pepper, gabbling as they guess ingredients, is music to Johnston's ears.

“This project is important because cooking and eating together is a fundamental part of community-building,” says Johnston, Communications Studies Program Coordinator, Department of Communication, Media and Film. “So many students don't live on campus or spend leisure time here. This is a real opportunity for people to come and participate and learn about food skills and each other.”

**FOOD**

# Incubating Impact

Just as the engagement needs differ for baby boomers and millennials in the workplace, so do the motivational drivers at universities. Lessons learned

by Deb Cummings

**W**e all know millennials have no memory of a planet without the World Wide Web, or cellphones or personal computers. They are the internet-savvy, iPoding, texting, Googling, Facebooking, Snapchatting, Instagramming generation. As a parent of two millennials, I know if I didn't text, Skype or Facebook, I wouldn't communicate with them. But that's just a parent, "talking."

What about our professors who are desperate to reach and teach this generation — those born between 1980 and the mid-2000s — that spend more time using electronic media than any other activity, except sleeping?

As parents, we know how tough it is to compete for our children's attention — so, just how are teachers doing it?

Sure, many profs employ classroom clickers, smart boards, PowerPoints, videos, even state-of-the-art digital visualization studios — but do these devices actually deepen intellectual engagement? Or do we need something more in order to take a generation of students who truly wants to explore real-world issues and make lasting social change? Is there no room for old-school shameless idealism on campuses anymore?

"Yes, there certainly is," says Werkbund School of Education associate professor Brittany Harker Martin, whose research examines how social engagement can redefine and engage youth. And, she adds, when properly leveraged, idealism can catalyze learning, entrepreneurship and ethical reasoning.

"Being able to Google an answer before a teacher has finished asking it, is bound to effect the old educational model of input-output," says Harker Martin from the university's Horsey Youth Leadership Centre, of which she is director. "We need to do far

more to engage and inspire this generation, which is why this centre has rolled out several community-wide programs, like a speaker series, so we can tap into kids as young as 12. This generation has a huge appetite for heroes — those who are committed to making the world a better place."

If you were lucky enough last November to hear one of Canada's most recognizable social activists, Craig Kielburger, speak on campus, after hosting 36,000 youthful do-gooders at We Day at the Scotiabank Saddledome, you saw plenty of kids, as well as hundreds of university students, faculty, staff and older Me to We fans.

"Craig really embodies youth empowerment, which is one of the values of this generation," says Harker Martin. "I think the internet gives instant visibility to change agents, and youth today are connected to that. Look at the initiatives happening in schools today — so many are started by kids themselves. We see youth — like Kielburger who, as a 12-year-old boy, went to Asia to learn more about child labour — doing things that people assume are not possible."

"Bringing in inspiring speakers, provocative panelists or organizing hands-on workshops is what we believe we need to do more of," she says, adding that, due to tough economic times, today's young adults have been forced to rethink success so that it's less about material prosperity and more about something else.

And, for Kielburger, "that something else" is social entrepreneurship. "Educational institutes at all levels need to go far beyond imparting knowledge which was good enough for so long," he said at an on-campus interview. "What I am seeing in youth is a hunger to make a difference ... what they want is a successful career is a sense of meaning where lives have purpose, value and impact."



## SOME OF CRAIG KIELBURGER'S VIEWS ON POST-SECONDARY EDUCATION:

I think the purpose of all education hasn't changed from one generation to the next. It's still to learn about the world, about yourself, your place in it and how you can transform it.



I think what's often lacking in education is the teaching of 'why.' Many of today's students aren't seeing the relevancy of their learning, and access to technology has compounded that. We have to engage students in the learning process and that begins with teaching students about the world, teaching them about themselves and how they can use their gifts and talents to transform this planet.



Let's say you want to inspire Grade 5 students about STEM [science, technology, engineering and math]. Get them to understand how a borehole is drilled around the world and how that borehole gives clean water to someone or how a school is built and how that building will provide shelter.



In so many high schools, the responsibility still lies with the teacher, not the students. We need to empower students to succeed, and fail — that's how self-responsibility is taught.



We should be teaching students about compassion, citizenship, engagement and project-based service-learning initiatives. I believe, through service, we set students up academically in the workplace in a meaningful way. Service is part of a much larger conversation about education.



## SNAPSHOT OF MILLENNIALS

- Millennials view work as a key part of life, not a separate activity that needs to be balanced by it. For that reason, they place a strong emphasis on finding work that's personally fulfilling.
- They're the most socially conscious generation since the 1960s.
- In workplaces, millennials want to learn (1) technical skills in their area of expertise, (2) self-management and personal productivity, (3) leadership, (4) industry or functional knowledge and (5) creativity and innovation strategies.
- Millennials are the most diverse generation — economically, politically, ethnically, racially and culturally — that North America's institutions of higher learning have ever welcomed. [U](#)

Photography: Noah Yin



Craig Kolburger moving up 16,000 bars at We Day

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## The Art of Medicine

A new fine arts course blends the needs of scientists and artists

by **Gilb Choe**

If Leonardo da Vinci were around today, he'd be running this new UCalgary course. Similar to the Renaissance genius who saw art and science as one, Dr. Paul Miettunen has created the university's first pilot course on learning anatomy via sculpting.

Two years ago, Miettunen, pediatric rheumatologist at the Alberta Children's Hospital and assistant professor of pediatric rheumatology at the university, wanted to balance her crazy-busy medical life by taking a sculpting course in Rome. There, the former stained glass artist not only rekindled her passion for art, but realized that the artist's knowledge of anatomy was superior to hers.

Hence, the MCD 440 course *Portrait Anatomy in Sculpture* was formed, thanks to a generous private donor, the collaboration between the Cumming School of Medicine

and the Faculty of Arts, as well as the instruction of a sculptor who studied and taught at the prestigious Florence Academy of Art. Miettunen brought Alicia Pozzio to teach last semester's one-week interdisciplinary course that involved building a life-size human skull and the layers of muscles and soft tissue that surround it. "It's really a method of study that I'm teaching more than trying to teach them fine art," says Pozzio. "[The students] are learning a new way of memorizing information ... and the level of enthusiasm is exciting."

Both Miettunen and Brian Rusted, head of the Department of Art, hope to see the course become a permanent elective in both the medical school and arts curricula. This, in turn, could take the collaboration further by "opening the way to the development of an art history course on medical illustration and an arts/critique course that



Photography by: Gilb Choe

medical students could use to develop their diagnostic skills," says Rusted.

Adds Miettunen: "Hands-on sculpting helped train my eye to be more observant ... and made me look at the human form in a different way. I think, for a physician, it's incredibly important to be able to read a face ... it's the most expressive part of a human being. [Sculpting] helped me see my patients better and, as a result, helped me interpret stress and wellness better." 📖



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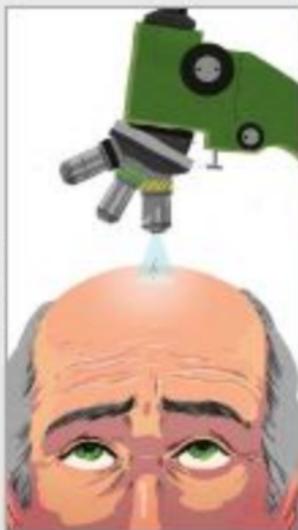
### Men's Greatest Fear of Aging

**T**he sight of a receding hairline is known to strike fear into the hearts of men. In fact, a recent survey of 2,000 men in the U.K. found balding to be the No. 1 fear in growing old.

However, according to UCalgary's Jeff Siemaskie's research findings — that identifies the existence of a skin (dermal) stem cell that may be targeted to stimulate new hair growth — this unfortunate middle-age milestone may become a thing of the past.

"When you lose your hair, particularly in male pattern baldness, we know the reason you go bald is because of dysfunction of these cells in this group, this dermal papilla," says Siemaskie, PhD, assistant professor in stem cell biology at the Faculty of Veterinary Medicine. "So, if you look at follicles from bald mice, there's either a huge loss in the number of cells that are there or they're atrophied and shrunken so they're not functioning in the same way."

By labelling cells in the dermal sheath, Siemaskie's team discovered that a small number of dermal sheath cells could self-renew and gave rise to hundreds of new (functionally diverse) cells in each



hair follicle. This discovery gives researchers a greater understanding of how these follicles regenerate and it opens the door to creating therapies targeting stem cells to restore hair growth.

It could be a decade before such therapies are developed, but Siemaskie says having definitive evidence that a dermal stem cell exists, is crucial to future treatments. **U**

### Insight at your Eyeballs



**U**Calgary's Visualization Studio — what with its 34.3 million pixels displayed across a 4.00 m by 1.85 m wall — is the interactive premiere that, until recently, was just another high-tech fantasy.

Designed to be used by faculty, graduate students and other collaborators, this three-year-old addition to the Taylor Family Digital Library has been used by biologists examining the smallest sub-cellular details in microscopic imagery; urban planners viewing wire road corridors while still being able to discern sidewalks and power lines; artists examining dynamic digital art; and sociologists digging into huge spreadsheets of data.

Instead of squinting over pages of numbers, imagine the patterns and connections you could see if 50 columns of data were displayed across one wall. **U**

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## Growth Industry

Get ready to see weed-whackers on rooftops

By Deb Coverings

**T**oday, all you're likely to find on the roof of Earth Sciences are two 800-sq.-ft. patches of crispy brown sedums, perennial leftovers from last summer, but the season for green roofs is just warming up.

It was on this flat roof where we recently found Kerry Ross, a lead coordinator in UCalgary's Green Roof Initiative who

### RESEARCH & DISCOVERIES

is taking her MSc in Geography with an Energy and Environment Specialization. Stepping down, she

examines the resilient little succulents that have survived the winter, existing on a thin layer of growing medium with low organic content, growing in a little square plastic module. One of the first accredited green roof professionals in Canada, and a key player behind the green roof at City Hall as well as another at the University Research Park, Ross explains why we should welcome the day when weed-whackers do appear on our rooftops:

- As vegetated cover, green roofs eat CO<sub>2</sub>



Kerry Ross on the green roof atop Earth Sciences

and produce oxygen, cleaning the air;

- Biodiverse roofs, whether they are homes to herb gardens, aviares or goats, act as natural insulators and save energy through significant summer cooling benefits and provide some winter heating reduction, particularly for older buildings;
- They reduce quantity and improve quality of storm water runoff;

- Air quality improves which translates to savings in the form of reduced health-care costs and emergency room visits;
- Green roofs last twice as long as conventional ones;
- They also decrease noise levels by up to 50 decibels; and
- They enable urbanites to experience nature.

Under Geography professor Geoff Hay, Ross and several other graduate students are contributing research to the Tri-City NSERC Strategic Project that's investigating the impact green roofs have on storm water management and urban climate. Earth Science's rooftop garden is wired with all sorts of instrumentation to provide information on temperature, humidity, wind speed and direction, sunlight and other parameters accessible online from roof data loggers.

The other university team members — from the U of T, Western and St. Mary's — have planted exactly the same plants and are looking to better understand the type of vegetation best suited to our climate. The galvanizing question is — what would be the long-term environmental effects if we were to expand a green-roof strategy to an entire campus or a city? Other projects in the works include the installation of a green roof living lab on the new engineering building and on Calgary's Municipal Building.

As for now, Ross is taking it one roof at a time, dreaming of green-roof domination. **U**

Photography by Kerry Ross; illustration by Pines Eggman/submitter

## A Plant with Bounce-Back Qualities?

Could the lowly lettuce save the planet's need for petrochemicals by producing a new form of natural rubber?

**A**ssociate professor Dae-Ryun Ro and PhD student Yang Ou, from UCalgary's Department of Biological Sciences, think so. The team's findings, recently published in the *Journal of Biological Chemistry*, represent the first natural biotechnological model for rubber production in more than 50 years of research.

### FOOD RESEARCH

Natural rubber currently represents close to 45 per cent of all global rubber consumption. Ro hopes that bio-products, synthesized by plants and their enzymes, will eventually replace all petrochemical-based rubber.

The researchers discovered that, once a lettuce plant bolts, its stem produces milky latex containing a biopolymer from which they identified a key enzyme that this alternative can synthesize.

Though the scientific breakthrough used regular lettuce the researchers believe future commercial production will require a different plant to ensure quantities large enough to make it economically viable. They are also hoping to use new plant sources that make producing natural rubber commercially viable both in quality and quantity, within 10 years. **U**

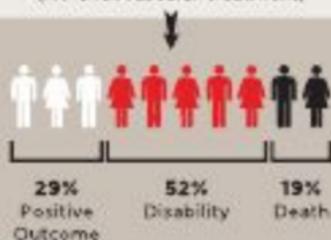


# ESCAPE STROKE TRIAL

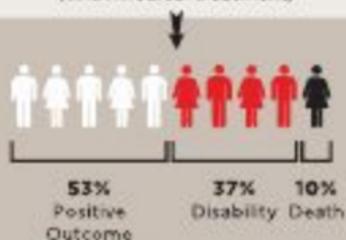


An international study led by the University of Calgary will change how stroke is treated around the world. Researchers used endovascular therapy to treat ischemic stroke patients and reduced the mortality rate of participants by 50 per cent and also showed a dramatic improvement in disability outcomes. The findings were published in the *New England Journal of Medicine*.

## MEDICAL TREATMENT (No endovascular treatment)

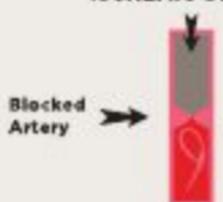


## ENDOVASCULAR TREATMENT (With medical treatment)

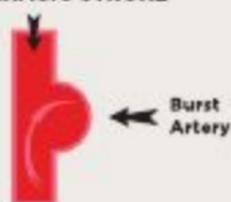


There are two types of stroke, ischemic and hemorrhagic; 85 per cent of strokes are ischemic. Endovascular treatment is viable for a major ischemic stroke only; the patient must arrive for treatment within 12 hours and fit the criteria for the treatment.

