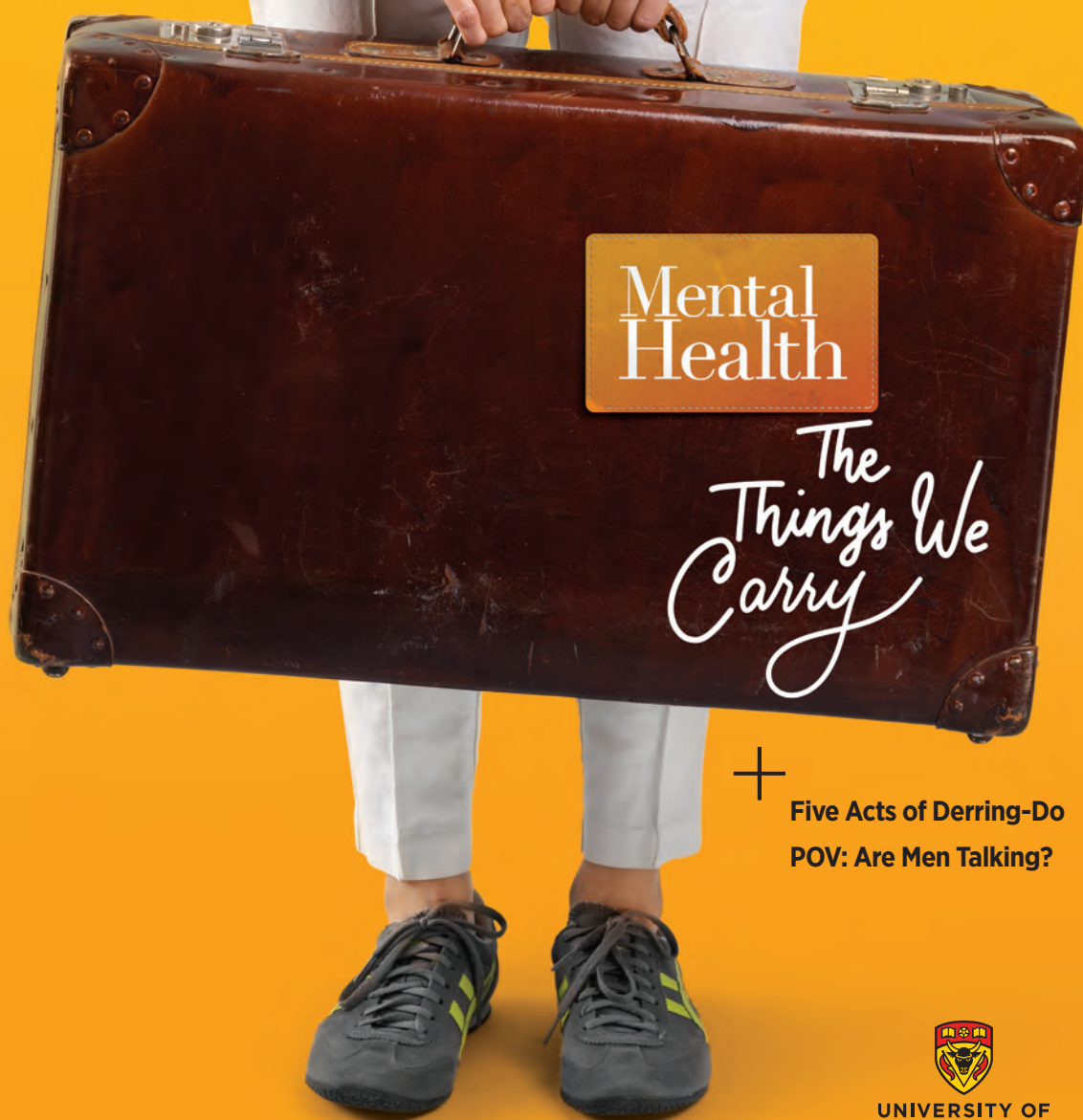


UCalgary

Alumni magazine

SPRING | SUMMER 2018



Five Acts of Derring-Do
POV: Are Men Talking?



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Mental Health Matters

28

From Stigma to Solutions One in five Canadians — regardless of age, ethnicity or income level — will experience a significant mental-health condition at some point in their lives. Many more will be touched by mental illness through its effect on family, friends and co-workers. In light of these alarming numbers, *UCalgary Alumni Magazine* examines the state of mental health, both nationally and on our campuses, in this 12-page feature.



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40 Five Acts of Derring-Do

It may not be a one-ring circus, but we've still packed this piece with five breathtaking, dazzling acts of courage that deserve to be admired.

24 POV: Are Men Talking?

In the wake of the social media #MeToo torrent, Professor Michael Kehler wonders what it will take to change a culture of male aggression and entitlement.



BEHIND THE COVER

Get an intimate, on-set look behind the making of *UCalgary Alumni Magazine* with photographers Roth and Ramberg. ucalgary.ca/alumni/behind-the-cover



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Metamorphoses, by Mary Zimmerman. Directed by Haysam Kadri.
School of Creative and Performing Arts, 2017. Photo by Citrus Photography.

UCalgary

Alumni magazine

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From Stigma to Solution

During my first year as a cub reporter for the *Calgary Sun*, I worked on a series that involved profiling people who were dying from HIV/AIDS. Although I never went to any of their funerals, I remember reading too many of their obituaries and feeling devastated over all the bright lights that we'd lost to this disease.

Now, decades later, we are all grateful that, due, to life-saving antiretroviral medication pioneered 20 years ago and decades of research and education, most HIV-positive people today can lead long and healthy lives. In Canada, that is. In other parts of the world, HIV is still ravaging communities at a staggering rate.

We still, however, encounter plenty of stories about people overcoming adversity, especially when it comes to matters of mental health. Malcolm Gladwell's *The Tipping Point* defines the titular term as, "that magic moment when an idea, trend, or social behavior crosses a threshold, tips, and spreads like wildfire." We saw it happen with HIV/AIDS, and now I am left wondering, and hoping, that we as a society might reach the tipping point in our behaviour toward people with mental illness, or in our ability to talk openly about suicide.

Many mental health and suicide-prevention advocacy groups are doing innovative programming and are establishing their presence on college campuses around the country, including UCalgary's scaled-up efforts and new mental health strategy. But you'll discover in our 12-page feature that society still has a ways to go. The five women you'll meet in this issue have managed to turn the baggage that's burdened them — depression, anxiety, eating disorders, suicidal thoughts and addictions — inside-out by shedding the stigma associated with mental health disorders enough to seek the help they desperately need. You'll also discover the supports and research that UCalgary is pioneering within these various disorders.

This issue also features a guest column by Professor Michael Kehler, who ponders what it means to be a man after #MeToo (pg. 24), as well as another feature story that we've dubbed Derring-Do (pg. 40). From an aerial artist and a football player, to a fashion-tech designer, a robotic surgery pioneer and a world leader in biomechanics — we bring you other examples of remarkable feats of courage. We hope you'll find all these articles powerful, inspiring and engrossing.

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

— Deb Cummings, MEd'17, Editor **U**

Photo: Riley Brandt



FUELING OUR FUTURE

Every day of my eight-year tenure as president of the University of Calgary, I've felt proud to be part of a community that sparks positive change in the world. I meet so many people who inspire me — including students who achieve the extraordinary before they even graduate — and many who continue to give back to their communities long after convocation. I see the positive contributions of our faculty and staff every day. And I'm constantly impressed by the way our community takes ownership of this university.

It has been my privilege to be a part of these conversations and to be involved in the growing momentum we see on campus and in this city. I will miss that energy when I step away from my post at the end of this year, but I look forward to finding new ways to be a part of the *Energize* campaign.

Energize has hit so many high notes over the past year — some we anticipated, while others we couldn't have dreamed.

The installation of a state-of-the-art, in-house psychology clinic — thanks to a gift from alumni, Lori Egger, BA'87, MSc'90, PhD'94 and Steve Laut, BSc'79 — will give our students access to vital experiential learning and support for mental health initiatives in the community through groundbreaking treatment and research.

We celebrated the Cumming School of Medicine's achievement of raising \$500 million against its \$700-million goal. These funds are elevating practices in teaching and learning, while also fueling advances in precision medicine.

The recent opening of the Hunter Hub for Entrepreneurial Thinking's Collision Space is yet more evidence of our community's support for the transformative role of innovation in every sector. The Hunter Hub expands our status as a global nucleus for discovery, creativity and cross-disciplinary collaboration; entrepreneurial thinking is truly becoming a part of our DNA.

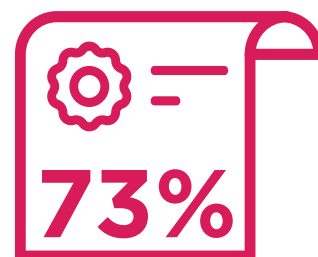
All of this — along with countless other programs, scholarships and research initiatives — is possible only because of UCalgary's unique connection with the community. Our 24,000-plus donors have pushed our current campaign total to more than \$950 million — an achievement rooted in our shared drive to create meaningful change in Alberta and beyond.

As a proud alumna, I know that this made-in-Calgary energy will push our university on to greater heights, long after my tenure.

Elizabeth Cannon, BSc'84, MSc'87, PhD'91

Campaign Update

Campaign Goal



Towards our
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Thanks to your generosity, we have raised more than **\$950M** to date*

Areas of Support

More than
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DISPATCHES FROM A YOUNG PHILANTHROPIST

Mark Blackwell, BComm'11, recently made a legacy pledge to UCalgary. He and his wife, Jackie, are currently travelling the world — an adventure that's broadening their already expansive minds.

Sources of Support



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Legacy Society*
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*As of March 7, 2018

You and Jackie are lugging two 40L backpacks through more than 30 countries in 365 days. Why that, and why now?

I've never been more excited about the future of Calgary and the direction the university is taking, but we thought the timing was perfect to go on an extended trip. As Mark Twain once said, "Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime."

Has the adventure so far brought any epiphanies?

One of the biggest lessons I've learned is to stay present and be reflective. I have too often taken the important things in my life for granted. Being in India and witnessing the massive disparity of wealth, and the poor air and water quality, has reset my lens. I am damn grateful for each and every thing I have in my life!

Tell us about your volunteer involvement at UCalgary.

UCalgary has a special place in my heart. It's where, as an 18-year-old student, I was able to explore, learn and fail in a safe and motivating environment. I've since worked closely with the Hunter Hub [for Entrepreneurial Thinking] to provide mentorship to students. I see a lot of myself in many of them who — more than ever in this city — have to think about building their own companies, versus going to work in the towers

downtown. What excites me is how the Hub's resources, mentorship and training has broken down barriers for students to think about entrepreneurship.

You've made a legacy pledge to UCalgary — an unusual philanthropic gesture at your young age (29). How did you come to that decision?

I owe UCalgary so much for supporting me in the early days of my career — for us, the legacy pledge was a no-brainer. My hope is that this university can be at the nucleus of retransforming this great city and inspiring the next generation of leaders who are entering a world where the pace of change and globalization are unprecedented. The simple act of adding UCalgary into our will ensures the programs and people we both think are crucial to the long-term support of entrepreneurial programming will live on.

What changes are you seeing on campus and in Calgary that give you hope?

This city is at the heart of a major transformation. I've never been more optimistic about the outlook for Calgary. We are finally seeing this entire city rally behind innovation and entrepreneurship. My hope is that we can keep this momentum going and continue to provide amazing support to the up-and-coming entrepreneurs in this city. **U**



Photos: Dave Brown

Never Forgotten

Archives can provide lessons about our past and can challenge and entertain you in unexpected ways

For Annie Murray, acquiring new artifacts and donations for UCalgary's Archives and Special Collections is like a treasure hunt.

Murray, who often visits prospective donors' homes, explains that not everything can be accepted, but it's always a thrill to find a unique piece; for example, an 1880s edition of Alfred Lord Tennyson's poems that had a letter written by Tennyson inserted between its pages.

There are notebooks belonging to iconic Canadian author Alice Munro, valued for illustrating how she developed her stories. They even have W.O. Mitchell's boyhood copy of *Oliver Twist*. Calgary's first female bookseller, Evelyn de Mille, LLD'88, donated centuries-old books because, Murray says, "she wanted students to have access to 15th- and 16th-century books."

The archives house more than five linear kilometres of items ranging from personal papers and corporate records to rare science fiction and comic books.

Many items in the archives come from collections donated by individuals or estates. Some are corporate donations, such as the EMI Music Canada archive donated by Universal Music Canada through UCalgary's *Energize* fundraising campaign.

And then there are the 1,000-plus postcards depicting Calgary-area history from the 1890s to 2010 donated by collector,

retired schoolteacher and alumnus Neil McMullen, BED'67.

"I've been collecting postcards for about 40 years," says McMullen, who remembers scouring antique fairs and shops for rare cards. Some, especially ones from the early 1900s, have messages written on them, providing a time capsule into people's lives. McMullen says his collection should appeal to anyone interested in architecture, fashion, cars, costumes and Indigenous culture.

Murray has a particular fondness for ephemera — pamphlets, booklets, advertisements, McMullen's postcards, etc.

"It's very of-the-moment, the type of thing that'll slip through the cracks," she says. For example, Mur-

ray explains, the archives have a mountain studies collection that includes "beautiful ephemera created by CP Hotels . . . they were promoting the railroad and these hotels as major destinations. A lot of the 'romance of the Rockies' came from this ephemera."

A misconception about archives is that they're only available to researchers. With advance notice, students and the public

are welcome to come to Room 520 of the Taylor Family Digital Library to explore anything in the archives that catches their interest. "They just need to let us know a day ahead," says Murray.

And it's going to get easier. Construction is nearly complete on an expansion to the High Density Library. Set to open in late April 2018, the climate-controlled facility will allow more archival material to be preserved than ever before.

Although the term "priceless" is often applied to rare items, donations to the archives are treated as "in-kind" donations to UCalgary and can generate tax receipts, Murray says, adding there are many ways to support the collections. "You may not have a collection, but, if you really value preserving history, a financial gift can make it possible for things to be catalogued and bring someone's archive even faster into public use. Small amounts can make a difference when you're taking care of heritage," she says.

To learn more about the archives, visit acs.ucalgary.ca. For more information about donating items to the archives, call Annie Murray at 403.210.9521, or email amurr@ucalgary.ca. For details about donating financially to Libraries and Cultural Resources through Energize: The Campaign for Eyes High, visit ucalgary.ca/campaign. — Alex Frazer-Harrison **U**

Did you know?
There are more than 105,000 books in Special Collections.

Canadian Astronaut and UCalgary's 13th Chancellor, Robert Thirsk, Reflects on His Term

In a real sense, the education that I received at the University of Calgary helped launch my career. Serving as chancellor for the last four years has allowed me the opportunity to return the favour to my beloved home university.

Throughout my term as chancellor, I have regularly travelled to Calgary from my home in Ottawa — usually once a month, for a week at a time — to participate in a variety of campus events. Providing oversight of the Chancellor's Club scholarship program has been one of the most gratifying aspects of the role.

Chancellor's Club — one of the University of Calgary's most prestigious scholarship programs — has served as our university's launch pad for tomorrow's leaders. Over the last three decades, hundreds of students, known as Chancellor's Scholars, have been supported by generous scholarships and have gone on to become notable leaders on national and international stages.

