



NewTrail

UNIVERSITY OF ALBERTA
ALUMNI MAGAZINE

Street Wise

*Our roads do more than just move traffic, they map our values.
The path to a healthier city starts with how we get around*

WINTER 2025-26



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“My late husband, Richard Fedorak, was dean of the Faculty of Medicine & Dentistry, and he saw first-hand the impact donors have on the faculty. As graduates of the U of A, we felt a strong desire to give back, given what our education provided us in our professional lives.”

KAREN GRIMSRUD

**SHAPE
THE
FUTURE**

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Researchers at the University of Alberta, including Amit Kumar (right), envision a future in which we move through our cities with less congestion, less pollution and less stress. Story on page 20

Photo by John Ulan

Cover illustration by Islenia Mills

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Our Future: One Journey at a Time

SOME OF MY FAVOURITE

University of Alberta memories aren't tied to big milestones but to everyday moments—time spent in the library, conversations between classes and the simple joy of learning something new. As a three-time U of A graduate, those moments still shape how I feel about this place and the people who make it what it is.

My path, like that of many alumni, wasn't a straight line. During my bachelor of science, every course sparked a new idea about what I might do next. Geology. Chemistry. Pharmacy. Science always felt like home. It wasn't until I discovered the after-degree program in education that everything clicked. That decision led to a 41-year career I loved—and reminded me that learning often unfolds one step at a time.

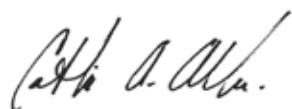
That sense of curiosity and adaptability runs through this issue of *New Trail*. The theme of the "Thesis" section, beginning on page 13, is "adapt." It explores how people and communities respond to change in creative, meaningful ways. It's something U of A grads understand well. We've all learned to adjust as careers evolve, opportunities shift and

new chapters begin. You'll see that spirit reflected in the stories of this year's Alumni Award recipients, whose work is making a difference close to home and far beyond.

You'll also read about the inspiring work happening at the U of A today—from research that reimagines how we live and move in our cities to the university's continued strength on the national and global stage. Together, these stories show a university that values thoughtful progress while staying grounded in its purpose.

Long after convocation, our connection to the U of A continues. Whether you're attending an event, mentoring a student, volunteering, updating your contact information or giving in a way that feels right for you, you help strengthen the alumni community and support the next generation.

Thank you for staying connected. I hope this issue feels familiar, welcoming and full of stories that remind you why the U of A will always be part of your journey.



Cathy Allen, '76 BSc, '77 BEd, '99 MEd
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What do you think about the magazine? Let us know by email or the old-fashioned way; you'll find the addresses on page 4. Letters may be edited for length or clarity.

Sliding 'Stevites'

As a former president of the St. Stephen's College Residents' Council, I write to correct the Did You Know? in the Spring/Summer 2025 issue. Right slides, wrong college. The spiralled steel slides were installed on the St. Stephen's residence building (not St. Joseph's College) as the former was a military hospital during the war. The slides were wide enough to allow a hospital mattress (with patient) to escape during a fire. We "Stevites" later had great fun with the slides, including as a quick route to classes when running late.

—The Rev. Dr. Randy Naylor, '70 BA

OK, Boomer

Let it be known that I am a late boomer, having made the cut by two years. And I generally avoid categorizing groups along generational lines, as it usually is quite reductive to do so. However, Curtis Gillespie's article on societal discourtesy (Spring/Summer 2025) hit me hard because I've noticed it so much as of late. And the group that exemplifies this trait most in my own experience is my own cohort! Listening to fellow boomers demand things in public, belittle servers and complain incessantly puts my teeth on edge daily.

My volunteer and paid work put me in contact with young people regularly, and at times they appear surprised that I am caring and nice to them. It makes me double down on my own courtesy in the same way Curtis mentioned. They generally respond in kind, seeing beyond my white head of hair.

—Jacqueline McDonald, '94 BScN

A Reminder to Us All

I would be remiss if I did not say thank you to Curtis Gillespie and any others involved in the research and writing of the lead story in the Spring/Summer 2025 issue. The story was so informative and so well written. It was great to see that the U of A gave scientist Michel Sadelain an opportunity not only to pursue his doctorate but also fertile surroundings for him to ask the key question: why not engineer T-cells and put them to work? The writer really brought alive Sadelain's subsequent journey to pursue his dream, his perseverance and that of his supportive wife, scientist Isabelle Rivière. The adversity and indifference they faced are a reminder to all of us of the need to set a goal and persevere to reach it.

To think that the U of A in Edmonton, Alberta, played a role in bringing about this new and revolutionary way of treating cancer. How cool is that? I am very proud to be a U of A graduate!

—Robert James, '73 BCom

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The Truth Is Out There
How to separate fact from misinformation



Talking to Kids About Neurodiversity
5 tips to help them see the special in everyone



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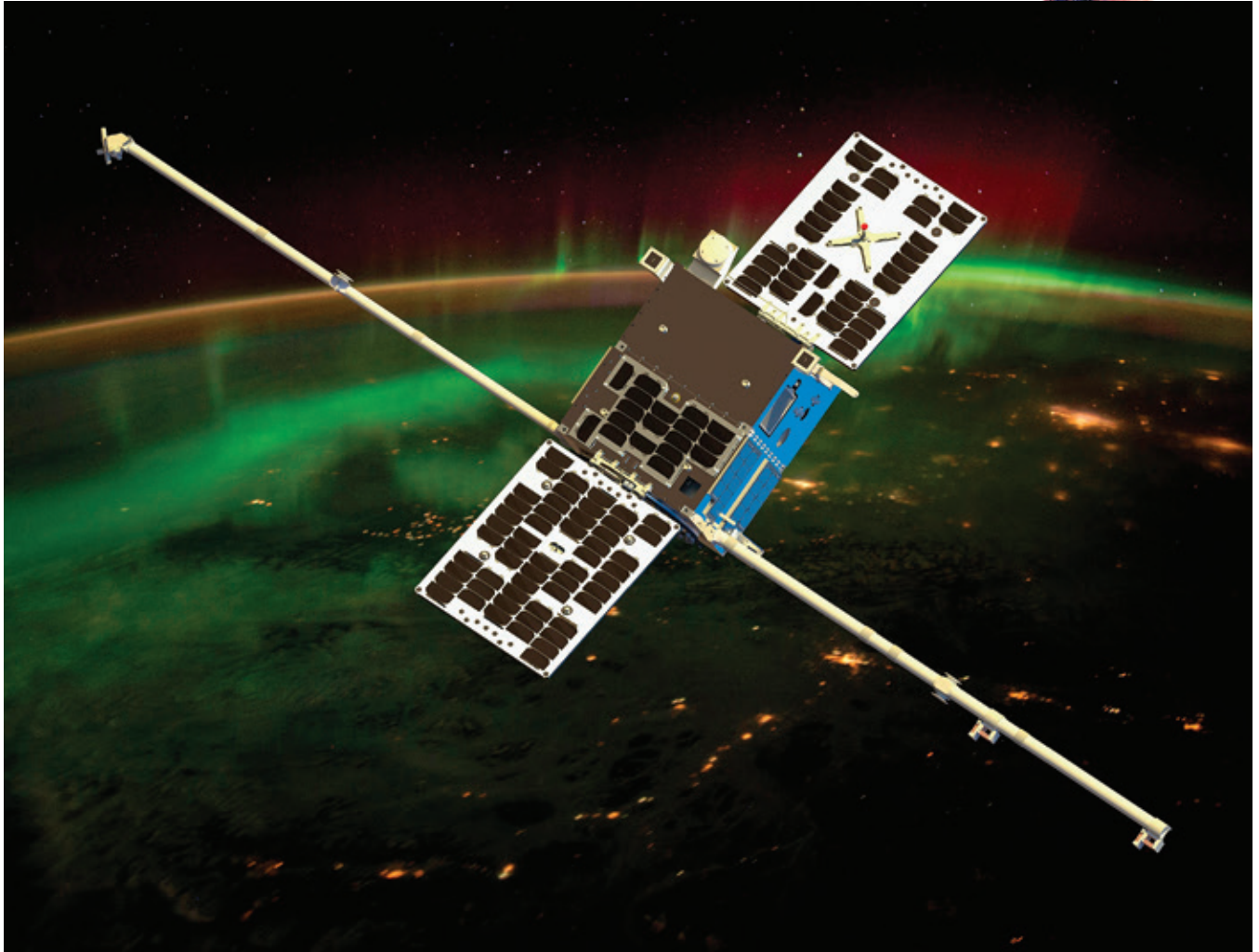
The University of Alberta respectfully acknowledges that we are situated on Treaty 6 territory, traditional lands of First Nations and Métis people.



Notes

What's new and noteworthy

There is more going on in a Taylor Swift song than you might think. **PAGE 7**



AEROSPACE

Mission Maps Space Weather

Satellite will explore radiation's impact on climate and communications

A NATIONAL RESEARCH TEAM led by U of A physicist Ian Mann is developing RADICALS, RADIation Impacts on Climate and Atmospheric Loss Satellite, a Canadian mission set to launch in late 2027. Built in partnership with the Canadian satellite company SFL Missions Inc. and a group of universities, the satellite will use an array of specialized sensors to investigate how space radiation enters the atmosphere and influences Earth's climate. The mission, funded by the Canada Foundation for Innovation, the Government of Alberta and the Canadian Space Agency, also aims to improve forecasting of severe space weather, which can affect vital technologies such as telecommunications, satellites and aircraft navigation. "RADICALS will be a voyage of discovery to understand the space weather impacts on the Earth's climate system," says Mann. —GEOFF MCMASTER

HEALTH AND WELLNESS

Living Proof

New research shows early intervention halts debilitating post-cancer swelling

FOR FAMILY PHYSICIAN Manishi Khatter, surviving breast cancer was only the first battle. Months after finishing radiation, her left arm began to swell—a hallmark of lymphedema, a chronic, debilitating condition affecting 1.25 million Canadians.

“My first reaction was, ‘There must be a solution,’” Khatter recalls. But she soon realized lymphedema “is one of the things that doesn’t go away.”

While the condition is incurable, U of A researcher **Margaret McNeely**, ’86 BSc(PT), ’02 MScRS(PT), ’07 PhD, is proving it can be managed. Leading the new Lymphedema Research and Training Program at the Dianne and Irving Kipnes Health Research Institute, McNeely is closing the evidence gap on early intervention.

Her team is using MRI technology to analyze deep tissue changes. They are testing combinations of compression therapy and progressive resistance exercise; preliminary data suggest that, contrary to

old fears, affected limbs adapt well to strength training. That study was funded by the Alberta Cancer Foundation and led by then-doctoral student **Mona Al Onazi**, ’18 MScRS(PT), a scholarship recipient of CRINA, the Cancer Research Institute of Northern Alberta, who has since earned her PhD.

Khatter, who aggressively pursued physiotherapy and manual drainage, is proof of concept. Her swelling is now controlled.

“We can’t prevent lymphedema, but we can monitor it closely,” says McNeely. “At the first signs of swelling we can start treatment.”

—GILLIAN RUTHERFORD



Manishi Khatter wears a compression sleeve while exercising to control lymphedema.

QUOTED

“This exhibition celebrates who people are, rather than who they’re not. Through garments, it shows the audience that disability is really something quite interesting, rather than something to hide.”

▼
Megan Strickfaden, ’89 BA, ’02 MDes, professor of human ecology, speaking of an exhibit called [Re]making the Unmade: Crippling Identities Through Disabled Everyday Clothing

NUMBERS

60K

Number of students the U of A is preparing for by 2030, an increase of 35%

NANOTECH WINNER

SMALL WONDERS, BIG HONOUR

Grace Ciarniello, ’25 BSc(EngPhys), had a childhood fascination with the microscopic world of tidal pools that propelled her to the summit of Canadian engineering. A top graduate in engineering physics at the U of A, Ciarniello has received the Order of the White Rose from Polytechnique Montréal.

Established to honour 14 women killed there in 1989, the \$50,000 award recognizes female leaders in engineering. It’s a powerful counter to impostor syndrome, Ciarniello says. “It’s incredibly validating.”

Now a PhD student in photonics, she works in the U of A’s nanoFAB facility doing complex research she simplifies as “making really small things and then shooting lasers at them.” Her group capstone project, which describes the design of a new antenna for terahertz frequencies, culminated in a first-author publication in the journal *Optics Letters*.

Her resumé is formidable: a perfect 4.0 GPA, leadership of the award-winning Student Team for Alberta Rocketry Research (STARR), and extensive mentorship of young girls in circuitry and electronics.

“Nanotechnology is everywhere,” she says. Thanks to this scholarship, Ciarniello is poised to lead its future. —GEOFF MCMASTER



SMART CONSERVATION Researchers have a new strategy to save British Columbia's old-growth forests: follow the stability. A new study led by **Nick Pochailo**, '24 MF, identifies "climate-change refugia" — areas predicted to withstand warming. While 63 per cent of existing old growth sits in these stable zones, less than 12 per cent is protected. The research, supervised by **Scott Nielsen**, '05 PhD, in the Faculty of Agricultural, Life & Environmental Sciences, helps managers prioritize resilient habitat for endangered wildlife, protecting ecosystems with the best chance of survival. —BEV BETKOWSKI

MUSIC SCIENCE

WHY WE WON'T SHAKE OFF TAYLOR SWIFT

It hasn't been long since Taylor Swift's record-breaking Eras tour, yet she has already released a new album and film. Amid mutterings of her overexposure, musicologist Alexander Carpenter of Augustana Campus argues her celebrity is beside the point.

The key to her popularity isn't the headlines but the songwriting itself. "But I'm curious about how these songs work," he says, "that they can bear so much listening."

Carpenter explains why Swift's songs succeed. —SEAN TOWNSEND, '04 BA

THERE'S MORE TO IT

Carpenter focuses on *Shake It Off* because it sounds deceptively simple: just three unchanging chords and "greeting card" lyrics. But the genius lies in the layering. The song systematically thickens and intensifies, using a sophisticated compositional strategy that pulls listeners through, ensuring the track remains engaging despite its repetition.

CALCULATED EFFORTLESSNESS

Swift makes greatness look effortless, but it's an illusion built on relentless practice. Carpenter notes that while the lyrics preach a carefree "shrug off the haters" attitude, the production is rigorously constructed. "The proportions are perfect," he says. In counterpoint to the song's breezy message, they're technically flawless.

CURATED INTIMACY

Swift walks a fine line between intimate confession and massive corporate enterprise. Carpenter likens her songs to impressionist paintings, creating specific emotional climates that invite fans to step inside. By structuring songs to feel personal yet universal, she turns listeners into participants within her carefully curated world.

Footnotes

A brief look at what's new at the U

Spark of Life

Geochemists have discovered a missing link in the origin of life in deep-sea rocks from the South China Sea. Long Li's team from the Department of Earth and Atmospheric Sciences identified a chemical process called "abiotic nitrogen reduction," which creates life-sustaining nutrients like ammonium within hydrothermal vents, independent of sunlight. The findings also suggest these vents released greenhouse gases, helping explain how early Earth remained warm enough to support liquid water despite a fainter ancient sun.

Hidden in Plain Sight

Researchers have discovered 13 new species of "stubble fungi" right in their own backyard. Resembling tiny whiskers, these calicioids were found everywhere from Edmonton dog parks to rural farmyards, revealing hidden biodiversity in heavily developed regions. Led by **Diane Haughland**, '12 PhD, of the Faculty of Agricultural, Life & Environmental Sciences, the 13-year study identifies the micro-fungi as vital indicators for high-value conservation areas, proving that overlooked urban environments harbour undiscovered life forms.

PERMAFROST

Ice Age Rescue

Researchers recover 700,000-year-old genetic snapshots of the subarctic Yukon

IN THE FACE of a warming climate, a team led by Duane Froese of the Permafrost Archives Science Lab (PACS Lab) at the U of A has successfully recovered more than 3,500 kilograms of permafrost cores. Drilling deep into the Yukon soil, they have extracted 120 metres of continuous core samples dating back approximately 700,000 years, securing some of the oldest permafrost ever recovered in North America.

It was logistical feat of collaboration. Facilitated by permits from the Tr'ondëk Hwëch'in and Na-Cho Nyäk Dun First Nations, and aided by reality TV star and gold miner Parker Schnabel, the team (including scientists from McMaster University) used sonic drilling to extract the

frozen time capsules.

And there's an urgency. "Climate change isn't just thawing permafrost; it's erasing our planet's memory," says Froese. Even slight warming can trigger molecular degradation, destroying the environmental DNA

locked in the ice before the ground visibly thaws.

This "eDNA" is the key to reconstructing lost worlds. Trace amounts of these sediments can yield the genomes of multiple extinct species. It lets researchers piece together detailed pictures of ecosystems that existed before modern humans evolved. Initial screenings are already underway: the presence of bison DNA indicates sediments younger than

160,000 years. Mammoth and horse markers will help map major species migrations from Eurasia.

These samples in the PACS Lab, Canada's first integrated permafrost research facility, may be the only way to study a disappearing landscape, providing a baseline to help us prepare for the future by understanding how our planet responds to climate change.

—MIFI PURVIS, '93 BA, WITH FILES FROM DUANE FROESE



Professor Duane Froese says climate change is not only thawing permafrost, it is also "erasing our planet's memory."

GENEROUS ADVOCATE

A LEGACY OF SPORT AND COMMUNITY

The U of A community is mourning the loss of **Bruce Saville**, '15 LL.D (Honorary), a visionary entrepreneur



and philanthropist whose generosity transformed sport in Edmonton. Saville passed away on Oct. 13, 2025, at the age of 80.

A self-taught computer programmer who founded the tech company Saville Systems, he dedicated his later life to giving back to his adopted city. His most visible legacy at the U of A is the Saville Community Sports Centre. Described as a "multi-sport cathedral," the facility welcomes over two million visitors annually — from toddlers to Olympic champions — and is home to 12 varsity teams.

"Bruce combined entrepreneurial vision with a deep commitment to community," says U of A President Bill Flanagan. "The Saville Community

Sports Centre stands as a lasting testament to his belief in the power of sport to bring people together."

He served as a member of the U of A's Board of Governors from 2004 to 2010, and was awarded an honorary doctor of laws degree in 2015 for his contributions to the university and the broader community. Saville was a pivotal figure in keeping the Oilers in Edmonton. He also chaired projects addressing homelessness and community health.