## ISCHEMIC STROKE



## HEMORRHAGIC STROKE



The international trial was led by researchers at the University of Calgary's Cumming School of Medicine, Hotchkiss Brain Institute, departments of clinical neurosciences and radiology, and Alberta Health Services.

5 COUNTRIES



22 SITES



316 PATIENTS



# A Glass Half-Empty...

... but it's filling up as UCalgary researchers embrace a new wastewater research partnership designed to improve ways to remove pollutants

By Sandy Robertson and Sean Myers

**T**he University of Calgary is in a unique position to tackle some of the most sobering and complex questions of our time, such as, "How can we sustain the delicate environment we rely on as our population grows?"

This question has long taxed top-tier minds, particularly in protecting clean water, given that 98 per cent of the world's water is either undrinkable or frozen in ice caps and glaciers. With

**RESEARCH & DISCOVERIES** a scarce one per cent to steward, the issue is becoming dire as the effects of emerging pollutants are increasingly understood.

From gender-bending hormones that render fish infertile, to the role wastewater plays in the spread of disease, scientists are deciphering what these alarming signals mean for public health and for healthy ecosystems.

**"There is no other facility like ACWA and we expect it to offer groundbreaking water research with global impact."**

— UCalgary President Elizabeth Cannon

The need to find ways to eliminate the harm these contaminants are causing has never been more critical.

These very issues form some of the research currently being advanced at UCalgary's new \$30.5-million Advancing Canadian Wastewater Assets (ACWA) facility, the physical result of an idea conceived 15 years ago through the vision of world-class scholars. A critical partnership between the UCalgary and the City of Calgary allows university researchers to work alongside municipal operators in a fully contained research facility within the Rise Creek Wastewater Treatment Centre in south Calgary. This, small, but



Cecilia Chang, BSc'10, MSc'13, gathering water samples from the Bow River in Banff National Park. Inset: ACWA research plant

highly technical wastewater treatment plant includes 12 naturalized, experimental streams that replicate the Jumping Pound Creek system. These copycat streams can be dosed with contaminants to discover the benefits of advanced treatments in large-scale, controlled experiments.

"There is no other facility like ACWA and we expect it to offer groundbreaking water research with global impact," says UCalgary President Elizabeth Cannon. "It is a place where researchers, practitioners and industry can work together to solve important problems facing cities everywhere; it represents a new way of doing basic and applied science; a way that results in true discovery and innovation that benefits society as a whole."

ACWA's three main themes related to water include: engineering technologies, public health protection and aquatic ecology and ecotoxicology.

City laboratory scientists work with the university at this location and also at locations on UCalgary's campus to develop new methods to test for emerging pathogens and substances of concern. In fact, some of the graduate students involved in ACWA

research are also City employees working in the wastewater system.

Processes refined through the ACWA initiative will have application for beyond municipal wastewater treatment. For example, they could be used to monitor water activity and quality remotely in isolated communities, and they could also lead to the development of "smart sewers" that live-monitor effluent before it reaches treatment plants. In the energy industry, the technologies could, for example, be applied to test and treat wastewater at remote extraction or processing sites.

Results from ACWA research will inform decision-making and leverage resources, knowledge and skills. New technologies and substances could be assessed in the controlled environment, with results directly influencing policy and regulations.

"ACWA is unique and gives us this wonderful living laboratory," says Glen Armstrong, a professor in microbiology, immunology and infectious disease at UCalgary. "It gives us this opportunity to be proactive in a microbial world before it becomes apparent in hospital rooms and clinics." ❧

To learn more, visit [www.ucalgary.ca/acwa](http://www.ucalgary.ca/acwa)

# Advances in Food Research



by Valerie Benayli

## Broccoli will Never be Class President

**I**f milk was a person, what kind of person would it be? This is one of the questions Dr. Charlene Elliott asked 12- to 14-year-olds for her study "Food As People: Teenagers' perspectives on food personalities and implications for healthy eating," recently published in *Social Science & Medicine*. In her research, Elliott, the Canada Research Chair in Food Marketing, Policy & Children's Health and professor of communication at UCalgary, examines how multinational companies market foods to children and youth, as well as the regulatory and policy implications of such marketing.

### What is a food personality?

It's what marketers deliberately try to associate specific personality traits with a brand. For example, Pepsi is considered to be youthful, whereas Dr. Pepper is seen as sex-confusing. I was interested in connecting this concept of brand personality to "unbranded" foods and commodities — foods that don't have big advertising budgets to create specific associations in consumers' minds.

### What did you hear from teens?

In focus groups, we got them to tell us about the personalities of various unbranded and commodity products. For example, if broccoli was a person at a party, what kind of person would it be? The teens saw broccoli as shy, a loser and boring. "It's the kind of person who wants to be class president, but isn't popular enough." Milk was, "the guy who has, like, three friends." Junk food was considered to be, "the life of the party, but not a real friend." Meat divided the genders, with girls saying that meat was "a fat, bald, old man sitting at the bar," while guys saw it as a "jock."

### This sounds like high school.

We know that teenagers consider status when it comes to making food choices ...

It was fascinating to see how teenagers apply a social status to foods themselves. But, more importantly, this research revealed the social meaning of food for young people, and the unsettling fact that healthy foods like broccoli or eggs were seen as nerdy and losers. This matters



because we don't make food choices for nutritional reasons — eating is profoundly social and symbolic.

### Can broccoli change its loser rep?

That's an interesting question. There's a real shift in food marketing to focus on the health benefits of products — even sugary cereals may proclaim that they're an excellent source of vitamin D! But unprocessed foods cannot compete with the marketing budgets of Big Food, and I am not sure whether top-down marketing techniques to make broccoli "cool" would work. We need to know how teenagers came to this consensus about these foods in the first place.

## Income and Education Impacts Food Allergy

Canadians with lower education report fewer allergies than those with higher education and new immigrants report fewer food allergies than those born in Canada, says a study led by Ann Clarke recently published in the *Journal of Allergy and Clinical Immunology in Practice*.

Food allergy was less common among adults without postsecondary education than those with postsecondary education: 6.4 per cent vs. 9.9 per cent.

Of new Canadians, 1.2 per cent said they had a food allergy versus 8.2 per cent of those born in Canada.

Clarke, a professor in UCalgary's Cumming School of Medicine and the Alberta Society Chair in Rheumatic Disease, says the differences may be due to several factors: genetics, environment, poor healthcare, or even lack of awareness of allergies.

## Does a High-Fat, Sugar-Diet Make For Aching Knees?

Kelsey Collins, a PhD candidate in biomedical engineering, is looking into the effect of a high-fat, high-sugar diet on chronic inflammation and knee osteoarthritis (OA) in rats.

OA, one of the most common musculoskeletal problems in adults, happens when the cartilage lining our joints breaks down. Obese women 8.

In the study, 45 per cent of the total calories came from sugar and 40 per cent from fat — a typical Western diet. A control group of rats gets only 12.5 per cent fat and no sugar. Thus far, the first group is showing worse OA.

Collins hopes her data will provide important information about the impact of diet on joint health and lead to better treatment for OA patients. "Osteoarthritis currently affects one in eight Canadians; by 2040, that will be one in four. That's 30 per cent of the workforce," she says. "The goal is to mitigate, stop or, ideally, prevent it altogether." U

# The Sands of Grime

International nanotech research 'star' and his team at UCalgary are exploring new ways to extract energy involving little or no environmental impact

by Sandy Robertson

**S**teven Bryant hasn't driven his car to work since 1986. He mostly rides his bike. This extraordinary dedication to carbon-zerohood also explains why he recently left the University of Texas to take up one of Canada's most prestigious research positions — the Canada Excellence Research Chair (CERC) in Materials Engineering for Unconventional Oil Reservoirs at UCalgary's Schulich School of Engineering.

"Having the chance to chase down some of the most urgent questions of our time, with such strong support from the entire university, is something most scientists can only dream about," says the world-leading nanotechnology researcher. Tasked with re-thinking energy — a quest that reconsiders the entire prospect of who comes to the table (everyone), how we get it, and what it leaves behind.

**RESEARCH & DISCOVERIES** Getting everyone to the table is at the top of his to-do list and it's really topped his friend list — the most diverse group of scientists, policy analysts, economists and historians around. You could call it the confederates of problem-solvers for the burning questions in energy. They're asking, "Can we sustainably reduce the environmental footprint of current in-situ oil sands extraction while discovering a whole new way of tapping natural systems?"

Because, after all, shunten is a part of nature. It has properties that the new ways of seeing and new ways of engineering can tap.

Answering these questions involves science in-progress that hasn't even been named yet — a congress of nano-engineering, microbiology, electro-chemistry, electro-agriculture, bio-ministry, biomedical engineering and more. There's no way



Photography by Jeffrey Rowland

**"For scientists and leading thinkers to have the chance to chase down some of the most urgent questions of our time — well, it's something you can only dream about."**

— Steven Bryant

around it; this is a cultural revolution.

Bryant and his colleagues are going to talk more about their work in the fall issue of UCalgary *Admirer* magazine, but, in the meantime, he shares his thoughts about life in Texas and now in Alberta.

"What I miss most about Texas is the 100-year-old farmhouse my wife, Nita Lou, discovered, where we spent weekends. The utterly peaceful distant tree line across the pastures and the limitless night sky shapes the way you see things," says Bryant.

And widening out the periphery is a reward he's still looking forward to.

"Expectation is the key to science, but I'm most looking forward to being surprised," Bryant adds.

"It's all the same thing — you have the hypothesis, and then you inevitably have to ask yourself, 'I wonder why that happened?'"

When you've had such a significant career in science and as many adventures as Bryant has, you're more fit to chase surprise. He's travelled to Longyearbyen, Svalbard, home of the world's northernmost sandlot, and verified the sun's lowest point in the sky. Another adventure took him to the top of Mount Ventoux on his bike, on the heels of a Tour de France stage.

His new town holds some surprises too — and of course some food adventures. He says he hasn't had the ultimate steak experience here yet, but he's looking for recommendations. And as for his most memorable food experience so far, he says the steak at Bohannon's in San Antonio, Texas, is the one.

One of Canada's most prestigious awards, the CERC will support Steven Bryant's world-renewed research as part of the Energy Research Chair for Energy and Tomorrow research strategy, which is developing the next generation of energy researchers to meet the world as urgently needs. [U](#)

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# University Radio — A Study in Success

Not all university radio stations run purely on student initiative. Some, like UCalgary's CJ5W, have 30-year industry veterans behind the mic, serving communities with absurd back-and-forth on-air stunts while giving certain labels lots of love **by Judy Aldous**

**C**J5W 90.5 FM is the jewel in the crown of campus radio stations in Canada, drawing in more money through its annual funding drive (\$254,893 most recently — twice what the University of Toronto station raises) and reaching a wider audience with its strong signal (10,000 watts, compared to University of Alberta's 900 watts) than any other university station in the country.

But that's a cliché and, really, CJ5W, that bastion of weirdness and experimental sound, deserves something more unique. How about — it's the original beard in a sea of ironic ones. Or a practical toque in a sea of ironic tees.

You get the tone. CJ5W is the home for the madfiest hipsters on campus, the place where raw music is heard, where there are more airt's mattered per minute than anywhere else on the FM dial, and where Calgary bands are launched. And, this year, the station celebrates an amazing milestone: an era of increasingly homogeneous music stations: 30 years on the FM dial.

### King of the Road Pops

Kevin Brooker and Grant Burns know how to make good radio. They've been doing it every Friday afternoon for 30 years, on CJ5W's flagship program *RoadPops*. Their secret ingredient — they don't prep.

"Our format is no format. We never talk about what we're going to talk about. That's our rule," says Burns in the studio one Friday afternoon, half way through their two-hour-long weekly program, sipping on a beer (remember the name of the program?).

Then Burns peers over the one computer and two microphones that separate him from his co-host and says: "Kevin, we're going to be on the air in 30 seconds and I need gas to refuel."

"What do you want me to focus on?"  
"You can ramble on about whatever you want."

The red on-air light goes on and what happens next is such compelling radio I doubt anyone turned the dial.



Grant Burns, co-host of *Road Pops*, has volunteered at CJ5W for 30 years.

Because, behind the veil of "we-doe-t-give-a-damn-and-was't-prep-because-this-is-volunteer-radio," there are two men (Brooker a writer and Burns a theatre producer) who know how to engage, amuse and entertain with a rarely heard blend of opinion and great music.

They start with the uselessness of giving out the "405" before your number. "Is there anything more annoying than saying '405,'" says Brooker. "If you're one of the outliers with the '5&T' then fine, we want to hear from you. But give up on the '405.'" Soon after, there's a rant about the frenzy the media created over "snowmageddon," that winter storm in the United States that never arrived.

They end with an impromptu debate around the pronunciation of British soul singer Sade's name. "Sah-day or Shab-day?" they ask their devoted fans.

It's like listening in on a dinner conversation where two intelligent and slightly eccentric men hold court. The banter ends as spontaneously as it began and it's back to the music, the real focus of the program, a blend of reggae, funk, soul and electronica.

Grant Burns, BAWD (and yes, that made him a classmate of Prime Minister Stephen Harper), has been hosting the halls of the

station since before it was on the FM dial. (He was station manager, 1982-86). "We came onto the market in 1985. There wasn't much to listen to then — we provided a real alternative. We got it on the ground floor in a growing city and solidified a listenership."

Brooker says the station was instrumental in Calgary's evolution from backwater to thriving city. "Growth of the all-music community wasn't when we started. I can tell you, 30 years ago, Calgary was a bit of a backwater. What became known as the growth of the hipster movement was, in a peripheral way, attached to this station."

CJ5W Station Manager Myka Atkinson says the two have great on-air chemistry.

"It's not everyone's taste but that's the nature of everything that's on CJ5W. They have history with this station. They still care about this place. Their listeners love them and have supported them for years and years."