Getting to know the current scholars has been my joy. Each month, I meet with them in the setting of a leadership seminar. I invite outstanding role models from our community to meet with the scholars and

pass on what they have learned in their careers and lives. Our guests have included an orchestra conductor, a news anchor, a TV/film producer, a judge, a Mount Everest climber, Olympians, authors and senior corporate executives. The scholars



ask our guests probing questions to better understand the nature of leadership.

During other seminars, I have invited prominent Calgarians to discuss the “soft skills” that I consider to be important in any career. For instance, Bonnie DuPont, MEd'90, past chair of the University of Calgary's Board of Governors, shared her insights about networking. Jill Tynan, BPE'72, a former UCalgary senator, provided her perspectives on socializing in her seminar, Schmoozing 101. Jenny

Krahn, BComm'98, PhD'05, a Haskayne professor, spoke about time management in a seminar entitled “How to say ‘No!’” My wife advised me to listen carefully during that seminar — ha!

What's next for me after my term ends in June 2018? The chancellor role has been such a significant commitment of time that I have agreed with my wife to not take on any new ventures for a year.

That said, I recently chaired a task force on behalf of the federal government to position the Canadian Space Agency for an international role on the upcoming cis-lunar space station. This work is promising and could continue for a few more years.

The university's Senate has begun its search for the new chancellor, who will begin his/her four-year term in July. By the end of my term, I will have presided over 47 convocations. Wow — I suddenly feel tired!

I will miss meeting with the Chancellor's Scholars, as well as with the esteemed community members who support their scholarships. Getting to know our students — Canada's best and brightest — and encouraging them in their studies has been a real privilege. — *Robert Thirsk* **U**



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June 14

Join our newest class of alumni at this swanky celebration, presented by the Recent Graduation Committee. Learn more at [ucalgary.ca/alumni](#)



STAMPEDE 2018

VANCOUVER STUDENT SEND-OFF

June 23

Enjoy good ol' Alberta hospitality at our casual summer barbeque to welcome our newest UCalgary students moving from Vancouver to Calgary this fall.



STAMPEDE 2018

STOMPIN' STAMPEDE SOCIAL

July 5

Shine your shoes, grab your hats and join fellow alumni to kick off the 2018 Calgary Stampede where we'll take it back to our western roots. Details at [ucalgary.ca/alumni](#)



SNYDER INSTITUTE

MINI-MEDICAL SCHOOL

May 7 and June 4, 6:30 - 8:45 p.m.

A mini-medical school designed for members of the general public who are interested in learning more about chronic diseases and topics such as allergies, concussions, precision medicine and more. Learn more at snyder.ucalgary.ca/minimedical. UCalgary Alumni is proud to support Mini-Medical School.



IDEA EXCHANGE CALGARY

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May 20, 4:30 - 7 p.m.

A discussion about the many aspects of healthy aging will feature a cross-disciplinary panel of UCalgary experts. Sign up at ucalgary.ca/alumni/idea-exchange



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To Fast-Track Innovation, You Need Collaboration

Attention Calgary startups: Creative Destruction Lab-Rockies (CDL) has now conducted three sessions with Calgary's first cohort of high-potential ventures

What was first founded in 2012 at the University of Toronto as a seed-stage program for massively scalable ventures has spread to four other campuses and is quickly becoming a significant force in several of Canada's startup communities. CDL-Rockies launched in November through UCalgary's Haskayne School of Business, backed by several heavyweights including professor emeritus Chen Fong, who has been funding and promoting startup companies for 25 years.

The idea behind CDL is to create a Canada-wide innovative ecosystem that can compete with other tech giants, such as those found in Silicon Valley and other global business hubs. The nine-month program begins with a cohort of 25 startups who meet with successful entrepreneurs, angel investors, scientific advisers, corporate supporters and MBA students. This ecosystem supports these new business ventures in terms of both time — in the form of mentoring and introductions to potential customers — and seed funding.

At the second CDL-Rockies session in late January, data scientist Briana Brownell, CEO of PureStrategy.ai, extolled the intricacies of her machine-learning system that can deliver text-based customer data to organizations in less than a day. After reviewing Brownell's three objectives, advisers weighed in with the pros and cons of her presentation. One suggested she needed to "compress her pitch." Another pointed out that Brownell needed to get to her value proposition faster. Running comments on *Slack* (a team-messaging platform) popped up on one of the large screens in front of the audience, suggesting Brownell's "pain point" lay with customer discovery. "Dig deeper," it read.

ENTREPRENEURIAL THINKING



The G7 sessions combine plenary meetings (above) and small group meetings between mentors and ventures (right).

Brownell was one of 23 startups who gave pitches to an audience of venture capitalists, mentors, advisers, press and members of UCalgary. The range of talent and disruptive ideas was immense. Some startups at January's daylong session looked at how big data could flip around the health-care industry. Another examined how AI could improve plant efficiencies. Other presenters elaborated on wearable sensors, augmented reality-based engineering, a "Reservoir-On-A-Chip," a block-chain-based solution that would legitimize last-minute ticket sales, and far more.

The founders of these startups meet with G7 mentors, and are expected to deliver on three key business and technical objectives, every eight weeks; if they don't, they are not asked back for the next meeting. Another potential reason is they need to incubate for longer and further hone their business plan. If they make it to the

next meeting, they are assigned three more objectives. Only eight to 12 of Calgary's original cohort are expected to graduate from the program. Those who do often raise funds from the mentors — and from investors who attend CDL sessions.

The collaboration that was evident at CDL-Rockies illustrated that the image of a lone entrepreneur having a eureka moment in some lonely lab is nothing but a romantic notion. The reality is that innovation doesn't happen in isolation but is nurtured when groups of passionate people come together to inspire, support and collaborate; in other words, they foster a rich ecosystem for entrepreneurs.

For more information on getting involved in this initiative — whether you're a co-founder of a tech/science-based startup, a donor or corporate sponsor — please contact cdl-rockies@creativedestructionlab.com

— Deb Cummings **U**

Photo: Riley Brandt

Taking Care of Canna-Business



As the federal deadline for cannabis legalization draws nearer, work done by the O'Brien Institute for Public Health researchers is lighting the way for policy-makers in Alberta, and across the country.

"It was a huge piece of work," says Fiona Clement, director of the O'Brien Institute's Health Technology Assessment (HTA) Unit, assistant professor in the Department of Community Health Sciences, and the report's lead author. "It consumed our team for four months. By far, it's the biggest evidence synthesis I've ever done."

The work paid off. The document served

as a basis for discussion at a recent series of roundtables with dozens of stakeholders. Everyone, from the RCMP and Indigenous groups to municipalities, school boards and Restaurants Canada, discussed everything from minimum age of purchasing, to public consumption and protecting workplaces.

For Clement, the journey was eye-opening. The data challenged some widely held beliefs — it's not a gateway drug, "There is no case for that," Clement says — and some of her own perceptions.

"One thing that really surprised me was that the locations in the United States that

legalized did not see an increase of use in populations," she says. "So this criticism that we're going to go hog-wild and be high all the time is not panning out. That was a good thing to observe so we can put that conversation to rest and focus on other things."

The researchers, however, also found an unsettling trend in underestimating the harms associated with cannabis use: an association with those who are at an increased risk of testicular cancer, for instance, as well as neurocognitive brain changes, poor outcomes after use during pregnancy (low birth weights), and mental health problems including psychosis, mania and schizophrenic relapse.

"It flags for us there is a need to remind people that it's not harmless, that there are risks and that responsible use is going to be important," says Clement. — *UToday* **U**



Photo: Jeff Caird

At the newest AGE-WELL Core Facility, researchers test new medical technologies.

Living Well, Living Long

According to the United Nations, the number of people aged 60 years or older is projected to grow 56 per cent by 2030. Which is precisely why a new partnership between UCalgary's Ward of the 21st Century (W21C) and AGE-WELL, Canada's Technology and Aging Network, is so significant.

Located in the O'Brien Institute for Public Health, the newest AGE-WELL Core Facility, the fourth in Canada, will help researchers and industry from across Canada test new ideas, prototypes and health-care products with seniors and care providers.

"Our organizations both place a premium on involving end users — the

people who will actually use our innovations — at all stages of product design and evaluation," says Alex Mihailidis, scientific director of AGE-WELL. "This partnership will help ensure that our network members get the user's perspective, so that we come up with usable, real-world products to support older adults and their caregivers."

Finding solutions to aging in place is a strategic research priority for W21C, says its medical director, Dr. John Conly, a professor in the Cumming School of Medicine. "Most of us would prefer to age in place, in our homes and our communities, surrounded by the people and things we know," he says. — *UToday* **U**



Behind the Scenes of *Circle of Steel*

by Deb Cummings

LEFT: Engineering alumna and filmmaker Gillian McKercher shot *Circle of Steel* in and around Calgary.



Photos: Elyse Bouvier

Who knew that a UCalgary engineering alumna had the chops to produce a feature movie that will debut this fall on the film festival circuit? The brainchild of Gillian McKercher, BSc (Eng)'13, *Circle of Steel* has been billed as a darkly comedic satire that probes shifting power dynamics. The entire 100-minute rollicking feature, she says, was shot in and around Calgary and Alberta last winter.

Although McKercher spent four years working as a project engineer in oil and gas before being laid off in 2016, the 27-year-old is no rookie when it comes to filmmaking. In high school, she attended a summer media arts camp program with the Calgary Society of Independent Filmmakers and, while studying engineering at UCalgary, McKercher made short films, a two-season web series and music videos.

What inspired you to produce this low-budget film? I started my job in a tumultuous time for the oil and gas industry [2014], and I watched powerful companies lose incredible amounts



of money and [saw] how that affected everyone from the CEO to field workers.

INTERVIEW

Circle of Steel was my response to some of the questions I had about the destabilizing industry that I found myself in.

Who are your heroes? Currently, I'm obsessed — full-on obsessed — with the career of Paul Verhoeven. I am also inspired by the works of Steven Soderbergh, Lars von Trier, Jane Campion and, to a large extent, the music video-turned-filmmaker works of Michel Gondry and Spike Jonze.

What three films have you repeatedly watched? *Out of Sight* is the perfect

popcorn movie: it's smart, it's fun, it's sexy, it's based on an Elmore Leonard novel, and it has the best on-screen chemistry with George Clooney and Jennifer Lopez. *Sideways* has some of the best dialogue I've ever heard in a film. I love how the film expresses melancholy with absurd humour. *The Diving Bell and the Butterfly* — this film addresses the inevitability of lost time, the lack of individual control over one's life, [and] the beauty of a, perhaps, meaningless life. The film is also a gorgeous example of magical realism. I love it.

What impact do you hope *Circle of Steel* leaves on your audience? I hope that audiences sympathize with the characters. It's easy to vilify the oil and gas industry, but its workers are people who should be treated with compassion. I want to show that field life is rich in humour and camaraderie. The films that address resource-intensive industries are typically very serious and very intense — a perspective that represents only half of the truth of field life. I hope I can show the other half of the perspective. **U**

\$1-Million Donation Boosts Humanities Research

As a longtime University of Calgary senator and a passionate advocate of the arts, retired lawyer Judy MacLachlan was naturally drawn to the Calgary Institute for the Humanities (CIH). She joined its advisory council in 2013 and her work there has been a labour of love.

"I think of it as a distillation of what the Faculty of Arts is all about," she says of the venerable, 41-year-old UCalgary institution dedicated to engaging the public with research based in the humanities. "I love the multidisciplinary research they do there. The idea that they bring so many diverse viewpoints to the table, that they're always at the forefront of current discussions and forward-thinking visionary ideas. I feel like they're the glue that holds the faculty together."

"And yet," she pauses, "the CIH itself,



Photo: Calgary Institute for the Humanities

L-R: Postdoctoral Visiting Fellow Elena Dahlberg, CIH director Jim Ellis, Judy MacLachlan, and CIH fellows Jack Lucas and Amelia Kiddle.

which is the oldest humanities institute in Canada, has a fairly low profile. It's under-represented, and I think that's a shame."

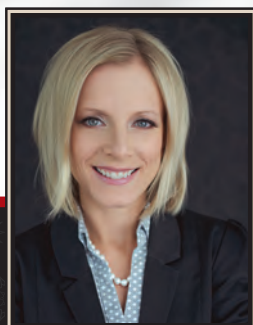
That's why MacLachlan and her daughters, Kate and Leanne — both UCalgary alumnae in arts and arts-related programs — have generously donated \$1 million to the CIH as a gift to *Energize: The Campaign for Eyes High*, the university's \$1.3-billion fundraising campaign. This funding has initiated the creation of a new endowment fund aimed at helping the CIH strengthen its existing programming while also undertaking new projects that

will enhance the institute's profile locally, nationally and internationally.

Thanks to the MacLachlan family donation, the CIH has been able to expand the number of its working groups from four to eight. New groups include Social Justice and the Smart City, focusing on the social and environmental implications of smart-city technologies and policies. Another group is called Genomics, Bioinformatics and the Climate Crisis, wherein researchers interested in the environmental humanities examine pressing ecological issues. — *UToday* **U**

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Order of Canada Recognizes UCalgary Leaders

Late last year, Governor General Julie Payette announced 125 new appointments to the Order of Canada, including eight from the University of Calgary community. Among the UCalgary recipients are:

Marie Delorme, PhD'12, CEO of The Imagination Group of Companies, for her commitment to promoting opportunities for women and Indigenous peoples in Canada.

Joyce Doolittle, professor emerita in the Faculty of Arts and founder of Theatre Calgary, for contributing to the advancement of theatre in this city through her pioneering efforts as a performer, teacher and leader.

Dr. Thomas Feasby, neurologist, researcher and former dean of the Cumming School of Medicine, for his visionary leadership at multiple Alberta academic and health institutions.

Dr. Howard Gimbel, for his surgical innovations as an ophthalmologist, notably as a pioneer in cataract and refractive surgery. Gimbel is a clinical associate professor in the Cumming School of Medicine.

Joseph Martin, LLD'12, for his sustained and influential leadership in academic medicine, and for his contributions to building health research institutions in North America.

Cornelia Hahn Oberlander, LLD'14, was promoted to Companion of the Order of Canada for her long-standing contributions to the field of architecture as a worldwide leader in promoting socially

conscious and environmentally responsible landscape designs.

Vianne Timmons, PhD'93, president and vice-chancellor of the University of Regina, for her influential research and field work in literacy and for her leadership in post-secondary education.

David Werklund, LLD'12, for his business acumen as a successful entrepreneur and industry leader, and for his philanthropy in support of post-secondary institutions and youth leadership programs. In 2013, his \$25-million gift to UCalgary was the largest ever received by an education faculty in Canada. — *UToday* **U**



UCalgary photos

L-R: David Werklund, Marie Delorme and Dr. Thomas Feasby are part of the UCalgary community who were appointed to the Order of Canada.

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Your Stress is Now My Stress

JAIDEEP BAINS AND HIS TEAM IN THE

Cumming School of Medicine have discovered that stress transmitted from others can change the brain in the same way as real stress does.

The research team studied the effects of stress in pairs of male or female mice. They removed one mouse from each pair and exposed it to a mild stress before returning it to its partner. They then examined the responses of a specific population of brain cells in each mouse, which revealed that networks in the brains of both the stressed mouse and naïve partner were altered in the same way.

"There has been other literature that shows stress can be transferred — and our study is actually showing the brain is changed by that transferred stress," says Toni-Lee Sterley, the study's lead author. The study shows that the effects of stress on the brain are reversed only in female mice following a social interaction. The team noticed that, in females, the residual effects of stress on neurons were cut almost in half following time spent with unstressed partners. The same was not true for males.