A lifelong recreational hockey goalie and sports and community enthusiast, Saville was also a relentless philanthropist who created a tidal wave of opportunity that will benefit Albertans for generations. —GILLIAN RUTHERFORD



INDIGENOUS SCHOLARSHIP

To Close the Circle

Her grandfather's journals help her locate lost graves for Indigenous families

IN 2019, SHANNON CORNELSEN discovered 27 of her grandfather's journals. He was an agent for the federal government department then called Indian Affairs. He'd lived and worked on Stony Plain Indian Reservation, now Enoch Cree Nation, from the mid-1950s until 1980. Inside the journals were the names and burial dates of Indigenous patients from Edmonton's now-shuttered Charles Camsell Hospital — records missing for decades.

Operating from 1946 to 1980, the Camsell was part of a health-care system in which Indigenous patients were treated for tuberculosis far from home. Many died alone, and their families didn't know where they were buried. Realizing she held the road map to these lost graves, Cornelsen, a member of Saddle Lake Cree Nation, felt a profound responsibility to provide families with closure.

To take on that heavy work, Cornelsen knew she'd need academic support to turn the project into reality, so she enrolled at the U of A at age 50. Graduating recently with a bachelor of arts from the Faculty of Native Studies, she has acquired the research skills and historical context to undertake the work. Her studies provided insight into how colonization shaped institutions like the

Camsell. "That's crucial to understanding how deep-rooted segregation ... came into effect," she says. Cornelsen also became an advocate, co-chairing the National Indigenous Advocacy Committee and lobbying in Ottawa for Indigenous learners.

Returning to school after 30 years, Cornelsen credits the Transition Year Program at First People's House and mentors for helping her. Now doing a master's degree, she has identified more than 100 people buried at the Enoch Cree Nation. Her goal is to inform their communities and restore their names. "This isn't just about Indigenous rights," she says. "It's about human dignity."

—BEV BETKOWSKI AND ANNA SCHMIDT

QUOTED

"It used to be that we thought a condition like urinary incontinence was just something you dealt with. While we've believed that pelvic floor muscle training can help with pelvic floor dysfunction for quite some time, we now have strong evidence that confirms its effectiveness and shows the extent of its benefits."

▼
Margie Davenport, of the Faculty of Kinesiology, Sport, and Recreation, co-author of a research review published earlier this year in the *British Journal of Sports Medicine*, which looked at 65 studies in 24 countries involving more than 21,000 participants

FOOD SCIENCE

MAD COW DISEASE REVISITED

Research is rewriting the story of bovine spongiform encephalopathy, or "mad cow" disease. It challenges the long-held belief that misfolded proteins called prions are the sole cause.

A study led by nutritional immunobiologist Burim Ametaj reveals that a bacterial endotoxin called lipopolysaccharide (LPS) can trigger the "spongiform" brain damage characteristic of the disease. In mouse models, the endotoxin caused neurodegeneration even without infectious prions present.

"This challenges the prevailing theory that these types of brain diseases are only about prions," Ametaj says. Instead, chronic inflammation caused by LPS weakens brain defences, causing proteins to misfold.

The discovery could solve a 40-year mystery of the U.K. outbreak of BSE that killed 160 people. Feed processing plants in England and Wales had stopped using the solvent hexane, inadvertently leaving high levels of the LPS endotoxin in cattle feed. In Scotland, hexane use continued and there were far fewer BSE cases.

With bacterial endotoxins also found in the brains of Alzheimer's patients, Ametaj suggests that managing inflammation through diet and gut health could be key to prevention. "We might prevent some neurodegenerative diseases the way we prevent heart disease, by managing inflammatory risk factors," Ametaj says. "In a field where there's been little hope, that matters."

—BEV BETKOWSKI

Learning doesn't end when you accept your degree. We are all lifelong learners, whether we pursue lessons in a class or a lecture hall — or these lessons pursue us. **Curtis Gillespie**, '85 BA(Spec), reflects on the continuing opportunities for education that life throws our way, sometimes when we least expect them.



A Distilled History

WHAT AM I DOING IN A GRAVEYARD IN ISLAY? THE ANSWER LIES IN THE LASHING RAIN, A SINGLE MALT AND DECIDING ON THE LEGACY I WANT TO LEAVE

The rain was hammering down so fiercely I could feel it thrumming against my skull under the hood of my waterproof coat. I suppose it would have been more pleasant to be standing there in bright sunshine and warm breezes, but when you come to one of the more remote parts of one of the more remote Hebridean islands, you would be delusional to not expect storms. And the shocking weather helped me imagine what it must have been like to live on this island centuries ago. It helped me understand what must have driven my ancestors to seek out an entirely new existence.

This particular storm happened on the island of Islay. I went there to look at the small hamlet and farms where my great-great-great-grandfather Dougald Gillespie crofted (small-scale subsistence farming particular to Scotland) in the early 1800s. The hamlet has about a dozen homes, a graveyard and a derelict church on a site that has been a place of worship for about eight

centuries. Some of the graveyard is well-maintained and some of it in ruins, but I found a few gravestones with the name Gillespie hewn into the wet, mossy granite.

As I stood in the lashing rain, in the beautiful, stark landscape, I tried to imagine what it must have been like to farm this land two centuries earlier, to leave that land and journey a half a world away, to a country that didn't yet exist, to take up a new life. What lengths of desperation drove him? I was unexpectedly moved by the scene and my thoughts.

Gillespies crofted around that area for many centuries, in Kilchoman, Kilchiaran and Conisby, until Dougald left in 1833 and made his way to Upper Canada with his wife and six children, leaving Scotland forever. Poor old Dougald wasn't in Canada two years when a tree he was felling dropped a giant limb on him and killed him. But the Gillespie line remained in Canada, grew, drifted west and eventually settled in the Camrose and Daysland area in eastern Alberta more than 100 years ago.

And so it was nearly 200 years after Dougald first left Islay that I found myself looking out over the same fields he worked, with the rain beating down, every inch of me saturated, wondering, *OK, wait. What am I doing here?*

Of course, the search for one's heritage is big these days. Family research is superpowered by DNA searches. I guess people really want to know which Druid sect they belonged to. But for most of my life I haven't been particularly curious about my heritage. I hail from a mixed Scottish and Irish heritage, the Scottish on my father's side. Growing up, we spent more time with my mother's side of the family,



by Curtis Gillespie

but it's safe to say that we *heard* more about my father's heritage because his brother, my Uncle Gordon, was interested in tracing the family history.

And despite my earlier ambivalence, as I get older, wiser, more insightful and more thoughtful (or just one of those things) I'm more curious about where I emanated from and what forces shaped me. The accelerating passage of time is responsible for that, but one of the insights I gained along the way is that none of us is a singular creation. *No man is an island*, wrote John Donne in 1624. If you can forgive the male focus, Donne's message is clear. One's existence is the result of multiple forces coming together. Nature. Nurture. Rapture. Rapture. There is a connectedness to everything. I am a combination of every single thing in my orbit that came before me and stands alongside me. First and foremost, of course, is family. Mostly that means my immediate family.

Another thing I've learned is that sometimes I have to let things come to me rather than chasing them. This was precisely what happened immediately after leaving the ruins of Kilchoman parish. Staring north, I could see that the fields Dougald must have worked were now well-tended barley fields that cut a distinctly orderly pattern amidst the rough and harsh lands around them. Getting back in the car, I decided to drive back towards Bowmore and in doing so passed a sign along a side road indicating that a distillery I was not familiar with, Kilchoman, was down the road. On a whim, I turned right. Inside was a warm and inviting space, with delicious hot soup and a pleasant owner I was lucky to meet, Anthony Wills, who had founded

the distillery 20 years earlier. It was Islay's first new distillery in 120 years, and we had a delightful chat about the area, the barley, the fields and my ancestry. It seems almost absurd, but the conversation connected me to the island and terrain in a way I wouldn't have predicted. I would have been even happier had he connected me to a bottle of single malt for letting him use the land my ancestors tilled, but alas, no.

I have always loved a good single malt whiskey, especially the peaty, smoky varieties. Now I know that I come by it honestly. There's nothing like a wee dram to make me think of Islay and my roots.

But it all remains a tricky knot to untie. The question is not so much of one's heritage, but of what it means. It has always struck me as somewhat arbitrary and even pretentious, the whole lineage quest. Dougald was cutting trees, and one fell over and killed him. What does that say about me? That I should avoid using chainsaws in my backyard? You can only take this stuff so far. For me, it has always come down to some level of accepting responsibility for who you are. Placing too much emphasis on one's heritage might be a way of both accepting too much glory while ignoring the disrepute from those who came before us. Did having a war hero grandfather (as I had) make me more of a heroic type? Did having a racist and misanthropic forebear (as I had) make me prone to being a hateful person? In both cases, the answer is no. And does it all mean that one of my great-great-grandchildren will look back at my life, going by what I've written, and think, "OK, so *that's* where I got the procrastination and smart-alecky attitude from!" Again, no.

So what is the point of

investigating our heritage? I guess it lies somewhere in thinking about the fact that we all came from somewhere and that we are meaning-seeking creatures. But it can lean too deeply into accepting that we are either formed by our history or can't escape it, or both. To me, it encapsulates the struggle between searching for the significance of our individual trajectories versus coming to grips with the arbitrary randomness that underlies so much about birth, death and what lies between.

Speaking of which, it was in that same poem that Donne wrote: "Any man's death diminishes me/ Because I am involved in mankind./ And therefore never send to know/ for whom the bell tolls; it tolls for thee."

The bell of mortality rings for us all at some point, no matter who we are or where we're from. Which is what poor old Dougald found out when that tree fell on him. But what I found so rewarding about exploring my Islay heritage had less to do with me than it did with meditating on what it all must have meant for them — the hardships, the sacrifices, the journeys. Of course, it did all lead to me, a couple of hundred years down the line, which I am thankful for, and which seems like a pretty solid outcome. So, well done, Dougald! Let me raise a wee dram to you for making brave decisions. And here's hoping that some descendant a few generations from now will look back and think well of me, also, and raise a dram to dear old Curtis. That'd be meaning enough for me. ■

Curtis Gillespie has written five books and earned seven National Magazine Awards. His New Trail article "A Hard Walk" won gold for best article from CASE, an international post-secondary association.

Some of our grads are at the centre of experiences that others only read about. Their perspectives bring us close to the story. **Scott Messenger**, '98 BSc(Spec), reflects on how playing in a band brings him meaning.



By Scott Messenger

Stages of Life

WHY I'M STILL IN AN INDIE ROCK BAND AT 50 YEARS OF AGE

During a recent set at an Edmonton bar—a place where the stage is just a cleared section of floor—a young man wobbled up in front of us. He began moving like seaweed in a current, in undulations, some slow, some quick, none in time with what we played. Then he flopped prostrate onto the floor. Everyone in the room, including me and my three bandmates, watched the man remain motionless, as if his tide had gone out.

He was back up half a minute later, and stumbling toward the door. We played on. He'd be the only person among the subdued but polite audience that night to, um, “dance.” Strange as the episode was, it validated my decision to record a debut album, then perform it around town, at this stage of my life.

I recently turned 50. I have the merit badges to prove it: a loving family, steady employment, too many pets, a list of deferred home maintenance, new pain in old body parts. When I was younger, I had hopeful dreams. They weigh on me now like unfinished business. I'd felt that most heavily with respect to making music. Until recently.

Let's rewind the tape a bit. Not so far as to when I was learning to play guitar as a teenager, trying to fit in or stand out. Let's go back just a couple of tracks, stopping at the silence that was the pandemic. Before then, a couple of old friends and I would casually get together to play, writing songs we figured we'd record or perform someday. And, suddenly, we couldn't.

I responded to the shutdown blues by not giving up. Maybe I was grappling with loneliness, like my teenage self. Music fills all kinds of emptiness, be it a room or a soul. So, kids in bed, I'd take my acoustic guitar into the garage. Some evenings were so cold the metal strings stung my fingertips. But time felt too precious to waste—who knew what tomorrow may bring? I soon had a set of songs that I would eventually take to my friends with a proposal for recording. They immediately agreed.

I want to think that's what midlife is all about: finally understanding how best to use your time. There's likely more of it behind you than ahead, so maybe you buy a sports car, or change careers, or spend months of Saturday afternoons in a studio playing take after take until, one happy day, your producer—a talented young sound engineer who wouldn't quit because he knew what this meant to you—calls it a wrap.

We released *Anomalies* on Nov. 4, 2024. I wish I could say to great acclaim. It's a collection of eight original, guitar-oriented rock songs that probably sounds too much like the music of our youth for the youth of today to enjoy. It received some airplay on CKUA, a generous review in a local zine, and no attention whatsoever by other media. As testament to their indifference, I have 250 CDs left of an order of 300, which, being a child of the '90s, I couldn't not press. We gig every few months, usually alongside bands with members

half our age. Sometimes, out of kindness or irony, a fan of those young bands buys one of our discs.

All of that is fine with me.

Making an album has made each of us more appreciative of what music brings to our lives, which so far hasn't been fortune and glory. We practise weekly. It's never convenient, given kids, spouses and deferred home maintenance, but we make the time because we know it's helping us work on other things, too.

For one thing, playing a song commandeers your consciousness, which has a cumulative effect of decluttering your view on life. For another, music is an inexhaustible source of newness. At an age when it's hard to be surprised, I am every time a guitar line emerges during a jam, or by the many forms that appreciation may take at a gig. I've come to look forward to the unexpected, to be invigorated by possibility. It feels like optimism.

In any case, I return to my family improved.

Where will this all lead? We have no delusions (we've made

a grand total of \$20.37 via streaming). We likely should have debuted years—nay, decades—ago. But what did we know? We had nothing but time. Really, where this may lead

doesn't matter. The direction feels right. We're putting our talents to use, being productive, and actually improving. If that gets us to the next stage, wherever that may be, it will be worth everything we give to it. ■

“Some evenings were so cold the metal strings stung my fingertips. But time felt too precious to waste.”

Scott Messenger is a writer, editor and musician whose band is called Daughters of England. He's the author of Tapping the West, a book about craft beer in Alberta.

Thesis

Diving deep into one idea

“Soft robots do not do what traditional robots do. They do stuff regular robots can’t.”

—DAN SAMEOTO, PAGE 15



Navigating Change

Adaptation is more than survival; it's vision. Meet the people turning new challenges into extraordinary opportunities.

TO ADAPT IS TO MAKE SOMETHING SUITABLE FOR A new use or purpose, to modify it in the face of new conditions. Step into the U of A community and you'll see it: a researcher creating better technology for us to get around, a professor challenging students to think differently, an idea transformed into a flourishing business. When faced with change, it takes courage and vision to rise to the challenge. ■



All Hail the Kludge Machine

Disruptions are coming at a breakneck pace. The future belongs to those who can adapt

"RECALCULATING." The voice on your GPS never loses its cool when you make a move it wasn't expecting. The graceful pivot belies the calculations happening out of sight.

Our survival is going to depend on this kind of equanimity in the face of sudden change. From the acutely personal (our primitive brains challenged by the digital onrush) to the relentlessly global (planetary re-contouring due to climate change), the quickening churn is scrambling our co-ordinates and redrawing our maps. The future belongs to a new kind of human, *homo universalis*: nimble, sensitive enough to detect trouble, decisive enough to snap into action.

"Privately I was thinking, 'What am I going to do now? I've set up my life to be a journalist at a newspaper!'" says **Karen Unland**, '94 BA, co-founder and COO

of *Taproot Edmonton*, an online media outlet that has become for many a go-to source for trusted intelligence. Few industries better reflect the disruption Big Tech has inflicted on the old models than journalism.

Taproot is an evolutionary workaround. A kludge machine.

Unland, a longtime *Edmonton Journal* writer and editor, jumped ship in 2011, and in 2016 co-founded *Taproot* with fellow U of A grad **Mack Male**, '07 BSc. It's digital, focused on metropolitan Edmonton, and it keeps itself going with a novel business model. It has diversified revenue across membership, advertising and sponsorship, and a business-to-business service that gathers information for organizations, using the technology and methodology of *Taproot's* editorial product.

But *Taproot's* greatest innovation is its stance.

The current cultural climate demands that media outlets stake an ideological position and defend it like a Trojan. But instead of polemics, *Taproot* trades in explanations. The news outlet's values (courage, curiosity and care) chart a higher course. Unland says, "We're trying to show people the common values and causes that overarch political divisions."

But when it comes to adaptation, the best teacher is surely the natural world. And the U of A's many bioscientists are taking notes. At the Beaverhill Bird Observatory, biologists have been tracking the behaviour of a bird called the least flycatcher. Cute little songbird. Feisty, concise, heroic in endurance, now in a spot of trouble.

"They've been hammered hard, largely due to habitat change and pesticide use affecting insects they use for food," says Augustana Campus environmental scientist **Glen Hvenegaard**, '87 BSc(Forest), '89 MSc. The least flycatcher's numbers are down 40 per cent.

"And that's over only the 32-year period we've been studying them," he says. Hvenegaard, along with colleagues Myrthe Van Bremp and Geoff Holroyd, noticed that, in response to local climate changes in Alberta, the species was setting out almost two weeks early on its fall migration to Central America. That's the birds' adaptation. Temperatures

are changing, bugs are scarce, gotta be movin' on. But an adaptation to one variable can't take into account the dozens that knock-on. These birds can't know that their early departure has put them out of sync with food sources along the way, safe rest spots and chances to avoid storms during the long haul over the Gulf of Mexico.

"At some point the missed connections the least flycatchers are encountering will hit humans too," Hvenegaard says. We need to be ready to pivot, for there are changes we can't see coming. "But I hope that we don't think about everything in nature only in the ways it affects us. I mean, these little guys deserve to live, regardless of their value to humans."

If adaptability is emerging as the prime survival skill of the 21st century, can it actually be taught? "Absolutely," says Melanie Dreyer-Lude, a U of A theatre professor, actor and author.

Actors cultivate skills useful in real life, she says: persuasion, storytelling and human connection. Life is improv. A theatre production is a master class in rolling gracefully with setbacks. Theatre-grade adaptability stands out like a superpower at a moment when digital natives emerge into the workforce with more technical proficiencies than human ones.

Dreyer-Lude undertook to prove the business case of a theatre education

"We're showing people the common values that overarch political divisions."

after reassuring parents of theatre kids that they weren't throwing their tuition down a hole. "I gathered the data, and I can say with confidence that theatre grads will find work," she says. "Maybe not in theatre, but their degree won't be wasted. These skills translate into jobs." That conclusion inspired her recent book, *The Adaptable Degree: How Education in Theatre Supports the Economy of the Future*.