Suddenly, a light flashes in the studio: a listener is calling. Brooker picks up. "You're killing me," says the listener. "There's no 'I' it's Shab-day, not SAAR-day. But I LOVE your show."

Another Friday afternoon on the air, show number 1,500 or so for these two, who say they'll keep signing, "until it's not for anyone."



Myke Adkison, CJSW's station manager, gives a nod to the 250 volunteers who keep the airwaves alive

#### Is Anyone Listening?

Like most campus radio stations in Canada, CJSW does not pay for the service that would determine its listenership. But they peg the number at 24,000. For campus radio, that's a lot of love. "We're a behemoth in terms of campus stations," says station manager Myke Adkison.

#### And the Winner is ...

The walls of the station are lined with awards. "I think we've won Best Radio Station in Calgary" all but one of the past 10 years," says Adkison. They've

also taken home a few other major awards from the National Campus and Community Radio Association (NCCRA) for their spoken-word programming.

#### Fast Forward Folding

Adkison says the success of Calgary's premier all-weekly will have an impact on CJSW, forcing the station "to step up its game" to "fit the gas left behind."

#### Behind the Mic

There are six full-time employees at CJSW. But more than 250 volunteers help keep the

airwaves alive with an eclectic blend of music and spoken-word programming.

#### Where can I Get One of These Pugs?

Each year, the station commissions an artist to create a poster that is unveiled during the funding drive. Producing the artwork is expensive, but worth it, says Adkison. "It sets us apart."

#### Best for Bands in the Land

The station has a studio where bands can perform that Adkison proudly says is "the best in the country. Better than CBC's"

#### Listen Up

If you've been a hardcore listener of CJSW for the past 30 years, you'll remember these voices. We'd be nice to ignore the station's impressive roster of alumni.

#### Mark Skilton, BSc'74

**THEN** CJSW News Director, 1972-74.  
**NOW** Executive Producer with CTV News. "I had a plan to go into city planning, but I had to work for an broadcasting that I stuck with for 30 years and counting."



#### Deborah Lamb, BSc'76

**THEN** CJSW News Reader, 1973-75. Lamb was her short-lived news anchor, making for the city's first female-30.

**NOW** Lamb went on to a 30-year career with Global Television and CBC, including reporter at CBC TV's *Weekend*. "I haven't worked in it all since. I wish I'd have had the female 30-year career I did."

#### Don McElwain, BA'87

**THEN** Started volunteering in high school after "the requisite period of being told that counted as training." Became DJ Don and then station manager, 1989-98.

**NOW** Director, Career, Skills and Marketing, UCalgary's Faculty of Education. "I took my seriously my intention to provide a solid education in the city — for music, original communities and cultural outreach."



#### Al Laloni, BSc'91

**THEN** Co-ur host from 1989-91 (a.k.a. Jimmy Jimmy Bubblesuck), Arts and Entertainment news. Director, Funding.

**NOW** Career Research Scientist in California. "It was a special place because CJSW allowed for the most open spirit, who thought differently and acted differently to come together."



#### Ian Chico, BA'91

**THEN** Host a *Street* (1987-90). Went on to become editor of *non-fiction* magazine.

**NOW** VP Business Development with Catherine Media. "It was transformative. I met so many people. When I had that job in the city would get paid because everywhere we went, I always knew someone."

#### Chad Saunders, BA'96

**THEN** Student volunteer with CJSW 25 years ago ("when I was 17"). Program Director, 1997-99, and Station Manager, 2005-0.

**NOW** Manager, Operations and Special Projects, National Music Centre. Continues to look every so often at CJSW. My advice to the team: "CJSW has never been out of my mind. But it's not even in my mind a real leader across the country — for our model of governance [and] funding drives." 🐶

## Matt Diteljan

BComm'14

While still completing his business degree, Matt Diteljan was hired as CEO of Pocket Homes Inc., a tech startup that believes its smart phone application will completely change the way people find their perfect home. When not focused on real estate, Diteljan helps high school students understand the need for post-secondary education through his social enterprise, Glacier Communications.

### How did UCalgary prepare you for life after school?

To not make anything sacred and question everything. It rocked my foundation in that sense, challenging me to question ideas.

I've always believed. **How do you apply that**

**to your life now that you are not a**

**student?** I've taken that curiosity into

my work life, career and business because it's important to question everything and to be able to figure out the root cause of the issues.

**What is your idea of perfect**

**happiness?** Feeling like a kid on Christmas morning, all the time.

**What is your biggest**

**fear?** Mediocrity. **Which living**

**person to you most admire?** Elon Musk, that guy is doing unbelievable things that seem like they would be out of a science fiction novel, but are actually happening now and in real life. He's an incredible

inspiration. **When and where are you the happiest?** When I am working with an amazing team doing really cool things, and when I am in nature doing some activity whether it's skiing, hiking or mountain biking.

**Which talent would you most like to have?** It would have to be the ability to write computer code.

When you think about the things one can do with computers, and apps, and technology, it is mind-blowing. **If you could change one thing about yourself, what would it be?** I need to stop running after shiny objects. I get distracted too easily, and I always

want to do too much, so I wish I could become more focused.

**What would you consider your greatest achievement**

**so far?** I was recently accepted into the accelerator program

for the Entrepreneurs' Organization, the world's largest peer-to-peer network of entrepreneurs. The program will help groom me into an official member down the road,

which has been a dream of mine

for the past eight years. **Where**

**would you most like to live?**

Calgary, I love it here. **What is**

**your most treasured possession?** Probably my mountain

bike. When I am on it, I feel free,

almost like a little kid again. **What**

**do you most value in your**

**friends?** Honesty. People I consider

my best friends will tell me straight how

it is, without any regard for my feelings. **Who**

**are your favourite writers?** I am a huge fan of

guys like Michael Lewis and Malcolm Gladwell who can help make complex ideas understandable. **What's your motto?** Just dove

in and see what happens. **What is your greatest regret?** Not

starting a company sooner. I wish I could have learned the lessons

I am learning now 10 years ago. **How would you like to die?**

Definitely skydiving or base-jumping. If I am 85 years old, and I

know that I am going out, I'm going to do it in a big way. Screw the

open basket. — *Katy Newman/News in Motion in a spirit of Fun*

Review at [ucalgary.ca/news/04/14/041401](http://ucalgary.ca/news/04/14/041401)



# Frances Wright

BA'68, Psychology

As Calgary's Famous 5 Centre of Canadian Women moves into its second summer of operations at Heritage Park, we thought we'd check in with the founder of the Famous 5 Foundation, as well as the Canadian Centre for Male Survivors — Frances Wright. Here, the accomplished entrepreneur and community leader talks about her passion for equality, bringing a voice to those not often heard, and her Kryptonite, *Charlie Rose*.

## Which historical figure do you most identify with?

There are two. First, I'd say Nellie McClung [one of the Famous 5] because she and her friends achieved the breakthrough for women to vote and run for office in provincial and federal elections. Second, I'd say Nelson Mandela. I was born in South Africa and so admire what he managed to do

both during and after 27 years in prison. **Which living person do you most admire?** Barack Obama, as a person who is optimistic about the future. He's probably wrong about Keystone, but ... as for Canada, I'd say [child abuse crusader] Sheldon Kennedy and [former international war crimes prosecutor and Supreme Court Justice] Louise Arbour. **What is your idea of perfect happiness?** First

of all, being with my wonderful husband [Ward & Conalike Richard Postmans]. Second, I'd say that I don't believe in perfect. I believe in excellence. There are certain professions or situations that require perfection, but most of life doesn't, so get on with it and do something! **What do you do to relax?** Visit with family and friends. Cook (mostly soups). Read. Walk. Play my piano, although not very well anymore. **What were your best days at UCalgary?** My days spent in the library. Access to all that information was thrilling! You'd start out reading about social work and then maybe Roman history, then politics, then whatever

**What book is currently on your nightstand?** *The Innovators: How a Group of Inventors, Hackers, Geniuses, and Geeks*

*Created the Digital Revolution* by Walter Isaacson. **What is your most treasured possession?** My health.

If you're not healthy, it's really hard to do much. And my friends — though they're not really possessions, are they?

**What is your guilty pleasure?**

Watching two or three televisions at the same time, tuned to politics or a documentary or cooking or music or ... *Charlie Rose*. **What do you want to be remembered for?** Bringing people together to make the world a better place. At my funeral, I want people to wear name tags on their front and back because they're probably going to be sitting for half an hour or so, and I want people to

know each other, make new friends. Also, I want some

poetries to be signed. Why waste the time with chitchat? Move on, leave for work! **What's the best advice you've received?** To try. Failure is not the end; it's part of the journey. So keep going. **What advice would you give UCalgary's class of 2015?** Any form of child suffering outrages me. I wish I could adopt all the children who are having a tough life. **What is your motto?** First, my favourite quote from Eleanor Roosevelt: "The future belongs to those who believe in the beauty of their dreams." And finally, be a good friend. — Natalie Zavesa ☺



# Take it Outside

Using the outdoors as a classroom capitalizes on children's natural curiosity and enthusiasm — plus, they earn the freedom to roam **by Barb Livingston**

**H**is bio reads as the ultimate definition of a mountain man: Heli-ski guide; alpinist in Europe, the Americas and Asia, including Mt. Everest; author of the world's first waterfall ice-climbing guidebook; and, for the past 17 years, program co-ordinator, instructor and guide of avalanche safety and mountain programs at the University of Calgary Outdoor Centre.

This fall, Albi Sole, MEd'08, will begin a new life chapter. As the first full-time executive director of the Outdoor Council of Canada ([outdoorcouncil.ca](http://outdoorcouncil.ca)) — a 600-member national organization formed

in 2008 with UCalgary's support — the 61-year-old will inspire more Canadians to get outside, while standardizing credentials for outdoor leaders.

Sole says the benefits of physical activity is prolonging life — especially in an era when Statistics Canada reports an estimated 31 per cent of children aged five to 17 are overweight or obese — have been well-proven.

Research for decades has touted the benefits of outdoor activities, from the obvious physical advantages of getting off the couch, to stress relief, increased energy and less depression and anger.

The Outdoor Council, with funding from private and corporate donations and its courses, wants to turn around an increasingly sedentary Canadian culture and combat its fear of the outdoors.

"People are afraid of bears, of avalanches, of getting cold or wet," says Sole, who currently serves as part-time head coach at OCC. "They do not have a strong belief around their ability to cope in the outdoors."

Much of the council's work involves certifying outdoor leaders, particularly in schools and organizations that work with kids. More than 1,000 people have already taken the course and the number doubles every year.

"Particularly encouraging is that post-sec-

ondary institutions are starting to include the course in pre-service training for teachers," says Sole, who, as a young man, dropped out of university in England and worked as a welder, a roughneck and on an exploration rig as a derrickman, before discovering Canada's wilderness. He predicts in five years OCC will have trained at least 10,000 leaders; in 10 years, 40,000.

Grade 3 teacher Ryan Lemphers of Okotoks' Ecole Percy Pégler School has taken OCC's courses and last year helped certify 40 outdoor leaders, almost all schoolteachers.

Before teaching, Lemphers ran adventure camp programs. Last year, he started an extracurricular outdoor club for Grade 5 and 6 students.

Twenty-one kids joined that first year; this year, 40 signed up.

When the kids head outdoors, they explore questions like how to be responsible in nature (map study and compass work) or be a friend (how safety means everyone supporting each other).

Besides curriculum links and physical benefits, Lemphers cites powerful psychological effects.

"One kid told me, 'The outside makes my heart feel happy,'" he says. "The first thing they talk about is not the rock-climbing, but about working together."

The council expands on the work and ethos created by UCalgary's Outdoor Centre. The largest university facility of its kind in North America, it sees 16,000 course participants (in everything from hang-gliding and climbing — ice, walk and rock — to canoeing and wilderness first-aid) each year.

This summer will be retired engineer Ken Sourisseau's third time that he has spent tracing the historic canoe trip of the fur traders into Hudson Bay. The 61-year-old signed up in 2013 for an extended Outdoor Centre guided trip along Saskatchewan's



Albi Sole

Chuvichil River. Ridding retirement meant, "I had extra time on my hands," he says, adding his youngest child's canoe camp, "was a life-altering event for her. She inspired me with her enthusiasm." Last year, Sourisseau's wife joined the adventure.

"When we went, you were disconnected from everything," says Sourisseau. "We put in at one point where the road met the water and it was two weeks before you saw the road again. I even left my watch at home. No cellphone, e-mail, computer; just rocks, trees and water, and people talking with each other and working as a team."

For Sole, who based his master's thesis in kinesiology as a health sciences approach to avalanche risk, the outdoor advantages are obvious.

"We glorify super-athletes, but hurt, pain, sweat is not for everyone. And gyms are expensive," says Sole, a former Boy Scout. "Instead, just get outside. Take a walk and have a conversation with your wife or a friend. If you ask outdoors people why they do it, physical activity is way down the list. They are very fit people, but they do it because it relieves stress, it's social and they love nature. "Fitness is the result, not the reason."