"If some of the effects of stress are erased through social interactions, but this benefit is limited to females, this may provide insights into how we design personalized approaches for the treatment of stress disorders in people," says Bains. — *UToday* **U**

Student-a-Go-Go

by Deb Cummings



Calgary's international programs can give students a hefty dose of global education. Just take a look at the passport of Engineering Students' Society President Laura Fader — pages of stamps and visas prove that she visited 35 different countries during her undergrad. Besides volunteering in Costa Rica with UCalgary Cares, Fader worked with Homes for Hope in Mexico, competed at MIT in Boston, spoke at the UN in Geneva and then spent a year working for ABB Semiconductors in Switzerland.

"My base in Switzerland was only an hour away from a budget airport where flights to another country were often only \$10-\$15," says Fader. "It was cheaper to travel than to stay at home in Switzerland!"

Fader will graduate this fall, after — of course — another overseas work stint. This time in Singapore, ratcheting up her grand total of countries explored while being a student to somewhere around 43.

"I intend to take a lot of side trips while I'm there," she adds. **U**



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A BOUTIQUE THAT HARKENS A BYGONE ERA

Here, we drop in to a bespoke men's shop in NYC, co-founded by a UCalgary alumnus, where you can nerd out on cufflinks and suspenders while learning to dress like the best, most unbasic version of yourself

by Deb Cummings

We're going to go ahead and guess that you don't spend much time in shops that cater to men's accessories. We don't, either, but we're making an exception for Fine and Dandy — a sophisticated, yet hip shop in one of the coolest neighbourhoods in New York City.

Wedged in the area known as Hell's Kitchen (between Times Square and the Hudson River), this 400-sq.-ft. shop is jammed with thousands of items from bow ties (No. 1 seller) and waistcoats to photographs (a 1931 shot the includes a cameo of Franklin D. Roosevelt is priced at US\$50,000), custom-made shirts, tie bars, crystal decanters, spats — even rare, first-edition books.

Straddling vintage with trendy, Fine and Dandy was founded in 2008 by alumnus Enrique Crame III, BA'02, and partner Matt Fox. Before opening the shop they always dreamed of, Crame spent years toiling at Zara and Massimo Dutti, while Fox managed Broadway theatres.

"We met by chance during my first visit to NYC in 2003," explains Crame, who majored in art history. "By 2008, we were looking for a creative outlet and decided to start a side business together. It was the golden age of menswear online."

Why 2008 was such a sentinel period, suggests Crame, "is because there were so many menswear blogs, style forums and online shops. It's when men started dressing better, which we partly attribute to the recession; men had to dress better to keep their jobs. That's when we decided to launch our brand online and out of our small Manhattan apartment. Four years later, it morphed into the brick-and-mortar shop it is today."

Step inside this nostalgic bolthole and you're likely to meet either Crame or Fox (they're the only ones on the payroll). Either one will regale you with product knowledge (80 per cent of their merchandise is their own brand, designed and produced primarily in NYC and nearby), as well as a side of chill — playlists of Chet Baker, Mel Tormé and Shirley Horn waft through the space. Find yourself lusting after a vintage photo that looks like



Visit ucalgary.ca/alumni/360 for a 360° view of the store.



- 1 Hell's Kitchen Pennants. Limited edition of 50. \$29
- 2 Fine And Dandy Bowties, handmade in NYC. \$59
- 3 Rare First Editions & Out-of-Print Books. \$99 - \$999
- 4 Fine And Dandy Bowties, handmade in NYC. \$59

a prop or some "exotic" wares, say a tweed blanket or scarf from Donegal, Ireland, or gloves from the Shetland Islands? Just ask; it's likely for sale.

An increasing number of bespoke men's shops can be found, but where else, *really*, can you buy anything off any wall, shelf or rack while feeling like you've sneaked onto a movie set? That refreshing vibe that mixes nostalgia with flat-out fun is because



4 Vintage Collegiate Tobacco Cards, Silks & Felts. Circa 1910. \$19 - \$499

5 Fine And Dandy Patchwork Waistcoats (\$259) & Scarves (\$109). Made in Donegal, Ireland.

6 Floral-embroidered chambray tie. \$65

7 Biltmore, Stetson & Woolrich Hats. \$79 - \$169

8 Signed copies of *I Am Dandy* (\$58) & *We Are Dandy* (\$60) by Rose Callahan and Nathaniel Adams.

9 Tweed Teddy Bears. Made in Ireland. \$79 - \$109

10 Eminent Judges and Lawyers of New York. 1931. \$50,000

11 Suspenders. \$79 - \$129

12 Pantherella Socks. Made in England. \$29 - \$69

All prices are \$US | Photo: Brian Benton

many of the shop's pieces have actually appeared in films, TV and Broadway shows such as *The Tonight Show*, *Showtime at the Apollo*, and *Gentleman's Guide to Love & Murder*.

Admitting to having a fairly large celebrity clientele, Crame confesses the biggest star would be Pharrell Williams who "filmed his segment for the *CBS Sunday Morning* show in Fine and Dandy a few years ago."

As for whether we'll find such a gem as Fine and Dandy in Calgary, Crame answers, coily, that if there's another shop, it will likely be where they vacation — somewhere on Cape Cod. In other words, you can buy online now if you wish or the next time you find yourself strolling through Manhattan and aching for a jolt of sartorial sizzle, make a trip to this carefully curated depot of idiosyncratic style. For details, visit fineanddandyshop.com **U**

MAYA GOHILL BFA'97



Photo: Jared Sych

Calgary-based artist Maya Gohill has made a career out of gleefully skewering conventional representations of what belongs in a store (Why not a sloth? begs a mural in Simons department store), a restaurant (where else would you find a carousel leopard?) or a coffee shop (not many would say it's a perfect spot for such a cheeky portrait of Phil and Sebastian, but it worked). Here's a closer look at what makes Gohill a shape-shifter

How did you go from teaching at ACAD to painting satirical portraits of coffee gurus (and alumni) Phil Robertson and Sebastian Sztabyb?

By chance, I met Walker McKinley of McKinley Burkart Architects,

You can't back up easily to really see it. I wanted the mural to look like a piece of fine art, an oil painting, and not a spray-painted mural, and that was challenging, too.

Where else can we see your work? At the Calcutta Cricket Club [on 17th Avenue in Calgary]. This was a total DIY project. I found the leopard (behind the bar) at the antique mall on Blackfoot Trail and the mural of an Indian landscape came from France, and then Shovak Sengupta [one of the owners behind this venture] found these caricatures of cricket players in a *Vanity Fair* magazine. The tiled floors and minty-coloured walls helped capture the tropical vibe that we were after. Imagine if *The Golden Girls* met an Indian Gentlemen's Club . . . that's us.

Do you have any advice for new artists who might be graduating in this extraordinarily visual age? In the world of Pinterest and blogs that inundate us with imagery, I think it must be very intimidating for new artists who feel they must measure up to all the other artists who are ever-so-visible. My advice is to try to shut out all the noise and remain faithful to yourself and your art. That's why I think meditation is a good place to work from.

— Deb Cummings **U**

Have you always wanted to be an artist?

No. I wanted to be a physician, like my dad. But I bombed [biology] and started examining other people in my family . . . my grandpa was a filmmaker in India and my grandma was a painter, so I began wondering if art was in my DNA.

Why did you take a Master of Fine Arts in San Francisco? I thought it might allow me to teach and it did. I taught at an art college just north of L.A. for four years and then as a sessional instructor at ACAD [Alberta College of Art + Design].

What was the difference in how art was taught? My training at UCalgary was more conceptual. It allowed me to have a greater, broader way of looking and talking about art.

What were the biggest lessons you learned at UCalgary? (1) The power of community, (2) the nature of working in a studio environment, and (3) getting feedback and peer critiques. All were invaluable.

who hired me to do that specific portrait. I had to drop every notion of what I thought art should be and took a huge risk. That risk put me on a totally different trajectory where satirical portraits became my bag.

Where has that new path led you? To Simons department store [in downtown Calgary], where I was commissioned to do a three-storey mural (next to the escalators) which took about six months to complete.

The mural showcases a sloth, bobble heads and paintings of vintage photographs. Where did the ideas come from?

I often get my ideas, like this one, while meditating. I love sloths — they're cute and strange and exotic. So I imagined one living in a home and the rest came to me . . . the books and the art the sloth had collected are all included in this 1,000-sq.-ft. piece of art.

Was it a challenging piece to create?

Working on that scale was very difficult and being on a scaffold for six months was tough.

See more of Gohill's art and interior designs at ucalgary.ca/alumni/gohill

YUSEF TRAYA BCR'01



Photo: Adrian Shellard

What keeps holdouts from a bygone era — say, corner grocery stores such as the Bridgeland Market — from being gobbled up by big-box players is, invariably, the owner. Take Yousef Traya, a former Dinos football player, who took over the family business from his parents and built it into a hip community hub. Why did he defy his mother, who warned him that a grocery store was like a prison? We popped in to find out

prepared, or you will look like a fool come game day. Wrestling showed me the importance of understanding my opponent.

Do you use these lessons in operating a grocery store?

Yes. Most risk-takers who are athletes are defense players. Offense players are very calculating. I've had to learn to be an offense player, when naturally I'm a defenseman.

Fever Tree ginger beer are just two of some 6,000 items in the shop] and by circulating all the time. I am in the shop seven days a week — “grazing” is what I call it — poking around, talking to customers, trying to balance higher-end items with regular everyday products. And I surround myself with experts, from HR people to accountants.

Do you have any advice for university students?

Be calculated risk-takers. Take risks that will help you develop. Remember, being a student gives you a terrific opportunity to be risky. If you're an engineering student, take a course in philosophy or art.

If you went back to school now, what would you take? I like connecting people and dealing with crises . . . so maybe something multidisciplinary that specializes in conflict resolution.

Any other loves? Music and travel. Some day, I'd like to see Willie Nelson, Bruce Springsteen, Sade and Iron Maiden.

What's your favourite TV show? *The Wire*. Life is really like that for lots of people.

What about heroes? [Basketball player] Bill Russell is my sports hero. Miles Davis for music. I admire people who stay steadfast and true to who they are. I like renegades, those who do something that was never supposed to happen. — *Deb Cummings* **U**

Tour Bridgeland Market with us at ucalgary.ca/alumni/yousef

The fact you're such a community builder in Bridgeland makes me wonder: how active you were as a UCalgary student?

When I first started university, I played for the Dinos football team. But then I became president of the Arab Students Association and then I joined the Dinos wrestling team, so I guess I was part of a lot of communities, even then.

Did you ever use your degree? Yes. After I graduated, I worked for Three Springs, a company that had a facility in Georgia. I was employed as an outdoor therapist, but the irony is that I am not an outdoorsy person. It was also close to Dollywood and I am a big Dolly Parton fan, so I liked that. When I came back to Calgary, I worked at Wood's Homes for a couple of years and slowly started helping out at the family store. Again.

What lessons did you learn from UCalgary? Classes taught me that nothing is given to you — you must earn your marks. Football taught me you need to come

As a child, what was it like living above a grocery store?

I still do, although it's not as crowded as it was when my grandmother, parents and three siblings also lived there. But I loved it because the store was the centre of the neighbourhood, which hummed back then . . . it wasn't unusual to have 10,000 to 15,000 people move through Bridgeland in a day, due to the proximity to the old General Hospital. I could hang out my window and watch ambulances and helicopters go by.

What's the vibe you've tried to create at Bridgeland Market? I'd like to think that corner grocery stores are a more holistic version of *Cheers*. Instead of serving beer, we give them food . . . and a sense of security.

With the closure of so many corner grocery stores, how have you managed to survive? By listening to our customers' wants [Made by Marcus ice cream and

Traditional Wellness Offers a Dynamic Strategy to Holistic Health

In an Indigenous ecological worldview, the notions of wholeness and interconnectedness lead to a critical concept — that of balance and harmony

by Mike Fisher

As more Indigenous doctors, health-care educators and healers enter the field, the emergence of a holistic approach to wellness becomes more evident. Health is far more than just your physical well-being. It also includes your emotional, mental and spiritual wellness. For a person to be truly healthy, all aspects must be addressed. This holistic approach has been the foundation of many Indigenous philosophies, although it's been foreign to Western medicine practitioners until very recently.

Canadians are facing a crucial time as our opportunities to work respectfully with Indigenous peoples in all matters, including health and wellness, gain traction with the final report on Truth and Reconciliation and the University of Calgary's new Indigenous Strategy, **ii' taa' poh' to' p**, which translates as "a place to rejuvenate and re-energize during a journey."

The journey towards the development of the Indigenous Strategy and the document itself was built on a foundation of compassion and kindness. The content, principles and recommendations are designed to promote awareness, understanding and inclusivity, says Shawna Cunningham, director of UCalgary's Indigenous Strategy.

"Through the Indigenous Strategy, our goal is to respect, acknowledge and further discover the parallels and fluidity between two distinct ways of knowing, doing, connecting and being," explains Cunningham, "all of which relate to the university's role in teaching, learning, research and the building of community partnerships."

Though it is difficult to provide instructions for living healthier from Indigenous peoples' traditions and ways of being, which are diverse and multifaceted, we can consider the teachings of the medicine wheel, which is a common Indigenous symbol of balance and harmony for human beings.

Evaluating oneself in relation to the medicine wheel's four principles — spiritual, emotional, physical, and intellectual health and well-being — provides a blueprint for living a healthy, balanced life and can lead to a deeper understanding of ourselves as we each strive to achieve a sense of well-being. Consider the medicine wheel a tool for self-assessment and a guide for enhancing our self-awareness, restoring healthy relationships and achieving a sense of general well-being.



Kerrie Moore, an integrative therapist and sessional instructor for the university, suggests that the concept of living in a good way, "is really about establishing balance in our lives." Moore, BSW'03, MSW'04, says that, "from the therapeutic perspective, human beings are four-dimensional" and that "in the Indigenous healing model, you always begin with spirit."

When Moore, who is Cree/Métis, moves desks out of the classroom and arranges her social work students in a circle, she is constructing a safe space whereby they can move toward emotional and spiritual healing during the Trauma and Indigenous People course she teaches. The circle, comprised of both Indigenous and non-Indigenous students, represents relationships and connections — and it is an integral part of Indigenous ways of knowing self, community and the broader world.

"There are very important protocols — we can't mention all of them here — that we use when we do any kind of healing," says Moore, who explains that the circle begins in silence and encourages the students to see each other in a spirit of equality.

This attention to respectful silence with a focus on the senses is similar to mindful meditation, but it takes place within a complex Indigenous historical context.



The cultural model for the University of Calgary's Indigenous Strategy tells the story of the strategy from a unique symbolic perspective.

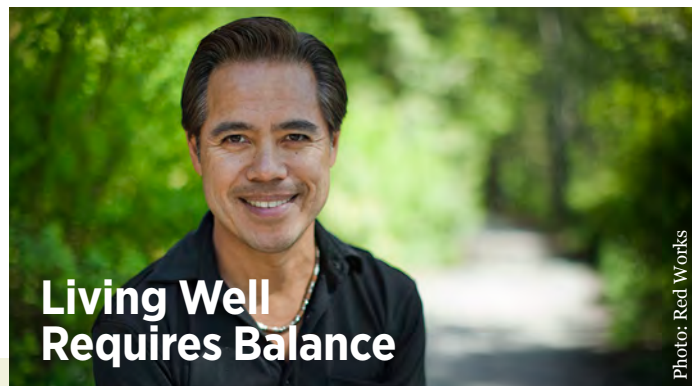
Visit ucalgary.ca/indigenous-strategy for more information.