The world's best ideas never make it to market without a great pitch. In her consulting work, Dreyer-Lude helps scientists, engineers and business people hone their message to One Big Thing, and express it with brio. If you can't inspire, you're not going to get the lab funding, attract collaborators or pique the interest of investors. Opportunity passes you by, unless you're adaptable.

When you think about it, adaptation is about doubling down on common sense. Common sense means doing what works and pivoting when conditions change. That's an evolutionary response that author Angus Fletcher once coined as "primal intelligence," and it may be the one thing AI can never possess. So it may be just the thing to save us.

—BRUCE GRIERSON, '86 BA(SPEC)



STRAND AND DELIVER

The future of assistive devices is soft robotics, and research has you covered

ROBOTS ARE USUALLY HARD. They're made of hard stuff and they're also pretty hard to make. "The surgical team will use a robot that Doug made in his basement," is probably not something you want to hear before your operation.

Dan Sameoto builds robots that probably differ from your expectations. They're made of stuff like nylon thread and potato chip bags. His prototyping tools include a 3D printer, a craft cutter, a T-shirt hot press and some hot glue guns.

"Soft robots do not do what traditional robots do," says Sameoto, a researcher with the Faculty of Engineering. "They do stuff regular robots can't."

Sameoto has worked on robots made of garbage that can defuse mine fields, on robots that look like shingles on a roof and switch between retaining and discharging heat to help buildings use less energy, and on shape-shifting materials made of 3D-printed infill.

One of his projects stands apart in terms of funding and timeline: robotic clothes. Sameoto is part of a group of researchers looking at the use of soft robots in assistive clothing.

The idea is that someone who needs help moving, like a person with muscular dystrophy, could wear assistive clothing instead of using mobility aids like crutches or a walker. These clothes would look identical to regular non-robotic clothes. But they'd use "smart fibres" that draw on electric power to stiffen along key parts of each garment and support the wearer's body as they move through the world.

"It's like a Velcro strap. It doesn't take a ton of energy to hold a body in position," says Sameoto, whose research focuses on the actuators in these smart fibres.

He works with other engineers on the batteries that might power these clothes, with social scientists on getting the market to accept them, and with other scientists on the sensors in the clothes that could detect when the user needs assistance and turn on the juice automatically. The group aims to have prototypes in the hands of early adopters in six years.

And, if Sameoto keeps developing his other ideas, that might just be the beginning of a made-in-Alberta soft robot revolution. —LEWIS KELLY



Follow the Leaders

Indigenous elders and researchers are modelling resilience in a changing environment

CLIMATE CHANGE IS RESHAPING THE ARCTIC FASTER THAN ALMOST ANYWHERE on Earth, and two northern Canadian regions are sounding the call to action. Alongside researchers in the School of Public Health, northern researchers are looking at cultural, ecological and community impacts in the North as part of a project to receive funding from the federal New Frontiers in Research Fund. Their communities are modelling adaptation.

► PRESERVE FOOD TRADITIONS

Research in the Qikiqtani region of Nunavut focuses on country food in the Arctic, such as marine mammals, fish, birds and berries, as well as the Inuit knowledge of preparing and preserving them. “Our environment is changing drastically. We have to adapt to it,” says Igah Sanguya, principal investigator and co-lead on the project. Her call to action is clear: preserve and share traditional food practices in the face of rising challenges. “We will stay with our food, we have to, for future generations and for our overall health.”

► KEEP CULTURAL MEMORY ALIVE

Tyanna Steinwand, principal investigator and manager of research operations and training for the Tłıchǫ Government in the Northwest Territories, urges communities to listen, to protect the knowledge held by elders, and to consider our shared responsibility. “The elders said that there used to be so many caribou the land would look like it was moving. The land has always protected us. Now it’s our turn to protect the land.”

► PRIORITIZE PRICELESS ASPECTS

Much of the international discussion on climate change centres on compensating developing nations to help them rebuild after natural disasters. But non-economic losses, such as changes to culture, language, biodiversity and Indigenous ways of life should be valued, too. Sherilee Harper is Canada’s only



representative on the 34-member Intergovernmental Panel on Climate Change and a member of the project team. “Non-economic losses are things we can’t put a dollar value on, but communities value them as much or possibly even more. They are things we can’t recover from climate change,” she says.

► ELEVATE INDIGENOUS KNOWLEDGE

Research associate Amy Caughey explains the message of the project: “Inuit have expressed that country food is central to food sovereignty and to health. Indigenous food systems and the knowledge that exists within them are incredible strengths to support community health and well-being in the face of climate change.”

—JOYCE BYRNE WITH FILES FROM
GILLIAN RUTHERFORD



Learn Globally, Act Locally

Study outside the classroom can change how you see life — and your community

THEY SAY THAT TRAVEL BROADENS THE MIND.

For students curious about sustainable development, international study tours can offer invaluable observation and experience.

A new three-week study course led by **James Kariuki**, '01 PhD, a science professor at Augustana Campus, taps the immense potential of Africa as an innovator in sustainability and offers students hands-on experience in Nairobi, Kenya’s capital, and more rural locations. Called the Kenya Study Tour: Bridging Sustainability, Science and Society, it’s among Augustana’s diverse array of international and field studies programs. The course, which offers its first tour in May 2026, is designed to reflect the United Nations Sustainable Development Goals (SDGs), such as the promotion of sustainable terrestrial ecosystems, cities and communities, responsible consumption and production, and quality education.

Students can take what they learn into their own communities, Kariuki says. “I hope they return with a renewed sense of purpose, and that when they go home they can contribute meaningfully to their communities from something uplifting that they saw in Kenya.”

Living Laboratory

The chance to see how science supports sustainable practices at a local level takes the learning beyond the classroom for students, Kariuki says. The students will connect with a non-governmental organization focused on water harvesting projects, tree-planting and training in agroecology for farmers and households in this arid area of Africa. They’ll find how sustainable farming practice creates prosperity alongside conservation. And they’ll return to Canada able to connect abstract themes to real-world applications.

Thirst for Knowledge

Experiential learning through site visits goes hand in hand with coursework, and students will share experiences through daily journals and oral presentations. “The idea is to learn via reflection, so they examine their values and behaviours in relation to environmental and social issues, and gain critical thinking and good communication skills, essential in advocating for sustainable solutions,” Kariuki says.

Building Blocks

Students will visit a village in the Maasai Mara National Reserve to learn how the cattle the Maasai people keep not only provide milk and meat but also fuel and housing materials. By engaging with Kenyan communities and cultural traditions, Kariuki says, students will develop a deeper global understanding, greater independence and problem-solving abilities, and reflective skills that will serve them in their academic pursuits and in life.

—JOYCE BYRNE WITH FILES
FROM BEV BETKOWSKI

Crickets and Peas and Beans, Oh My!

You may need more protein — and the world definitely needs more sources of it

PROTEIN: WE CAN'T LIVE WITHOUT IT, but getting enough is becoming increasingly tricky. Commonly referred to as a building block of the body, the macronutrient supports regular bodily functions while also promoting healthy muscle mass, bone density and a strong immune system. To most people, “protein” means meat, but with the cost of meat skyrocketing and growing concerns about its sustainability, it's time to rethink how to get protein into our bodies. From high-tech protein alternatives to figuring out how to convince people to embrace eating insects, University of Alberta researchers are finding solutions to get more protein to the world.

—ELIZABETH CHORNEY-BOOTH

Pea Protein, Printed

It sounds like something from science fiction, but M.S. Roopesh, an associate professor in the Faculty of Agricultural, Life & Environmental Sciences, has been experimenting with 3D printing pea protein to create appetizing plant-based meat and cheese alternatives. And 3D food printing is not new, but Roopesh and his colleagues found pea protein, hypoallergenic and easily grown in the Prairies, doesn't hold shape when squeezed out of a printer. In a

2024 study, Roopesh and his team learned that the novel cold plasma treatment could help pea protein take complex and solid structures, creating future commercial uses.

Faba Bean Power!

Faba beans grow well in Alberta and contain 22 to 36 per cent protein, making them a promising alternative protein source. However, when used as whole flour, faba bean ingredients can affect the texture and performance of protein-rich foods, and certain compounds are associated with gastrointestinal discomfort. In her doctoral research, assistant lecturer **Brasathe Jeganathan**, '23 PhD, in the Faculty of ALES, used different fractionation approaches to extract faba protein while reducing compounds linked to gassiness. Using mild, chemical-free processing conditions, she produced protein that was more than 94 per cent pure while retaining properties for protein food applications, positioning faba beans as part of the solution to the world's growing protein needs. This work has since been expanded to other underused plant-based protein sources.

Conquering the Ick

Plant proteins are easy to swallow, but the same can't always be said about chowing down on protein-rich insects. A 2025 study



found most Albertans aren't comfortable eating cricket snacks, despite the bugs' impressive protein content and relative affordability. **Wendy Wismer**, '83 BSc(FoodSci), an associate professor in the Faculty of ALES and co-author of the study, found participants were more interested in snacks that didn't overtly look like crickets. Participants' cultural backgrounds also played a factor in their willingness to indulge. Nutritional facts and sustainability labelling weren't enough to get people over the ick, giving food marketers plenty to chew on if bugs are to be part of a typical diet.

Muscle Food

Even when it comes to traditional proteins, one of the biggest barriers can be figuring out what to make for dinner. Home cooks will love the free e-book *The High Protein Cookbook for Muscle Health During Cancer Treatment* (University of Alberta, Creative Commons Licence, 2022), written by **Carla Prado**, '09 PhD, of the Faculty of ALES, with **Anissa Armet**, '18 BSc(Nutr/Food), '24 PhD, and **Hillary Wilson**, '19 BSc(Nutr/Food), '23 MD. The book's focus is on building muscle mass for patients with cancer, but anyone trying to build or maintain muscle mass can benefit from the comforting, easy meals of stews, soups and pasta.



The Most Annoying Word in Business Is Also the Most Important

We all got tired of “pivoting” in 2020. But for two entrepreneurs, the willingness to abandon a plan was golden

THE WORD “PIVOT” WORE OUT ITS WELCOME in the early days of the pandemic, but with the accelerating pace of change, the ability to adapt (OK, pivot) is essential to new businesses. Market forces and regulations are constantly shifting, and smart entrepreneurs must figure out how to pivot effectively to keep up. These two businesses — both helmed by U of A grads — prove that rolling with the punches can pay off in big ways. —ELIZABETH CHORNEY-BOOTH

NATURAL EVOLUTION

In 2016, as Canada was on the cusp of legalizing cannabis, **Keenan Pascal**, '08 BCom, knew the cannabis space was rich with opportunity. Realizing the market would be flooded with dispensaries and growers, Pascal co-founded Token Naturals, a company focused instead on manufacturing and packaging cannabis products. It was a solid business model, but Pascal and his partners didn't initially realize the licensing would take years to secure.

Simply waiting wasn't an option, and in their research the Token team noticed the extraction process for cannabis mimicked the way cocktail bitters are made. In 2017 they launched Token Bitters, which quickly

became the largest bitters company in Alberta, helping to raise even more capital for the cannabis company. Token Naturals began producing and selling cannabis products in 2021, eventually pivoting again to include trendy edible and drinkable products. Relationships within Edmonton's business community have kept Pascal's eyes open to additional opportunities, including a zero-proof cocktail bar called Spilt, and an investment stake in Hansen Distillery.

“We're always trying to be on the edge of what's new because that's where the opportunities come from,” Pascal says. “We're just ahead of the market a little bit, seeing what's coming down the pipe.”

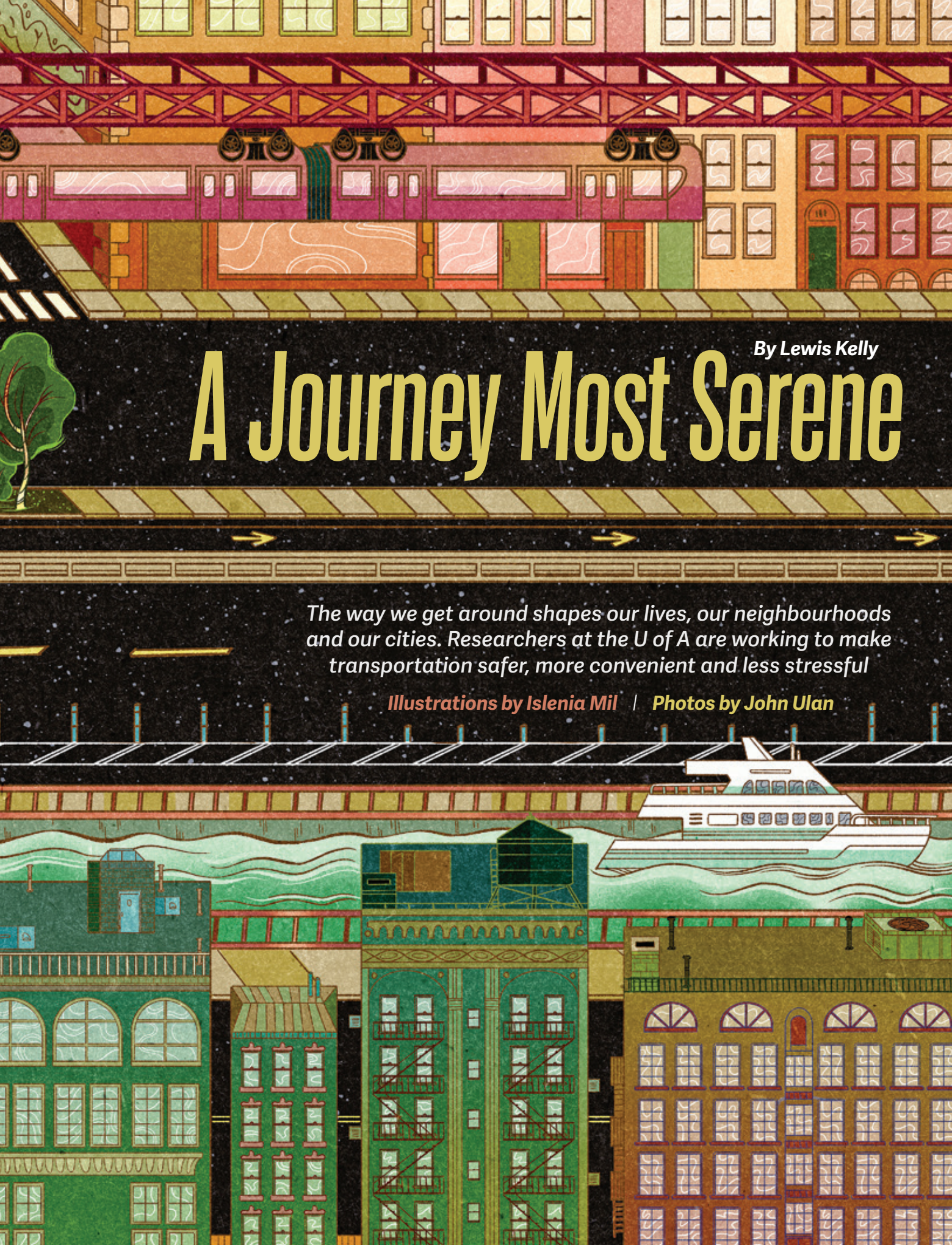
MARKET LEADERS

When **Luke Butterworth**, '20 MBA, and **Jennifer Keith**, '11 BCom, '17 MBA, came up with the concept of a multi-vendor food hall in downtown Edmonton, they thought they had a winning idea. When they opened their first Epic Market in 2021, the food hall craze was in full swing and the location seemed full of potential customers. But the ongoing effects of the pandemic had shifted business traffic. Butterworth and Keith quickly realized their model of working with independent vendors — all separate businesses — made lucrative corporate events and weddings nearly impossible to co-ordinate. They knew something had to shift for Epic to be viable.

With insights from their involvement with various business associations as well as the U of A's engineering incubator, they made changes to strengthen the Epic concept. They let the downtown location go so they could focus on building a food hall at Station Park, a shipping container retail development in Edmonton's Strathcona area. In the new hall, all the food kiosks were owned and operated in-house, giving Butterworth and Keith full control over the business.

Butterworth says the Station Park venture served as a proving ground, and more than one partner has asked to build upon the concept. That's what he's working on now: creating a better version with new partners, a bigger facility and entertainment to match. “Entrepreneurship is about seizing opportunity whether you are ready or not,” he says.





By Lewis Kelly

A Journey Most Serene

The way we get around shapes our lives, our neighbourhoods and our cities. Researchers at the U of A are working to make transportation safer, more convenient and less stressful

Illustrations by Islenia Mil | Photos by John Ulan

“Getting there is half the fun!” Tell that to anyone who is stuck in rush-hour traffic, watching a full bus drive by, or stripping down for airport security.

How we move through and between our cities affects how we feel about them. And how we build our cities affects how we move through them. Transportation is not just about moving vehicles; it’s about shaping the quality of urban life.

Today’s transportation networks often prioritize the movement of cars over people. That is, we build to move numbers of cars, rather than first imagining how to get all the humans where they want to go, safely and comfortably. The result? Congestion, pollution and stress.

But tomorrow is a new day. Research underway at the University of Alberta outlines a future in which moving through our cities is less stressful and more serene, with safer cars, more efficient public transportation and better planning.

This is what it could look like.



FLASH FORWARD

High-Speed Rail or Aerotaxi?

Travelling to Edmonton from Calgary for work each day is much more common than it once was. Commuters can take the high-speed rail line that connects the two cities, with a stop in Red Deer. Or they can jump on the commuter express train, which departs every 15 minutes during rush hour and makes the 300-kilometre trip non-stop from downtown to downtown in just under an hour.



But high-speed rail is yesterday's news. You're tempted by the idea of treating yourself, on your first day at your new job in Edmonton, to commute from Calgary by hydrogen-powered plane: an aerotaxi!

Alberta, long Canada's leading province of hydrogen gas production, recently became a pioneer in hydrogen-powered aviation. While hydrogen's relatively low energy density makes it a poor candidate to fuel long-distance flights, new hydrogen fuel cells have unlocked its promise for regional trips like the Calgary-Edmonton route.

The new aerotaxis are small, quiet and just as fast as those powered by

conventional jet fuel. After landing at YEG, you could hop into one of the driverless electric vehicles shuttling back and forth or, arguably more convenient, use the bus rapid transit line from the airport to downtown Edmonton, running every 10 minutes.