## By the Numbers

**58.3%**  
of Albertans  
are active in  
outdoor spaces

**3**  
top outdoor  
activities are  
walking, golfing  
and camping

**40-50%**  
of gym users  
stop their  
memberships  
within a year

**48%**  
of Canadians  
12 or older are  
inactive, doing  
less than 30  
minutes of  
walking per day

## Nature Nuggets

A survey conducted in eight European cities found that people who live in areas with high levels of greenery are three times more physically active and 40 per cent less likely to be overweight or obese. — *British Medical Journal*

Initiatives set up to increase physical activity in green spaces (so-called "green exercise") have been linked with improvements in social networking and feelings of connectivity and camaraderie, an increased appreciation of nature, improvements in self-esteem and a means of escape from modern life. Anecdotal evidence suggests that long-term adherence to exercise initiatives conducted in outdoor natural environments may be superior to that of indoor exercise interventions. — *Environmental Science and Technology Journal*

Nature Kindergarten is a new alternative-learning program that may be available in Calgary this fall. Targeting kindergarten-aged children, this European learning model is being backed by Carleton Place in partnership with the Children's Care and Ecological Society. This early childhood-service provider is hoping to be endorsed by Alberta Education so it can start operating a full-day kindergarten program in Calgary's northwest this September. Eighty per cent of the children's learning time will be spent outdoors. 🍃

An Outdoor Cresto glacier hike — just below the north face of Quatre near Lake Louise, Banff National Park



Students stop for a break on Whistler Ridge, Sheep River Provincial Park, for a talk about ecology

Photography by ADI Staff, except by Jacqueline Haines

Next up in UCalgary  
Outdoor Centre North  
Avenue's largest

— but this 12,000-sq-ft, indoor centre has processed more than 500,000 rental-walkers since it opened in 1976. On average, it sees 15,000 casual participants annually and has a fleet of rentals: 75 skis, 200 pairs of snowshoes, 75 inflatable rafts, 20 stand-up-paddleboards, 60 bikes, 100 tents and 200 pairs of canoeing sails.

Not every tale has the sweetest of endings. Linked to obesity, cancer and heart disease, has sugar become a much bigger problem than fat? Is it really that evil? That's precisely why we turned to the experts — Dr. Sue Pedersen, MD'05, and Jodi Willoughby, BCR'01, co-owner of Crave Cookies and Cupcakes — to weigh in on the white stuff.

**D**r. Sue Pedersen is a medical doctor and specialist in endocrinology and metabolism. Her research explores innovative ways to treat diabetes, obesity and how best to promote healthy living.

### Is there a place for sugar in our diets?

A balance of calorie intake from the three sources of calories (protein, carbohydrate and fat) is important. Health Canada recommends about half of our daily calorie intake should come from carbohydrates. The term "carbohydrate" refers to foods rich in starch (bread, rice, pasta), or any food that is rich in sugar (fruit and foods with added sugar such as desserts, candy, etc.). Complex carbs (whole grains, oats, etc.) are recommended as the main source of carbohydrates, as they generally have more nutritive value, more fibre and a lower glycaemic index.

In the sugar-source category, fruit is a great option, but products with added sugar are not. The main problem with products that contain added sugar is the calorie count on these foods ramps up quickly, such that we often end up eating more calories than we need. These products are also often highly processed and low in nutritional value. Our bodies turn extra sugar into fat, and it is currently believed that it is actually excess sugar consumption, more than excess fat consumption, that is propagating the obesity epidemic. So, if you want to avoid excess body weight, avoid food products that contain added sugar.

### Should there be a tax on foods with added sugar?

Not only is navigating the grocery store like a minefield in terms of avoiding food products with added sugar, but prices also come into play. Simply put, manufactured foods that contain added sugar are often cheap, sold in bulk and have expiry dates somewhere in the neighbourhood of King-dan-Come. Adding a tax on food products that contain added sugar has been proposed as a way to steer consumers away from

the unhealthy food products and towards healthier alternatives.

The idea of a sugar tax has been met with much resistance in Canada. One concern is that it could make food affordability difficult for some. It has been suggested that

sugar-tax earnings be applied to discounted vegetables, but playing this out in reality would be logistically challenging. So, while I am in favour of a sugar tax on the right products (with a utopian slash of healthy food prices to compensate), I recognize this is a tough play in reality.

### Which is better (or worse): sugar or non-caloric sweeteners?

The state of knowledge on artificial sweeteners is still very much in evolution. While studies suggest that sweeteners are overall safe, there is new information evolving on this topic; for example, sweetener consumption may alter our gut bacteria in favour of bacteria that actually promote weight gain.

My take on this dilemma: Non-caloric sweeteners are probably better than added sugar, but the best answer is to avoid both.

### What would the world look like with no lollipops, crème brêles and red velvet cake?

Hey, I'm human. My family, friends and I enjoy a slice of red velvet cake to celebrate a special occasion just as much as the next. Sugary treats surely do give us great enjoyment — sugar stimulates "happy hormones" called endorphins that make us feel, well, just plain good. That being said, all sugary treats in our society are far too accessible, and portion sizes are far too large. Treats are part of a rich, diverse, exciting world — they just need to be treats, in moderation, not only in frequency, but also in size. For more information, visit [dr.sue.ca](http://dr.sue.ca)

# Sugar

“NON-CALORIC SWEETENERS ARE PROBABLY BETTER THAN ADDED SUGAR, BUT THE BEST ANSWER IS TO AVOID BOTH.”



# Wars

**“ T**HESE YEARS AGO, UCalgary alumna Jodi Wiloughby, BCR '01, and her sister, Carolyne McIetyre Jackson, opened their first bakery in Calgary. Now owners of a little empire of six bakeries, the duo continue to sell those little (and big) guilty pleasures we call cupcakes.

**Is there a place for sugar in our diets?**

Absolutely! Sugar is in so many foods that we consume, not just sweets. It is a key component in nutrient-dense fruits and vegetables, and whole-grain breads and cereals. Although sugar is often vilified, it provides instant energy and fuels our bodies. I think it's perfectly okay to indulge in a piece of pie or a cupcake from time to time. What is more important is people know what is going into the foods that they are consuming. There are so many products that contain highly processed ingredients that are hidden behind brands that pretend to be good for us. For instance, many granola bars contain more sugar and calories

than a homemade chocolate chip cookie. Yet people feed these products to their children, thinking they're healthy. If we could limit our consumption of processed foods, it would leave room for the occasional sweet treat, made from whole ingredients.

When we consume foods containing sugar, it takes our endorphin levels, which can enhance our mood and aid in memory and learning.

Personal responsibility is part of the obesity debate, as well. Fast-food restaurants, airports and convenience stores stock more healthy options than ever before. We need to exhibit some willpower and choose healthy foods, as well as occasional sugary indulgences.

**Should there be a tax on foods with added sugar?**

If we tax foods that contain sugar, where

do we draw the line? Rather than legislating foods, we think the focus should be on education and awareness, to encourage people to make good choices, including a healthy consumption of sugar. We could certainly stand to improve food labeling — this would have to include foods containing fat, salt, processed or synthetic ingredients. Foods made from whole, natural ingredients like milk, eggs, butter, flour and, yes, sugar, don't need to be labeled; they just need to be consumed in moderation, as part of a healthy lifestyle.

**Which is better (or worse): sugar or non-caloric sweeteners?**

We are not dietitians; however, there is a school of thought that suggests foods containing sugar derived from natural ingredients are better for us than foods containing synthetic sweeteners. Our philosophy is to use the highest-quality ingredients in everything we make, which is why we use real sugar, not synthetic sweeteners. We also subscribe to some of our grandmother's lessons that stressed everything in moderation. Our grandmother not only taught us how to bake, she passed along her values of hard work, honesty and quality. She used to say, "If it's worth doing, it's worth doing right." We like to think that this comes through in everything we bake.

**What would the world look like with as lullipops, ice cream, crème brûlée and red velvet birthday cakes?**

We can't imagine a world without sweet treats. What would you stick the candles in?

When we started Crave, it was because we wanted to share our love and passion for baking with as many people as possible. For us, baking for family, friends and, yes, even strangers, is simply one of the most fulfilling things we do. Our dream is to create a sense of community connected by tangible, simple things that feed us and make us happy.

For more sweet info, [cravecupcakes.ca](http://cravecupcakes.ca)





Chris Popoff, BA '05 and MBA '10

## Embracing Entrepreneurship

*Alumnus utilizes technical knowledge and business skills to create new opportunities.*

**W**hen you ask UCalgary alumnus Chris Popoff, BA '05 and MBA '10, about the definition of an entrepreneur, his answer may surprise you. "Entrepreneurs are people who are bold enough to act."

The description is an accurate fit for Popoff who worked for a few years as an oil and gas engineer after graduating with a degree from the Schulich School of Engineering, but – he wanted to do more. In 2007, at the age of 24, he launched his first company – and soon realized he could use some more formal training. He chose to pursue an MBA in Finance at the Haskayne School of Business.

"I always knew I wanted to run my own business. I wanted to be in control of my own destiny – to build my own company, give back to the community and contribute to the world in a big way," says Popoff, who co-founded Vitrocan Acquisitions, which acquires high quality private companies from owners looking to retire and then operates them, leveraging cash flows into future deals. Most recently, he has taken on a role in overseeing Canadian nuclear technology start-up, Terrestrial Energy.

"I knew quite early in my career that I had to add some critical business skills to my tool-kit if I wanted to help make my companies a success: financial literacy, competitive analysis and an understanding of what really makes a company

tick. Because of this, I've been able to contribute to some interesting projects and make meaningful impacts in a short time."

He has, indeed, been able to use his combined education to contribute back to the University of Calgary in a unique way.

"It was amazing to work on the REEL building's HVAC system. It is a very ambitious design. Combining an engineering degree with an MBA provided me with huge benefits. I continue to practice what I learned – from the technical aspects of engineering to the vital business skills that taught me how to read the business landscape and act on competitive advantage."

There is no doubt in Popoff's mind that Calgary was the place to get this knowledge. "I'm a Calgary guy. I knew what I needed – I knew I would be working in the energy industry, and that Calgary was where I wanted to be to grow my business. It is a city full of opportunity and the chance to create. I know that the University of Calgary would be able to deliver. The Haskayne MBA provided me with the tools I needed to position an energetic 24-year old as credible, trustworthy and capable. That knowledge was invaluable in closing that first important deal."

And – from what's trending – it is obvious that this high-powered tool-kit has become a key personal asset in Popoff's own continued success. ■



HASKAYNE

MBA

Taught by industry experts and award-winning professors at the **University of Calgary**, the Haskayne MBA is shaping the next generation of responsible Canadian leaders.

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## Making Things Happen

**LAST ISSUE, I SHARED WITH YOU THE GOVERNANCE WORK OF THE ALUMNI ASSOCIATION BOARD OF DIRECTORS**, and the prime areas of focus of the partnership with the university. We are committed to building a solid framework for alumni to engage with the university and each other, and to support the growth and reputation of the institution.

With that in mind, here's an update on the work of the last few months, and where we go from here.

Over the winter and spring of 2015, the Alumni Association Board is setting mandates, initiating alumni recruitment, and leading work plans for alumni committees tackling the following five functions:

- Alumni Association governance;
- Alumni Association nominations and university appointments;
- Alumni recognition, including the Arch Awards;
- Community engagement and research connectivity; and
- Supporting the university's philanthropic endeavours.

The intent is to have each of the five functions supported by an alumni committee — with newly recruited alumni that are actively engaged by fall 2015. Also, as the Alumni Board emerges from the major transition of the past couple of years, we'll be looking to recruit some new talent to that table.

We have volunteer roles — large and small. From helping out at an event, to serving as a faculty alumni committee, from speaking at a lecture for fellow alumni, to meeting a student; all serve to build a strong university community embracing its alumni.

### Vern Kimball

President of UCalgary's Alumni Association



## Oh, the Places You'll Go

**OUR JOURNEY TO TRANSFORM THE ALUMNI PROGRAM AT THE UNIVERSITY OF CALGARY CONTINUES**, and, this issue, I'm happy to highlight a few of the latest developments.

In late March, we completed a refresh of the alumni website and I encourage you to check it out. It's packed with content from our publications, programs, and podcasts. You can browse some of the alumni benefits, learn a little more about UCalgary or find out what's happening on campus in our event listing.

Our regional program is also in full flight with regular activities in Toronto, Vancouver, Edmonton, New York, San Francisco/Silicon Valley, and Hong Kong — with Houston coming next. If you're in these areas, check in online to see what we're up to and we'll put you in touch with your colleagues in the area.

For those alumni outside these major centres, we're keen to providing options for you to connect, also.

We're expanding more of our event programming and putting it up online and creating specific digital content such as webinars and online panels. We've launched our short-form video series featuring alumni and faculty members discussing current issues, as well as a collection of notable alumni stories. Whenever you sit, or whatever your schedule, we'll do our best to be of service to you.

We're also getting ready for 2015 — UCalgary's 50th anniversary. It's sure to be an exciting year. Check this space in November for more details from the team.

Until then, enjoy your summer, and we look forward to connecting with you soon.

### Mark C. Sillis

Associate Vice-President, Alumni

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To learn more about volunteering with the Alumni Association, or alumni programs at the university, please visit [ucalgary.ca/alumni/volunteer](http://ucalgary.ca/alumni/volunteer) or email Audrey at [alumnivolunteers@ucalgary.ca](mailto:alumnivolunteers@ucalgary.ca) ☐

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**This issue focuses on alumni, students and faculty who have special relationships with food.**

**Feed the Future** pg. 29-31

**Stirring Up Food Memories** pg. 32-33

**The (Very Opinionated) Guide to Food in Hong Kong** pg. 34-35

**In New York City** pg. 36

**In Toronto and Edmonton** pg. 37

**In Los Angeles** pg. 38

**In Vancouver and Halifax** pg. 39

**Cookbook Author Salutes her Gran** pg. 48

**Food Research, Programs, Trends** pg. 7, 13, 24, 25



# Feed the Future

FOOD SECURITY — THE AVAILABILITY OF FOOD, ACCESS TO FOOD, AND ALLOCATION OF THAT FOOD — HAS AND WILL CONTINUE TO CONNECT CURRENT AND FUTURE WORLD SYSTEMS. A NEW PARADIGM IS NEEDED IN ORDER TO ENSURE FOOD SECURITY GLOBALLY

Val Berenji reports

**D**evastated by Hurricane Katrina 10 years ago, an impoverished area of New Orleans provides an unforgettable lesson in the complexities of food insecurity and what's being done to address why some people don't have access to adequate, nutritious food.