Yvonne Poitras Pratt, an assistant professor and Métis scholar in the Werklund School of Education, teaches educators how to enact the calls to action issued by the Truth and Reconciliation Commission.

"When we speak about health and wellness from an Indigenous perspective, we move beyond the self to community and start to understand that we are all in this together — health and wellness relies on a sense of collective well-being," she says.

"Ceremonies can move us toward emotional and spiritual healing which is just as important as physical well-being. To live in a 'good way,' we take guidance from the Elders who teach us that we are all — Indigenous and non-Indigenous — interconnected."

Karlee Fellner, an assistant professor in Indigenous Education Counselling Psychology at the Werklund School of Education, adds that a surprisingly simple way for non-Indigenous people to improve their health and wellness is to get out and respectfully meet Indigenous peoples. "Whether you are Indigenous or non-Indigenous, for me, living a healthy life will always come down to creating relationships and connecting with other people in a respectful, genuine way," says Fellner. "We are all interconnected at all times." **U**



Living Well Requires Balance

Photo: Red Works

Dr. Evan Adams, MD'02, is a UCalgary-trained physician whose many talents and compassionate worldview make him an intriguing ambassador for health and wellness — and a provider of wisdom in this Q & A.

He is of Tla'amin First Nation (near Powell River, B.C.) ancestry and serves as the chief medical officer for the First Nations Health Authority (FNHA). In his role as CMO, Dr. Adams works closely with government partners on population and public-health matters that affect First Nations and all British Columbians.

Dr. Adams is also an actor (his credits include the Emmy-winning TV-movie *Lost in the Barrens* and he had a recurring role on *Da Vinci's City Hall*). He recently returned to UCalgary as the keynote speaker for Diversity Days: "One Story of the Two-Eyed Seeing: Respect and Personhood in Education."

The multitasking Dr. Adams leads a team of FNHA physicians who focus on First Nations health and wellness with the aim of reducing health inequities among population groups. We recently caught up with the doctor:

If there is one piece of advice you could provide to a non-Indigenous reader regarding how to live a healthier life, considering Indigenous wisdom, what would it be?

Our viewpoint is about balance — that we are complex beings who need to be good workers,

parents, citizens and that we need to live in harmony with those around us. If we're out of balance, we might be, say, getting our work done, but neglecting family. If we give ourselves permission to be balanced, we can be proud that we got out for a run, took quiet time or were present for a loved one, and left some of our infinite office work undone. That truth can shore us up when work pressures rise, and can give us confidence that our way is a good way. Really, simplistically, my culture demands that I get out of my head and out of my office and be outside, at peace with people and my environment.

How has your Indigenous perspective informed you as a physician?

I love that I grew up in a very physical and spiritual environment, and then added emotional elements through my work as an actor, then, finally, a more intellectual approach through the study and practice of medicine. I feel like a good generalist, and it is very intuitive for me to make room for the broad expanses of patient experiences that are beyond my comprehension, but within my ability to respect and respond to. I also love that being from a marginalized population allows me to be compassionate for those who are often not extended the usual supports. I sleep well at night knowing that I'm doing work that others don't quite get to. **U**

Are Men Talking?

(Un)learning What it Means to be a Man After #MeToo



**by Professor Michael Kehler,
Werklund School of Education**

illustrated by Kelly Sutherland

In the first-of-its-kind professorship at a North American university, Michael Kehler's research at the Werklund School of Education focuses on injustices and inequities in relation to gender, equity and education. We asked Kehler to write this issue's POV on what it will take to change a culture of male aggression and entitlement



*f the word has no power and
the pen is not mightier than
the sword, then #MeToo is
nothing more than a Trumpian
illusion. The fact of the matter,
however, is that words are
powerful and the pen is
mightier than the sword.*

The truth is that silence can not take away the pain, nor can it forever bury the sexual assaults, harassment and humiliation experienced by women who have recently taken control and been empowered in the social media #MeToo torrent that has seen an unimaginable stream of allegations in Hollywood and beyond. I say “unimaginable,” not because it is hard to imagine in North America a culture of masculinity would produce such painful and devastating attacks on women. It is unimaginable for me because of how the voices of women and the accounts of sexual assaults have emerged out of social media and, moreover, found resonance around the world and in the daily lives of so many women.

As the new research chair in Masculinities Studies at the Werklund School of Education, I have followed the conversation about sexual assaults, allegations and responses online. I am a feminist. I am a man. And I have been left wondering: are men talking? During the Nov. 26, 2018, episode of CBC’s *Sunday Edition*, Gillian Findley interviewed three male guests about what she referred to as “a cultural reckoning” and the “whisper network” of conversations among men who are aware of other men behaving badly, but about whom no one speaks. This begs the obvious question about whether,

in fact, men are talking and, more importantly, who is listening? Are men talking and is this really a “cultural reckoning,” a watershed moment, a time that will forever redefine gender relations and significantly impact the culture of masculinity?

Will we look back upon 2017 and recall the tide change? I can only hope that yes, this is a historical moment in redefining gender relations. What strikes me most about this conversation is that it continues to be part of a growing public dialogue, for now. Men are being asked, “Are you ashamed to be a man?” Others might question whether this “moment” will escape men. Will we be left with a silence more deafening than the utter immobility cloaked by a code of masculinity that has damaged so many people?

Behind these words, I am a partner, a father, an academic, a son and a brother to three other boys. I am a masculinities scholar who has spent my career examining how boys and men engage in being boys and men. I have explored issues intersecting boys, books, homophobia, adolescent boys and body image in health education, the counter-narratives of boys who resist sexism and gender stereotypes, and, still, I am puzzled and perplexed by the social media movement that is #MeToo. I am perplexed by the immense momentum and the immeasurable power demonstrated in a wave of upstanding public denouncements of alleged sexual assaults. Against this backdrop, however, I am worried that the narratives of patriarchy, the stories of domination that underscore every headline of assault, will remain unheard and misunderstood by men who need to listen and take action to forever shift the course of masculinities in our day-to-day lives.

Action and change require both the willingness to listen and the ability to understand. In my research interviewing adolescent young men, the most powerful takeaway has been the incredible truthfulness of their accounts, if and when people were willing to listen. I am struck by the fears, the anxieties, the vulnerabilities of young men who constantly struggle with being young

“

*I am struck by
the fears, the
anxieties, the
vulnerabilities
of young men
who constantly
struggle with
being young men.*

”

men. The repeated references to dominant, aggressive, imposing boys who wield power, alienate and marginalize, oppress and silence other boys is perhaps not surprising. It is, nonetheless, painful to hear. What is more disturbing is the level of acceptance of a particularly narrow culture of masculinity that exists and indeed flourishes within many schools. These are places of education that grow and develop minds, and yet I see a recurring and overarching acceptance about boys and masculinity. What is surprising is the deeply entrenched and accepted mantra of “boys being boys.” You can hear it echo in the school corridors: “It’s just the way they are,” “That’s boys for you,” or, “It’s their testosterone.”

In a recent visit to a Grade 9 class where I spoke about masculinity, body image and media representations, I was moved when students volunteered terms such as “toxic masculinity” and “mansplaining.” I was further moved when, in seeking authentic, real-life evidence of their experiences, they revealed to me the degree to which they, as young men and women, had been marginalized, felt ostracized because they did not measure up to or were inadequate compared to the expectations of masculinity and femininity in their school. I listened, I saw and now I struggle to understand how change will occur. Who is listening? While a maelstrom of media and social media accounts paint a broader picture of sexual assaults and harassment within a culture of patriarchal power and a whisper culture that allows “boys to be boys,” I am left in awe of the voices that have spoken out while our youth remain trapped and restricted, limited and bound by normative standards of masculinities and femininities.



Unlearning what it means to be a man is unspeaking, unseeing, undoing the powers that define masculinity. We are in the midst of powerful and unsettling socio-political times wherein we see a Canadian prime minister who identifies as a feminist and an American president who adheres to locker room talk as “just talk.” How more polar and oppositional can two men be? Unlearning means shifting the cultural standards, redefining the norms of masculinity and reconfiguring gender relations that reflect a culture of respect. The shift, the ability to listen and, moreover, the ability to change means accepting the need to alter current definitions of masculinity. If, in fact, men are talking, then it requires a huge cultural shift within North American culture that encourages different, less-dominant, less-aggressive masculinities that do not rely on normative masculinities rooted in sexual domination, aggression and homophobia.

If men are listening, then there needs to be an active rethink, an active and visible commitment to activism against inequalities. Men can be agents of change. Adolescent boys can recalibrate, renegotiate masculinities but they will only do so if they see the possibilities, if they understand the need to change and recognize power in not reinscribing heteronormative masculinity. Boys and men need to reject sexual violence, reject sexual dominance, and embrace more complex and fluid ways of being boys and men that unseat dominance towards other men and women. I am thus bewildered in a mandscape that looks all too familiar, but one that has felt a shift, the unsettling of terms and, with optimism, I hope the redefining of gender relations in which men are indeed talking and, more importantly, becoming agents for change. **U**



Tyler Mah, BSc'10,
chair,
Recent Graduate Committee

We Want to Hear From All Recent Grads

As recent graduates of the University of Calgary, our lives are best characterized by sustained and rapid change. From landing the job, to buying our first home, to nurturing relationships and growing families — we are constantly in motion. As we progress through these milestones, few of us look to the University of Calgary Alumni Association (UCAA) for guidance and support. Yet, that is exactly why the association exists.

To facilitate a meaningful connection with the university's newest graduates, the association recently created the Recent Graduate Committee (RGC). The RGC's primary goal is to create a supportive network of and for alumni who graduated in the last 10 years. To do this, the committee will:

- Represent the needs and interests of recent graduates as we work with university and community partners to deliver programs, events and services;
- Identify and promote volunteer opportunities that will deepen connections to the university, while providing leadership and career development;
- Support career and personal development;
- Celebrate and recognize the career and service accomplishments of recent graduates; and
- Educate and inform current students and recent graduates about the goals, initiatives, and services of the university and UCalgary Alumni in order to increase involvement with the organization.

I am honoured to serve as chair of the RGC. Since graduating from the Faculty of Kinesiology in 2010, I have witnessed the university's renewed focus on alumni engagement. From Alumni Weekend (Sept. 7-9, 2018), to the Grow Your Career program and now the Recent Graduate Committee, the university and the UCAA are investing resources to ensure alumni feel welcome and valued.

The next step is ours. As recent graduates, we have been given the opportunity to forge our path to engagement, on our own terms. Communication will be the key to our success, but we can't alert you to upcoming opportunities or seek your feedback unless you keep your contact information up to date. Remember to send any changes to UCalgary Alumni at go.ualgary.ca/alumni-contact.

On June 15, the Recent Graduate Committee will be continuing the UCalgary Alumni tradition, AlumNight. Join us as we welcome the newest members of the Alumni Association. More information and registration for this event is at go.ualgary.ca/alumnight. **U**



Vern Kimball, BA'81, MBA'90,
president,
UCalgary Alumni Association

The Power of Giving

National Volunteer Week (April 15 -21) provides a catalyst for recognizing the tremendous contributions of our University of Calgary alumni volunteers. Over the past two years, more than 1,500 alumni served in 230 roles across the university — from sitting on committees and mentoring students, to teaching classes and staffing hospitality desks, alumni made a difference to the university community in many different ways. The University of Calgary Alumni Association (UCAA) looks forward to celebrating our members' contributions and service on our website, social media, through other communication vehicles and at our volunteer appreciation reception the evening of April 17.

The UCAA has been working closely with the UCalgary Alumni team to launch a centralized Alumni Volunteer Hub. The Hub will promote volunteer opportunities, recognize alumni and foster the application of best practices for our alumni volunteers. Alumni will be able to explore volunteer roles across faculties, access training materials and relevant information about volunteering, and create communities with like-minded alumni.

Along with developing the Hub, the UCalgary Alumni team has been working with faculties, student organizations and administration to think about an alumni-centric approach to university life that would see alumni have increasingly greater opportunities to become part of the daily excitement of an institution devoted to cutting-edge research, academic excellence and student experience.

The UCalgary Alumni team and your UCAA are passionate about creating alumni volunteer opportunities, whether you can give an afternoon or a year. Volunteering provides opportunities to not only make a difference in university life and for the greater good, but to also create meaningful personal connections, advance skills and expertise, and to engage in leading-edge thinking and practice in things that interest us as alumni and individuals.

I am looking forward to seeing the Hub launch with its celebration of the impact alumni have on the university's mission and vision. In the meantime, I hope to see many of you at our appreciation reception in April. **U**

Mental Health Matters

Too many surveys suggest that Canadians are not seeking help for mental health disorders for fear of being treated differently. How do we finally shed the stigma?

by **Valerie Berenyi and Mark Witten**
photography by **Roth and Ramberg**

THERE'S NOT A WEEK THAT GOES BY THAT WE DON'T

hear about (or experience first-hand) the burden of poor mental health. A few recent examples: Sexual violence and its aftermath is in the spotlight with the #MeToo campaign. Fentanyl addiction continues to dominate the news. Cellphone use is now being linked to teen depression and suicide. Hospital admissions for youth with mental health issues have surged by 50 per cent in the past decade.

According to a 2009 Statistics Canada report, depression remains the most common mental health issue, with about one in nine (11.5 per cent) Canadians experiencing depression in their lifetime.

And, with one in five Canadians suffering from a mental illness in a given year, all of us are affected, including many students, staff and academics at the University of Calgary. As with many illnesses, the earlier the treatment begins, the more effective it is.

"The university cares deeply about the mental health and well-being of its community," says **Andrew Szeto**, director of the Campus Mental Health Strategy.

"Mental health is important for everything. It's connected to our physical health, as well as to our relationships," says Szeto, an assistant psychology professor who researches the stigma surrounding mental illness. "Poor mental health is linked with poor grades, with people dropping out, with poor performance. Good mental health is linked to better achievement and productivity." One study has put the economic burden of mental illness at \$51 billion a year in Canada. The human toll, however, is incalculable.

UCalgary's Campus Mental Health Strategy sprang, in part, from the stabbing deaths of five young people, including three

UCalgary students, at a house party near campus in 2014. The assailant, a former UCalgary student, was found not criminally responsible due to a mental disorder.

"This event was horrendous," says Szeto. "Out of the tragedy, we grew stronger as a campus, as a community."

Introduced in 2015, the strategy looks at all university policy through a mental-health lens and seeks to promote well-being by creating a supportive community for everyone on campus.

For example, mental health issues are the top concern for staff and faculty accessing the Employee and Family Assistance Program, says Szeto, adding that, "35 per cent of disability claims have to do with mental health issues."

Students comprise the largest group on campus and are the most vulnerable. Those aged 15 to 24 are more likely to experience mental illness than any other age group in the country, according to a 2013 Statistics Canada report.

"Often, when we start to see mental health issues emerge, it's in the late teens and 20s," says **Robbie Babins-Wagner**, PhD'11, CEO of the Calgary Counselling Centre. "Students don't always have the skills and strategies to cope, and they're away from family who would otherwise be there to help them manage and see if something might be brewing," says Babins-Wagner, also a registered social worker and an adjunct professor in the Faculty of Social Work.

The 2016 National College Health Assessment, which tracks the health of post-secondary students in Canada, found that the factors most negatively impacting UCalgary students' academic performance are stress (41.6 per cent), anxiety (29.4 per cent) and sleep concerns (26.9 per cent). Fully 12 per cent said they seriously thought about suicide in the past 12 months.