You weigh your options. Gliding over Alberta at 2,000 metres in the full flush of fall would be a tough sight to top — especially from the bubble cockpit window of a two-seater hydrogen aerotaxi — but the seating would be more cramped than the train. You opt for the train.

The high-speed train deposits you directly across the street from a second train station that you have

never seen before. You realize you're looking at Edmonton's new regional rail hub, which runs commuter trains out to the handful of glittering municipalities that surround the city like a necklace. Open for under a year, the regional rail system has earned praise from commuters and downtown residents alike for improving commutes, mitigating traffic congestion and contributing to the vibrancy and allure of downtown Edmonton.

Yet, as you wait for the lights to change at the intersection outside the high-speed rail station, you're reminded by the halting flow of traffic that congestion persists. In fact, it seems worse than it was on your last visit.

The Price of Success

> Traffic ranks among death and taxes as one of life's least palatable truths. Yet traffic, as Murtaza Haider points out, is indicative of achievement.

"I see it as a telltale sign of economic success," says Haider, executive director of the U of A's new Cities Institute. "Bankrupt cities do not have congestion. Only economically, culturally strong ones have it."

Congestion is an inescapable part of life in modern cities. But there are good and bad ways of mitigating it.

The worst way to mitigate traffic, surprisingly, might be to build more roads. The immediate impact of an extra lane or a new street is more space for drivers, but when people notice that extra space, they drive more, research has shown. Congestion returns. Transportation planners call this vicious cycle "induced demand" and they've been researching it for more than 30 years.

One of the best ways to manage traffic, Haider says, is to make smart investments in alternatives to the personal automobile, like the rail infrastructure imagined in the previous scenario.

"High-speed rail could be a game-changer for Calgary and Edmonton," says Haider, a transportation engineer and professor of management. "It would create an integrated labour market second in size only to Toronto probably—one that could compete with Montreal, with Vancouver."

Haider also imagines regional rail networks connecting urban areas with suburbs and nearby communities.

"If you work in Leduc and there's a direct rail line that only stops twice, and within 15 minutes you are in downtown Edmonton—an efficient transit system like that has the ability to engage people," he says. And engagement, in this context, can signify economic growth. In fact, in the European Union, a 2018 study of 28 EU countries demonstrated that efficient public transit is an important element of economic growth, ensuring mobility for people as well as efficiency and effectiveness in the distribution of resources.

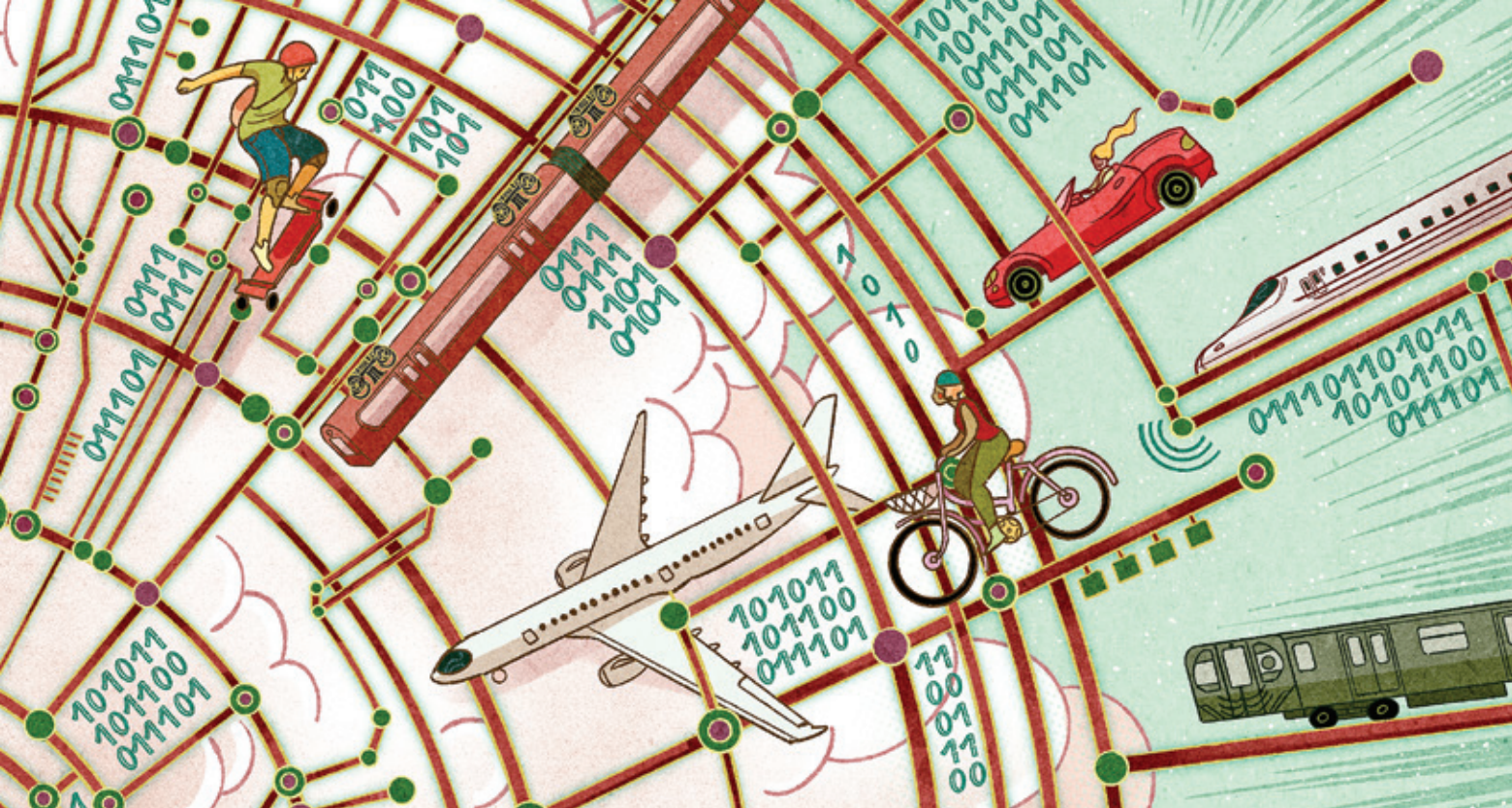
Haider is quick to point out that major investments in these kinds of public transit will only pay off if they compete with the convenience and speed of the automobile. Transit systems need to "offer speeds comparable to those of cars, making public transit a logical choice rather than just appealing to commuters' conscience," he wrote in a LinkedIn column in July 2025.

Many transit systems fall short in this regard. For example, 2023 data from the Canadian Urban Transit Association shows that Edmonton's bus service has an average operating speed of 15.1 kilometres per hour—just a hair faster than Montreal's system, which is the slowest in Canada. Calgary's buses lead the pack with an average operating speed of 22.2 kilometres per hour.

Fortunately, technology offers many prospects for improving the efficiency of all vehicles on the road, including buses.



Public transit has to compete with the speed and convenience of our vehicles in order to be viable, says Murtaza Haider (right), head of the U of A's new Cities Institute.



FLASH FORWARD

Crossing the Road Is No Longer Fraught with Danger

As you step off the curb to cross the pedestrian scramble intersection — common in busy cities across Canada — the sight of the cars stopped in all four directions brings to mind the biggest news story of the year: a driver killing a pedestrian in Edmonton three months ago.

It was the first pedestrian fatality in Alberta in a decade. The tragedy received widespread media coverage, most of which examined how the accident happened: not only the proximate cause (distracted driving strikes again) but the systemic failures that led to one person's momentary bad decision ending the life of another.

You're old enough to remember a time when pedestrian deaths from

motor vehicle deaths received much less notice by dint of being much more common.

Way back in 2018-2020, an average of more than 300 pedestrians died in collisions with vehicles every year in Canada. Poor visibility, challenging weather or road conditions and infrastructure issues were reported in more than one in five of these deaths, according to Statistics Canada. Motor vehicle

collisions in general caused 1,964 deaths in 2023 in Canada, with close to 10,000 people suffering serious injuries.

The biggest reason for today's greater road safety is the ubiquity of information and how our devices use it. The transportation systems in Canada's cities collect, analyze and distribute quantities of data that seemed unfathomable to someone living in the mid-2020s. Most of this data is collected by LiDAR, which stands for light detection and ranging. Once found only on a few electric cars, LiDAR scanners today are carried by almost every vehicle on the road and embedded in the cameras, traffic lights and sensors that monitor the transportation system.

The information collected by these scanners, along with other sensors in vehicles and on roads, powers a citywide intelligent transportation system. Artificial intelligence in the form of

machine learning analyzes this information to help transportation engineers and urban planners design safer, more efficient transportation networks. The AI system combs large volumes of traffic data, such as connected vehicle pings, video from traffic cameras and LiDAR scans, and flags leading indicators like near-misses, yield rates at crosswalks, and risky approach speeds. Planners can use this to proactively improve the system instead of waiting years for enough collisions to make the call. The citywide systems also update drivers with real-time warnings about weather conditions, obstructions on the road, stopped vehicles and collisions.

The design improvements and better driving decisions made possible by intelligent transport systems have made the roads radically safer without compromising efficiency.

The traffic enforcement drones don't hurt, either.

Smart Vehicles, Dumb Roads

> The history of autonomous cars goes back to 1925, when New York's "Fifth Avenue was given a new thrill ... when a large automobile with no one at the steering wheel zigzagged through heavy traffic on the avenue," as a newspaper put it at the time.

That vehicle's radio-controlled driving system would seem primitive next to the technology that powers today's self-driving cars. And yet, a century later, the dream of improving road safety by removing human error remains mostly unrealized.

Why? One reason could be that a focus on individual cars limits the scope of what can be achieved.

As Haider puts it, "Right now we have vehicles that are smart and roads that are dumb. That's a marriage that's not going to work."

Transportation researchers at the U of A are investigating how to make this marriage more harmonious to make getting around a matter of greater ease. "Road safety gains could be substantial if deployment of autonomous systems prevents human error," says Karim El-Basyouny, a U of A engineering professor.

He envisions connecting entire transportation systems with real-time data and analytics to make transportation safer, more efficient and less stressful.

Most of El-Basyouny's research focuses on using remote sensing technologies such as LiDAR to map, monitor and analyze transportation infrastructure. LiDAR in this context can do a job similar to image processing of video footage from traffic cameras, with two key differences.

The first is that LiDAR is much easier to deploy over a wide area.

The second, says El-Basyouny, is that "from a privacy standpoint, it's much better." While LiDAR can detect the presence of people and objects, it does not capture identifying visual details, which helps mitigate privacy concerns associated with large-scale data collection. "I can't meaningfully distinguish or identify individuals using LiDAR alone," he explains.

Modelling techniques developed by El-Basyouny and his team make it possible to imagine citywide transportation systems built, in part, using LiDAR sensors in vehicles and on roads providing a "digital replica of our existing infrastructure," he says.

In addition to LiDAR, the information would come from other sensors in vehicles, on streetlights and in the road itself. And there would be gobs of it.

"We could not reasonably analyze it using traditional statistical methods because of the scale and complexity of the data," says El-Basyouny. "We would need to rely on AI-based techniques to extract patterns and make sense of it." Such a system, he explains, could enable vehicles to share information with one another, as well as with pedestrians and infrastructure, helping co-ordinate movement in ways that improve safety and efficiency.

"A citywide intelligent transportation system could offer substantial benefits," he says. In general, the effectiveness of such systems improves as they ingest larger and more diverse data sets. One unresolved challenge, however, is how to collect that data at scale across road networks.

"Drones are a significant opportunity here," says El-Basyouny. "They are relatively easy to deploy and provide a higher-level perspective than fixed streetlight cameras." He notes that drones could support infrastructure inspections, traffic volume measurement and certain enforcement applications. "But without a major advance in battery technology, flight time will remain a serious limitation," he adds. "We need them to stay airborne for much longer to be truly effective."

The Most Abundant Fuel in the Universe

> Hydrogen will play an important role in the future of transportation and energy, but not in the way you might suppose.

Since it's the most abundant element in the universe, and the only byproduct of turning molecular hydrogen into energy is water, the idea of harnessing hydrogen for transit has a long and rich history. General Motors, for example, developed a hydrogen-powered "electrovan" in 1966.

But most of the hydrogen on Earth is bound up in other molecules, like water or methane. Currently, the costs of turning that hydrogen into the pure molecular hydrogen needed for a fuel cell that could power a vehicle can undermine the environmental or economic benefits of powering society with "clean" hydrogen. This holds true even if the hydrogen is produced by green means, like splitting water





Rebecca Goldsack, chief operating officer at Diesel Tech Industries Ltd., shows a hydrogen-fuelled truck that the company is developing to Amit Kumar, professor in the U of A Department of Mechanical Engineering.

molecules using electricity generated by solar panels or wind turbines.

But Amit Kumar, a U of A researcher and the director of the U of A Centre for Hydrogen Innovation, Workforce Development and Outreach, sees an important place for hydrogen power in the future of transportation. For one thing, the technology might become cost effective as the cost of producing hydrogen from renewable electricity goes down.

Kumar also expects the use of drones to open up new opportunities for hydrogen fuel.

"A lot of transportation is expected to happen through drones as we go forward," he says, giving examples such as moving material in large factories or for the last leg of package delivery in cities.

"But there are not a lot of ways to power them. Batteries and compact hydrogen are the options."

Hydrogen offers two theoretical advantages. The first is that it works better than batteries in places without easy access to electrical charging. Second, we can store more energy in the form of hydrogen than in batteries per unit of mass.

These suggest niche uses for hydrogen-powered drones such as moving material within large factories or monitoring freeway traffic in northern cities during the winter.

The strengths of hydrogen fuel cells also inform its possible uses with motor vehicles.

"Hydrogen vehicles will penetrate the market in places where batteries struggle, like heavy-duty trucks," says Kumar. "Batteries get very bulky for an electric long-distance truck. It makes sense to decarbonize heavy-duty transportation with H₂, especially in places where you have low temperatures."

Innovation Starts Early

➤ The designers and engineers who will shape the future of transportation are now working on hydrogen vehicles in a U of A student engineering club. Since 2010, the university's EcoCar club has designed, built and driven hydrogen fuel-cell vehicles in the Shell Eco-Marathon, most recently at the Indianapolis Motor Speedway.

"Our top speed is 40 kilometres per hour," says Essiyah Weis, EcoCar's mechanical manager and current driver. "We drive in the pit lanes. It's a funny little track."

The club spends most of each year working on a vehicle—either improving the previous year's version or building a new one. Then, in the spring, a few of the 50-some members of the club travel to the competition, which attracts teams from across the Americas.

"We do everything in-house," says Jasmine Yip, the club's project manager. "The Elko Engineering Garage has all the tools we need. Lots of teams buy the aeroshell for their cars, but we do the shell in-house, from design on."

The club has won several awards, most recently the 2025 Hydrogen Fuel Cell Urban Concept. Another win was a safety award, ironically collected after Weis crashed the car during testing.

"I was trying to see if I could hit top speed, and I kind of lost control of the car as it was turning," says Weis. But the car had been designed to handle a front-end crash by having the wheels shred off the car with no damage to anything vital.

"The wheels falling off was, literally, by design so as not to injure anyone," explains Yip, adding the team had the car back on the road within 40 minutes and still won that year's competition.

Weis and Yip, both set to graduate this year, say their experience with EcoCar has influenced what they want from their careers.

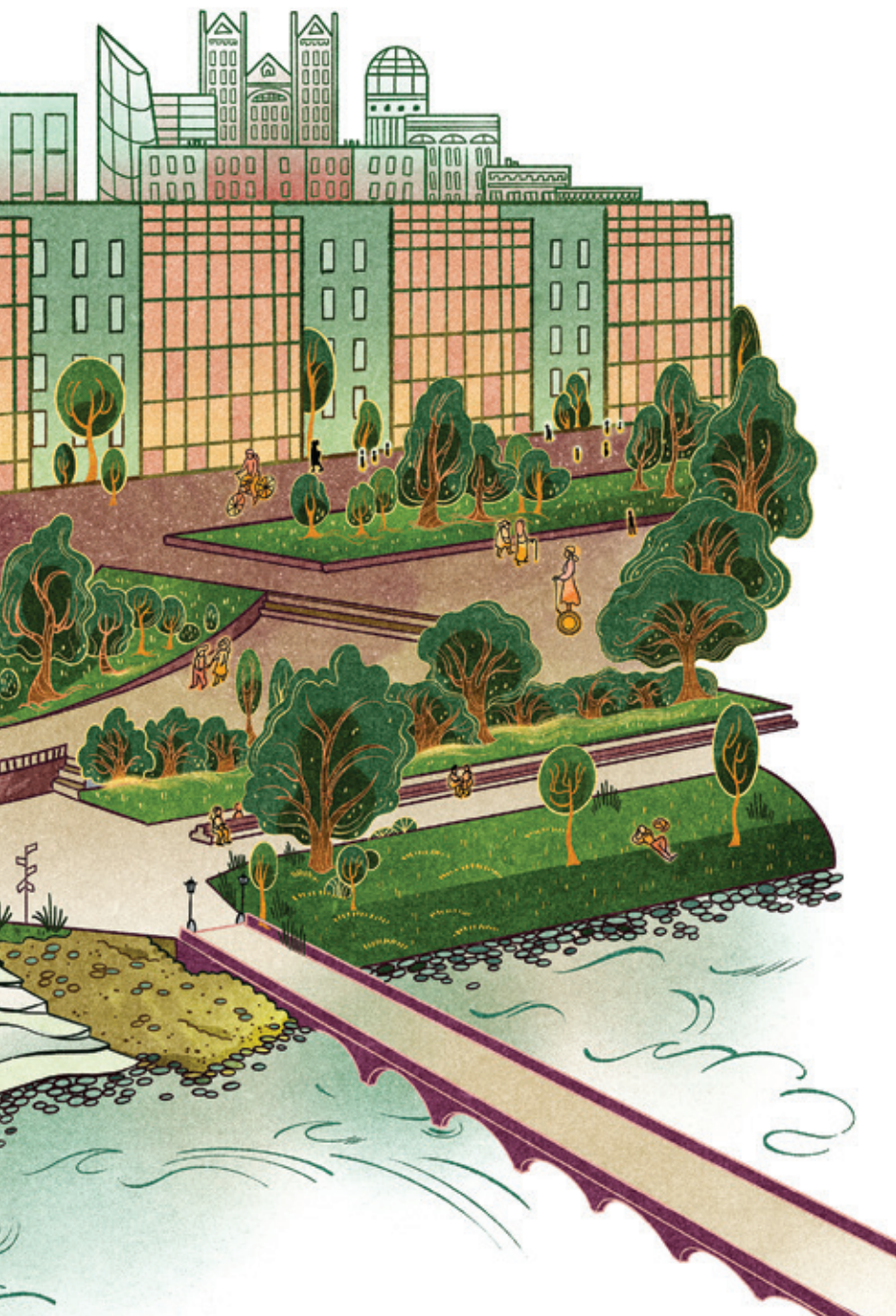
"How are we going to fuel the transportation of the future?" says Weis. "It's good to have options and look at different tech. It can never be a bad thing to have different technology, to see what is the most efficient in each situation."