Every Reading Week since 2011, a CalgaryCares Food & Justice program run by the Centre for Community-Engaged Learning has introduced student volunteers to New Orleans' Lower 9th Ward. They get their hands dirty working on urban farms, meet food activists and visit schools where food education is a key part of the curriculum.

"It's interesting to watch the growth of food initiatives since Katrina," says Alycia Lawson, BA'10. The driving force behind the Food & Justice program and now CCEL's acting manager of service learning, Lawson took students to Louisiana in 2013 and again this February.

"The Lower 9th Ward is very poor, mostly African-American, and only 20 per cent of the population has returned," she says. "Many of its vacant lots have been turned into community gardens and the neighborhood is being revitalized."

Still, the community remains a "food desert," meaning that a grocery store is miles away, requiring a difficult journey by public transit for the elderly, the housebound and moms with lots of kids and no car, she says. Otherwise, the only option is a convenience store selling fried and packaged food. Poverty, lack of education, racial conflict, urban design and natural disaster all play a role in the area's food insecurity. Locally grown produce helps fill the gap.

Students often leave the Big Easy feeling "a bit shell-shocked," says Lawson. "Back in Calgary, they might think everything's great here. One of the big things we do is help them contextualize: What does food insecurity look like in Calgary? Where are

our food deserts? Why are post-secondary students here going hungry? And now that you've had this experience in New Orleans, what are you going to change in your community?"

Food insecurity is very much present in our community — in First-World Canada, in affluent Calgary and on the UCalgary campus — say faculty, staff, students and alumni involved with the issue.

As the planet struggles to feed all of its 7 billion people now — a number that's projected to rise to 8 billion by 2025, according to figures from the U.S. Census Bureau — food insecurity is increasingly top of mind, but it's tricky to define.

Dawn Johnston, PhD'05, says food insecurity can take a number of forms, from people who don't know where their next meal is coming from (due to insufficient income) and precarious food systems (think BSE), to natural disasters (parts of Calgary during the flood of 2013).

"Food insecurity can be environmental, economic, financial, social or cultural," says Johnston, a senior instructor who teaches a popular Food Culture course and is communications studies program coordinator in the Department of Communications, Media and Film.

Many use the United Nations' description: "Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life."

Dr. Lynn McIntyre, a professor in the Department of Community Health Sciences, Cumming School of Medicine, prefers a simpler definition. "Food insecurity is the lack of access to adequate food because of financial constraint," she says.

A medical doctor, McIntyre has studied extreme hunger in Bangladesh but her current research is focused on food insecurity in lower- and middle-income Canadians. She was an investigator for an international team that reported nearly 13 per cent of Canadian households, or four million people, including 1.35 million children, experienced some degree of food insecurity in 2012.

Food insecurity exists on a continuum, ranging from marginal →

(worrying about running out of food) and moderate (compromising on the quality or quantity of food), to severe (missing meals or going for days without food).

The same report, *Household Food Insecurity in Canada, 2012*, found food insecurity was most prevalent in Nunavut, at 45.2 per cent in 2012. The lowest rate of food insecurity among the provinces was in Alberta, at 11.5 per cent.

Regardless of wealth, food insecurity exists everywhere. It is slightly more prevalent in urban areas than in rural parts of the country, says the report, which compared 33 metropolitan areas. Halifax faced the worst in the country, with nearly 20 per cent of households experiencing food insecurity. Sherbrooke had the lowest rate of food insecurity, at 6.6 per cent. Calgary ranked in the lower third of cities at 12 per cent; that was up significantly from eight per cent in 2008.

Chronic food insecurity is stressful, and that takes a toll on children's physical and mental health, says McIntyre. Hungry kids are more likely to develop chronic illness such as asthma and depression and less likely to graduate from high school. But, if they do make it through Grade 12, her new research shows, "they'll be like any other kid and so less likely to go to post-secondary."

Kee Klatt, BSc'73, QCom'85, is a success story. The president and owner of Amaranth Whole Foods Inc.'s four stores in Alberta is celebrating his 20th anniversary in the health-food business. He defines food insecurity as, "not being able to get pure, whole foods anymore. This could either be from excessive soil contamination or genetically modified foods infiltrating the food system. [Soon,] the cost of real food will become too difficult to afford, which is already happening."

Klatt experienced moderate food insecurity as a young boy, when his family moved from Northern Alberta to Drumheller. "I have clear memories ... of my mother getting food money only once a month. When that money ran out, we would eat oatmeal with powdered milk for all three meals," he says. "I do realize this shortage was not due to a shortage of food, rather to a shortage of funds to purchase food."

Many on the UCalgary campus are all too familiar with a shortage

of funds to purchase food. Demand is rising at the Student Union's Campus Food Bank, which provides seven-day emergency food relief to students, staff, faculty and alumni up to two years after graduating.

"We've been giving out a lot of hampers this year," says Amy Milton, science student and co-coordinator of the SU Campus Food Bank. It fed 402 people in the 2012/2013 school year, 448 in 2013/14 and is projected to feed 630 people this year. Most are students. (See sidebar, below.)

**SU Campus Food Bank fed 402 people in the 2012/2013 school year, 448 in 2013/14 and is projected to feed 630 people this year. Most are students.**

Students today increasingly face "huge financial constraints," and, therefore, huge food insecurity, says Dr. McIntyre. "It's not conducive for people to succeed at school. And it could be cured by a bursary system and affordable post-secondary education."

In her work to change public policy surrounding food insecurity, she wants, "to put food banks out of business" with a guaranteed annual income for all Canadians, a universal entitlement similar to what senior citizens receive.

"A guaranteed annual income is really the solution," McIntyre says. "People need income, not food."

Alumnus Scott Weir, BA'86, is also exploring solutions to the broader issue of food insecurity. His fascination with food issues began with growing hydroponic vegetables in junior high ("I grew a pumpkin in my room"), and he spearheaded competing programs in his hometown of Leduc and later at UCalgary's Mac Hall.

A trip to New Orleans in 2013 with the Food & Justice program inspired him to start an urban farm and he spent a "long, hard year" cultivating an acre of land owned by a local restaurateur in Calgary's northwest. One of his ongoing passions is aquaponics, a symbiotic agricultural system in which live fish supply fertilizer to nearby crops that, in turn, filter water for the fish. He plans to make it a commercial venture.

Weir is currently director of programs and services for the Parkdale Community Association where he helps with its farmers' market, community gardens and distribution of a weekly fresh-food box. He points out that, even in wealthy Parkdale, food insecurity exists among housebound seniors and some low-income folks. Like

#### CHEW ON THIS

### Top 5 Reasons for SU Campus Food Bank Usage in 2014-15:

- 1 - International student difficulties with loan or government visa
- 2 - No money (waiting on pay, ran out of money for the month, etc.)
- 3 - Unemployed/spouse unemployed
- 4 - Insufficient student loans/untimely student loans
- 5 - High rent/cost of housing (utility bills, etc.)

Discover how you can help: [ucalgary.ca/campusfoodbank](http://ucalgary.ca/campusfoodbank)

#### SUSTAINABLE TIDBITS ON CAMPUS

All coffees, teas and chocolate offered at Bistro Alex are certified fair trade.

Sauces is currently purchased according to sustainable standards.

Food-purchasing policies at Bistros Alex promote local, seasonal produce and products, as available in the regional food system.

All campus food vendors are styrofoam-free.

UCalgary Food Services works with its suppliers to ensure that goods sold on campus come from farmers and artisans who work in safe environments and receive fair wages.



many areas of Calgary, it's hard to get to the grocery store without a car and, by some definitions, it could be considered a food desert.

"New Orleans has very obvious forms of food insecurity," says Weir, who won the UCalgary Future Alumni Award in 2013 for his achievements in aquaponics and sustainability. "In Canada, ours are hidden, which in some ways is worse. There are a lot of problems hiding right in front of us." **U**

**"Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs."**

— Zinedine Zidane

#### BY THE NUMBERS

**\$4**

cost of 1L of bottled water

**\$0.001**

cost of 1L of tap water

**276**

number of campus water fountains

**43**

number of campus fountains retrofitted with reusable-bottle refilling devices

**84,562\***

Estimated number of disposable coffee cups that could be diverted from the landfill daily if everyone on campus used a reusable mug.

\*Based on UCalgary's current population of 31,000 people drinking 2.8 cups of coffee per day (Statistics Canada, 2015, 2016).

#### FAIR TRADE CAMPUS

The University of Calgary is currently in the application process for a "Fair Trade Campus" designation from Fairtrade Canada, says Ashley Stroh, Advisor, Marketing and Communications, Ancillary Services.

The designation is part of a global not-profit fair-trade certification system that supports producers in developing countries and encourages consumers to purchase ethically sourced consumer goods.

At present, the following vendors sell campus-wide fair-trade certified products: Last Defence Lounge (MacEwan Student Centre), On the Go (all locations), Dining Hall (Dining Centre), Distro Alma (International House), Topbars (Social Sciences Building) and on-campus event catering.

# Stirring Up Food Memories

at Mac Hall with Alumnus John Gilchrist, BA'77

ALWAYS HUNGRY FOR THE "X FACTOR," CALGARY'S NO. 1 FOOD CRITIC GIVES US THE SKINNY ON CAMPUS GRUB

I've always been a soup-and-sandwich guy. Back in my elementary school days, I loved a nice ham sandwich with beef barley soup packed by my mother.

So, when I arrived at the University of Calgary in the fall of 1973 with my meager summer savings and a student loan, I made a deal with myself: I would cook my own meals except lunches on Mondays, Wednesdays and Fridays, the days when I had a 9 a.m.-to-noon class.

On those days, I would line up with all the other drama nerds (I took a BA in Psychology and Drama) and music geeks at the little cafeteria in the basement of Calgary (now Craigie) Hall. The food selection was small — a few muffins and cookies, some bags of chips, three or four sandwiches and a steaming pot of soup. The daily goods were rolled over on a cart from the main cafeteria in MacEwan Hall each morning and served up by a smiling lady who was unfailingly pleasant and efficient. My soup and sandwich was less than two bucks and was always fresh and hearty.

At the time, Mac Hall housed Dinein's Den and the Black Lounge, as well as the main cafeteria. The main room was dull and colorless, with long rows of tables under fluorescent lights and food that was alternately cold, soggy or crusty, regardless of the time of day. Adventurous dining here was spaghetti with meatballs, with later tats on the side. I ate in the main cafeteria once a year, just to see if the

food had gotten better. It never did, but I wondered how my satisfying, thrice-weekly soups and sandwiches could come from the same kitchen. It remains a mystery.

I frequented the Black Lounge — known as the Black Lung — even less. A fully smoking room, you could barely see from one end to the other. The windows darkened over the years from lingering smoke and ashtrays constantly overflowing. It's changed — only the central, copper-clad fireplace remains from the 1970s.

Dinein's Den saw more of me. My food-and-beverage budget was stretched frequently with after-class brews — 65 cents for a Pils — in the crowded, windproof basement bar. It's grown much since those days.

I graduated in 1977, working with various theatre companies, including the original Loose Moose group. But theatre rarely paid well so, in 1980, I landed a job with a magazine: writing, editing, selling advertising. Eager to fill blank pages, my colleagues and I wrote some restaurant reviews. A few months later, I received a call from CBC wondering if I might be able to do some of those reviews on the radio. I've been showing up at CBC every Friday morning since.

During the 1988 Winter Olympics, my goal was to have a meal in the Athletes Dining Hall, otherwise known as the main dining hall of the residences. Restricted to athletes only, the centre was closed to all media and my many requests for a visit were uniformly denied.

## Kobe Beef



There's nothing remotely Kobe about the beef served at Kobe Beef. It's not even the Canadian, Wagyu-Angus cross that is similar to the richly marbled, Japanese style of beef. Ask the workers here about it and they just laugh. Not that the food at this quick Asian-by-the-way place is bad. It's just not what the label says it is.

## The Bake Chef Co.



This Vietnamese sub shop does a well-seasoned version of the popular banh mi. I had the chicken satay — served unnecessarily with cheese — on a brown roll with my choice of cucumber, carrots, lettuce and soy sauce. Not bad at all, but it falls into the all-too-frequent problem of a too-big roll instead of a crusty baguette.

## Korean BBQ



Hands-down, the most food for the money I encountered, with big piles of rice and cold Korean noodles under a smother of grilled beef. Sassy and rickety styled, it was good food-court Korean food, served with a smile, something not found at many of the booths.



Photo by Jeffery Rowland



John Gibbons, BA '79, is a Calgary-based food and restaurant writer. He has published articles on dining in the Calgary area and taught Food & Culture programs with UCalgary's Continuing Education for more than 40 years.

So I went another route, bringing my way onto the U.S. bobsleigh team with a set of rare Olympic pins. The team enlisted me as the sixth member of the group, topped me in bobsleigh gear, and, together, we strode into the Dining Hall to lunch with speed skater Bonnie Blair, figure skater Debi Thomas and various Eastern Bloc athletes who gorged on fresh fruit. (The food issue? More spaghetti and meatballs.)

And so it was with great interest that I recently ventured into the grand food hall of the current edition of MacEwan Hall. Chains abound, multicultural options proliferate and fixed tables bask under big skylights. It's a bright, busy place, but the busiest of all 19 food tenants is the double-double-sized Tim Hortons with its constant

dual lineups. Regardless of colour or creed, students seem to love their doughnuts and Roll Up The Rim cups.

The food kiosks are similar to those found at most shopping-mall food courts, focusing largely on big portions, loads of starch and middling quality, that average \$5 per meal. There are some good, some bad, and some downright ugly. But, although many sandwiches from paninis to Vietnamese subs are available, and a multicultural mélange of soups abound, it's missing a place where you can get a good ham sandwich with a bowl of beef barley soup. Pity, that.