These statistics are consistent, if slightly lower, than the national averages, says Szeto.

The No. 1 issue for students seeking mental health support at the SU Wellness Centre is anxiety/stress, followed closely by depression/grief, says **Debbie Bruckner**, senior director of Student Wellness, Access & Support. Relationship concerns are a distant



the economic burden
of mental illness per
year in Canada

third. Interestingly, they were once students' primary reason for getting help, but were surpassed by anxiety/stress in 2013.

"It's pretty well-accepted across Canadian post-secondary institutions that anxiety and stress are coming from a number of factors," says Bruckner.

She lists three main reasons for the increased awareness of mental health issues among students. First, the culture around talking about mental health has changed in the past decade, and people are more comfortable discussing it. Secondly, students now face issues that previous generations didn't — the bom-

bardment of social media and its multiple distractions, and the fundamental changes in how people communicate with one another. Finally, says Bruckner, it's become harder to get into university, which is more expensive and there's not the same guarantee of getting a job there used to be upon graduation.

"These are some of the factors that provide a context for the prominence of mental health issues," says Bruckner. "And we have huge support for this from UCalgary's provost and president. The recognition is there about the whole socio-ecological model of addressing mental health issues."

Steps forward to address this on campus have come in different shapes and sizes. New picnic tables are being installed to encourage people to socialize outside and improve their well-being. More than 500 staff have taken The Working Mind, a training program that helps promote mental health and reduce the stigma of mental illness in the workplace. Physical spaces are being designed to include better natural light and air quality and views of nature, all of which are linked to positive mental health.

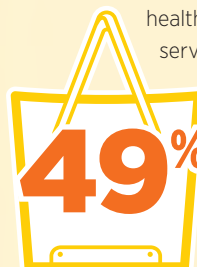
A huge step forward in the Campus Mental Health Strategy is the newly opened Psychology Clinic, a teaching, learning and research facility that will provide psychology services to campus members and the broader Calgary community. UCalgary alumni **Lori Egger**, BA'87, MSc'90, PhD'94, and **Steve Laut**, BSc (Eng)'79, donated \$3.5 million to make the clinic a reality.

Egger was a registered psychologist for 20 years until she retired in 2013. Having worked with Calgarians dealing with depression, anxiety, grief, relationship issues and workplace difficulties, she knows the mental health landscape all too well.

One of the biggest challenges she sees is the ever-increasing number of people trying to access limited public mental health services, many of whom lack the money to access help privately and are forced to wait too long for treatment.

"An increasing population, economic ups and downs, and deepening life stressors are all factors that tax the public system," says Egger. "The growing social awareness of mental health issues and the willingness of people to seek treatment also increase the demand on Calgary's mental health services.

"It is our hope that UCalgary's Psychology Clinic will become an integral part of our city's mental health community and help provide mental health services to those in most need." — VB



of Canadians who
suffer from mental health
issues never seek help

We interviewed five
people who did



For video interviews and more, visit ucalgary.ca/alumni/mental-health-matters

How Sexual Violence Can Trigger Mental Health Issues

Post-traumatic stress disorder (PTSD) rates are higher in sexual assault victims than in war. Don't ignore the veterans. Don't ignore the warnings

FIVE YEARS AGO, AFTER BEING SEXUALLY ASSAULTED in her first semester at a university in B.C., **Hilary Jahelka** waited two months before disclosing it to a couple of friends. They told her it was her fault because she'd been drinking and flirting with the man who assaulted her, even though she'd firmly told him no. Repeatedly. Later, an unhelpful counsellor further minimized her experience.

She didn't seek help for a few years after that.

"I was struggling with the PTSD of it all," says Jahelka, now an undergraduate at UCalgary. "If I was intimate, I would shut down, not want to talk or be touched. It affected my relationship with different partners, with friends and family. I was depressed and they didn't understand why."

"I kept re-enacting the event over and over in flashbacks."

Sexual assault is one of the most frequent causes of post-traumatic stress disorder in women. One U.S. study reported in 2005 that 94 per cent of women experienced symptoms of PTSD during the first two weeks after an assault. And numerous Canadian reports have been written about why PTSD rates are higher in sexual assault victims than in war veterans.

"If you're going to war, you know someone's going to hurt you. But women don't think they're at war. We want to believe that we're in a safe place, and yet 80 per cent of incidents happen by people who know us," says **Carla Bertsch**, BA'08, citing the Canadian findings. "This is why the effects of sex violence are so much worse."

While sexual assault is not a mental health issue per se, Bertsch — UCalgary's first Sexual Violence Support Advocate and a registered social worker — explains that trauma from it can trigger PTSD and other mental health consequences such as acute stress disorder, depression, addiction, eating and sleeping disorders, and suicide.

Her new role is to provide support and advocacy for university community members who've experienced sexual assault. She offers one-on-one therapy, help with reporting to police, and accommodations for victims wanting to move to a different office or residence. Bertsch also raises awareness of prevention and of UCalgary's new Sexual Violence Policy, introduced in June 2017.

Sexual violence disproportionately affects young Canadians, especially young women. Of all sexual assault incidents in 2014, nearly half (47 per cent) were committed against women aged 15 to 24, according to Statistics Canada.

Early intervention and support can help stave off mental health issues for victims and survivors, Bertsch says, stressing that "victim-blaming" does even more damage.

"People disclose sexual violence to those they trust, and to get a negative reaction from family, friends and professionals further exacerbates the trauma," she says. "When someone comes to you to disclose this horrific thing, it's so simple: It's about believing them and telling them it matters."

After transferring to UCalgary and enrolling in Women's Studies, Jahelka turned her traumatic experience into activism. She brought the #IBelieveYou campaign to campus, has worked closely with the Association of Alberta Sexual Assault Services, and was an executive of the Consent Awareness and Sexual Education Club. In March 2017, she was elected vice-president of student life for the UCalgary Students' Union.

"I'm very privileged to be able to use my experience in my work," says Jahelka, who is now counselled by a therapist trained in trauma issues. "It's important to be able to speak out because not everyone can." — VB



Academia Tackles Sexual Violence and Social Justice

As a Taylor Institute post-doctoral scholar working in the Scholarship of Teaching and Learning (SoTL), **Kiara Mikita** brings her prior research expertise in sexual violence and social justice to her current work of supporting post-secondary educators and the campus community.

In the spring of 2016, Mikita, PhD'16, taught a course titled Talk About Sexual Assault and says the experience, “was truly transformative for me and for my students.” In fact, *Maclean's* dubbed it one of UCalgary's “coolest courses” in the magazine's 2017 university rankings issue.

She's now collaborating with students who've taken that course to study ways to build community and facilitate safe spaces in group-learning environments.

“Students bring so much insight,” says Mikita. “They talk about ‘sticky’ or prevalent issues that are so intimate and important in their lives, given their demographic.”

A second project with her two fellow post-docs involves a learning lab that invites staff, faculty and students in for a demonstration of how current events such as the #MeToo social media campaign can be ushered into the classroom. “We want to critically and sensitively bring these ‘learnable moments’ into academia,” says Mikita.

A third project will invite those on campus who might encounter victims of sexual violence — from counsellors to security guards — for monthly conversations. Mikita hopes to learn how best to facilitate these discussions so that frontline workers can break down the silos they work in and talk about the problems and successes they encounter.

Other UCalgary researchers are focusing on experimental treatments to help people who don't respond to established therapies, and find markers to individualize treatment. — VB



of women experience symptoms of PTSD during the first two weeks after an assault

When Mental Health and Addictions Collide

A person with a mental health disorder is twice as likely to have a co-occurring substance-use problem as the average person. Known as concurrent disorders, millions of people who seek help are able to get their mental health back on track



SABRINA SAMUEL HIT ROCK BOTTOM WHEN SHE FOUND

herself on a remote mountain ridge west of Calgary, frighteningly high on cocaine as her mental illness and addictions boiled over. It was only raw survival instincts that led her to call her mother.

"She said, 'Get to a hospital,' and I listened to her," recalls Samuel, BA'04. More than a decade later, she wishes today she'd understood, back when she was a cultural anthropology student at UCalgary, the complex, high-risk relationship between mood disorders and addiction. How an elevated risk of mood disorder raises the risk of substance abuse, which can exacerbate mood swings and escalate the addiction, and how recovery from one or the other may depend on treating them as concurrent or co-existing disorders.

According to Toronto's Centre for Addiction and Mental Health, people with a mental illness are twice as likely to have a substance-abuse problem as the general Canadian population, and at least one in five also have a "co-occurring" substance-use problem. Further research by UCalgary psychiatry professor **Dr. Anne Duffy**, MD'91, found that children at risk of bipolar mood disorder because one of their parents has the illness can develop serious substance abuse as early as 14.

Samuel was diagnosed with bipolar disorder in her late teens and didn't fully grasp the fact heredity is a predisposing risk factor. "On my mother's side, there was bipolar disorder and other

mental health illnesses.

On my dad's side, there was a history of addiction. I didn't win the genetic lottery," she says.

Samuel took medication to stabilize her moods after being diagnosed, and drank alcohol moderately. She'd attended college in Medicine Hat and took a break to travel. When Samuel transferred to UCalgary for her second year in 2001, she felt ready to return to academia. "I felt comfortable because I'd experienced good health for a while," she says.

Samuel used counselling services available on campus to help cope with her mood swings and asked for academic accommodation at the Disability Resource Centre. "They said you can take longer with exams if you need to and reach out to your instructors for help. That was challenging for me because some profs saw it as a cop-out," she says.

Even with this support, the next school year saw her mood swings and stress become more pronounced. She began withdrawing from her friends and started to drink more heavily. "I wasn't honest with my counsellor and would lie about how much I was drinking," Samuel says. "I would schedule classes so I could

What UCalgary is Doing About Addictions

David Hodgins, a UCalgary psychology professor, is a world leader in addictions research, particularly in treating gambling disorders and video-gaming problems.

Becoming a Winner, the internationally recognized self-recovery program he developed, targets gamblers who are reluctant to seek face-to-face treatment. It combines motivational telephone support with a self-help workbook that contains strategies to stop gambling. "Our original research found that people who recover from gambling addictions most often do it through their own efforts," says Hodgins. "Our challenge was to develop a program to promote the self-recovery process, so people could do it more quickly and effectively. We've had surprisingly

good results." The workbook is provided to Albertans at no cost and has been adapted for use in more than 10 countries, and incorporated into online treatment programs in various places.

Behavioural scientist **Vedran Lovic** is using lasers, histology equipment and fast-scan cyclic voltammetry (a technique to monitor dopamine and serotonin activity) to better understand how early-life adversity changes brain chemistry and neural circuits to make some people more prone to addiction.

Andrew Szeto, director of UCalgary's Mental Health Strategy, recently helped

form a new student substance use working group. "We want to implement a series of awareness programs, practices and interventions that reduce the harms associated with the use of alcohol, drugs and other substances," says Szeto.

Debbie Bruckner, SU Wellness Centre director and chair of the working group, says experts telling young people not to use addictive substances doesn't work. "There's more research today that supports a harm-reduction approach to substance use and that encourages peer support and the use of brief motivational intervention. That's critical, especially with the upcoming legalization of cannabis, which will change the whole landscape," she says. — *MW*



sleep in and have time to recover from being hungover."

Then, during the 2003 winter term, the crisis hit. Samuel's father had a heart attack while travelling in Pakistan and died a month later. "It was very stressful and surreal," says Samuel, who attended a family memorial service in Edmonton and wrote her final exams three days later. "I had started to use a lot of cocaine at the time and remember feeling very numb. I went to the funeral and didn't cry," she says.

Samuel's drug use and drinking escalated the following spring and summer until she found herself on that mountain ridge, high on cocaine and calling her mother.

Samuel somehow got herself to the emergency department at Foothills Hospital where she was admitted and spent a month as an inpatient being treated for concurrent bipolar and addiction disorders. "My brain needed to rest. I had to detox and was put back on meds to stabilize my mood," says Samuel.

She spent the next three weeks attending Foothills' Concurrent Disorder outpatient day program, where she learned life and behavioural change skills, gained insights into her family history and dynamics, and learned about the practical importance of leisure and recreation activities in healing and recovery. Participants were also drug-tested daily to ensure abstinence. "The day program was amazing," Samuel says. "Once

the alcohol and drugs were eliminated, then I was able to work on my mental health and personal problems. It's one thing to eradicate the substance and another the reason."

Samuel returned to university that fall and completed her degree in 2004. "The last year at school was definitely a lot easier for me. Activities like playing volleyball helped and I started a 12-step recovery program, which I still do today," says Samuel. "It's very difficult to manage medications for your mood when you're self-medicating with alcohol or drugs. To keep one under control, you need to manage the other. It's not rocket science that we act out when we don't feel our best."

Since graduating, Samuel has volunteered with the Canadian Mental Health Association and worked for a concurrent disorders program, leading leisure and recreation groups. She was also able to spend quality time caring for her mother after she developed a rare form of cancer. "The biggest gift in recovery was being able to be present with my mother for five years through her illness and do grief work around her death, which I wouldn't have been able to do if I was drinking," Samuel says.

Her advice to students who may feel that their moods or use of addictive substances may be out of control: "Get help if you feel things aren't right in your life. It's not the end of the world being diagnosed with a mental illness or addiction disorder. You don't have to ride the bus to the last stop, like I did. You can take care of things a lot sooner." — *MW*

The Most Common Mental Health issue is Depression

University was supposed to rank as one of the most exhilarating experiences of Sandra Khadim's life. The reality was painfully different

DEPRESSION MOST OFTEN STARTS YOUNG AND CAN LEAD

to mood disorders that are typically noticed during adolescence, according to *A Report on Mental Illnesses in Canada 2002* (Public Health Agency of Canada). Canadians from age 15 to 24 also have a higher rate of depression than any other age group, confirms Statistics Canada.

Young women are particularly susceptible to mood disorders, since depression affects about twice as many women as men. Depression is often a recurring condition, and the risk of recurrence increases with each episode. So prevention, early assessment and treatment are of critical importance for the future lives of young people and their academic success.

For UCalgary neuroscience student **Sandra Khadim**, the sudden and emotionally devastating impact of undiagnosed depression on her academic performance in second year was a red flag and meaningful barometer of a mysterious condition. Khadim had been a stellar student through high school and first-year university, despite some early warning signs. "But then I started having mood issues and didn't want to hang out with my friends. I couldn't put a name to what I was feeling," says Khadim, the high-achieving daughter of success-driven Iraqi immigrant parents.

Her harsh self-judgment and self-talk were impediments to early assessment and treatment — precisely what is experienced by many who struggle with depression. "I didn't feel it



was okay to feel sad for no reason,” says Khadim. “I told myself, ‘Your life is good. You have no reason to be upset.’ That was a major barrier to reaching out to family and friends.”

As Khadim’s sad feelings intensified, they spilled over into her academic life. “In second year, everything hit. I felt different and didn’t know why,” she says. “With school and stress, it got worse. I started missing classes and caring less. School is very important and that wasn’t like me.”

In October 2015, she only got 50s in her mid-terms. “I was extremely disappointed and upset,” says Khadim, who started eating irregularly and sleeping either too much or too little. Then she started to cut herself at least half a dozen times in the privacy of her residence room. “I felt very sad and had so much tension. That led me to cut, which I kept from people for a long time. I wanted to reduce the tension and didn’t know how else to do it,” says Khadim, who wore long-sleeved shirts to cover the scars around her wrists.