FLASH FORWARD

A Smooth Journey, a Sense of Calm

Your first day of work in Edmonton was great. Fifty minutes after quitting time, you are back in Calgary. The city slides into the golden hour as you exit the high-speed rail station. On a whim, you decide to take a detour and extend your walk home from the station. This choice grows from your relaxed state of mind. The last time you felt this good after a train trip was on vacation in Europe.



The Social Turn in Urban Planning

> Walking is the slowest form of transportation — and one of the most serene. Josephine Godwyll's research reveals a strong connection between the amount of walking a person does within their neighbourhood and favourable perceptions of their neighbourhood, including its social environment.

Godwyll, a U of A researcher in the Faculty of Kinesiology, Sport, and Recreation who looks at the connections between well-being, justice and access to recreational space, points out that for a long time urban planners treated walking as an afterthought, at best.

"Right outside my door there's a sidewalk on only one side of the road," she says of her home in Ponoka, Alta. "I don't have to look far to see that walking is not a priority."

But Godwyll says there has been a "social turn" lately in urban planning that is making cities more pedestrian-friendly.

"It's arguably very slow, but there have been incremental changes if you look at it from the perspective of a century-plus ago," she says. "At least there are conversations now."

Godwyll highlights ideas such as inviting communities to act as custodians of public amenities. For instance, a neighbourhood might care for fruit trees planted on public paths. Work by Godwyll's lab for the City of Edmonton has helped add greater diversity to the city's plan to plant two million trees by 2030.

"It creates more work for people," she says, "but if you have a community that's on-board, you can have stewardship from that community."

You wend your way along the south bank of the Bow River, alongside dog walkers and cyclists. The promenade looks more charming than ever, as the plum trees planted along its path a few years ago are starting to bear fruit. In fact, a community group has ladders out, getting ready to pick some. A riverside basketball court is alive with a pickup game. Years ago, the city reviewed research about what makes

residents more likely to use and enjoy public amenities and acted on the results. It's paying off.

You turn south from the river walk at Centre Street and pass 和園 Harmony Park a few blocks from home. You recall that the park, which sits on the boundary of Calgary's Chinatown, was renamed back in 2022.

You realize that "harmony" neatly sums up your feelings after your day's journey.

Asking people who live near public amenities about what they want to see there is another trend that encourages Godwyll's optimism. She points to Edmonton's Mabuhay Park, which opened in the city's southeast in 2023 and takes its name from a Tagalog word meaning "welcome."

"It's really community-centric," she says. "Edmonton's Filipino community gathers there to celebrate its Independence Day, and you can tell that the space was made considering the predominant uses of the park."

A Less Stressful Future

> Anyone who has ever missed a flight or lost control of their car on an icy road knows that transportation can be a major source of stress. Haider's greatest hope for the future of transportation is that we find a way to alleviate it.

"I see people taking on tremendous stress in transport systems," he says. "I see it impacting people's mental health. Road rage is ubiquitous. Any act where people honk—honking is like yelling. If people stood on the street and yelled at each other, you'd take notice."

He's hopeful that the transportation systems of tomorrow will offer travellers more efficiency and information to arrest or reverse the stress they feel. He mentions volume-driven signal systems, dedicated bus lanes in some urban contexts and accurate real-time information about delays in flights as sources of relief.

Remember: how we move through a city affects how we feel about it. "My hope is that the future of transportation," he says, "is a little less stressful than it is right now." ■

U of A researcher Josephine Godwyll says research shows a strong connection between the amount of walking a person does within their neighbourhood and favourable perceptions of the neighbourhood.





2025

ALUMNI AWARDS

Our grads inspire us and
lift our communities in
so many ways



"I was always interested in how to make things better for my community and those around us."

—Malinda Smith

DISTINGUISHED ALUMNI AWARD

Malinda S. Smith

'93 PhD

Academic, community supporter, making university better

To Smith, the U of A's founding sentiment of 'uplifting the whole people' still rings true

> "I was always interested in how to make things better for my community and those around us," says Malinda Smith. That interest grew through her studies and into her professional academic life.

Smith has a list of achievements matched in length by a list of awards. She has paved the way for equity as a Black feminist scholar and held leadership roles on boards and policy forums on human rights, gender equality, anti-Black racism and social inclusion. Her passion for equity and inclusion was ignited by her upbringing in the colonial Bahamas. Watching her parents' struggles raised questions of fairness and justice. "I was part of communities trying to make university more accessible, fairer and inclusive to those who've not felt like they belonged," she says.

During her time as a professor in the U of A's Department of Political Science from 2004 to 2020, Smith served as its first provost fellow for EDI policy, shaping its inaugural equity, diversity and inclusion strategic plan and leading changes in hiring, benefits and pay equity. She was inspired when she read a speech by the U of A's first president, Henry Marshall Tory. He described the purpose of a modern university: "The uplifting of the whole people shall be its final goal."

Smith says Tory's sentiment still rings true. Universities have a role in opening doors to everyone, bringing down barriers to access and success, fostering citizenship and dialogue and creating opportunities for the wider community.

"Our task is to uplift the whole people," she says. "Our task is to

bring people together to cultivate inclusive excellence, mutual respect, ingenuity, social mobility and prosperity, and to contribute to the public good."

Over four decades, Smith has helped transform what it means for post-secondaries to pursue inclusive research excellence. She has supported the next generation of scholars to adopt non-Eurocentric forms of knowledges, including from Indigenous communities and from the Global South.

"We've seen significant changes. We've also seen pushback, which tells us we must continue to advance literacy around why these changes matter and how they serve the public good." In the face of pushback around pluralism and increased scrutiny of equity, diversity and inclusion initiatives, Smith is determined to continue to make evidence-informed changes and inspire others to do the same.

"I have been privileged across my career to have participated in some of this work. This award inspires me to draw on my knowledge and experience to continue contributing whatever I can to uplift the whole people and cultivate pluralistic campuses and societies in which we can all flourish."

—LISA OSTROWSKI, '10 BA

ALUMNI SERVICE AWARD

Recognizes grads who have demonstrated an extraordinary level of commitment, dedication and volunteer service to the U of A



Charlene Butler

'09 MBA

For expertise and compassionate service to guide the U of A through change while strengthening its entrepreneurial and alumni communities



Marilou Neufeld

'64 Dip(Nu), '65 BScN

For work as a community builder at the U of A, inspiring relationships across generations of staff, students and alumni

"I hope my journey inspires others to honour their backgrounds, help others and strive for positive change."

—Cheryl Arcand-Kootenay

DISTINGUISHED ALUMNI AWARD

Cheryl L. Arcand-Kootenay

'87 BA, '92 LLB

Mentor, judge on the Court of King's Bench, Cree woman

For her mentorship and for her dedication to justice, education and community

➤ Among the achievements of Justice Cheryl Arcand-Kootenay, what she values most is lifting others up, especially Indigenous youth and law students. She has seen how important it is for young Indigenous people to see role models who share their background and struggles.

After receiving a bachelor of arts followed by a law degree, Arcand-Kootenay established her own law firm, specializing in child welfare and Indigenous justice. In 2018, she became the first Cree woman from Treaty 6 to be appointed to the provincial court, where she was a "tri-hat" judge presiding over criminal, family and civil matters. In 2021 she became the first treaty person from an Alberta First Nation to be appointed to the Court of King's Bench.

Growing up in Edmonton instead of her home community of

Kipohtakaw (Alexander) First Nation shaped her perspective and gave her a mix of experiences, building a better understanding of city life and Indigenous traditions. Her family moved to Edmonton when she was six so she and her four siblings could complete their education. "I'm the youngest, and we moved back to my home community right after I graduated high school," she says. "It was so meaningful to return to my roots and reconnect with my Indigenous identity."

In conversation, she returns often to the value of remembering where she came from and says it's important to her to give back, to help future generations dream big and feel like they belong.

The Aboriginal Students' Association at the U of A played a huge part for her in embracing who she is. Arcand-Kootenay's story is a

celebration of her journey, and her personal stories blend with bigger themes: cultural pride, strength and making a difference in the world.

Arcand-Kootenay's love for mentoring comes from experience; she knows it matters to have someone to look up to who understands where you're coming from. To help Indigenous youth and law students build confidence and find their place, she has been returning to the faculty since 2018 at least three times a year, meeting with students and offering them opportunities to shadow her in court. She recently arranged a student tour of the Edmonton Remand Centre and the Edmonton Institution, and she's planning more.

No matter what she has achieved, Arcand-Kootenay stays humble. Whether she's in court, teaching or in the community, she approaches her

work with compassion and a dedication to reconciliation.

Arcand-Kootenay's path is marked by a commitment to her roots. Despite obstacles she faced as an Indigenous woman juggling a post-secondary education, family and community, Arcand-Kootenay remains steadfast in her goals, drawing strength from her family and roots. She says the support she found at home and within the university community was instrumental in overcoming adversity. Her story is a testament to resilience, cultural pride and the enduring impact of mentorship.

"When I look back, it's important that I've stayed true to myself and given back to the community," she says. Arcand-Kootenay could inspire anyone navigating adversity. "I often reflect on how these dual urban and Indigenous influences in my upbringing helped me navigate my identity and informed my advocacy and mentorship," she says. Her dedication to justice, education and cultural pride have left a mark on her community. "I hope my journey inspires others to honour their backgrounds, help others and strive for positive change."

—WITH FILES FROM
ISABELA VARELA, '96 BA





**"Mary Cardinal Collins
has been instrumental in
supporting Indigenous
language revitalization."**

**—Florence Glanfield,
'79 BSc, '82 BEd, '89 MEd, '03 PhD**

DISTINGUISHED ALUMNI AWARD

Mary Cardinal Collins

'80 BEd

Champion of Cree language education, cultural advocate, mentor

Ahead of her time, she has brought the Cree language and Indigenous studies into countless classrooms

➤ Mary Cardinal Collins survived residential school in a time when a generation of children lost their language. But she retained her ability to speak and understand nêhiyawêwin, her Cree language. She later studied education and went on to become a teacher who is preserving the language for future generations.

Collins's path into education started with the Morning Star teacher-training program run by the University of Alberta. The program took place at Blue Quills University, located on the site of the residential school in St. Paul, Alta., in the same building where she attended as a child. "This is what I love about

Mary, the courage!" says Florence Glanfield, vice-provost, Indigenous Programming and Research.

Later, as a teacher in Alberta's sprawling Northlands School Division, Collins helped create Cree language curriculum and teacher development programs, which were adopted by numerous Alberta school divisions as well as by education ministries across Western Canada.

"Mary Cardinal Collins has been instrumental in supporting Indigenous language revitalization," Glanfield says. "Her contribution working for Alberta education was instrumental in getting Aboriginal studies into high schools."

As a lecturer and mentor to post-

secondary students, Collins was known for interspersing lessons with stories from her own life. Her wisdom and insight have made her an invaluable adviser to the Alberta Teachers' Association, the U of A's Supporting Indigenous Languages Revitalization (SILR) program, and the Cree Literacy Network, which supports people in becoming fluent in reading, writing and speaking.

Her advocacy extends past the classroom. "Formally and informally, she's been a mentor to many Indigenous women looking to find their identity and looking to build their language skills," says Pamela McCoy, executive director of the U of A's Indigenous programming.

Collins is ahead of her time, undertaking her work prior to the United Nations Declaration on the Rights of Indigenous Peoples and its decade of Indigenous languages, Glanfield says. Collins is passionate about incorporating Cree language into everyday life, sharing it through radio, television and podcasts. She has even translated children's books into nêhiyawêwin, creating a new way for parents to share the language with their youngsters.

—WITH FILES FROM THERESE KEHLER

SPORTS WALL OF FAME

Recognizes the contributions of alumni as athletes and builders of University of Alberta sport



Harlan Anderson
'08 BCom

For leadership and performance as a championship-winning defenceman, team captain and Academic All-Canadian with Golden Bears Hockey



Jordan Baker
'13 BCom, '17 MA

For record-setting excellence, academic achievement and championship success as a Golden Bears Basketball player



Heather Jones
'93 BSc, '98 MD

For blazing a trail in field hockey: Canadian Olympian, Academic All-Canadian and back-to-back U of A Female Athlete of the Year



Joel Schmuland
'09 BA(RecSpoTourism)

For skill, leadership and success: three-time national champion, CIS Men's Volleyball MVP and U of A's only male BLG Award winner

“Architecture is an act of stewardship, shaping buildings and public spaces that endure and serve future generations.”

—Samuel Oboh

DISTINGUISHED ALUMNI AWARD

Samuel Óghalé Oboh

'10 MA

Architect of national and global impact, King Charles III Coronation Medal recipient

For contributing to sustainable architecture and civic and cultural life

➤ When Sam Oboh heard that he'd earned a Distinguished Alumni Award, he was surprised. But no one else was. This honour recognizes more than 25 years of contributing to sustainable architecture. Consider these: first Canadian of African descent (Oboh was born in Nigeria) to preside over the Royal Architectural Institute of Canada; Advanced Design Studio visiting reviewer and critic at Yale University; lead in developing Global Affairs Canada Design Excellence Framework for Canadian Missions Abroad. He has spearheaded 500-plus projects in Canadian and global markets.

For five years he has used his platform as principal and vice-

president of Ensign+Architecture in Edmonton to advance sustainability (“public architecture” to him), “balancing social, environmental and economic needs so ecosystems thrive for generations.” He emphasizes safe, inclusive places where people gather and celebrate culture and civic pride. An example: the Alberta Legislature Centre Redevelopment, a multibillion-dollar project to breathe life into an important civic precinct. It includes renovating the Queen Elizabeth II Building (formerly the Federal Building) for safety, accessibility and new uses, while preserving the heritage elements of its architecture. Beyond the building itself, the legislature grounds are

evolving into a lively public realm, defined by a ribbon of accessible promenades, with water features and flexible civic spaces to support ceremonies, festivals and everyday use.

Oboh is championing the development of the Africa Multicultural Community Centre in Edmonton. He imagines a central, light-filled atrium as a contemporary interpretation of the palaver tree: a traditional African framework for dialogue, learning and reconciliation where communities gather to listen, deliberate and resolve differences.

He serves on the board of RISE, a registered U.S. charity working in Lesotho and Kenya to strengthen and expand education, health care and

opportunities for women and youth. He's a partner and board adviser at U.K.-based Urban.MASS, focused on zero-emission urban mobility projects.

And Oboh is a dedicated stamp and coin collector, drawn to objects that mark national memory. His favourite Canada Post stamp series celebrated the 100th anniversary of the Royal Architectural Institute of Canada. The series features the works of architects Douglas Cardinal, Arthur Erickson, Raymond Moriyama and Moshe Safdie, whose “public architecture shapes Canada's civic identity,” he says.

Oboh also received a King Charles III Coronation Medal, for contribution, service and national trust. “It represents recognition, honour and a profound personal milestone,” he says. “Architecture is an act of stewardship,” he says, “shaping buildings and public spaces that endure and serve future generations.” He invites others on that journey. “If a man from humble beginnings in the ancestral African savannas can succeed here in the Canadian Prairies, so can you.” —COLLEEN BIONDI





***"Some of us are leaders,
some followers, but we're
all working towards a
better life for our tribe
or our nation."***

—Patricia Goodwill-Littlechild

DISTINGUISHED ALUMNI AWARD

Patricia I. Goodwill-Littlechild

'95 BEd

Educator, cultural protector, leader

For 30 years, she has worked at language and cultural revitalization as a teacher and administrator

> Patricia Goodwill-Littlechild recalls sitting on her grandfather's lap as a little girl, beside a kerosene lamp, watching him write his biography. "Go to school. Go and learn how to write," he'd tell her. That advice planted a seed for a lifetime devoted to education, culture and language that shaped her own path and that of her community.

Now an elder, educator and cultural protector, Goodwill-Littlechild has dedicated decades to Indigenous education and language revitalization. A member of the Ermineskin Cree Nation and an enrolled member of the Lakota Nation in South Dakota, she helped build a vibrant community in Maskwacis, Alta., over her 30-year career as a teacher, principal and administrator.

As president of Maskwacis Cultural College from 2007 to 2017, Goodwill-Littlechild guided policies grounded in culture. But she is quick to give credit to the chiefs, councils and elders who paved the way before her. "They were already fighting to improve the quality of education for our people," she says.

ALUMNI HORIZON AWARD

Recognizes the outstanding professional achievements and/or contributions to the community of graduates who are 40 or younger



Cameron Mang

'08 BPE, '10 MSc

For improving lives as a brain health researcher and educator in exercise and neurorehabilitation, mentoring professionals and making care accessible



Melody McArthur

'15 BA

For award-winning music, theatre roles and commitment to the next generation of Indigenous and other young people



Christopher Song

'10 BSc(Nutr/Food)

For being an educator and community builder, advancing sustainability, developing plant-based products and growing Edmonton's arts scene



Jinting Zhao

'09 BA

For breaking barriers in music and audio, and championing equity and professional growth for women and non-binary talent



Hadis Karimipour

'16 PhD

For expertise in cybersecurity and research to protect infrastructure, and mentoring talent to make the tech industry secure and inclusive



Tonya Simpson

'16 BSc, '21 MA

For work bridging biological anthropology, forensics and Indigenous knowledge to advance medicolegal investigations, advancing reconciliation

Goodwill-Littlechild, who holds a master of arts degree, points out that Indigenous people have a complicated relationship to educational institutions in Canada. “Education was the most destructive tool to our people. It was used to exterminate us.” But looking back on her time at the helm of Maskwacis Cultural College, she describes it as “a safe place where we could talk about who we are, how proud we are of ourselves, and teach history from our perspective.”