Spanning several lunch hours, I plunked myself down at one of 1300+ seats in Mac Hall's food court that produced some 196 million-meals last year. A few of Mac Hall's eateries, herewith:

### Fuel For Gold



The healthiest of the Mac Hall offerings, Fuel For Gold's menu was created by a team from the Canadian Sport Institute using high-quality and nutritious ingredients. Great sandwiches and salads (like the greens with tomatoes and pears), all very fresh. Note: FFG closed to have the shortest lines when I visited.

### Umi Sushi Express



Some of the weakest sushi I've had lately, Umi's does not measure up. Mostly, it's the fault of the rice, the backbone of any good sushi. Umi's is hard and bland, overly packed into tight balls, not giving the fish a chance to stand out. Cuts are ragged and mushy and the flavor is dull.

### La Prep



La Prep does a decent Vietnamese salad roll, constructed with greens, sprouts, noodles and shrimp. The accompanying peanut sauce is a bit thick and sticky but, overall, the rolls are a pleasant between-class snack. 🍴



## Tuck In

Where will you eat when next you visit Hong Kong, New York City, Los Angeles, Vancouver, Edmonton, Toronto or Halifax? Always hungry for the inside gastronomic track on a city, **Deb Cummings** checked in with alumni who now live in these culinary capitals who happily gave their prime picks on where to dine. Whether you're craving a divey honky tonk that serves life-changing brisket or a soul-satisfying platter of sushi, here are some of the best ...





## Hong Kong



### Nicole Fung, BComm'10

Co-founder of *That Food Cray*, a food and travel website that claims to “eat” outside the box, Fung is a Hong Kong-based Canadian accountant who has also launched a women’s e-commerce site called *MISSBISH*. Far beyond sesame balls

and Reigning Champ hoodies, Fung takes readers and visitors on a pork-bun-gawed path of enlightenment, straight to this culinary capital’s very soul.

**Where to uplange?** Yardbird — my favourite yakitori restaurant in Hong Kong. We always order the corn balls, liver miso, KFC (Korean Fried Cauliflower), and a lot of yakitori.

**Cheap Eats?** I live right across the street from the cheapest Michelin-star restaurant in the world called Tin Ho Wan. It’s a dim sum restaurant with the best BBQ pork buns ever.

**Hidden Gems?** Kakurega Ramen Factory — one of the top ramen restaurants in the city and Kung Wo Dou Bun Chang that serves strictly soy products. The soy milk, pan-fried tofu and tofu pudding are incredible.

**If you could have only one last meal in your city, where would it be?** Kam Wah Cafe — it’s a Hong Kong-style cafe with the best pineapple buns.

**Weirdest thing you’ve ever eaten in your city, or something you refuse to consume?** Rooster testicles.

**Is there a celebrity chef in your city that you follow?**

Matt Abergel, he’s from Calgary and owns a few restaurants — Yardbird, Rosie and Sunday’s Grocery.

**No. 1 go-to spot.** Ichiran. It’s a 24-hour ramen restaurant.

**Any food trends that have swept your city?** Noodle, ramen and burgers have been the most recent ones.



Clockwise: sandwiches from The Yardbird, photo: Michael Long, Sandwich and “welcome” sign from Sunday’s Grocery, photo: Cameron Chang.



## New York City



**Robert Leclerc,**  
BA/BSc'01, MSc'03

While possibly the CEO and co-founder of AgFunder, an investment crowdfunding platform for agriculture and food technology that has helped companies raise \$12.3-million in the last year, know about

food in a city awash in more than 22,000 restaurants? Turns out, a lot. While currently a happy transplant in N.Y.C., Leclerc's passion for food began while working as a waiter at Sarkis in Calgary.

**Where to splurge?** Meicer Küchen in SoHo, where I always suggest the famous mac and cheese that's a recipe from chef Jean-Georges' wife. Or Barry Wine's raw tuna and wasabi, sashimi salmon with crispy sashimi rice, chipotle mayo and pasta.

**Where to save?** Caracas Arepas in East Village. Doesn't everything taste better with spicy mango sauce? Then there's Prosperity Dumplings in Chinatown — four dumplings for \$1. One of the city's oldest and coolest bars is the Caser Babo in West Village — order the bistro burger with American cheese and crispy bacon.

**If you were forced to have one last meal in N.Y.C., what would it be?** A pastrami sandwich from Katz's Delicatessen.

**Most impressive power lunch?** Four Seasons in Midtown, N.Y.C.

**For pure ambiance?** TAO or Buddakan.

**Best neighborhood for great grub?** East Village.

**Weirdest thing you refuse to consume?** Bull penis at Kenka, St. Marks, N.Y.C.

**Top trends?** Rotisserie and BBQ.

**No. 1 go-to spot?** Tacos Morales — a taco stand on the corner of Avenue A and 2nd Street in East Village.

Clockwise: ravioli from TAO Uptown, photo: Carlos Laros; TAO Downtown, photo: Warren Jagger; Canton Cheng, Kikunawa Izumi; Buddakan, photo: Phil Picerno/Media; Caracas Arepas, photo: Doug Todd.





## Toronto



### Melanie Baron, BKey04

When her hands aren't covered in foodstuffs, this professional pastry chef who works for Give and Go Foods in Bakery R&D, can be found researching food trends or saving out unusual ingredients at local markets.

**Where to splurge?** Lee on King Street. Must-have dishes include Suzar Lee's signature Singaporean-style slaw and the caramelized black cod.

**Where to save?** Vietnamese pho from Hanoi 5 Seasons. The pho ga (chicken with lemongrass) is my personal favorite.

**For pure atmosphere?** Skin and Bones. This cozy wine bar has exceptional food, a superb wine list and a staff that is welcoming and knowledgeable.

**Best outdoor patio?** Trattoria Nervosa in Yorkville has a gorgeous rooftop patio that's perfect for people-watching while sipping a glass of wine or sangria.

**Favourite food market?** The Escazoo Brickworks market is a great spot to nab fresh produce, as well as meet local food vendors. I love that I can walk along Queen Street, get the freshest produce from Carload and the best fish from Beach Fish House, while chatting with the owners in the process, instead of walking around a huge grocery store.

**Best cuppa joe?** Tre Arco has fantastic coffee — they buy coffee beans directly from farmers and roast the beans in their shop — and make exceptional espresso drinks.

**No. 1 go-to spot:** Sushi Manchu. They have my usual order on record.

LL: Llaw from Lee on King Street, photo: Jason Fleetham.

## Edmonton



### Danny Turner, BSc'06

Being connected to our food system was one of the drivers that has propelled Danny Turner's company, The Organic Box, into Northern Alberta's leading local and organic food hub. Not only do Turner and his wife, Miranda, supply thousands of families with weekly organic wonders, but they own and operate a commercial fruit orchard in Creston, B.C.

**Where to splurge?** North 53 on 124 Street is an excellent place to go for family-style dining with shared plates. Sunchoke soup, carrot salad, and the whole roasted chicken large plate are my standards.

**Where to save?** Elm Café on 117 Street — probably the best takeout sandwiches in Edmonton and the menu changes daily.

**Most impressive power lunch?** Rye Rd on 124 Street. Blair Leback is one of the city's most gifted chefs and his commitment to local food and seasonal menus is remarkable.

**Best regional food?** Origine India on Whyte Avenue is my favourite curry takeaway. They also have an eat-in buffet that is excellent. It's tucked away in the basement of a building beside the Tim Hortons, so it can be tough to find, but well worth it. I love to order from the secret menu and challenge the kitchen to come up with some of my most-loved dishes from when I lived in England.

**Is there an area that is loaded with great restaurants?** 124 Street, west of downtown. The area has recently undergone a revitalization that now includes the outdoor 124 Grand Market on Thursday evenings in the summer.

**Best juice bar?** Glow Juicery has two locations in Edmonton and its owner, Marnie Ashcroft, is a leader in raw juicing.

Crackly salad from North 53, photo: Shanon Wilks.



## Los Angeles



### Whitney Campeau, BA'09

She may be an interior decorator by day, but this English grad is a serious lifestyle blogger by night. And the juicy part of that best — Campeau gets to nosh a path around La-La Land — is precisely why we chose her to be our gastronomy guide to one

of North America's top culinary wonderlands.

#### Is there an area in L.A. that is loaded with great restaurants?

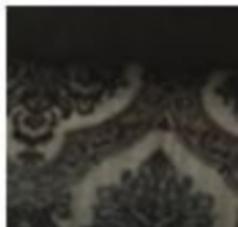
GO named Abbot Kinney Boulevard in Venice the "Coolest Block in America," and I have to agree. There are so many innovative restaurants on this street — Zinque, Tasting Kitchen, Gjelina and Salt Air are just a few of my favorites.

**Best cuppa [or juice bar]?** Cafe Luau — I like the location on Montana Avenue in Santa Monica, but there are a couple of them around the city. Try their iced coffees on a hot day. For juice, Pressed Juicery is the one.

**Is there a celebrity chef in your city that you follow?** Chef Curtis Stone recently opened an amazing new restaurant called Maude where they focus on a new seasonal ingredient each month. It's nearly impossible to get a reservation, so the trick is to call often and ask to be on the waiting list. I'm hoping to get a spot in June for avocado season!

**Any food trends that have swept your city?** L.A. is a very health-conscious city, so various health trends are constantly being touted. Juice cleanses have recently been replaced by seagrass food — though not just any of vegan food. Cafe Gratitude is a restaurant with a few locations around the city, and their I Am Whole bowl is seriously delicious. All of their menu items have affirmations instead of names, which can seem a bit hokey, but you get over it once you see how great the food is!

**No. 1 go-to spot?** Sugar Fish, best sushi in L.A. The "Treat Me" chef's menu is the best thing to order — treat me!



Clockwise: Night plate from Sugar Fish, photo: Dex Stradky; Cali Gratitude, photo: Eric Wollinger; Gjelina, photo: Art Gray; Staring Terrace at Maude.



## Vancouver



### Brian Misko, BA'90

Who, exactly, is BBQ Brian? A few years ago, the psychology grad quit his job as a sales rep for a software company, entered a few local BBQ competitions and was hooked. Last year, the owner of House of Q Foods Ltd. clocked 40,000 km on his truck and

20,000 in the air — traveling the circuit and “spreading the sauce,” so to speak. However, the champ — Misko and his team won the Canadian BBQ Society Team of the Year for 2014 — does clock the grill from time to time to explore other kitchens.

**When you were a university student, where did you eat?** Pizza at Dinnies and nights off were spent at Battlecreek BBQ, socially proclaiming and defending hypotheses.



We'd often end the night at Singapore Sam's for ginger beef. And I'll never forget the golden gem of an eatery that I often dream about to this day, Chickies on the Way. Oh, how you haunt me.

**Where to save in Vancouver?** Try the takeout sushi at Fujiya (Clark and Venables) — dinner for three for under \$20. The smoked-meat sandwiches at Estrella's Montreal Deli in Langley are also fantastic — they rival anything from St. Catherine Street in Montreal.

**Best outdoor patio?** The Kingfisher in Port Coquitlam, right at the river. You can't go wrong ordering a local craft beer.

**What celebrity chefs do you follow in Vancouver?** Viktor Vujic is a model for me as far as pioneering a genre, as well as commercializing it. And Ned Bell is another chef I always watch, as he's an industry leader for conservation issues such as sustainability of food, namely fish.

Vujic — entrance and lunch popovers, Chikies on the Way in Calgary, photo: Scott Lamonty



## Halifax



### Landon Brown, BSc'00

Currently a kayak expedition guide with NovaShores, Landon Brown is fattening his studies in gastronomy. Not only does Brown paddle like a pro, but, when he's out on the water, he doubles as a chef on multi-day sea kayaking trips where he constantly experiments with local foods.

**Where to upstage?** @Three friends come to town we always go to Two Doors Down. Typically, I order a Hell Bay English Ale with the market fish of the day.

**Where to save?** Darnell's on Ferris Street — they have two-for-one burgers on Mondays. Halifax also has a Burger Week where Darryl's peanut butter burgers have been the top pick for years.



**Hidden gems?** Have a platter of Heaveo Rancheros at Steve-o-Rain's on Brunswick Street for Saturday brunch. Very relaxed vibe and excellent cappuccino.

**Best regional food?** It's a short drive, but

The Wild Cartaway in Advocate Harbour has been recognized as the best restaurant in the province. I've run into the Cartaway staff picking cottails and harvesting chateaufort, so help prepare their daily meal I generally order any plate they're currently preparing that includes scallops.

**Best outdoor patio?** Garrison Brewery, next to the Seaport Farmers Market. Try the Nut Brown, on tap.

**No, I go-to spot?** The Henry House. Try the squash tart with greens for a side and a "Dark and Tan" craft beer. [U](#)

Two Doors Down, photo: Steve-o-Rain's & Jennifer Partridge, cappuccino from Steve-o-Rain's.



# Join the Club

IF YOU'VE EVER BEEN A MEMBER OF A STUDENTS' UNION CLUB AT THE UNIVERSITY OF CALGARY, YOU'RE PART OF A HEALTHY TRADITION. CLUBS, STUDENT SOCIETIES AND STUDENT-LED ACTIVITIES HAVE HELPED CAMPUS LIFE THRIVE SINCE 1962, WHEN THE SKI CLUB LAUNCHED WITH A HANDFUL OF EAGER PARTICIPANTS

by Mike Fisher | Photography by Jim Wells

## How to join a club

Find event listings and clubs at the Students' Union ClubHub website: [clubhub.ucalgary.com](http://clubhub.ucalgary.com)

**N**ow there are more than 330 clubs on campus involving 17,000 students, which is about two-thirds of the university's 25,000-some undergraduates, says Jonah Ardiel, VP Student Life, making UCalgary a leader in club participation.

"When I attended a conference with my counterparts from across Canada, I learned some are proud just to have 10 clubs," he says. "The fact that 90 per cent of our students commute to campus, yet they still take the time to join a club, really speaks to the level of student engagement here."

Aside from meeting others and finding a place to belong with like-minded people, the clubs provide students with the opportunity to learn skills that translate well in the marketplace. Improved mental health and enhanced well-being are other benefits.