Although the cutting prompted Khadim to eventually seek help at the Calgary Counselling Centre and finally tell some of her close friends, she soon dropped the counselling and pretended she was okay.

She wasn’t and hit rock bottom during the 2016 winter term.

“I felt suicidal and went to the emergency room at Foothills Hospital; I was diagnosed with severe major depressive disorder,” Khadim recalls. “That was shocking because I never recognized my feelings as depression. But the diagnosis was also comforting because it explained why I felt that way.”

Khadim tried two different antidepressants briefly, but then started to exercise and run and sought help at UCalgary’s SU Wellness Centre. “What helped me the most was the group meditation class. I’d never tried meditation before,” she says. “Being in a group made it easier to start doing meditation myself and incorporate it into my routine, and the group keeps you accountable. We talked during and after sessions, sharing tips to help each other. Peer support is really important.”

Khadim also benefited from taking a mood disorders workshop, where she did group cognitive behaviour therapy. “Returning to school was the ultimate test and I was able to do things that are good for myself. The main things that help me are exercise, meditation, sleeping and eating well,” says Khadim, who’s on the executive of the campus Mental Health Awareness Club, a student club that advocates for increased support and awareness of mental health, and reducing stigma.

Now in her fourth year at UCalgary, Khadim is considering either going to medical school or pursuing a research career as a neuroscientist. “When mood episodes come, I feel more capable of dealing with them,” she says. “I’ve learned it’s important to be kind to yourself, be understanding about feeling that way and not judge yourself. That’s something I did, which wasn’t helpful. Reach out for help. Going through depression with people who love and support you is much easier than doing it alone.” — MW

UCalgary’s Research Targets Depression

Clinical depression is the single most common mental health disorder experienced by adults and young adults, says **Keith Dobson**. The world-renowned UCalgary psychology professor helped pioneer Cognitive Behavioural Therapy (CBT), an effective treatment for depression through his research and clinical trials.

“Short-term CBT has been shown to be as effective as antidepressant medications in treating depression, with a success rate of 60 to 65 per cent, and it’s more effective in preventing relapses. But getting access to CBT isn’t easy at all,” says Dobson, a strong advocate for improving access to psychological services.

As a principal investigator for the Mental Health Commission of Canada’s Opening Minds initiative, Dobson worked with family physicians on the front lines to reduce stigma and raise awareness about depression symptoms and optimal treatments.

Other UCalgary research spans the work of many minds and faculties.

- Psychiatry professor **Raj Ramasubbu** and **Zelma Kiss**, a Hotchkiss Brain Institute neurosurgeon, are testing the effectiveness of Deep Brain Stimulation (DBS) on people with severe depression who have tried most other treatments without any relief. Early research suggests DBS — in which surgically implanted electrodes deliver impulses to the brain — benefits half of those treated and virtually eliminates depression in 25 per cent. They want to identify markers that could be picked up with a blood test or MRI to predict who might respond well to this therapy.
- Psychology assistant professor **Andrea Protzner** is using high-resolution electroencephalography (EEG) to help measure and understand how brain networks are altered in depression.
- Family history is a strong risk factor for bipolar disorder. Psychiatry professor **Dr. Anne Duffy** has pioneered research on how vulnerable youths develop mood disorders. She’s created a new clinical staging model of bipolar and related disorders by following their clinical course in children of parents with bipolar disorder in order to enable early prevention, detection and treatment. — MW



Alberta university students reported that depression affected their marks



It's Not All About Food

Eating disorders are complicated mental illnesses that predominantly affect young women. Although men are also affected, about 80 per cent of individuals with eating disorders are female

WHILE BRIANNE COLLYER WAS NEVER DIAGNOSED WITH

a full-blown eating disorder, she suffered from negative body image, a concern that, she says, began in childhood and “snow-balled” as her parents continually monitored what she ate.

Now in the final year of an undergraduate degree in psychology at UCalgary, Collyer put an end to her unhealthy obsession with weight and body image with the help of the Body Project, a program introduced on campus just over a year ago.

“The Body Project doesn’t just focus on your weight and how you look,” she says. “People are so much more than that.”

The body-acceptance program is designed to help women, “resist cultural pressures to conform to society’s idealized standards of female beauty and reduce their pursuit of unrealistic bodies,” according to a description on the SU Wellness Centre’s website.

The concept of body-acceptance has been heavily researched and found to reduce the onset of eating disorders (EDs), says **Kristin von Ranson**, a professor of clinical psychology who studies EDs, body image and weight bias.

Developed in the U.S., the Body Project program has been offered at more than 140 post-secondary campuses and delivered to more than 3.5 million girls and young women in 25 countries. The Body Project Collaborative, LLC, supported by the Eating Recovery Foundation, a non-profit in the U.S., approached von Ranson with an offer to send a trainer — and picked up 80 per cent of the costs — in order to introduce the program to UCalgary.

In January 2016, eight staff and faculty plus 12 students — including Collyer — underwent intensive training. The peer-led

Focus on Wellness, Not Weight

Many school programs in the past that sought to address weight-related issues may have unwittingly served to actually worsen students' self-esteem, even pushing some at-risk kids into eating disorders, says **Dr. Shelly Russell-Mayhew**, BSc'94, MSc'98, PhD'03, a professor in educational psychology at the Werklund School of Education.

Russell-Mayhew, who investigates ways to prevent eating-related issues in schools, says research has shown programs that involve singling out children for public weigh-ins or weight-loss programs have the potential to cause harm and should not be included in prevention programming.

Instead, the registered psychologist calls for holistic prevention programs that promote wellness for all children of all shapes and sizes.

"When we focus on weight, we fail to help children develop fully," she says.

Russell-Mayhew adds that a positive social environment is key for learning and for health. "We need to create a sense of belonging in schools, to make children feel safe and welcome," she says. "All children will then be more able to thrive in many health outcomes."

To that end, she spearheaded Werklund's new Comprehensive School Health course for all UCalgary students doing a Bachelor of Education degree.

The first of its kind in Canada, the course provides future teachers with wellness education they can use in K-12 classrooms. — VB



15% of women experience an eating disorder in their lifetime

program consists of four hours of training, with homework between sessions.

Collyer became a peer leader and says one of the homework exercises was, "to write a letter to a younger girl, telling her about the emotional, financial and mental costs of pursuing a thin ideal." Another exercise, she says, challenged the participants "to do something that scares them, like wearing shorts to the gym or even going to the gym."

It's based on cognitive dissonance — the psychological state of having inconsistent thoughts, beliefs or attitudes — and getting young women to shift their thinking about body image that keeps them feeling they're OK only if they're the "right" size, says von Ranson. With a team of colleagues, she's now researching the Body Project to learn how well it's working on campus and hopes to expand the program.

Negative body image is a risk factor for EDs such as anorexia nervosa, bulimia nervosa or binge-eating disorder, which are considered part of a mental health disorder that is broken down into numerous categories. Dieting, being heavy and being raised in a family where there's a concern about image and appearances are also correlated with a higher risk for developing an ED, says von Ranson. Personality traits such as perfec-

tionism and a propensity for feeling bad, sad and anxious also provide fertile ground for EDs.

Canadian statistics are hard to find, but von Ranson says a reasonable estimate is that 15 per cent of women experience an eating disorder in their lifetime.

Interestingly, while EDs are influenced by cultural norms — "We're surrounded by mass media, TV and movies with beautiful images of what people are supposed to look like," says von Ranson — at least half of them can be attributed to genes.

"They run in families," she adds, pointing to twin and adoption studies that show ED symptoms and the disorders themselves "are profoundly influenced by genes."

The Body Project is not a support group for those with diagnosed eating disorders; instead, the program "inoculates against eating disorders," von Ranson explains.

Collyer says the program has made an impact on her own life. "It gave me a lot of confidence about my own body and in talking to people about body image," she says. Among the best things she's witnessed are the friendships that develop among young women who've completed the program.

Collyer wants to see the Body Project help promote a more body-positive campus. "If you can improve one person's self-esteem, they take that out to the world and spread the word," she says. "I would encourage anyone who's interested to sign up for it. It's so amazing."

Visit ucalgary.ca/wellnesscentre/thebodyproject for more information about the Body Project. — VB

The Darkest of Feelings

None of us should be ashamed of the struggles we face. We need to remove the stigma that prevents individuals like Vina from asking for help

VINA IS A 30-SOMETHING SUBSTITUTE SCHOOLTEACHER

who has struggled with depression for many, many years, living with what she calls “dark feelings” stretching back to as early as when she was in Grade 5.

Gradually, the depression crept up on her and, by October 2015, “it got so bad that I attempted suicide,” says Vina, who prefers not to give her last name.

Fortunately, this lovely, soft-spoken Calgarian did not end her life and join the grim statistics: In Canada, suicide accounts for 24 per cent of all deaths among 15- to 24-year-olds, and 16 per cent among 25- to 44-year-olds.

In Calgary — statistically the nation’s youngest city — 64 people between ages 15 to 44 took their own lives in 2016, according to the Office of Alberta’s Chief Medical Officer.

“Depression is the most common mental health problem,” says **Robbie Babins-Wagner**, PhD’11, noting about one in five people develop depression every year. It follows that depression is the most common contributing factor in suicide deaths.

Alcohol-use disorder is also strongly linked to suicide.

“Alcohol is a disinhibitor and it can make people feel even more down. It’s a depressant,” says Babins-Wagner, chief executive officer of the Calgary Counselling Centre and an adjunct professor in UCalgary’s Faculty of Social Work.

While anybody can be at risk, younger people, men, the lonely and socially isolated, and those who feel they’re somehow a burden to others are far more likely to attempt suicide, she says.

Babins-Wagner urges people with early signs of mental health issues to seek help before the situation becomes serious. “The sooner you identify a problem, the easier it is to solve a problem,” she says. “The data really supports that.”

Quick Facts About a Complex Issue

- ⊕ Suicide accounts for 24 per cent of all deaths among 15- to 24-year-olds and 16 per cent among 25- to 44-year-olds.
- ⊕ Suicide is among the leading causes of death in 15- to 24-year-old Canadians, second only to accidents.
- ⊕ Suicide is one of the leading causes of death in both men and women from adolescence to middle age.
- ⊕ The mortality rate due to suicide among men is four times the rate among women.
- ⊕ Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.
- ⊕ By age 40, about 50 per cent of the population will have or have had a mental illness. — VB



among 15- to 24-year-olds

After her suicide attempt, Vina sought help from the Calgary Counselling Centre. “I was so deep in a depressive trough at the time . . . that I wasn’t feeling much, I was feeling so empty. I felt like I was dead inside,” she says.

Her counsellor helped Vina stay present, not dwelling on the past — a mindset that had contributed to her depression — or focusing too much on the future, which could trigger anxiety. Instead, they zeroed in on the things under Vina’s control that she could change. The counsellor taught Vina to recognize her negative, distorted thinking patterns and challenge them.

With hard work and help, Vina slowly got better. “Living with depression weighs you down with guilt and shame,” she says. “I learned to be kind to myself, and not blame or shame myself. I just feel lighter.





"You can only create hope by taking chances, not by giving up."

More than two years after she attempted to take her own life, Vina no longer goes for individual or group counselling. She trusts herself and feels confident that she has the skills to cope with her mental health challenges: "It's not like I'm depression- and anxiety-free. Now I can realize they're always there, and I'm comfortable sitting with that. I can recognize what my red flags are."

If she's not sleeping enough or sleeping too much, suddenly feels irritable, weepy or on edge, she knows it's time to exercise, fix her sleeping habits, do something she enjoys and generally take care of herself.

"Mental health deserves just as much positive attention, maintenance and self-care as physical health," Vina says. — VB **U**

Where to Find Help

Distress Centre Calgary

Free 24-hour crisis support in Calgary and southern Alberta through a crisis line, email and daily chat and text for youth. It also offers professional counselling for clients with issues that can't be resolved over the phone.

- Main crisis line: 403.266.4357
- ConnectTeen: 403.264.TEEN
- Online chat support: calgaryconnectteen.com
- distresscentre.com

SU Wellness Centre

The SU Wellness Centre provides 24/7 mental health support. After hours, there's an option to speak with a crisis counsellor from the Wood's Homes' Community Resource Team, or a highly trained volunteer at the Distress Centre. It also offers online services, wellness workshops, group and peer support, brief individual counselling, and referrals to community resources.

- Room 370, MacEwan Student Centre, UCalgary
- 403.210.9355
- ucalgary.ca/wellnesscentre/services/mental-health-services

Calgary Counselling Centre

A charitable organization committed to providing compassionate, professional and affordable counselling services to Calgarians.

- 403.691.5991 (leave a message after hours)
- calgarycounselling.com

Alberta Centre for Suicide Prevention: 403.245.3900

Alberta Division of Canadian

Mental Health Association: 780.482.6576

Canadian Mental Health

Association: 1.416.646.5557

National Crisis Hotlines

Kids Help Phone: 1.800.668.6868

Crisis Services Canada: 1.833.456.4566



OK, so it's not a one-ring circus, but we've still packed this piece with breathtaking, dazzling acts of courage that deserve to be admired

When life pivots on a moment, everything you bring to it — your experience, your instincts, your buttoned-down logic, your purpose — gives you strength to achieve.

High-falutin' talk, maybe, given that the grit of daily living isn't always brightened by lofty accomplishments. Assembling your dreams requires nuts-and-bolts dedication, a heads-down focus on getting stuff done.

A football player facing a game-changing decision; a neurosurgeon delicately overseeing robotics while operating; a scientist intently watching what cells reveal; an aerial silk artist weaving a story; a PhD-turned-wearable-fashion pioneer — they all bring momentum toward change for the better.


High ambition, a readiness to respond when called to act, and a clear-eyed vision that looks ahead — rather than nervously glancing behind — are hallmarks of entrepreneurial thinkers. These are characteristics shared by the people we've profiled in this story about "derring-do" — bold thinkers who follow through with bold actions.

When we consider what drives each of these people, there is a common thread. They credit others with helping them carry out their successes. They recognize the importance of teamwork, even though they are the ones who push the idea into the limelight, ensure the ball gets over the goal line or finishes a hard task. And they view their purpose as part of a common good.

"Success starts with motivation and the commitment to contribute to something bigger than oneself," says Claire Dixon, director of operations with UCalgary's Creative Destruction Lab-Rockies. "A heavy dose of optimism coupled with astute self-awareness is also key. To create anything truly great, no one person can create in isolation."

If pushing boundaries is part of the urgent press to get the right things done, is it something that people are inclined toward, or can it be nurtured?

It's a complex question with no simple answer. Precisely why we asked five people with plenty of derring-do what, *exactly*, prompts them to push boundaries, to break rules, to seek the uncomfortable. — **Mike Fisher**



TAKE A Twirl ON THE Wild SIDE

Running away to the circus is a risky business. Exploring vertical space through aerial dance is doubly daring because it's got nothing to do with sawdust, candy floss and red noses

In the recent Alberta Theatre Projects' production of *Charlotte's Web*, there is an audacious scene in which Charlotte (performed by aerial artist and alumna Leda Davies, BA'08) leaps, twists and flips up and down the length of the stage, weaving a life-saving web for Wilbur the pig. For the audience, it was a wonder, as if the dainty spider had actually come to life and was spinning magic before their eyes. For Davies, it was a thrilling job that she performed like a trouper for eight shows a week, for five weeks.

