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# AlumniNews

*A monthly newsletter for UCalgary alumni and friends*

## Office of Advancement



## Your Money

A chat with Filomena May, BA'99, about anything and everything that hits you in the wallet. Consider this a dispatch from a financial expert's bootcamp about setting money-smart goals for all generations, just in time for the tax season.

Be Money Savvy

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## Alumni Exclusives



### Asynchronous Video Interviews: Job Interviews Without Interviewers

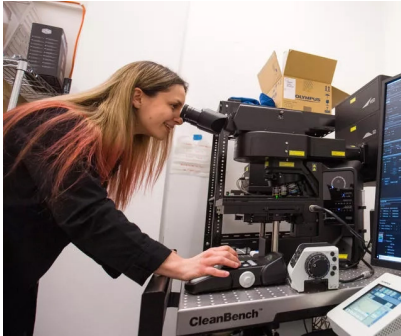
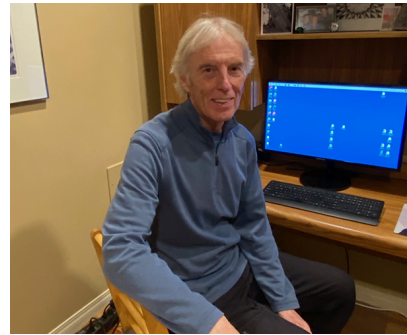
Known as AVIs — an increasing number of job applicants are being asked to video record answers to set questions rather than speaking directly with a recruiter. But how do you take the impersonal "weirdness" out of those ostensible connections?

[Read More](#)

## Retirement Meant an End to Teaching and a Beginning as an Author

After a 34-year career that saw him instruct thousands of students in five Calgary schools, Keith Worthington, BEd'71, ended his teaching career in 2005 at the age of 55. And that's when he took up his pen. This time, for a different audience.

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## Most-read UCalgary Research Stories of 2022

Years of hard work paid off in 2022 as UCalgary became one of Canada's top five research universities. It was a diverse year in research for UCalgary as the world started to slowly return to normal after a pandemic that sparked its own share of transformative research here.

[Read More](#)

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## What's on Deck?



### Better Me in '23

UCalgary Alumni has curated a whole calendar of programs, webinars, resources to help you – whomever you are – start the year as your best self, without all the hassle of facing a list of New Year's resolutions alone.

**Get Started NOW!**



### Grow Your Career Conference

Learn from inspiring alumni professionals and thought leaders to grow your career! Our sixth annual conference features both virtual and in-person offerings to help launch, advance or re-imagine your career.

**Register NOW!**



### Arch Awards

Help us recognize our most remarkable alumni — leaders and innovators who have shown excellence in their professions and are champions for the betterment of their communities — by submitting a nomination today!

**Don't DELAY!**

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## University News

### Calgary Herald's Most Compelling Calgarians of 2022

Each year, the *Calgary Herald* honours 20 Calgarians making their mark in our community and beyond who are worth keeping an eye on in the year ahead. Many of those who are highlighted — from Mayor Jyoti Gondek and Anila Lee Yuen to Craig Ginn and Thabo Chinake — have UCalgary connections. Their achievements are significant but are at times outside the public spotlight.

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### The Empire Club's Annual Nation Builder Award Goes to Alum Dr. Hayley Wickenheiser

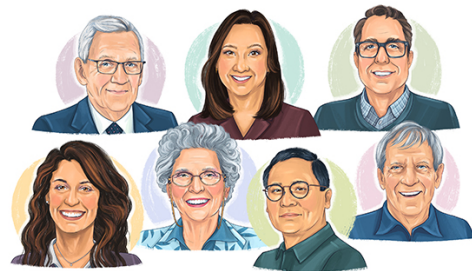
On Jan. 30, hockey legend Dr. Hayley Wickenheiser, BKin'13, MSc'16, MD'21, will receive this prestigious honour in Toronto. As a consummate professional who unapologetically follows her passion, Hayley most recently became the first woman named Assistant GM of the Toronto Maple Leafs. Her dedication to the community as a medical professional throughout the COVID-19 pandemic and her advocacy for supporting access to sports for young Canadians are exemplary.

[Read More](#)

## Here's Where Albertans will Find Extra Expenses — and Cost Relief — in 2023

As the calendar flipped to 2023, procuring champagne may have been more top of mind than the contents of your pocketbook. But early January is often the time that government decisions take effect. According to UCalgary economics professor Trevor Tombe, here are some places you can expect to shell out more money — and some measures that will keep it in your wallets — as the new year begins.

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### We Interrupt This Workday to Streak

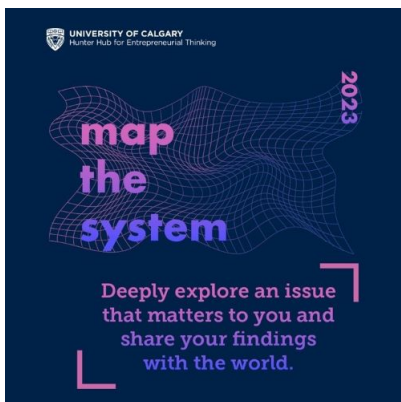
Two educators explain why they introduced “wellness streaks” to their field-study curriculum and give tips on how to start one and keep it up.

**Ready, Set, Streak!**

### 7 People Paying it Forward

These university champions are deeply invested in the community and believe philanthropy is caring about the success of the next generation and building a better future.

**Meet the Champs**



### Map the System

Hosted by the University of Oxford, **Map the System** is a global competition where participants use systems-thinking to demonstrate a deep understanding of a social challenge. Cash prizes available. Registration closes Jan. 31<sup>st</sup>.

[Discover More](#)

## Upcoming Events and Programs

Jan. 22 | Lunar New Year Celebration Concert  
Jan. 26 | New Year, New Career (webinar)  
Jan. 26 | Science in the Cinema: *Inside Out*  
Jan. 27 | Crowchild Classic  
Jan. 27-Feb. 12 | Chinook Blast's Night Markets  
Jan. 31 | UCalgary Winter Career Fair  
Feb. 2 | TD Webinar: How to Manage your Money  
Feb. 14 | Heart Healthy Eating  
Feb. 17 | Tubular Times for Alumni & Families

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