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AlumniNews

A monthly newsletter for UCalgary alumni and friends

Office of Advancement



Is This The Age of Anxiety or of Anxiety Awareness?

One recent national online survey of student affairs and mental health professionals at 69 post-secondary Canadian campuses found a 29 per cent increase in anxiety since 2018 among students accessing mental health counselling on campus. Depression was the second most common reason students sought help.

In today's feature article, writer **Lisa Monforton**, explores where we are at and what it will take to nurture a culture of wellness.

[Discover More](#)

Alumni Exclusives



Future of Fort Calgary

Now, as Jennifer Thompson, MBA'18, takes over as lead of Fort Calgary, she is expanding its storytelling. The site has thousands of years of Indigenous history. "That's a lot of layers of time we need to unpack," says the Fort's new president and CEO.

[Read More](#)

5 Tips for Growing Food in All Spaces

Today marks the start of a new addition to *Alumni News* — **High Five!** Think of it as a mashup of advice and DIY hacks — such as today's piece on *why* and *how* we should garden. "It is where I am most in the moment," says Dr. Tatenda Mambo, PhD'16.

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When the Complaints Start Piling Up

An attention-seeking subset of the population has had the power to suck a disproportionate amount of time and resources out of health-care services. A new assessment tool is helping frontline staff diplomatically hold their ground.

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What's on Deck?



Are We There Yet? Travel Webinar

Join UCalgary alumnus, founder and CEO of Calgary-based travel company, **10Adventures**, Richard Campbell, BComm'09, for an exploration of family travel, including tips and tricks to ensure loved ones of all ages have an unforgettable experience.

[Register NOW](#)



Volunteer at Convocation

Convocation is our opportunity to welcome new grads into the alumni community. Be part of the celebration by volunteering with pinning, ushering or degree distribution May 29 – June 2. Shifts will be 2-5 hours in length.

[Volunteer NOW](#)



Congratulate the Class of 2023

Write a note of congratulations or inspiration to our newest members of the alumni community. Notes will be included in communications to the graduating class as we send them out into the world.

[Send Your Message](#)

University News

University of Calgary awarded largest research grant in its history

In 2020, the University of Calgary declared child health and wellness an institution-wide priority. On April 28, the university received monumental support from the Government of Canada to continue tackling this research. The \$125-million grant has helped launch the One Child Every Child initiative alongside over 130 global organizations and various institutional research partners, including the University of Lethbridge, Athabasca University and the University of Alberta.

[Read More](#)

Could Following Marvel's Mythical Wakanda Aid Canadian Health-care Systems?

Various researchers at UCalgary conducted an ethnographic analysis of the Black Panther films for their examination of the fictional Wakanda, first documented in Marvel comics in 1966. What they discovered were four distinct themes within the context of Wakandan identity: (1) technology as an instrument; (2) reimagining

medication; (3) warfare and rehabilitation; and (4) preventative approaches to health. Discover how these very themes allowed the people of Wakanda to thrive.

[Read More](#)

Winston Family Gift Brings Thought Leadership to Calgary

To honour the indelible stamp that Miriam and Arnold Winston put on the medical-advocacy landscape in this country, their children are funding a lecture series at UCalgary. The inaugural event is scheduled for May 10 as part of the Department of Critical Care Medicine's Research Day.

[Read More](#)



Volunteer to frame degrees or push the Stampede Parade float

We have TWO exciting volunteer opportunities for alumni that are right around the corner – YOU could interact with graduates as a degree framer at convocation or walk in the Stampede Parade with the UCalgary float! Sign up today and be part of the excitement.

[Sign up today](#)

Upcoming Events and Programs

May 15-19 | Canadian Innovation Week

May 18 | Are We There Yet? Travel Webinar with Richard Campbell, 10Adventures

May 29-June 2 | UCalgary Convocation

June 3 | Indigenous Graduation Celebration

June 5-9 | Alberta Seniors Week

June 17 | Alberta Bike Swap, hosted by the Faculty of Kinesiology



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