"A club helps get you proactively involved, but you also learn social interaction

and other soft skills that you might need after you graduate," says Ardiel. "You learn to take initiative and see windows of opportunity."

And that window on the future looks bright. There were less than 150 clubs at UCalgary in 2007 and Ardiel suggests that Club Weeks — held in the fall and winter semesters to showcase clubs for potential new members — are successfully increasing awareness and memberships.

The Ski Club alone has grown to almost 2,000 members, gelling it at the top of UCalgary's club membership chain. "Being so established at the university with a long history really speaks to ingrained tradition," says Ardiel. "The enthusiasm can become infectious. Friends become involved, not just in one club, but others, too."

So if you have a family member or a friend attending the university who's looking for a special place where they can belong, but haven't yet found it, you might want to help spread the message to them — join the club.

Welcome to a good gig

## GIG Night



Kira Lagadin warming up for her performance on GIG Night



**S**tudents are draped over red couches in Science A Building's Arts Lounge as Kira Lagadin, a RComm student, tests the microphone — *foo, tap, dip* — with her peach-coloured fingernail. She and others are performing in the cozy space, while fellow Haskayne business student Alex Hatanly bends over a small mixing board to fine-tune their sound.

Lagadin cradles her acoustic guitar and eases into Cybil's Callie's hit song "Sub-tly," singing, "You make me smile, please stay for a while..." Her voice is remarkably smooth. Many of the 30 or so students who are eating slices of pizza, sipping coffee, sitting and standing, start snapping their fingers. A tall girl with long dark hair slaps a book against her thigh and someone near the back shouts: "You're amazing!"

Welcome to another GIG (Guys/Girls Into Guitar) Club Open Mic night. It's a bi-weekly event that gives Lagadin and other students, including those who play other

instruments, an opportunity to try their talents in front of a welcoming audience.

It's more, though. The club is a refuge for students. Lagadin says she wanted to find a sense of community at UCalgary while meeting like-minded, supportive people.

"It's difficult to meet friends in the first year when you're attending massive first-year lectures," she says. "GIG Club adds a lot to my university experience."

The GIG Club's 150-plus membership sprouted seven years ago from a club called Raising For Smiles, which soon morphed into GIG, says president Matthew Gagnon, a third-year Social Science student. The space in MacEwan Hall draws members throughout the day and there are even guitars available to use for those who don't have one.

"I came from the Northwest Territories with no friends here. Then, one day, I heard music coming from down the hallway in Mac Hall. I wandered in and now the club is a huge part of my life," says Gagnon. "It's a huge stress-reliever for all of us."

### How to join GIG Club

Come to the club's space (in Mac Hall, near Star) and look for people with guitars.





Club lets women take charge

## Women in Leadership



Kiana Brown and Jessie Lally



Members of the Women in Leadership Club

**How to join WIL**  
Visit [WIL.UCalgary.ca](http://WIL.UCalgary.ca) for more details.

**R**unning from a parking lot into UCalgary's downtown campus, Kiana Brown was arriving a bit late for the big event, Women in Leadership (WIL) club's biannual networking gala. She checked her coat, grabbed her nametag and a free white wine, took a breath and started mingling.

It's the kind of first step many soon-to-be WIL members make towards joining a club with a mission that aims to inspire women, encourage them to pursue leadership positions and to develop personally and professionally.

Brown (a third-year social and cultural anthropology student) is a case in point for WIL's success, soon rising from her first tentative meeting last March to leading the club as its president the next year. She was inspired when one of the event speakers spoke about how important it is to be true to what you believe in.

"I thought then that the core values of WIL really fit," says Brown, who, during the past summer, volunteered at the Ar-razi University Psychiatric Hospital in Rabat, Morocco, helping develop music therapy programs. "There is a lack of women in leadership positions in the world today. We believe in providing more resources for the hundreds of talented and intelligent women at the university, so they can develop themselves."

Interest in the club is growing swiftly. There have been more than 1,000 club members since it launched in 2011, including more than 100 who have signed up in the past year. Club VP External Communications Jessie Lally, BA15, says the timing is perfect.

"Eye-Might is UCalgary's strategic direction and it, too, began in 2011," says Lally. "Its target date of 2016 is fast approaching and marks a time to reflect on our cumulative progress as a community. WIL has also worked tirelessly towards its ambitious goals, and we believe the club fulfills a vital need in the UCalgary community."

Naween Mohammed, BComm'14, a supply analyst with Enbridge Pipelines, Inc., says, "WIL taught me so much about teamwork and professionalism — both of which have contributed tremendously in my transition from university to the working world."

Club members donate their time and energy to various charities in Calgary. "Volunteering is a cornerstone of our organization and we offer several opportunities," says Brown. Members volunteer monthly with the Women in Need Society and have in the past volunteered with the Calgary Immigrant Women's Association, Made by Norma and the Red Cross.

"We are dedicated to creating a forum for discussion, innovation and collaboration between women of various backgrounds, values and career paths," adds Brown.

Brains meet brawn at the

## Quidditch Club



Karina Nymann for news



**I**t's a brisk sunny day on the Quidditch pitch for the Mudblooms, as students run and shout with brooms between their legs, making the growing sport look almost graceful.

"You want to make sure when you pass to a person that it's in front of them and easy to grab," says Mudblooms Head Coach Karissa Nymann (fourth-year BSc student), trying to catch her breath after running a catch-and-pass drill near the Olympic Oval. "I have to concentrate as which arm I use to catch. It's a lot harder than it looks." Behind her, teammates try another drill, but it goes sideways and they break into laughter.

The Mudblooms are the competitive team representing UCalgary's Quidditch Club, one of a handful of such teams in Alberta.

Born from the *Harry Potter* universe, but now played at colleges and universities across North America, Quidditch matches two teams of seven players riding flying (well, tucked between their legs — no magic is required in this version) broomsticks. There are four balls in play (a Quaffle, three Bludgers and a Golden Snitch) and the object is to score with the balls through three hoops placed at either end of the field.

If it sounds complicated, that's

because it is, so it is no surprise that the sport often attracts intellectually minded students who can embrace both athletics and, well, their inner nerd.

"There's an aspect of fun nerdiness here that's hard to find with other sports," says Nymann, a neuroscience major headed to medical school who is an accomplished athlete in rugby and basketball. "It's co-ed, too, so there are elements of gender equality and inclusivity that I really like. Both the Mudblooms and the sport are super-accepting."

Perhaps unsurprisingly, the Quidditch Club grew out of a *Harry Potter* club two years ago, starting with a few Mudblooms players and now numbering more than 20, says founding member Nymann. It has a Students' Union side with social events weekly or biweekly throughout the term, and it's been involved with the Calgary Comic and Entertainment Expo, doing panels and demonstrations where they rub shoulders with the occasional film-series cost member.

"We have an open, accepting community where we can just be ourselves," says team member and master's student Michael Wardless. "We've been able to make a lot of friends here."

### How to join Quidditch Club

Check the university club

calendar:

[uclubs.org/ucmc](http://uclubs.org/ucmc)





Big hearts create small treasures at

## Ori-Aid



Sophia Ear is fundraising for the Heart and Stroke Foundation.

### How to join Ori-Aid

Visit [calgaryoriid.wordpress.com](http://calgaryoriid.wordpress.com)

**S**ophia Ear remembers folding a perfectly puffed little paper star at her Grade 4 desk in Prairie Waters Elementary School in Chestnutmere, having finished her work earlier than the other students. Her origami-style star-making had become an irresistible habit, cloaked when the teacher nicknamed her Star Girl.

More than 10 years later, after her cousin had introduced her to origami, Star Girl continues her quest to fashion paper into some kind of breathtaking form — only now she's the president of University of Calgary Ori-Aid, a club that attracted more than 300 students this past year to the Japanese art of paper folding.

"I'm rebuilding it by pieces; it's kind of broke, so I'm stacking it up to get the shape," explains Ear, a BComm student, to club newcomers and first-year BSc Eng students Susan Guo and Lisa Tan. Ear is putting a pre-made, but broken origami purple and white panda back together so they can see how it's done.

The small conference-room is filled with

chattering students taking their best shot at making 3-D origami swans, dragons, boats, rabbits, carrots, Hello Kitty characters and more. Just one sheet of paper yields 32 small triangles, carefully arranged into models that can take anywhere from two to 10 hours to put together.

Ori-Aid is more than five years old and has continued to grow, started by a group of friends with a shared interest in origami, says Ear. The club donates funds to charity by selling member-made origami art (hence the name, Ori-Aid). It raised more than \$4,000 last year and plans to donate more this year. Traditionally, the Heart and Stroke Foundation is a recipient, with a big fundraiser every Valentine's Day.

While the origami art that club members create is usually small-scale, the club helps students facilitate big personal changes.

"I joined it because I wanted to change myself from being so reserved," says Ear. "I wanted to meet new people and put myself out there. I wanted to help others. The club has helped me do all of this and more." 

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# UNIVERSITY OF CALGARY PHOTO CONTEST TURNS WORLD INTO A CLASSROOM

BY MIKE FISHER



*True North*, shot by Jason Ho, snagged first place in the Best Study Abroad Experience category.



*My Move, It's Moving to Norway*, by Garis Schneider, was first place for the People's Choice award.

**F**reeze a towel moment so that it lights others' lives. The winners of the 2015 International Photo Contest organized by UCalgary's Study Abroad office did so, turning the world into their classroom with glimpses of life far beyond campus borders.

A panel of judges and a ballot for a people's choice award resulted in 10 contest winners during the popular contest's 24th year, which was open to all current UCalgary students. Judges for the March 2015 contest evaluated 236 entries on technical merits such as composition, lighting and quality, as well as originality and international focus in several categories.

Jason Ho (finishing his Masters in Software Engineering) was one of the winners, capturing first prize in the Best Study

Abroad Experience category with his photo *True North*. It shows a brilliant sunset captured in the rearview mirror of his truck as it travels on a highway in northern Ontario.

"I'm from Vietnam and I love Canada," says Ho. "The highway was an inspiration." First-prize People's Choice awards went to Gavin Schneider (third-year geography student) for his photo *My Move, It's Moving to Norway*. "He was on exchange at the University of Oslo last year when he captured a glacial deposit wedged in a mountain crevasse.

"The toughest part of the shot was getting the courage to get up on the rock after a 20-kilometre hike in cold and rainy Norwegian weather," admits Schneider.

The prize was shared with Jordan Holdaway (fourth-year BSc student) for

Opportunities, taken last fall during an exchange at California State University at Monterey Bay.

Colleen Packer, manager of UCalgary's International Learning Programs, says some 1,100 students "internationalize" their degrees through exchanges or group-study programs every year.

"They can spend a summer, semester or year on one of more than 150 programs worldwide, without paying foreign student tuition, and earn credit toward their major, minor or options," she says. "The photo contest raises awareness about this unique opportunity that students can take advantage of only while studying here." **U**

To see more award-winning photographs, visit our slide show at <http://www.ucalgary.ca/ucp/photo-contest>

## 1980s

**Jeffrey Howatt, BComm'83**, was inducted into the Canadian Speaking Hall of Fame by the Canadian Association of Professional Speakers (CAPS). Only 39 CAPS members have received this honour and Howatt is the first and only UCalgary grad to do so.

**Harvey Lacto, BA'80, LLB'84**, one of the founders of the Yellowstone to Yukon Conservation Initiative, was awarded the Fred M. Rackard International Parks Merit Award for his work in November 2014. This award is one of the world's highest honours for conservation.

**Hugh Sommerville, BA'77, LLB'85, Anne Kiker, LLB'91, Robert Armstrong, LLB'88, and Anthony Young, BA'80, JD'83**, were successfully elected as part of the Law Society of Alberta's bench elections in November 2014.

**James Dickson, LLB'86**, was named one of *Lawyer* magazine's 2014 25th Award winners on Oct. 3, 2014. The awards celebrate those lawyers, called *legends*, from 1989-2010, who during 2010-2014 demonstrated excellence and leadership in an area of practice that sets new standards for the profession.

## 1990s

**Dr. Paul Beck, MD'90**, was awarded the 2014 Cumming School of Medicine Alumni of Distinction Award for excellence in mentorship. He is currently the director of the Leaders in Medicine program and a professor in the Department of Medicine.

**Sanjeev Khanna, MSc'90**, along with his wife, Aika, donated \$1-million as part of the Engineering Leaders campaign. The donations will be used to help renovate the Engineering Career Centre, will create awards for students and allow for special guest lectures. The Aika and Sanjeev Khanna Engineering Career Centre was named in their honour.

**Ian Gates, BSc'80, Hossain Hejazi (Dr. Syed Hossain Hejazi), PhD'91**, received funding from the Canada Foundation for Innovation to improve oil recovery by building a state-of-the-art microfuidic infrastructure for a hydrocarbon resource laboratory.

**Hugh O'Reilly, LLB'90**, was named President and CEO of OPTrust in December 2014.

**Anne Kiker, LLB'91**, was named one of the Women's Executive Network 2014 Canada's Most Powerful Women in November 2014. She is a partner at Norton Rose Fulbright Canada LLP and was named President-Elect of the Law Society of Alberta for 2015-2016.

**Jacqueline Drew, BComm'92, MBA'01**, launched her latest album in January entitled *The Buzz is a Woman*, featuring 11 original songs. Drew is also the CEO and principal consultant of Toronto Strategy Inc.

**Kenneth Cameron, MFA'96**, is the playwright

behind *Dear Johnny Deen*, a musical about a birthing couple set to the music of Canadian Fred Eaglesmith. The show has been featured across Canada and runs in Calgary at the Max Bell Theatre April 29-May 31, 2015.