Davies, a UCalgary drama major with a minor in dance, got seduced by feats of derring-do when she attended classes at the Calgary Circus School shortly after graduation. That led to an intensive program at the Banff Centre and then to work with a company dubbed High Strung, which, she says, "didn't have a studio, so

we actually trained out of a dog-grooming place in Black Diamond. I would have gone anywhere to learn aerial work. I was crazy for it."

Montreal is one of the planet's hottest hubs for circus schools, which is why Davies and her husband now live and work there, taking their razzle-dazzle aerial show, *Persephone Bound*, into schools. There, the classic tale of Persephone is used as a catalyst to spark dialogue about sexual consent. For the show, Davies uses aerial straps that allow her to do neck spins; they're actually more dangerous than the silks she used in *Charlotte's Web*.

Regardless, when you are 30 feet off the ground and twirling upside down, there's "a fear of falling," admits Davies. "I try to channel my fears to keep me safe and aware . . . I want to make sure that nothing becomes too familiar. I am always at the boundary of that fear."

The circus is a risky business and injuries come with the territory. Although Davies has never fallen, she has a rib that pops out of place, so physiotherapy, dynamic stretching and cross-training shapes the fitness regime to which she devotes three to four hours, five to six days a week.

People have said that once you touch the magic tools — in Davies's case, the aerial silks and straps — you cannot do without. The love of adrenaline is intoxicating, confesses Davies, adding, "when your eye level is, say, at 21 feet, it's a cool way to connect with those in the second balcony."

With a drama-dance background, Davies does voiceover and cartoon work on the side and is best known to anime fans for providing English-language dubs for characters in some versions of the *Dragon Ball* franchise. On stage, she prefers multifaceted roles like Charlotte that "combine aerial feats and circus elements with text and character.

"It's not like I can just go up and do a number and come down," she says. "I could be hanging next to very hot lights while chaos is happening below me as I look down at the floor pattern . . . all the while, I am still running my lines and using the silks to lower myself down."

The wonder of watching Davies is the total investment she has in herself. Every launch into thin air, every balance, every bit of script is a risk. The point of aerial dance when combined with theatre is that almost nothing that happens on stage is anything like reality.

How can you not be drawn in? — **Deb Cummings**



LEAD MAN *in* MEDICAL MACHINERY

What motivates robotic surgery pioneer and tech innovator Dr. Garnette Sutherland to solve new problems?

Once the surgeon's scalpel makes contact and the operation gets under way, there is no refresh button.

"The noise of the outside world disappears," says Dr. Garnette Sutherland, the celebrated UCalgary professor and robotic surgery pioneer who was awarded the Order of Canada in 2011 for his outstanding contribution to neurosurgery. "My main objective is to get the best possible outcome, avoidance of complication or possibility of redo surgery."

The operating room is a hub of activity — surgeons, anesthetists, nurses, operating room techs, patient-positioning aides and the caretaking team that keeps it clockwork-clean. There are microscopes, monitors, specialized beds, tools and more equipment.

Dr. Sutherland hears the anesthetic machine beeping, the conversation on order sets (which adds to clinical decisions for a specific medical procedure) and the affirmations among his team members. He pays particular attention to his coagulating bipolar forceps and the sound the suction device makes when in contact with brain tissues of different types.

You might think the patient would be lost in all of this.

"All professional environments follow certain protocols, but what is unique about the operating room is that, once a patient enters

the room, nothing else matters but that person's care," says Dr. Sutherland, who made history in 2008 when the world's first MRI-compatible surgical robot, neuroArm, was used to remove a brain tumour in a young-adult patient, the first such operation involving a human.

A descendant of the space station's Canadarm, neuroArm allows a surgeon to control robotic arms and perform precision microsurgery using near-real-time imaging, a 3D surgical field, enhanced acoustics through headsets for communication and a haptic (tactile) sensor technology for touch.

Dr. Sutherland's work has brought medicine, science and engineering together in a multidisciplinary project spanning the university, industry and community. He represents entrepreneurial thinking at its best, using creative problem solving to forge new directions — and there are more innovations on the horizon.

"The Image-guided Medical Robotics Program we consolidated through Project neuroArm at our university allowed us to recreate the sight, sound and touch of surgery at a remote work station," he says. "We are now working towards augmented mixed-reality surgery." Mixed reality is an advent in technology that blends real and digital worlds so that physical and digital objects co-exist before the user's eyes. Dr. Sutherland has also worked on a number of other cutting-edge projects. This includes a sensorized surgical tool, the SmartForceps, which is able to discriminate between surgeons by skill level. And, in collaboration with Matthias Amrein, director of the university's Microscopy and Imaging Facility, he has discovered the sound of cancer through nano-scale cellular vibration signatures.

"All of these directions at my laboratory are geared towards using these cues in order to shift surgery from the present organ to the cellular level, and perhaps towards automation," he says.

The next step? With the university's support, processes are under way for fundraising and building the third-generation neuroArm — the CellArm-neuroArm PLUS.

Regardless of the technological advances Dr. Sutherland continues to make, what motivates him to push forward is helping people.

"As a surgeon, the reward of patients getting better from procedures is naturally motivating," he says. "Throughout my career, while I have had many rewarding cases, it is those that do not do well that pushes me to think of new ways to solve problems." — **Mike Fisher**

The KICK HEARD AROUND THE World



With the game on the line, a last-second epic kick lifted the Dinos to a breathtaking victory over UBC's Thunderbirds. And Niko DiFonte became an international conversation piece

It was the kick heard around the world, launched by a University of Calgary football player who catapulted himself to fame in the dying seconds of a crucial game.

Like most moments of glory, whether they're earned in laboratories or on the football field, Niko DiFonte's record-shattering, 59-yard game-winning field goal was the result of years of hard-nosed grit, perseverance and a desire to make a dream come true.

"It's always risky, a moment like that, because, of course, there are two ways it can go," says DiFonte, 20, a second-year arts student who's eyeing a long-term goal of becoming a pro-football kicker.

"I knew what I had to do and, with the help of my teammates, I was able to do it."

DiFonte's clutch field goal in November 2017 against the Dinos' rivals, UBC's Thunderbirds, gave UCalgary the Canada West crown, set the team up for a birth in the Vanier Cup and made DiFonte a record-holder in Canadian university football. The kick got traction on broadcast networks around the globe, airing on *ESPN SportsCenter* with viral coverage including *USA Today* and *NFL.com* — the big leagues for a Canadian university football player.

DiFonte was a soccer player in his hometown of Winnipeg years ago when his older brother, Jesse, a linebacker, lost a game kicking a field goal for his high school football team. DiFonte's soccer

career was faltering, so, when his brother suggested that DiFonte try being a football kicker, he thought, why not?

"When one door closes, another opens," says DiFonte, who swiftly discovered he had a knack for sending a football into orbit with his foot — and he loved it.

Entrepreneurial thinking involves eyeing opportunities and being prepared for them. DiFonte had laid the groundwork through his years of soccer playing. He received great football coaching during his high school years, opening the pathway to his good fortune at UCalgary. All the time, along the way, he was working to make himself a better player.

"I'm always looking to improve, but I have to work at it," says DiFonte. "Maintaining my discipline, that's a boundary I'm constantly pushing through. I work on time management, too, staying on top of things like exams while learning to be a better athlete."

When not in class, DiFonte is at the gym, preparing for the next game. He can often be found throwing a football around with his roommates, building up his hand dexterity. And his teammates also help him keep those hands strong — like everyone else, he's got to do the dishes.

Like the best athletes, DiFonte pushes himself as part of a greater goal.

"I'm Italian," he says, "so family is important. My mom and dad, Bernedette and Mike, and my brothers, Jesse and Marco, they believe in me and their support has really helped. My coaches and teammates helped me to make that kick. They continue to help me today and inspire me to go to the next level."

Right before he made that magnificent, game-winning kick, as people shouted on the sidelines, DiFonte was taking deep breaths to calm himself. A couple of his teammates came up to him and told him, "You've got this, we believe in you." It was a perfect snap. He blocked everyone and everyone else from his mind. And then he made history.

"I'm constantly around people who push me and make me better," says DiFonte. "I'm thankful for it." — **Mike Fisher**



Take a look at what award-winning alumnus Teddy Seyed and the folks at MakeFashion are creating and you'll feel like your threads are downright Victorian

These dresses crease and flow like satin and are designed to be real players — video game players, that is.

Look closer and you'll see that each sparkling jewel is a 3D-printed crystal with lights that are attached to a circuit board controlled by the wearer's movement.

They were created last year by four Lord Beaverbrook High School students who stole the fashion show with garments that literally blinked, glowed and shimmered as models strutted their haute couture. The students created these eye-popping designs in conjunction with Calgary's MakeFashion studio, led by Shannon and Maria Elena Hoover — which experiments with wearable high-tech garments — and UCalgary doctoral student Teddy Seyed, BSc'11, MA'13.

But what does a doctoral student have to do with any of this? Turns out, a lot.

What began as a radical pivot in his PhD, with Seyed enrolling in some MBA entrepreneurship courses, led to a Kickstarter project called Slate Scale (basically, a Fitbit for nutrition). The courses and the experience gave Seyed just the push he needed to begin exploring the commercialization of one of his PhD projects — a dual-

interface smartwatch dubbed Doppio. Adjusting his academic PhD to include an entrepreneurial direction led Seyed to Shenzhen, China (where they worked with locals to build robotic wings to be worn in a fashion show), as well as Silicon Valley (he won a \$5,000 Google scholarship) and — most importantly — to what Seyed describes as “a mindset shift that involves trying things that are cutting-edge.”

This includes wearable fashion technology, dubbed “plug and play.” Think of merging electronics into the apparel industry whereby you might add hundreds of teeny lights to a dress or where your clothes might regulate your body temperature.

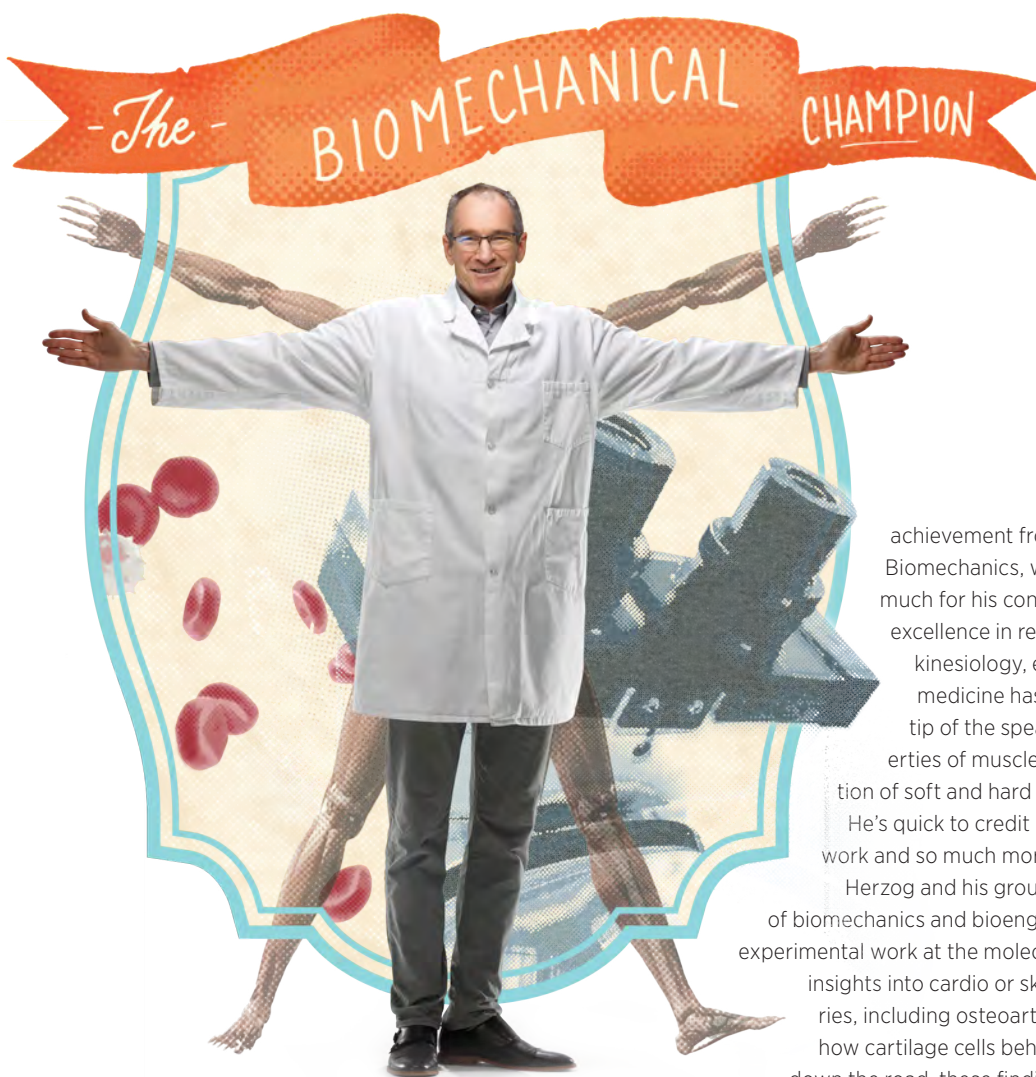
Where would you put the batteries? How would you wash the garment? What about changing music tracks by using a voice-activated cuff on your jacket?

“These are the challenges that face us,” says Seyed, earnestly. “I also wanted to do something meaningful . . . something that would get me out of the lab and into the world, that would have an impact on lives.”

What he witnessed last year as he and the team at MakeFashion worked alongside the Lord Beaverbrook students to help them get their video game-inspired dresses ready for the fashion show was so exciting that Seyed wants to do more — which is precisely why he and MakeFashion are on Beakerhead's roster for the 2018 spectacle. “When we first started working with the students at Lord Beaverbrook, we weren't sure how they'd take to soldering and some of the tedious design work (sewing in batteries and lights),” he says. “They rocked it and they are now pushing us.”

Although working with MakeFashion may not sound all that philanthropic (the direction that Seyed wants to pursue), he views inspiring female high school students and others to pursue work in high tech as a positive tangent.

While it's premature to predict specific features that will prevail in the future, wearable tech presents a fascinating field of study. With more innovations on the horizon, Seyed says his biggest lesson that he's learned working on his PhD is to “get out of the lab, find a mentor and build things that will impact lives.” — **Deb Cummings**



What would the world look like through a lens powered by relentless curiosity and wonder? Just ask our superstar scientist, Walter Herzog

It's a monster of a microscope, the framework sitting on an enormous steel-framed anti-vibration table with hydraulically driven support. Inside the small room at the base of the Kinesiology building it is forbiddingly dark, but, as UCalgary scientist Walter Herzog shifts in his white lab coat and presses his eyes against the rubber-protected lenses, he's mesmerized by what he sees. Short pulses of light excited photons inside the living muscle tissue he's examining, rendering stunning colour images — potential clues to understanding various diseases.

"When I look in a microscope, I don't feel tense," says Herzog, director of the Human Performance Lab. "I feel excitement."

A pioneer in the neuro biomechanics of the musculoskeletal system, his research focuses on muscle contraction and related areas. His work has made him something of a rock star in the academic world, where he continues to pile up awards and honours.

Last year, Herzog received the Muybridge Award for career

achievement from the International Society of Biomechanics, which honoured him in Australia as much for his contributions to the profession as for his excellence in research and science. The professor of kinesiology, engineering, medicine and veterinary medicine has been acknowledged as the sharp tip of the spear in exploring the mechanical properties of muscles, growth, healing, and the adaptation of soft and hard tissues.