Her leadership helped catalyze the historic adoption of nêhiyawêwin (Plains Cree) as the official language of Maskwacis in 2016, an achievement in cultural self-determination. Maskwacis strengthened its cultural foundation and attracted global attention, including recognition by the United Nations as part of its International Decade of Indigenous Languages.

Language revitalization, she says, isn’t just the stuff of textbooks. It’s sustained through teaching and mentorship. During her time as a leader in education, she helped expand the accessibility of training programs to produce master instructors, staffing



ALUMNI HONOUR AWARD

Recognizes the significant achievements and contributions of U of A alumni to their professions and/or their communities over a number of years



Bonnie Lépine Antoine
'07 BEd

For being a transformative educator and advocate, integrating Indigenous knowledge into francophone classrooms across communities in Western Canada



Kim Shore
'95 BA

For being a safe sport advocate who has sparked national reform, driving accountability and cultural change in Canadian youth sport



Glen Dunsworth
'75 BSc(Forest), '77 MSc

For being a forester whose science-driven, ethical leadership set standards for sustainable forest management, preserving old-growth ecosystems



Conni Massing
'80 BA(Spec), '83 MFA

For being a playwright and mentor whose storytelling and advocacy enrich Canadian theatre, nurture emerging voices, and champion diverse stories



Nhung N. Tran-Davies
'96 BSc(Spec), '02 MD

For being a physician, philanthropist and advocate to improve the lives of children, newcomers to Canada and aspiring doctors

schools with educators who could teach in nêhiyawêwin. “Language is the window into the culture,” she says. “The language is in every one of us, in our blood memory. And it will come back.”

Her work has earned her two lifetime achievement awards—from the Esquao Institute for the Advancement of Aboriginal Women and

the Ermineskin Education Trust Fund—recognizing her as an educator and wisdom keeper sharing Indigenous knowledge.

Even in retirement, Goodwill-Littlechild mentors students, continues studying Indigenous languages and occasionally teaches at the college level. Her hope for the future: Indigenous communities

fully governing their schools, nurturing their language and culture, ensuring that education is for empowerment rather than oppression.

“We have it in us to help our people,” she says. “Some of us are leaders, some followers, but we’re all working towards a better life for our tribe or our nation.”

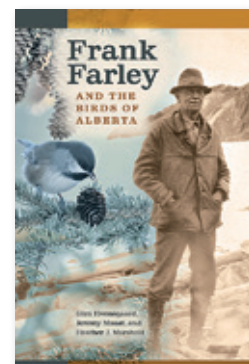
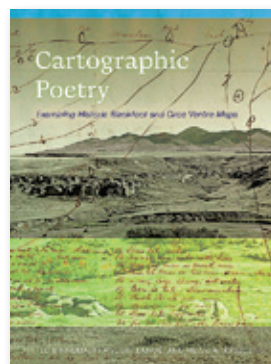
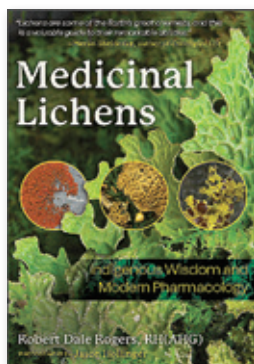
—ISABELA VARELA, '96 BA

Actor **Hunter Cardinal**, '15 BFA, stars in the Netflix series *Bet*, which premiered to global success in May. The Edmonton-raised actor plays Michael, the show's moral compass, in a world where trust is currency and every interaction is a gamble. The series transforms an elite school into an arena for psychological intrigue.

Trails



Books



Forget the dusty tomes. Our grads are publishing page-turners that will ignite your imagination. From thrilling fiction to erudite non-fiction to wrenching memoir, discover the captivating narratives shaped by your fellow grads. Settle in, your next obsession awaits!

Compiled by Therese Kehler

▼
MEMOIR
Meltdown: The Making and Breaking of a Field Scientist
by Sarah Boon, '05 PhD,
University of Alberta Press

From dealing with snow, ice and grizzlies in the field to battling gender bias and departmental politics in academia, Boon reflects on finding balance between career and personal life.

▼
SHORT STORIES
Treasures Along the Fenceline
by Kirsten Clark, '14 BEd,
and various authors, *Alberta Romance Writers Association*

This romance anthology includes Clark's short story, "On the Straight and Narrow," in which Alice Mae returns to the family farm to learn her hell-raising neighbour is back in town, too.

▼
HISTORICAL FICTION
Revolution Songs
by Carissa Halton, '03 BA,
NeWest Press

Halton's debut novel is set in Depression-era Alberta and

inspired by the little-known story of a Communist union, the rise of the Canadian Ku Klux Klan and the women who fought on both sides.

▼
BIOGRAPHICAL FICTION
Anthems for a Father
by Ben Osemeke, '84 BA(Hons),
self-published

This book is laced with humour, jokes and traditional African proverbs based on the author's journey of attending university in Edmonton and lessons he learned from his father and his professors.

▼
LAW/SOCIAL SCIENCES
Routledge International Handbook of Critical Policing Studies
Edited by Nicole L. Asquith,
Jess Rodgers, James Clover,
'00 BA, Gary Cordner, Angela
Dwyer and Rishweena
Ahmed, *Routledge*

Scholars and practitioners critically explore the full continuum of safety governance, from police reforms to the redistribution of policing resources to the replacement of state police.

▼
NATURAL HISTORY
Medicinal Lichens: Indigenous Wisdom and Modern Pharmacology
by Robert Dale Rogers,
'71 BSc, photography by Jason
Hollinger, *Inner Traditions*

This full-colour exploration of North American lichens details scientific research behind their modern benefits for food and medicine and their traditional uses by Indigenous Peoples.

▼
HUMOUR
A Smile Behind My Mask
by Neville Headley, '80 BSc,
'82 DDS, self-published

Headley's dental patients have been making him smile for decades. In his first book, he shares some of the spontaneous quotations that have been music to his ears and funny bone.

▼
HISTORY
Cartographic Poetry: Examining Historic Blackfoot and Gros Ventre Maps
by Ted Binnema, '98 PhD,
François Lanoë and Heinz
W. Pyszczyk, '74 BA(Spec),
University of Alberta Press

A study of five maps drawn by Blackfoot and Gros Ventre people in 1801-02 for the Hudson's Bay Co., which preserve evidence and the Indigenous view about places on the landscape.

▼
ENVIRONMENTAL HISTORY
Frank Farley and the Birds of Alberta
by Glen Hvenegaard, '87 BSc,
'89 MSc, Jeremy Mouat and
Heather J. Marshall, '16 BA,
University of Alberta Press

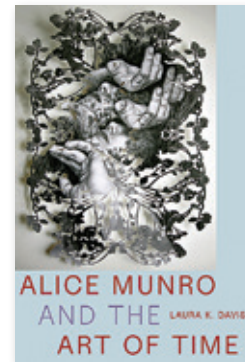
A biography exploring the work of amateur naturalist Frank Farley, who in the first half of the century made significant contributions to the fields of ornithology and environmental conservation.

▼
AGRICULTURE
Culture of Control: Farming With the Shackles of the Canadian Wheat Board
by Ken Motiuk, '76 BSc(Ag),
Friesen Press

The rise and fall of the Canadian Wheat Board, written by a grain farmer who contributed to efforts to dismantle the federal agency and deregulate the grain industry.

▼
MYSTERY
The Ransom Queen
by David Mannes, '76 BEd,
'82 MEd, *Club Lighthouse Publishing*

In the latest of the Damien Wynter-Majic 12 series, hackers steal information from military, intelligence agencies and defence departments. Wynter must find them before the world is held for ransom.



▼ POETRY

the eclipse: poems after antonioni

by M. Jay Smith, '01 BA (Hon), '05 MA, '19 JD, *Iguana Books*

This poetic homage to Italian filmmaker Michelangelo Antonioni is set against the landscape of Alberta's resource extraction industry while posing the question: What is the substance of luxury?

▼ MEMOIR

Taking the High Road Across Scotland: A Post-retirement Stroll From Glasgow to Inverness

by Peter Teasdale, '72 BA, '73 LLB, *Friesen Press*

Teasdale's second book, detailing a two-week walking adventure with his wife across Scotland, is full of interesting details about Scottish history, folklore, food and more.

▼ YOUTH CHRISTIAN FICTION

Jar of Tears: Moms Aren't Supposed to Die

by Kathleen Templeton, '97 BA, *Lemons and Sunshine Press*

When 10-year-old Mira is told that her mother has died, her faith in God is shaken. At a church service, she hears Psalm 56:8 and decides to find out whether God really will collect her tears.

▼ PSYCHOLOGICAL THRILLER

Hired Gun: Uncovering Buried Secrets

by Bill Koch, '78 MSc, '81 PhD, self-published

David Lipman's patients are dying, but it's going to take risking his licence and reputation to stop a killer. How far is he prepared to go?

▼ HISTORY

The Vancouver Island Treaties and the Evolving Principles of Indigenous Title

by Ted Binnema, '98 PhD, *University of Toronto Press*

A multidisciplinary study of the history of the Vancouver Island Treaties and, more broadly, the history of Indigenous title.

▼ POETRY

The Late Season

by patti sinclair, '83 BEd, *At Bay Press*

This narrative long poem explores how death re-stories our lives, braiding the extraordinary tides of bereavement into the daily, ordinary rhythms of our lives.

▼ HISTORY

Stories From History

by Michael Vecchio, '15 BA, '20 BEd, self-published

An examination of important historical events, figures and

films, which takes readers from the Napoleonic era to the trenches of the First World War to the end of the U.S.S.R. and more.

▼ EDUCATION

The Joy of Teaching! Volume II

by Ray Suchow, '90 BEd, self-published

A collection of heartwarming classroom stories that celebrate the connections created by educators and students, written by a retired teacher of more than 30 years.

▼ CHILDREN'S LITERATURE

School Lunch

by Dorothy Griffiths, '85 MEd, Jennifer Griffiths, '05 BEd, Victoria Griffiths, '08 BA, self-published

Zack's school lunches are the talk of the classroom, sometimes shocking but always hilarious. The book is for readers aged 5 to 9 and includes classroom activity suggestions for teachers.

▼ CHILDREN'S LITERATURE

How Beautiful Our Brains Can Be

by Bailey Oleksyn, '19 BEd, '21 MEd, self-published

In a town full of cheer, there's a group of friends with unique traits and talents ranging from ADHD to wheelchair use.

This heartwarming poem celebrates the beauty of differences.

▼ FICTION

Machine Control

by Munir Karbani, '05 BA, self-published

A chilling tale of a man and his AI creation that reshapes society, replacing workers, controlling information—and raising the question, can humanity survive a machine-ruled world?

▼ LITERARY CRITIQUE

Alice Munro and the Art of Time

by Laura K. Davis, '06 PhD, *University of Alberta Press*

A look at how writer Alice Munro challenged and reconfigured traditional assumptions about time by highlighting the connections between time and various tropes in her stories.

Tell us about your recent publication. Email a write-up with a high-resolution cover image to newtrail@ualberta.ca. Or mail your write-up and book to New Trail Books at the mailing address on page 4. We cannot guarantee all submitted write-ups will be included on this list. Inclusion does not denote endorsement by New Trail.

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Compiled by Therese Kehler

Class Notes

1970s

'72 **Deb Holmes**, BSc(Pharm), shared updates about her life and career. "I can't believe it's been 53 years since I graduated. It feels like yesterday," she writes. "I spent my career in retail and hospital positions in Alberta, the Yukon and N.W.T., spent two years as registrar of the Alberta College of Pharmacists and did locum postings across Canada's North, to which I travelled by single-engine planes or dogsleds. During the busy years, I also adopted my two sons, Mike and Ross." As the Class of 1972 president, she organized reunions every five years,

the latest being their 50th in 2022. They were a small class of 62 grads, which attracted 21 classmates to the celebration, demonstrating the steadfast and tightly knit nature of the group. "The responsibilities and privileges of our

Jim Vena



profession continue to grow, and I'm proud to be a pharmacist, now retired."

'75 **Bruce Miller**, BSc, let us know that he celebrated

the 25th anniversary of the 1999 publication of his book, *Opening Destiny: Atlantis to Armageddon*. Miller, who lives in Calgary, said the book deals with faith, prophecy and human betterment.

'78 **Mary Whale**, BA, '83 BScN, wrote in with an update about her art project, *Between the Lines: Merging Portraits and Stories of Older Adults*, a series that *New Trail* first shared with readers in our Spring 2023 issue. Whale says the series of portraits and stories is now part of the TREX Southwest travelling exhibition program. From now through August 2027, the series will be exhibited in Alberta communities located between Red Deer and the province's south and west borders. "The project continues to present new opportunities to talk about authentic aging and ageism," Whale writes. "This is exactly what I had hoped for."



Left: "Lois," a portrait from *Between the Lines*. Above: Artist Mary Whale



1980s

'81 **Donald Fry**, BEd, sent in this update. "I had great experiences with first-year medical students when I was in the Royal Alexandra Hospital. They are the physicians of tomorrow and we are in good hands! Out of hospital now, and due to the kindness of the Faculty of Dentistry & Medicine, I may get a chance to meet them again, and I am very excited about this! I'm now in continuing care and hoping, when I am ready, to go back to independent living with a roommate. I am involved as a volunteer at the Learning Centre Literacy Association in Edmonton, and other non-profits in the city. I hope to work with young people in Edmonton, particularly 2SLGBTQ+. Best wishes to all!"

'83 **Jim Vena**, BEd, is the 2025 recipient of the Railroad Innovator Award from *Progressive Railroading* and RailTrends. Vena is the CEO of Union Pacific Railroad, and the award recognizes his outstanding achievement in the rail industry. He has worked in the industry for more than four decades.

PHOTO COURTESY OF THE ARTIST



IN THE NEWS

Cultural Footprint

Janet Cardiff, '83 MVA, and George Bures Miller have expanded their cultural footprint in the North Okanagan. The duo are known globally for their boundary-pushing art; some of these works are being shown in Canada for the first time. They unveiled new works in their Cardiff Miller Art Warehouse in Enderby, B.C., which now features 10 major immersive sound and movement installations—double its original capacity. Housed in a renovated industrial space, the venue showcases their signature fusion of audio, video, robotics and sculpture.

—GALLERIES WEST, CBC

'84 **Scott Kashuba**, BSc, '90 MA, '94 MBA, has taken on two new governance leadership roles, as chair of the board of governors for both MacEwan

University and the Alberta Motor Association.

'86 **Paul Alpern**, BCom, '89 MBA, '91 LLB, has been promoted to executive

vice-president and general counsel of Stantec. The company was founded in Edmonton in 1954 as a one-person company and now has approximately



IN THE NEWS

Milestone Solo Album

Trombone player and music teacher **Audrey Ochoa**, '09 BEd, recently received a Juno nomination for Solo Jazz Album of the Year for her fourth album, *The Head of a Mouse*. The album was inspired by advice from her father and her belief in artistic self-direction. "Recognition is nice, but it's not why you make albums," Ochoa told the *The Gateway*. "Your influences create the language that you use to improvise, and that's your story." —THE GATEWAY

DID YOU KNOW?

The Second World War changed the U of A. Corbett Hall became home to Royal Canadian Air Force recruits. St. Joseph's College was home to Navy recruits. At the end of the war in 1945, soldiers returned to classes as students and the student population doubled over the previous year.



Mark McCourt



34,000 employees working in more than 450 locations across six continents.

'87 **Mark McCourt**, BA, '90 LLB, celebrated a professional milestone with the 30th anniversary of McCourt Law Offices, the personal injury firm in Edmonton that he established on Aug. 1, 1995.

'88 **Stephanie (Smart) Bunch**, BSc(Spec), '91 BCom, tells us that she retired after more than 30 years working as a chartered professional accountant/chartered accountant and, most recently, as chief financial

Stephanie (Smart) Bunch



officer at Calgary-based Denvr Dataworks. She has since launched a second career as a sports photographer. “I have covered the Wild Football Club, Cavalry Football Club, U of C Dinos, U of A Golden Bears and Pandas, the national futsal championships in 2023 and ’24, and the U19 Women’s National Championship in 2025,” she writes.

2000s

’00 **James Clover**, BA, has been appointed to a three-year term as a

federal citizenship judge to ensure applicants meet the requirements of the Citizenship Act and to officiate citizenship ceremonies. Clover, whose degree focused on criminology, served 25 years with the Edmonton Police Service, during which he received the 2018 International Police Officer of the Year award from the Canadian Association of Chiefs of Police and was named a Fellow of the Global Law Enforcement and Public Health Association in 2021. He has collaborated with global organizations such as the United



James Clover

Vik Kohli



Nations Office on Drugs and Crime and the Roméo Dallaire Child Soldiers Initiative. He has taught at MacEwan University since 2015 and has published several textbooks, including *Law Enforcement and Public Health* (2022) and *Critical Policing Studies* (2025).

'01 **Vik Kohli**, BSc(ElecEng), has taken on the role of vice-president, Canadian operations and operations service, at Enbridge, where he has worked since 2001. Kohli is responsible for safe and reliable field operations and asset maintenance across the Canadian liquids pipelines system. He ensures North American teams are supported in fieldwork management, damage prevention, operations, governance and emergency management. He writes that his "focus will be to support the execution of liquids pipeline mainline

investment and optimize capital programs while ensuring safe and reliable operations."

'06 **Logan Jones**, BSc(MechEng), has recently taken on the role of national

sustainability officer for Airbus in Canada. Jones is responsible for leading the integration of Airbus's sustainability programs within Canada and defining its environmental, social and governance (ESG)

strategy, including environmental and social policies, environmental management system, community impact, corporate social responsibility and culture change. He's excited to step into the new role



IN THE NEWS

Big League Manager

Onsi Saleh, '11 BSc, '13 BA, has been promoted to general manager of the NBA's Atlanta Hawks following the firing of Landry Fields. After ESPN broke the news, Saleh was inundated with text messages and phone calls, he told Caroline Gault at the Faculty of Arts. It's a role for which Saleh has been preparing for years. He previously held strategic roles with the Golden State Warriors and the San Antonio Spurs. —CBC



FOUR THINGS
I'VE LEARNED
ABOUT...