**Marjan Eggermont, BA'91, BFA'96, MFA'98**, Associate Dean (Student Affairs) and Senior Instructor in Mechanical and Manufacturing Engineering, presented biomimicry projects with several of her students at "Inspired by Nature," a Telus Spark Adults Only night. They included a "looking show," but, instead of food, made cement from seawater and carbon dioxide and highlighted ways to get more power from the wind. Eggermont also co-founded Biomimicry Alberta and co-edited and designs *20*, an award-winning journal about biomimicry.

**Hossein El-Shenawy, PhD'97**, and **Kamal Karan, MSc'94, PhD'96**, are two of six University of Calgary researchers who received Strategic Project Grants from the Natural Sciences and Engineering Research Council of Canada. El-Shenawy will be developing new expertise in UAV based mapping and Karan will use funding to design high-performance and low-cost polymer electrolyte fuel cells.

**Robin A Groszette, BSc'99, QSc'98**, former operations manager at Shell's Appalachian petrochemical project and new production system advisor of Shell's Upstream Americas Unconventional Operations, was honoured at the 5th Annual Spring Swing Gala on March 28.

## 2000s

**Tina Martel, MFA'00**, published *Not in the Pink*, a graphic narrative chronicling her experience of being diagnosed with Stage Two breast cancer and the ensuing treatment and day-to-day experiences with the medical system that she endured. The book launched in November 2014.

**Dr. Steve Boyd, MSc'97, PhD'01** is making major strides at the Bone Imaging Laboratory at the University of Calgary as its principal investigator. As part of the Canadian Multicentre Osteoporosis Study, he is examining issues with bone microarchitecture — specifically, how it varies across the lifespan between men and women and the effects of vitamin D on bone health. Boyd is also working with the Canadian Space Agency at NASA's Johnson Space Center where they will measure astronauts' bone architecture before and after six months at the International Space Station.

**Anita Dasevic Oliva, BA'98, JD'02**, was named Alberta Oil Magazine's C-Suite Energy Executive Awards Chief Legal Officer of the Year in January 2015.

**Dr. Tanya Beran, PhD'02**, is one of the minds behind developing MDix (Medical and Engineering Designing Intelligence). These



two-foot-tall robots are designed to entertain, comfort and distract kids who are getting treatment at the Alberta Children's Hospital.

**Dr. Arindam Sen, BSc'95, MSc'98, PhD'03**, was appointed the new Associate Dean, Student Professional Development, on Jan. 1, 2015. His term will run until Dec. 31, 2019. Previously, Sen served as the Associate Director (Undergraduate) for the Centre for Bioreengineering Research and Education.

**Shawn Gauthier, LLB'03**, and **Patrick Lindsay, BA'98, LLB'01**, were named to *Lawyer* magazine's 2014 Rising Stars: Leading Lawyers Under 40 list.

**Karl Howard, LLB'04**, was named one of eight new partners of Davis LLP in December 2014.

**Fabrizio Chiacchiera, BSc'03, MEng'05**, developed CleanPatch, a medical surface repair patch for hospital beds and stretchers that keeps them hygienic and prevents patients from developing infections. The product is now being sold in more than 300 hospitals in six countries.

**Stephanie Westland, BA'99, MA'06**, published the book *Father's Justice: How Women Are Hiding Themselves through Fencing and Outdoor Activities*. It explores how connecting with nature is supporting military veterans as they recover from stress injuries and reintegrate into civilian life.

**Natalie Ponek, BSc'07**, took part in The Enbridge Famous Five Speaker series in February 2015.

**Michael Kwiatkowski, JD'07**, was featured in the Calgary Herald's Law Review in November, 2014. Kwiatkowski is a partner in the litigation group at McLeod Law LLP.

**Glenn Gise, BSc'05, MSc'08**, has been awarded a grant from the Marine Environment Observation, Prediction and Response (MEOPAR) network to install a weather station on a small island in the Northwest Passage. Gise is currently an assistant professor in the Department of Geography.

**Kyle Fitzgerald, BSc'06, AdB Hoods, BSc'06, Christopher Cheng, BSc'09**, founded an ugly Christmas sweater store called Holiday Rejects. The three grads were featured on Dragon's Den which enabled them to secure funding for the store. Holiday Rejects runs six retail stores across Canada.

**Kelly Fitzsimmons, BCOMM'09**, is one of the top athletes in the modern pentathlon in Canada. She is on the nomination list for the Pan Am Games in Toronto, taking place July 10-26, 2015.

## 2010s

**Rosalynn Dodd, BCOMM'10**, was awarded Canada's Clean 50 Emerging Leader Award for 2015 for being a leader in sustainability. Among several initiatives at L'Espresso Spa and Studio in Bridgeland, Dodd created a voluntary carbon offsets program. Dodd also serves as a Sustainability Consultant at the City of Calgary.

**Elizabeth Anderson, BCC'10**, published a book, *Being Mentally Wealthy* (in spite of a mental illness). Her work depicts her personal journey with mental illness and describes the reality of schizophrenia.

**Kristen Irene Barton, BSc'11, MSc'12**, and **Eva Yukatana, MSc'13**, are among 11 PhD students at the University of Calgary to receive the Vanier Award, the prestigious research award guaranteeing \$50,000 per year for three years. Barton receives the grant for research in Medical Science and Yukatana will be conducting research in Clinical Psychology.

**Dr. Joshua Bourdage, BA'06, MSc'06, PhD'12**, and **Jocelyn Wiltschko, MSc'11**, co-authored a paper with fellow University of Calgary psychologist K-beom Lee that was published online by the *Journal of Applied Psychology*. The topic is impression management and identifying workplace dishonesty.

**Justin Singh Chahal, BCOMM'12**, is currently a special assistant in the Office of the Leader of the Liberal Party of Canada. In this position, he leads Justice Trudeau's outreach in Western Canada.

**Chidima Thompson, LL.M'07 PhD'13**, was named one of the 2014 YWCA Award winners in December 2014. She is a Senior Associate at BCG and holds the first Doctor of Law from the University of Calgary's Faculty of Law. The awards were presented by Young Women in Energy, a Calgary-based organization that aims to address the recognized need to increase female presence, development and leadership in the energy industry.

**Owen de Lange, BSc'11, BEd'13**, received an Alberta School Boards Association Edwin Parr teaching award. The award honours him for being an outstanding 5th year teacher at Robert Thibault High School, where he teaches Mathematics 10 and Business Opportunities.

**Linda Crockett, BSW'99, MSW'13**, has been honoured with the Women's Resource Centre Distinguished Alumna award. As a seasoned professional with 25 years of experience in social work, her specialty is addressing the psychological, physical and emotional effects of workplace bullying. The annual WRC Awards recognize women who make outstanding contributions to the community,

advance women's issues and overcome obstacles to achieve their goals.

**Lacy Ding, BSc'06, BCR'13**, has won the inaugural Alumni Leadership Award from Easter Seals Alberta and Camp Herbas. She started as a counsellor at Camp Horizon in 2007 and has continued working there each year.

**Jyoti Gendek, PhD'14**, was named the inaugural director of the Westman Centre for Real Estate Studies at the Haskayne School of Business. Gendek will be working towards offering a full undergraduate concentration in real estate and an MBA specialization in the next two years. —Don McVicar

## Decades of Decadence

**T**he seared steak. The lamb-based Scotch broth. The crab cakes. Just ask cookbook author

**Rebecca Klemke, BA'06**, to name a few of her favourite recipes in her 300-page tome, *Decades of Decadence*, and she'll produce a litany faster than you can whip up her grandmother's lemon vinaigrette.

The economics grad points to her grandmother because that's where the belly of the book began — in her grandma's kitchen. Trouble was, most of the 300 recipes that appear in *Decades of Decadence* were either locked in her granny's head or scribbled on scraps of paper — which is precisely why Klemke decided to transcribe and categorize every recipe.

"At the time, my intention was to print off some recipes, stick them in a Day-Tang and give them to family members," explains the fifth-generation Calgaryite, who admits food is often the binding ingredient in her clan. But then the urge to create something bigger happened. As a teenager, Klemke had worked as a line cook at Elantra Restaurant in Calgary, so she asked chef Ken Corvax for a few of his favourites, punching up the already-rich pool of recipes with treasured, healthier fare.

Then the tasting began, followed by photography and, before long, eight years had passed. Meanwhile, Klemke had graduated with a BA in economics and had become the CEO of her father's property management company, Guel Management Ltd. Her beloved gran, Lois O'Connor (nee Garmy) was in a nursing home and there were plenty of spreadsheets of recipes and photos — but still, no book.

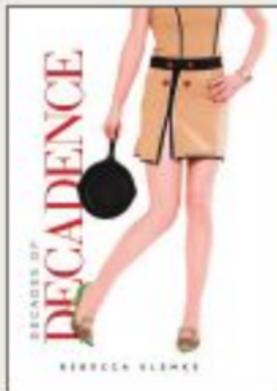
After more to-ing and fro-ing with publishing houses, Klemke's labour of love was published in December 2012 — just months before her grandmother died.

"I still remember putting the first copy in her lap," says Klemke. "Within a minute she said to me, 'This book is too heavy for me, please take it away.'"

That's when Klemke said, "No way, this book has taken six eight and a half years to make, so you have to hold it for at least eight minutes!"

If her gran was around today, she'd be thrilled to know her homepun recipes nabbed the No. 1 slot for culinary history at last year's Gaumond World Cookbook Awards. —Dab Cummings and Izrah Khaz

For details on where to buy *Decades of Decadence*, visit [rskitchen.com](http://rskitchen.com) **U**



# New Bursaries Help Smash Barriers

The Joyce Foundation's latest gift will help 20 new university students next fall

By Alice Kraayanger

**D**uring the 2013-2014 academic year, only 11 per cent of qualified high school students who applied for a donor-funded bursary at the University of Calgary were successful. Thanks to a recent gift from the Joyce Foundation, that statistic is about to change as more students will soon be able to afford a university education.

The Joyce Foundation's gift of \$5-million will create The Joyce Foundation Jack Perraton and Gd & Lois Marshall Bursary. The impact of this gift will be felt across all disciplines and provide much needed assistance to students from Alberta who are

**Up to 20 undergraduate students entering their first year at UCalgary will receive \$5,000 each, beginning in the 2016-17 academic year. This award is eligible for annual renewal and each recipient will be matched with a mentor through the university's Student Engagement Office.**

committed to their education but face critical financial need and personal challenges.

"Access to post-secondary education is critical in breaking the cycle for disadvantaged youth and transforming the future of our young people," says University President Elizabeth Cassan. "The Joyce Foundation's generosity and investment will have a tangible impact, allowing youth to attend the University of Calgary who would have otherwise been constrained by their financial situation.

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The name Joyce is one you may recognize. Ron Joyce is a legendary Canadian entrepreneur, co-founder of Tim Hortons, and a humble and passionate leader. But one thing you may not know about Joyce is that amid his many successes, he has never forgotten his roots.

Born in Totaraogouché, N.S., in 1930, Joyce's early life experiences of poverty and adversity presented challenges for a young man wanting a brighter future. At the tender age of 15, Joyce moved to Ontario to take on work, eventually becoming a police officer in



Photography courtesy of The Joyce Foundation

Hamilton. In this role, Joyce saw first-hand the positive impact that education could have on the outcomes of the underprivileged youth with whom he worked.

In 1965, Joyce invested in the first Tim Hortons in Hamilton, helping grow the business into one of the most successful food-service chains in the world. Through continued perseverance and an incredible work ethic, Joyce has made an indelible mark on Canadian history.

"My childhood and all my life experiences have taught me the value of giving back to my community and investing in the education of young people," says Joyce. "I truly believe that this is key to supporting the social, economic and emotional well-being of children and youth by empowering them to develop into healthy, confident, independent contributors to Canadian society."

In 1995, Joyce and his family established the Joyce Foundation as a reflection of his deep-rooted sense of responsibility to give back to his community. The foundation's primary focus is to provide access to education for children and youth with significant financial need or facing other socio-economic barriers to success.

UCalgary thanks the Joyce Foundation for its investment in future university students and we are proud to help bring Ron Joyce's vision to life. **U**

# Behind The Stacks



Photography: Riley Rowland

In the mid-'70s, a generous man made a substantial donation to build a study area for students interested in learning about some of the planet's deepest, darkest secrets. Named by the province of Alberta, his financial contribution helped build a first-of-its-kind space, still heavily used by students today.

Not only did the benefactor provide financial backing for the learning area, he also donated its most notable learning tool. That's where we are today — staring at an object that was created in the U.K., shipped to Montreal and then made its way to Calgary. Others say it avoided Quebec altogether, arriving in Vancouver by way of the Panama Canal, and then made the trip east to Calgary. One thing we do know, however, is that, upon its arrival, the object was too big to fit through the doors, forcing construction workers to cut a hole in the wall in order to secure the item in its new home. That opening eventually became a window.

Looking through that window, only half of the space is viewable. The other half exists in the basement, hidden from passersby, and filled with intriguing relics from the past.

The lower level's most notable item — a large piece of metal — was unearthed in the mid-'80s from the Canadian Arctic Archipelago. Though being of substantial value, the excavated material rests freely on display, taunting people to attempt a grab-and-go, know-

ing-no mortal human could possibly get far with it in their clutches. This item, however, is not the basement's only connection to the Canada's northern polar region.

In 1975, with Quebec seeking sovereignty from the rest of Canada, the Arctic Institute of North America left McGill University in search of a more stable political climate. Resurfacing at the University of Calgary, the group accumulated a lot of research materials over the years, some of which can be found today, tucked away in a corner of the basement. While the lower level contains plenty of treasures in the way of books, today's students also seek more hands-on, interactive ways to learn. Heading back upstairs, that is exactly what you will find.

When we look at that peculiar object that may or may not have come through the Panama Canal — where, exactly, are we?

— Kelly Norman **U**

### How to Play

For correctly naming the mystery location on campus, our reader will receive a \$70 gift certificate to UCalgary's bookstore. Visit: [scalgarymag.ca/whereweare](http://scalgarymag.ca/whereweare)

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