He's quick to credit his team, which helps do microscope work and so much more.

Herzog and his group push boundaries daily in the areas of biomechanics and bioengineering, where his theoretical and experimental work at the molecular and cellular level provides insights into cardio or skeletal-muscular diseases and injuries, including osteoarthritis. They're currently looking at how cartilage cells behave in a joint when exposed to blood; down the road, these findings could impact how medical procedures are undertaken.

When he's travelling, Herzog brings an innate curiosity and drive that is characteristic of entrepreneurial thinkers. Whereas other people might stare out the window of an aircraft as they wait for it to be fuelled, bored and impatient, Herzog spends his time wondering how the same process can take 45 minutes in one city and 15 in another, so he makes calculations, considers improvements.

"Wherever I am, I'm usually looking around asking myself: why is this happening, how does it happen and how can I make it better?" he says. "I guess that I need to get to the bottom of things. Which, in private life, can be annoying, but it's good for being a university professor."

Growing up in a farming village near Zurich, Herzog never considered doing the kind of work he does today. He wanted to be a runner and race in the Olympics. Now, as a celebrated researcher, he's on an altogether different kind of track, with a view he could never have imagined.

While international students jostled each other to take selfies with him in Brisbane last year when he was there to accept his Muybridge Award, Herzog prefers to examine the world through a different, stronger lens. He continues with his team to burrow into mysteries that may be locked inside muscle and other tissue, and, as they peer into high-performance microscopes seeking answers, it's the people who are hobbling to the grocery store on arthritic knees who may one day reap the benefits. — **Mike Fisher** 

Class Notes



1970s-2010s

Mary Rozsa de Coquet, BEd'79, DipEd'88, LLD'06; Andrew Phung, BA'06; and Francis Duahn, BA'16, were among the *Calgary Herald's* 20 Compelling Calgarians 2018, featured for making a difference in their community. Also on the list were a number of others affiliated with UCalgary including **Alex Gough**, current Schulich School of Engineering student and Olympic athlete; **Richard Guy**, mathematician and professor emeritus; **Richard Harrison**, former University of Calgary Distinguished Writer; **David Manz**, former professor of environmental engineering; and **Sheilah Martin**, former dean of law and professor.

1980s

Joan Crate, BA'85, MA'88, was the recipient of the 2016 City of Calgary W.O. Mitchell Prize for her novel, *Black Apple*, a coming-of-age tale about a seven-year-old Blackfoot girl's experience with residential schools. The annual award recognizes literary achievement by Calgary authors.

Janet Wees, DipEd'86 published her first novel, *When We Were Shadows*, on April 3, 2018. Keep an eye out for her book launches in Calgary and Edmonton.

1990s

Vicki Stroich, BFA'99, has stepped down as executive director of Alberta Theatre Projects (ATP). Stroich interned for ATP in 1999 and continued working there in various roles for 16 years and, in 2017, she led a very successful \$400,000 fundraising campaign.

Maya Gohill, BFA'97, is a local artist and instructor at the Alberta College of Art + Design, and has been recognized for her impressive three-storey, 1,000-sq.-ft. mural for the Calgary location of the Simons department store.

2000s

Jennifer Hatfield, PhD'01; Leighton Wilks, BA'00, MBA'07; Heather Clitheroe, BA'01; Lorne Jaques, PhD'01; and Matthew Knox, BA'12, were all recipients of the University of Calgary Internationalization Achievement Awards. The awards recognize passionate

internationalization champions from the campus community. This year's recipients included a number of alumni staff and faculty who have shown remarkable dedication to newcomers to Canada and campus, as well as to cross-cultural education. Other award recipients included current students **Laura Fader** and **Eliana El Khoury**; former Mexican Consul in Calgary, **Cecilia Villanueva Bracho**; and the Teaching Across Borders program at Werklund School of Education.

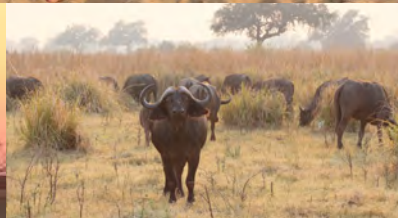
Aaron Goodarzi, BSc'99, PhD'05, assistant professor of biochemistry and molecular biology, has been appointed Canada

Research Chair for Genome Damage and Instability Disease. He is both the education lead and microscopy lead for the UCalgary's Arnie Charbonneau Cancer Institute. Goodarzi's research into radon gas and its link to lung cancer promises enormous benefit for households across the province.

Doris Jeanne MacKinnon, BA'04, MA'06, PhD'12, has published and launched a new biography entitled *Metis Pioneers: Marie Rose Delorme Smith and Isabella Clark Hardisty Loughheed*. This highly anticipated book shares the captivating stories and compares the survival strategies of two Métis women during the fur trade.

The Emus in Zimbabwe

The Cumming School of Medicine Class of 1984 — the Emus, for those who are familiar with the Cumming School's animal-based naming tradition — had kept in touch for decades, despite many of them pursuing careers outside of Calgary. After their 30-year reunion in 2014, many of the Emus decided to reconvene in a meaningful way with an excursion to Zimbabwe. Dr. Jim Kellner, MD'84, was among the travellers and shares some of his personal photos from the September 2017 trip. See more online at ucalgary.ca/alumni/emus



2010s

Ahad Raza Mir, BFA'15, recipient of Best Actor in a Musical at the 2016 Critter Awards in Calgary, has moved to Pakistan and landed a lead role in the hit television drama, *Yaqeen Ka Safar*. Raised in both Canada and Pakistan, he is an actor, director and writer. Earlier this year, he was awarded a Lux Style Award for Best Actor (TV), which is the largest award ceremony in Pakistan.

Robbie Babins-Wagner, MDipI'05, PhD'11, CEO of Calgary Counselling Centre and adjunct assistant professor in the Faculty of Social Work, is the recipient of the 2016 City of Calgary Grant MacEwan Lifetime Achievement Award, the Lieutenant Governor's Circle on Mental Health and Addiction True Leadership Award, and the University of Calgary Arch Award for Alumni Achievement. In honour of her 25th anniversary at the Calgary Counselling Centre, and for her commitment to graduate education and research, a graduate scholarship was created by her family and friends to help a Master of Social Work student interested in clinical practice and research.

Brianne Jenner, MPP'17, brought home a silver medal in the Canadian women's hockey team's heartbreaking shootout at 2018 Olympic Winter Games in Pyeong Chang, South Korea. Engineering student **Alex Gough** earned a bronze in women's single luge and a silver medal in luge team relay. — *Kala Ortwein* **U**

SEND US YOUR NEWS

Wedding, birth, promotion, retirement or award?

Let us know by clicking on "Class Notes" at

netcommunity.ucalgary.ca

Read more alumni updates at alumnimag.ucalgary.ca



Donna Finley, PhD'12, is no stranger to UCalgary, but the impact of her work far exceeds what the average person on campus would ever know. Since the 1990s, Finley has been the driver behind several key organizational changes at UCalgary and her work has engaged faculty, staff and students. Precisely why Finley was hired to work on our Alumni Strategy, that is currently in the works.

When Finley was considering taking a PhD in the 2000s, her initial thought was to attend Stanford University until she considered the strong mentors she had at UCalgary. In fact, four faculty members Finley had previously worked with made up her PhD supervisory committee in Knowledge Management.

Finley attributes the value of being a UCalgary alumna to the mentorship opportunities she found with exceptional academics and professionals. In fact, it was this enthusiasm for mentorship that led Finley and her daughter and business associate, Rebecca Finley-Schidlowsky, to create Connections: Mentorship Circle. Here, Finley describes the concept:

What is Connections?

Its purpose is to empower and support women in a positive environment through discussion, mentorship and skills-building. It's an opportunity for women of all ages to gather and learn from each other at sessions that happen every two months. It's a diverse network of 160 women who support one another.

How did Connections come to be?

My daughter, Rebecca, would encourage her friends to take me out for coffee

and get some advice about how they could manage their career. So, finally, I said to her, "I don't think I have time for many more coffees! But could we put together a group where we could share these ideas at one time?" It was very well-received and, in response, we made these meetings into two-hour sessions where we have an academic program and where we can learn best practices together.

Are the meetings themed?

Programming focuses on creating well-rounded leaders by helping women grow in five areas: career, personal, spiritual, and health and well-being. Each session is facilitated by participants, giving them the opportunity to practise real-world skills in a safe environment while challenging them to step outside their comfort zone. A goal of Connections is to place every woman in the Circle onto a board, which is why Board Governance 101 is a key pillar of programming. Other sessions have included "Women & Politics," featuring [former broadcaster] Nirmala Naidoo, and "You Can't Break It! So Stop Being Afraid of Technology," featuring UCalgary's Department of Computer Science.

How are mentors/mentees matched?

They are connected based on interests and desired learnings. We try our best to pair up possible participants and, if a genuine connection happens, we encourage participants to keep the relationship going.

Discover how to get involved by emailing connections@finleyandassociates.com. — *KO* **U**



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Out & About

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



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1. ALUMNI WEEKEND 2017

(L – R): Bruce Llewellyn, BSW'82, MSW'11, Rajmohan Gandhi and Judy Llewellyn, BN'76, BEdP'08, at an Alumni Weekend brunch, where Mahatma's grandson was the keynote speaker.

2. FLAMES GAME

Too many alumni to name turned out for the Flames vs. Islanders game in Brooklyn.

3. DIG IN!

Local alumni gather for February's Dig In! event that focused on affordable housing.

4. ALUMNI WEEKEND 2017

Tynan Wenarchuk, BSc'14, keeps up with Rex for a workout during Alumni Weekend.

5. HUNTER HUB

(L – R): Derrick Hunter, MBA'90; Diane Hunter, MA'69, and Doug Hunter at the launch of the Hunter Hub for Entrepreneurial Thinking.

6. ALUMNI WEEKEND 2017

Family-friendly fun at Alumni Weekend included a VR demo and other high-tech, hands-on experiences.

7. GROW YOUR CAREER CONFERENCE

(L – R): Curtis Mak, BSc'14, and Jessica Zutz, BSc'12, chat at the Grow Your Career Conference.

8. ARCH AWARDS 2017

Arch Award recipient Aneel Singh Brar, BA'06, BSc'06, with parents Hardev and Surinder Brar at the Arch Awards gala.

9. NEW YORK IDEA EXCHANGE

President Elizabeth Cannon poses with emcee Aaron Borchert (left) and Zeid Ayoub, BComm'17, at the NYC Idea Exchange event. **U**

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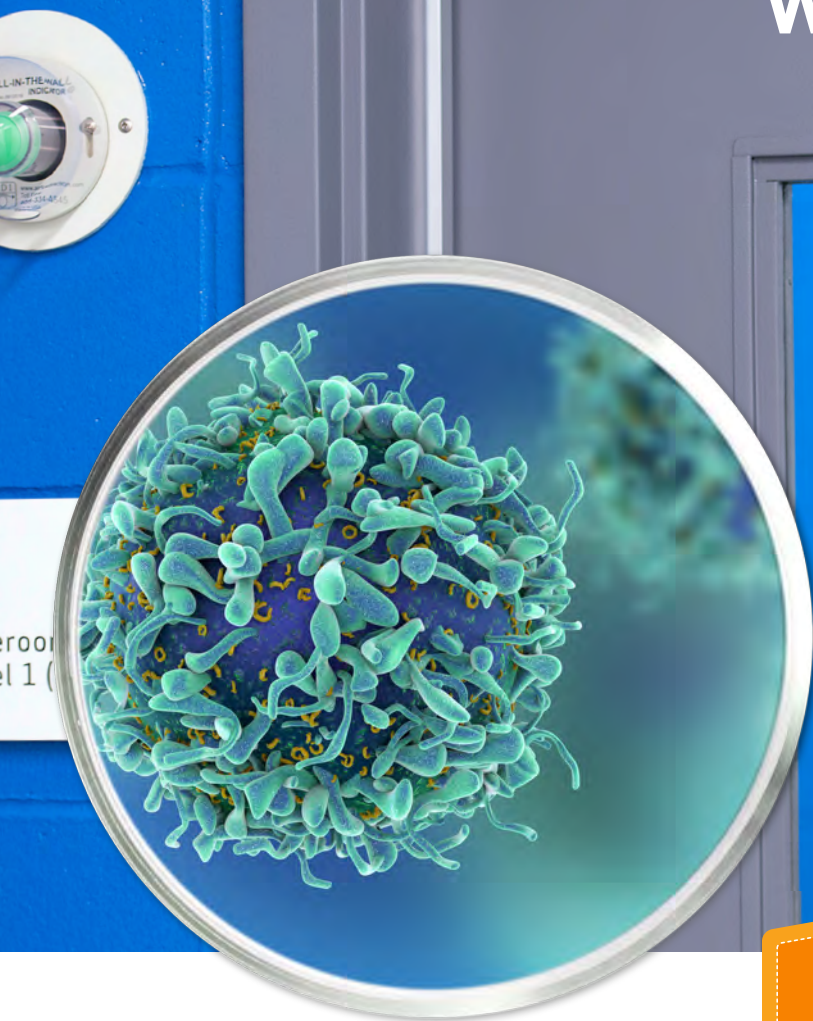
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Where Are We?



I t's a good thing that I'm comfortable in a crowd, since I usually share a domicile with 40 trillion of my closest (in)personal friends. And, let me tell you, none of these randoms would be anybody's favourite character on *Big Brother*. Though my buddies and I are pretty much ubiquitous, our new home outside our usual home is 10,000 square feet of pristine, purpose-built University of Calgary space that cost more than \$10 million. It's our special bubble. It's there that we're introduced to the friends who'll help researchers determine what's causing the western world's epidemic rise in chronic diseases like diabetes, autism and Alzheimer's.

Louis Pasteur described us as "essential," which gives us a bit of scientific cred. Just because you don't know us doesn't mean we're not extraordinarily close — we are. Granted, we're not enrolled at the university, per se, but, still, we work hand-in-glove with professors and researchers from all over. We're brilliant educators, without ever having donned a cap or gown or read a book. International research on us has exploded in recent years. Right now, we're the focus of at least 15 projects at UCalgary, but someday it could be hundreds. And our contributions will play a big part in setting this university apart from its peers.

Our UCalgary antics may reveal whether we are a cause of certain things, a consequence of them, or a valiant protector against them. Are we super-heroes, super-victims, super-villains or a little bit of each, depending on where we're living? Are some of us

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more ideal companions for humans, some more helpful to plants or animals? Understanding us is one of the six strategic plans of one UCalgary research institute that intends to use state-of-the-art technology to transmit images of us at work worldwide.

This school wants to be at the forefront of this research, able to both isolate us and harness our power. But there are challenges to us working together. Studying us requires an environment that's inordinately clean — not "Five-Second Rule for my flipped-over slice of pizza"-clean, or even "Clean enough for my army-sergeant parent to visit my dorm room"-clean, but scrupulously clean, requiring showers, hairwashing with germ-repelling crème rinse, sterile clothing, masks and gloves before each altercation. Frankly, we're indifferent to our own personal hygiene, but our researchers are fastidious.

We are not sled dogs; we are not windmills; we are not Kardashians, though we're certainly well-acquainted with them. Nor are we Kim Jung Un's colon, though we know the latter as intimately as we know yours; you would find us in our highest density there, if you could ever bring yourself to look. Who are we, and where is the university coddling us? — *Kate Zimmerman* **U**



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