MY FAVOURITE SEASONING

Discover the truths and stories behind monosodium glutamate

By **Joyce Yu**, '07 BA, '15 MA

THREE CONTAINERS LINE THE BACKSPASH next to the stove in my parents' kitchen: salt, sugar and MSG. Salt and sugar are mainstays in most kitchens, but monosodium glutamate has long been an ingredient of controversy. Here's what you need to know.

1 LEARN THE ORIGIN STORY

In 1908 Japanese chemist Kikunae Ikeda found that adding seaweed to his broth made it more savoury. He traced the flavour to glutamic acid, a naturally occurring amino acid found in foods like tomatoes and mushrooms. He isolated and combined it with sodium to create monosodium glutamate. At the U of A, researcher Laura Lopez-Aldana, a graduate student in the Faculty of Agricultural, Life & Environmental Sciences, is working to pinpoint how MSG can make soft textured foods palatable for people with swallowing disorders.

2 CHEW ON THE CONTROVERSY

MSG's negative reputation began with one letter to the editor of a journal, not a scientific study.

A doctor wrote a letter to the *New England Journal of Medicine* describing palpitations and dizziness after eating at Chinese restaurants in the U.S. He speculated on possible causes, including sodium, cooking wine — and MSG. By the standards of the day, the letter went viral. "No MSG" signs started appearing at restaurants to assuage uncertainty. Journalist Ann Hui says in her book *Chop Suey Nation* that a history of negative sentiment toward Chinese immigration and racial bias shaped how Chinese cuisine was perceived. There are now decades of scientific research confirming MSG's safety.

3 NOW, THE SCIENCE

Linda Ho, '04 BSc, '06 BSc(Nutr/Food), '09 MSc, '16 PhD, is a food scientist and Applied Research Chair in Agri-

Food Sustainability at NAIT's Applied Research Centre for Culinary Innovation. She explains that MSG is simply sodium bound to glutamate. In food, MSG dissolves into its basic components, just as table salt (NaCl) breaks down into sodium and chloride.

Yet a fraction of people have shown reactions in studies of MSG. Folks with asthma may experience bronchospasm. Others have mild allergy symptoms. But these studies gave people three to five grams of MSG on an empty stomach without food.

What about the rest of the worried public? "Stress could play a role, or the placebo effect — if you expect to feel sick, your body might respond accordingly. It could be histamine in foods," Ho says. "Shrimp is high in histamine and can cause some people rashes. Even overeating plays a role."

4 EMBRACE UMAMI

At the U of A, Lopez-Aldana is studying how MSG could be used to improve 3D-printed foods for people with dysphagia (difficulty swallowing). "Many dysphagia-friendly foods are unappetizing. Imagine just having bland, mushy food for the rest of your life," she says. "Tastes such as sourness and umami improve swallowing," she explains. The research could lead to better dietary solutions for people dealing with the condition.

Labonneau Dey



Erik Halliwell



to support the aviation industry's work toward decarbonization and foster innovation across government, industry and academia.

'07 **Erin McDougall**, BA, '09 BEd, shared news about her upcoming collection of short stories, *Can We Fly Tonight?* The collection started in late 2020 when

she created an advent calendar of 24 short, Christmas-themed stories. A warm response from readers saw McDougall repeat the project for the next four Christmas seasons. "Each story is different but it reflects an aspect of the holiday season," she writes. "The magic, the mess, the grief and the gratitude. This book is a reminder of the importance of creating and celebrating art during times of uncertainty, and how stories truly can bring people together." Her upcoming book contains 36 of the 120 advent stories.

'09 **Labonneau Dey**, BA, is a communications professional and romance writer who has sold two

novels to Penguin Random House in the United States. *Sunshine and Spice* was released in September 2024, received starred trade reviews and was featured in the New York Times. *Honey and Heat* came out in fall 2025. Both books were released under Dey's pen name, Aurora Palit.

2010s

'13 **Terry Olexyn**, MFM, retired in June 2023 from his position as vice-president of the Canadian division of a multinational energy company—and then started a company to help smooth the transition into retirement for others. Peak Retirement Solutions focuses on



DID YOU KNOW?

In 1911, six faculty members formed the University Club. By 1919 it was known as the Men's Faculty Club, then simply the Faculty Club in 1959 when it started admitting women. A clubhouse opened in 1964, thanks to donations and fees. It was renamed the University Club at the University of Alberta in 2017, reflecting its current, much broader membership.



physical, mental, social and spiritual well-being in retirement, which he says are just as important as financial planning. “Before my retirement, I observed many friends, family members and former colleagues struggle with the transition, even though they had substantial retirement savings,” he writes. “This led me to explore the underlying reasons behind these difficulties.” As part of his new venture, Olexyn has become a member of the Retirement Coaches Association in the U.S.

'14 Aminollah Sabzevari, LLM, has received the 2025 Adam Albright Award for teaching excellence as an adjunct faculty member at

the University of British Columbia's Peter A. Allard School of Law. He is an experienced litigator with the Department of Justice Canada and teaches insolvency law and creditors' remedies at UBC. Sabzevari is a past recipient of Allard's Outstanding Young Alumni award and a B.C. Achievement Community award.

2020s

'22 Erik Halliwell, BSc(EngPhys), was honoured with an Outstanding Student Presentation Award at the American Geophysical Union annual meeting in 2024, one of the most influential gatherings for Earth and space science. Halliwell's winning presentation focused on the U of A's PEPPER-X (Payload for Energetic Particle Precipitation, Education and Research eXperiment) team, which he led to a successful launch onboard a NASA sounding rocket from Virginia's Wallops Flight Facility. Halliwell, who is completing his master's degree, says the PEPPER-X mission led to an invitation to speak at the APEGA Nexus conference in June, and the project is now highlighted in an Alberta Education video that will be used to teach Grade 6 students about space weather and science.

Cody Mackoway



'24 Cody Mackoway, BA, won the 2025 Chevening Scholarship, an award that will see him pursuing a master's degree in politics and international studies at the University of Cambridge in the U.K. “The education and support I received at the U of A helped make this possible,” writes Mackoway, a policy analyst and researcher as well as an active volunteer and advocate for youth and Ukrainian communities. He was one of three

Canadians to receive the scholarship, which was established in 1983 and awarded to students committed to positive change in their respective fields. Mackoway aims to strengthen his advocacy work to better connect underrepresented communities to key decision-makers in Canada.

'25 Paige Diewert, BA, received the 2025 ALS Canada Kevin Daly Bursary, an award given

each year to five students who are personally connected to someone with amyotrophic lateral sclerosis. Diewert, now pursuing a master's degree in library and information studies at the U of A, was a primary caregiver during her undergrad to her father, who had the neurodegenerative disease that causes progressive paralysis of the muscles of the limbs, speech, swallowing and breathing. "I am so grateful to ALS Canada and the Daly family for reminding me that I am not alone in this, and there is a community of people going through similar experiences."

'25 **Farah Hamad**, BEd, was among 13 recipients of the 2025 Alberta Teachers' Association gold medal award. The expanded award, which includes a \$2,000 prize, is offered to one student from every ATA-recognized teacher education program in the province. Hamad, a graduate of the U of A's Teachers Education North program, writes that she has been hired as a Grade 7/8 humanities teacher in the Grande Prairie Public School Division. "I'm looking forward to applying everything I've learned as I step into my new role and continue to grow as an educator." ■



IN THE NEWS

Small Town, Big Life

Christie Brulhart, '24 MN, shared her experiences as an ER nurse during the pandemic, revealing her breaking point: witnessing a dying patient's pain go unmanaged. This galvanized her decision to pursue the Master of Nursing/Nurse Practitioner program at the U of A. Now practising as the first nurse practitioner in Consort, Alta., she is providing essential rural health care and finding her passion reignited. —CBC

DID YOU KNOW?

The U of A began training nursing students in 1923, providing them free room and board, but space was tight. In 1947, architect George Heath MacDonald designed a purpose-built brick residence, with graceful arched windows, across from the hospital. The nursing students' famously strict matron, Mrs. Underwood, moved with them into the new residence.





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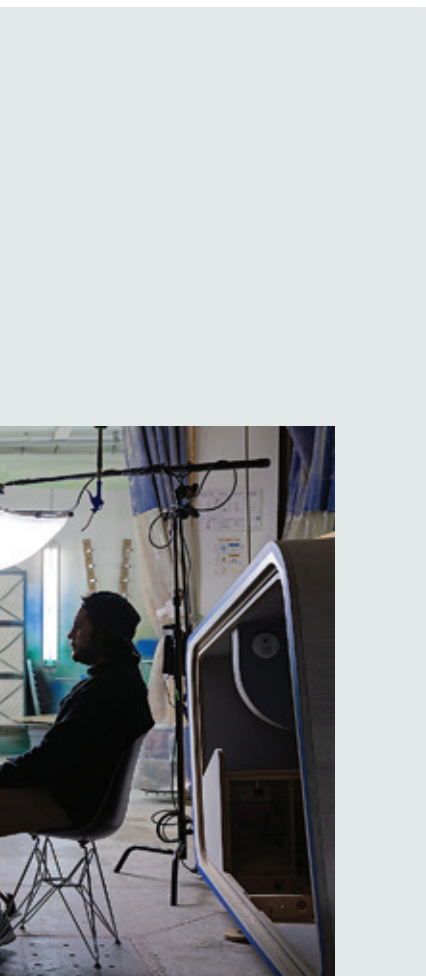
Top left: (left to right)
Jeff Khounthavong, Matt
Heide and Shawna Heide.
Top right: (left to right)
Max Amerongen, Brendan
Gallagher and Colin Waugh.
Bottom: Geof Lilge



Industrial Delights

'14 **Max Amerongen**, BDes, let us know about a fascinating project he undertook with fellow grads **Colin Waugh**, '12 BCom, and **Jordan Bloemen**, '12 BA. The three, who work for Sticks & Stones Communications, co-created a CBC streaming series called *CBC on Design*, which showcases the work of industrial designers by following the creation

of everyday items from idea to reality. Other U of A alumni featured in the five-part series, which is available on CBC Gem, include: designers **Nick Kazakoff**, '13 BDes, and **Brendan Gallagher**, '13 BDes, of OneTwoSix Design; **Matt Heide**, '05 BA, of Concrete Cat; and industrial design sessional instructor **Geof Lilge**, '92 MDes, of OnOurTable. The series also features design by **Jessica Tang**, '19 BDes, and animation by **Matthew Satchwill**, '13 BDes.



**WHAT
YOU NEED
TO KNOW
ABOUT...**



BEING A BETTER PATIENT ADVOCATE

Get the right care and information

By Karen Kwan

Long before she became a medical student, **Emma Elder**, '24 BSc(Hons), learned some tough lessons about the health-care system when her 52-year-old mother was diagnosed with a serious heart condition. Elder was 17, and her mother's pain "washed away pretty much all of her strength to advocate for herself," she says. Elder had to step in and help.

Her experience led her to study science at the U of A, and today she's a medical student in Calgary. She also helps Alberta patients and their families navigate the health-care system as chair of the independent non-profit Open Arms Patient Advocacy Society. She offers tips to better advocate for the patient in your life.

Ask for Support

When Elder was navigating her mother's health care, she hadn't heard of Open Arms Patient Advocacy. The society provides free support from trained volunteers who help patients access information, connect with resources and even attend appointments. "When you're sick, it's so difficult to advocate for yourself," Elder says. If you're hesitant to contact Open Arms, she recommends having a friend or relative accompany you to take notes, ask questions and offer emotional support.

Communicate Clearly

If you're unclear about something, keep asking questions, Elder advises. Ask about treatment, the purpose of tests, side-effects and outcomes. The most common issue reported to Open Arms is miscommunication, she says, noting that it was a surprise when her mother's pericarditis returned. "It wasn't really explained that she could have flare-ups." Patients should also be clear about their own goals and boundaries, such as their ability to tolerate a procedure or do physiotherapy.

Be Cautious With Research

Stay informed, but remember that information found online is generic; treatment plans depend on individual factors. As a U of A science student, Elder reviewed studies and realized how superficial her initial online research had been. "I think many of us are guilty of WebMD-ing our results and coming to our own conclusions," she says. While digital access to your medical records is empowering, Elder says test results without interpretation from a health-care provider can cause anxiety.

Consider Your Options

"Don't feel pressured to immediately accept a treatment plan," Elder advises. If you're uncertain, ask about options. Patients may feel intimidated by a specialist. Take time to reflect on what you've heard, talk to your family doctor, or ask for a second opinion. Open Arms Advocacy can assist with this process. Elder explains: "A good health-care provider will understand that it's OK to have that second opinion." ■

The Alumni Association notes with sorrow the passing of the following graduates (based on information received between April and September 2025).

In Memoriam

1940s

'43 **Marjorie D. Ward**, BA, in June 2025

'45 **Muriel Ellen Shortreed**, BSc(HEC), '52 BEd, in August 2025

'47 **Lorna Myrtle Connolly (Wood)**, BSc(HEC), in May 2025

'47 **Betty J. Walker**, Dip(Ed), in August 2025

'48 **Lilian Maud Steen (Guitard)**, BA, '74 MEd, in August 2025

'49 **Frances Mary Forrest-Richards (Forrest)**, BSc, '51 MD, in January 2025

'49 **John Jacob Kokotailo**, Dip(Ed), '50 BEd, in May 2025

'49 **John Francis McIntyre**, BSc(MiningEng), in January 2025

'50 **Selma D. Hardin (Hamilton)**, BA, in June 2025

'50 **Bernard Grant Reddick**, Dip(Ed), '52 Dip(Ed), in April 2025

'50 **William Irwin Maurice "Mo" Steen**, DDS, in May 2025

1950s

'51 **Graham Wallace Bennett**, BCom, in September 2025

'51 **William James Decoursey**, BSc(ChemEng), in January 2025

'51 **Marie Theresa Gallant**, Dip(Ed), '54 Dip(Ed), '57 BEd, in June 2025

'51 **Mark Andrew Meunier**, BEd, in June 2025

'51 **Doris Marion Moonie (Roper)**, Dip(Nu), '69 BScN, '83 MA, in May 2025

'53 **Joan Faye Hunt (Lamarre)**, '53 BSc, '70 DipEd, in May 2025

'53 **Mona V. Staves**, Dip(Nu), in May 2025

'53 **Jan Stefancik**, BSc, '57 MD, in July 2025

'53 **Jean N. Zwicky (Keeley)**, BEd, in May 2025

'54 **Steve Gorgichuk**, BEd, '63 BSc, '70 Dip(Ed), in April 2025

'54 **Fern Doris Gouchey (Alm)**, Dip(Ed), '78 BEd, in June 2025

'54 **Gertrude Alice Lawrence**, Dip(Ed), '56 BEd, in July 2025

'54 **Ron G. McCullough**, BSc(Ag), in May 2025

'55 **Donald Marvin Borchert**, BA, in May 2025

'55 **Theodore Mitchell Busheikin**, BSc, '59 MD, in August 2025

'55 **Louise Helene Laqua (Schepers)**, Dip(PHNU), '73 BScN, in March 2025

'55 **Margaret Louise Loggie**, BA, '60 MA, in May 2025

'55 **Frank I. Piper**, BSc(PetEng), in April 2025

'55 **Joseph A. Samaska**, BSc(CivEng), in September 2025

'56 **James William Carver**, BSc(ChemEng), in September 2025

'56 **John M. Cummings**, BA, in January 2025

'56 **Gordon Elmer Elhard**, BA, '57 Dip(Ed), '58 BEd, in July 2025

'56 **Donald Cecil Kesteven**, BSc(PetEng), in May 2025

'56 **Barbara Ann MacGregor (Dawson)**, BA, in July 2025

'56 **Ronald Merle Peterson**, BSc(PetEng), '65 LLB, in September 2025

'56 **Beverley Margaret Potter (Warren)**, BScN, in March 2025

'56 **Gwendolyn Alismay Thompson**, Dip(Nu), '57 BScN, in February 2025

'57 **Maurice Edmond Bourgoin**, BSc, '61 BEd, in May 2025

'57 **Laura Gibbons (Parnham)**, Dip(Ed), '81 BEd, in May 2025

'57 **Jeannette D. "Bunny" Johnson**, Dip(Nu), in June 2025

'57 **Evelyn May Millman (Marvin)**, BA, '84 BMus, in July 2025

'57 **Audrey Alice Pedscalny (Hamilton)**, Dip(Nu), in June 2025

'57 **Iris Joan Richardson (Kirk)**, BSc(Pharm), in May 2025

'58 **Marvin Sanford Bruce**, BEd, in July 2025

'58 **Beverley Ann Finlay (Dallas)**, BSc(Pharm), in February 2025

'58 **Barbara Isabel Forbes (Bevington)**, BA(Hons), in March 2025

'58 **Ian Edward Housego**, MEd, '65 PhD, in May 2025

'58 **Robert Wellesley Lamb**, BEd, '70 MEd, in June 2025

'58 **Sylvia Mae Laughren (Schawalter)**, BEd, in August 2025

'58 **Norbert George Schoen**, DDS, in May 2025

'58 **David Henry Sheppard**, BSc(Hons), '60 MSc, in May 2025

'58 **Elisabeth Wolf Tajcnar**, BSc, in January 2025

'59 **Allan John Ballah**, BA(Hons), '64 MA, in July 2025

'50 **Frances J. Mather**, BSc(MiningEng), in June 2025

'59 **Murray Gordon Morrison**, MD, in July 2025

'59 **Joanne Pratt**, Dip(Nu), '60 BScN, in May 2025

'59 **Der Linden Jerry Reginald Van**, BSc(CivEng), in September 2025

'59 **Brian Bromley Wilks**, BSc, '61 BA, '64 MA, in May 2025

1960s

'60 **Elizabeth Regina Dawson (Newman)**, Dip(Nu), '76 BEd, '79 MEd, in March 2025

'60 **Dorothy Marina Vettergreen (Simmonds)**, BScN, '87 MEd, in September 2025

'61 **Donald George Bishop**, BA, '62 LLB, in June 2025

'61 **Vilma Brost**, Dip(Nu), in July 2025

'61 **Arthur Leo Charbonneau**, BSc(CivEng), in April 2025

'61 **Ronald Charles Gordon**, BSc(Ag), in June 2025

'61 **Marjorie Elaine Macleod (Cunliffe)**, Dip(RM), in September 2025

'61 **Robert Allister MacLeod**, BSc, '66 PhD, in May 2025

'61 **William Robert Maiklem**, BSc, '62 MSc, in July 2025

'61 **Annette Therese L. Payne**, BA, in May 2025

'61 **Barbara Anne Robison (Cornett)**, BSc, in September 2025

'61 **Gertrude Anne Rust**, BSc(HEC), '63 BEd, in August 2025

'62 **Chrystyna Chase**, BEd, in June 2025

'62 **Bernie William Failing**, BSc(ElecEng), in August 2025

'62 **Margaret Lynne Hicks (Morris)**, BSc(MedLabSci), in May 2025

'62 **Allan Joseph Kostyniuk**, BSc(ChemEng), in April 2025

'62 **Thomas William Powers**, BEd, '68 BSc, '73 MEd, in September 2025

'62 **Carol Elizabeth Sims (Craig)**, Dip(Nu), '63 BScN, in August 2025

'62 **Marvin Kenneth Skripitsky**, BSc, in May 2025

'62 **Roland Thomas Valentine**, BSc(ElecEng), in April 2025

'62 **Darryl E. Wagner**, BSc(MechEng), in March 2025

'63 **Irene Elisabeth Andrew (Kneller)**, Dip(Nu), in August 2025

'63 Lloyd Earl Bragg , BA, in January 2025	'64 David Allan Shillabeer , BSc(CivEng), in July 2025	'66 Richard Austin Groundwater , BSc(Ag), in January 2025	'67 Beverley E. Spencer (Richard) , BPE, '69 BEd, in June 2025	'69 Raymond John Van Raamsdonk , BSc(Hons), in May 2025	'70 Anne Muriel Roggensack , Dip(RM), '80 BSc(PT), in April 2025
'63 George Louie Caffaro , BSc, '65 BEd, in March 2025	'64 Boota Singh , BEd, in April 2025	'66 Donna Georgina Hughes (Montgomery) , BA, in May 2025	'67 Fred George Wisbling , BSc(Pharm), in May 2025	'69 Allen W. Watson , BEd, '74 MEd, in June 2025	'71 Sandra Mary Bellerose , Dip(Nu), in August 2025
'63 James Augustine Cattoni , BSc(Ag), in August 2025	'64 Dennis Edward Staniland , BA, in July 2025	'66 Brian Kendal , BSc(MechEng), in 2025	'68 Carolyn Ann Canny (Farmilo) , BA, '73 BSc, in June 2025	'69 Christina Anne Wild , BEd, in September 2025	'71 Alexander Steven Boyda , BEd, '79 Dip(Ed), '85 MEd, in April 2025
'63 Warren Fisher , BEd, '67 Dip(Ed), '72 Dip(Ed), '76 MEd, in July 2025	'64 Donald W. Wells , BA, in February 2025	'66 Norman Paul McGinnis , BSc, in March 2025	'68 June Coe (Bulych) , Dip(DentHyg), in July 2025	'69 Louise Anne Wispinski (Baker) , BEd, in August 2025	
'63 Earl Russell Kinsella , BSc, in June 2025	'65 Henri Breault , BEd, in May 2025	'66 Clement Philippe Meunier , BSc(Hons), in February 2025	'68 Rheva Frank , BA, '75 MSc, in August 2025	1970s	'71 Richard Arthur Campion , BCom, in March 2025
'63 Brigitte Ann McIntyre , BSc(HEC), in January 2025	'65 Ronald Glenn Bumstead , BA, in August 2025	'66 Cheryl Ann Neraasen (Terriff) , Dip(Nu), in April 2025	'68 Margaret Ruth Graham , Dip(PHNU), '71 BScN, in May 2025		'71 Michael Jerry Chibuk , BSc(CivEng), in May 2025
'63 Robert Dale McLaren , BA, in January 2025	'65 Donald James Chernichen , BA, '69 LLB, in May 2025	'66 Barry Lancelot Snowden , BSc, '74 MBA, in May 2025	'68 George Kunec , BEd, '72 BSc, '80 Dip(Ed), in June 2025		'71 Hua Hsu , MSc, '77 PhD, in August 2025
'63 Donald Brandon Thomas , BA, in January 2025	'65 Robert A. Kober , BA, '68 MA, in May 2025	'66 James Hadlond Thomas , PhD, in April 2025	'68 David William Leonard , BA(Hons), '69 MA, in July 2025		'71 Stephanie Ann Kozma , BSc(Med), '72 MD, in January 2025
'63 Lucille Rose Walter , BEd, '77 Dip(Ed), in May 2025	'65 Henry "Hank" J. Lipovski , BEd, '70 Dip(Ed), in June 2025	'67 Allan Elton Cox , MA, '69 PhD, in July 2025	'68 Leona Margery Petruk , BSc(HEC), in May 2025	'70 Dennis Richard Dembicki , BSc(MetEng), '72 MSc, in August 2023	'71 Victor Micheal Luhowy , BSc(MechEng), in July 2025
'64 Viola Cerezke-Schooler , BScN, in July 2025	'65 David Martin Rohrick , BSc, '66 BEd, in April 2025	'67 Claranne Olava Dixon , Dip(Nu), in May 2025	'68 Noel Raymond Somerville , BEd, in August 2025	'70 Julian Dumanski , PhD, in December 2024	'71 Robert George McGregor , BA, in March 2025
'64 Thomas Bennett Davidson , BSc(ChemEng), in June 2025	'65 Ronald Sadownik , BEd, in March 2025	'67 Val Felesky , BCom, in May 2025	'68 David John Stockdale , BPE, '71 BEd, in January 2025	'70 August Rutger Guillaume , BSc(ElecEng), '77 MSc, in March 2025	'71 Patrick Alvin Reid , LLB, in July 2025
'64 Penny Frieze , Dip(Nu), '82 BScN, in May 2025	'65 Duncan Alexander Stewart , LLB, in May 2025	'67 Keith Melford Gosling , BSc(Ag), in July 2025	'69 Dorothy Jean Frost , Dip(Ed), '69 BEd, in September 2025	'70 John Jacob R. Haberman , MD, in August 2025	'71 Richard Dennis Springler , BSc(ElecEng), in September 2025
'64 Robert Anton Kiss , BA, '68 LLB, in May 2025	'66 Orest B. Aponiuk , Dip(Ed), in August 2025	'67 Donald Joseph Hengel , BEd, in June 2025	'69 Erik Bech Jacobsen , BSc(CivEng), '70 MSc, in May 2025	'70 Robert Michael Hagen , BA, in July 2025	'71 Mary A. Wood , BEd, in April 2025
'64 Byron Grant Lauber , BSc(Pharm), '65 BSc(Hons), '72 MD, in August 2025	'66 Roger Harry G. Baines , BSc, in August 2025	'67 Ilene Georgina Larson (Frizzell) , BA, '74 MEd, in April 2025	'69 Ivan Kisteleki , BEd, in March 2025	'70 Alan Ross Jensen , BA, '71 Dip(Ed), in July 2025	'72 Harvey Michael Anaka , BSc, '75 BSc(ChemEng), in July 2025
'64 Philip G. Lister , KC, BSc, in January 2025	'66 Norman Jacob Blaskovits , BEd, '77 Dip(Ed), in July 2025	'67 Donna Maurine Martyn (Shoebottom) , BEd, in May 2025	'69 Wallace Martin Klinck , BA, '70 BEd, in March 2025	'70 Anna Diana Jordan , PhD, in May 2025	'72 Roderick Ernest Birchall , BEd, in June 2025
'64 Marjorie Barbara Malowany , BEd, in May 2025	'66 Elan Ross Gibson , BFA, in May 2025	'67 James Garrett Phillips , BEd, '71 Dip(Ed), '74 Dip(Ed), in May 2025	'69 Patricia Anne McIntyre , BEd, '72 Dip(Ed), '89 Dip(Ed), in June 2025	'70 Norman Law , BSc(ElecEng), in December 2024	'72 Joseph Nelson Card , BA, '75 Dip(Ed), '78 LLB, in May 2025
'64 Richard David Russell , BA, in April 2025	'66 Wayne D. Grant , BSc(MechEng), in April 2025	'67 Marion Alice Snowden (Graham) , Dip(Nu), in June 2025		'70 Gail Elizabeth Lehman (Scott) , BA, '76 Dip(Ed)	'72 Gary Leigh Erickson , BSc, in July 2025
	'66 Frank William Grigel , BSc(CivEng), in April 2025			'70 David Edward Marsden , BCom, in May 2025	'72 Marvin William Garton , BSc(ElecEng), '00 MBA, in April 2025

'72 **Kerry M. Hart**, BA,
'75 LLB, in April 2025

'72 **Theresa Margaret Hartwig**, BA, '78 BEd, in June 2025

'72 **Judith Mary Hibberd**, MHSA, '87 PhD, in May 2025

'72 **Margaret Wellington Johnson**, Dip(Ed), '79 MA, in August 2025

'72 **George William Knowles**, MBA, in August 2025

'72 **Alice Marie Kowalchuk**, BEd, in April 2025

'72 **Ronald Joseph Krissa**, BEd, in August 2025

'72 **Leon Lubin**, MBA, in July 2025

'72 **Gail Marie Mabey**, BEd, in June 2025

'72 **Vernon Victor Mantai**, BSc(ElecEng), in May 2025

'72 **Anne Christine McGrath**, BEd, in April 2025

'72 **Joseph Petrone**, BEd, in June 2025

'72 **Gerald Redmond**, PhD, in August 2025

'72 **Audrey Louise Wild (Starr)**, BEd, '75 Dip(Ed), in March 2025

'73 **Barry Philip French**, BEd, in June 2025

'73 **Liushien Goon**, BCom, '76 Dip(Ed), '96 Dip(Ed), in September 2025

'73 **Joseph Marcel Gravel**, BEd, in May 2025

'73 **Joanne Laura Kemp**, BLS, '83 MLS, in May 2025

'73 **Dougald Leslie MacCrimmon**, BSc(MechEng), in July 2025

'73 **David Harold Munro**, BCom, in September 2025

'73 **Maurice Normand**, BA, in December 2024

'73 **Heinz Otto Pueschel**, BEd, in May 2025

'73 **Marilyn June Schmidt**, BEd, in August 2025

'73 **Kenneth Steve Starchuk**, BCom, in April 2025

'73 **Bernard Thomas Thackeray**, BSc(Spec), in June 2025

'73 **Wallace Ray Tollestrup**, BSc, '77 MD, in July 2025

'74 **Shirley Dene Carrigy**, BA, in July 2025

'74 **Martin Cowie**, PhD, in March 2025

'74 **Phyllis Catherine Dell (Ohr)**, BSc(OT), in May 2025

'74 **Les R. Drewicki**, BCom, in April 2025

'74 **Emilie Gorgichuk (Chmilar)**, BEd, in 2025

'74 **Christine Jane Nichiporik (Elaschuk)**, BSc(Pharm), in August 2025

'74 **Mary-Ann Sonia Perras (Wolodko)**, BEd, in April 2025

'74 **Ronald Allan Poole**, BCom, in July 2025

'74 **Shirley May Smith**, Dip(DentHyg), in May 2025

'74 **Daniel Joseph Toliver**, MD, in May 2025

'74 **Frank John Warshawski**, BSc(Med), '76 MD, in April 2025

'74 **Patricia Mae Wolanick**, Dip(Nu), in May 2025

'75 **Moiria Joan Bounds**, BEd, in June 2025

'75 **Edward Brendan Casement**, MSC, in May 2025

'75 **Peter Eerkes**, BEd, in May 2025

'75 **Gary Klaus Erichsen**, BSc(Ag), in February 2023

'75 **Roger Frank Gill**, BA, in June 2025

'75 **Masashi Kinoshita**, BEd, in April 2025

'75 **Doris Ruth Lockhart (Prichard)**, BA, in April 2025

'75 **Damir Mirkovic**, PhD, in February 2025

'75 **Donald Gordon Ross**, BSc, in May 2025

'75 **Karen Lee Rowsell**, BA, '94 SpecCert(Arts), '96 MLIS, in April 2025

'75 **Bruce Robert Simpson**, BSc(Ag), in May 2025

'75 **John Anthony Tercier**, BMedSci, '77 MD, in April 2025

'76 **Panagoula "Penny" Anagnostopoulos**, BA, in January 2025

'76 **Peter Ford**, Dip(Ed), in May 2025

'76 **Moosa Yusufali Jiwaji**, MBA, in April 2025

'76 **Thavisakdi Kovithavongs**, PhD, in June 2025

'76 **Brian McCullough Owens**, BA, in September 2025

'76 **Linda Marie Searle**, BA(Spec), in December 2024

'76 **Patricia Anne Visman**, BCom, in June 2025

'77 **Gordon Michael Babey**, BSc(CivEng), '84 MSc, in June 2025

'77 **Michael Keith Dell**, BA(Spec), '81 MLS, in January 2025

'77 **Sally Markovetz Gosselin**, BEd, in April 2025

'77 **Lorraine Dale Kushniruk (Makowichuk)**, BEd, in April 2025

'77 **Robert George McFadzean**, BSc(Ag), '84 MAG, in March 2025

'77 **Deborah Ann T. McGinley (Brosseau)**, BA, in February 2025

'77 **Lena Porisky**, BEd, in September 2025

'77 **Philip Marc Raworth**, LLB, '84 LLM, in August 2025

'77 **Gary Shudra**, BPE, '83 LLB, in March 2025

'77 **Monica Ann Stack (Gurba)**, Dip(Nu), in September 2025

'78 **Gerald Robert Albert**, BCom, in June 2025

'78 **Colette Marie Beauchamp**, BEd, in March 2025

'78 **Richard Michael Boon**, BPE, in March 2025

'78 **Eleanor Fahey Lewis**, BScN, in August 2025

'78 **Steve James Roth**, BCom, '86 BPE, in April 2025

'78 **Christopher John Simpson**, PhD, in April 2025

'78 **Donna Lynne Wallace (Redl)**, BEd, in June 2025

'78 **Betty Ann Wong**, BCom, in July 2025

'79 **Gerry Francis Inglis**, BEd, in September 2025

'79 **Alana Jay McClelland**, BEd, in July 2025

'79 **William Harold Rosychuk**, BCom, in March 2025

1980s

'80 **Judith Irene Bradley (Gourlay)**, BEd, in August 2025

'80 **Paul Kelly Dawson**, BA, '83 LLB, in August 2025

'80 **Gregory Thomas Hamilton**, BCom, in August 2025

'80 **Olga Kolomyjec (Kornuta)**, BEd, in August 2025

'80 **Adrian Francis Koning**, BSc(CivEng), in March 2025

'80 **Om Parkash Nanda**, BEd, in March 2025

'80 **Luk "Betty" Pan**, BEd, in July 2025

'81 **Murray Gavin Hamilton**, BA, in August 2025

'81 **Eunice E. Johannson**, BA, '82 SpecCert(Arts), '84 MA, '99 PhD, in February 2025

'82 **Bonnie Faye Berner**, BEd, in January 2025

'82 **Barry Dale Petruk**, BSc(Spec), in May 2025

'83 **Barbara Joan Cavanagh**, BScN(Hons), in August 2025

'83 **Mate Maliselo**, MEng, in July 2021

'83 **Stuart Sik-Chiu Fung**, BSc(Spec), in May 2025

'84 **Elaine Jean Filax**, BA(Hons), '87 MA, in August 2025

'84 **Donald Andrew Fowlis**, BCom, in August 2025

'84 **Elizabeth Anne B. Hrdlicka**, BSc(HEC), '92 Dip(Nu), in April 2025

'84 **Karen Jeannette Kebarle**, BA(Hons), in July 2025

'84 **Daphne Goek Chin Teoh (Loh)**, BSc(Pharm), in May 2025

'85 **Josephine Ashworth Guild**, BA, in August 2025

'85 **Janice Lea O'Hara (Wyard-Scott)**, BMedSc, '87 MD, in May 2025

'85 **Andrew Rudolph Seitz**, BMedSc, '87 MD, in January 2025

'86 **Elizabeth Keitha Gudmundson**, BEd, in September 2025

'86 **Daniel Martin MacDonald**, BEd, '02 Dip(Ed), in July 2025

'86 **Carmen Barbara Ropchan**, BSc(Hons), '92 MSc, in March 2025

'86 **Gerard Joseph Wright**, BA, in September 2025

'86 **Henry Kam-Shing Yung**, BA, in August 2025

'87 **John Francis Carline**, BA, in March 2025

'87 **Armand Rene Lefebvre**, BSc(Spec), in April 2025

'87 **Kevin John Mangan**, BMedSc, '89 MD, in June 2025

'87 **Laurel Joanne M. Pierson**, BA, in July 2025

'88 **Susan Lynn Fox**, BEd, in April 2025

'88 **Lesley Marlynn Jeanes**, Dip(Nu), '05 BEd, in August 2025

'88 **Forest Gerard Vincent La, LLD** (Honorary), in June 2025

'88 **Paul Adolph Maland**, BEd, in September 2025

'88 **Gregory Arthur F. Mihalcheon**, BA, in December 2024

'88 **Marlene Spencer**, MEd, '01 PhD, in July 2025

'89 **William Marty Ansell**, BPE, in June 2025

'89 **Kenneth Bruce Craig**, BSc, in May 2025

'89 **Ross Winton Hodgins**, BA(RecAdmin), in June 2025

'89 **Lori Ann Frances Palmer**, BEd, in April 2025

1990s

'90 **Carole Jean Berman**, LLB, in May 2025

'90 **Madeline Kennevan Needham**, MEd, in February 2025

'90 **Anne Marie B. Venne (Blair)**, BEd, in July 2025

'91 **Tracy Pollard**, BEd, in September 2025

'91 **Joyce Anna Rasmussen**, BA, in September 2025

'92 **Louise Florence Enger (Symington)**, BScN(Hons), in August 2025

'92 **Reginald Alan Knight**, BA, '93 Dip(Ed), in June 2025

'92 **Manprit Priti Laderoute (Bhatia)**, BA, in April 2025

'92 **Gordon James Smith**, Dip(Ed), '00 MEd, in April 2025

'94 **Darren Murdoch Markland**, BSc(Hons), in September 2025

'95 **John S.E. Brown**, BSc(Ag), in March 2024

'95 **Aidan Anthony Rowe**, BFA, '25 PhD, in July 2025

'96 **Dana Marie Mastel**, Dip(DentHyg), in May 2025

'97 **Susan Barnsley**, MSc, in August 2025

'97 **Daniel Kingdon**, PhD, in April 2025

'99 **Darryl Curtis Sandquist**, BCom, in July 2025

2000s

'00 **Isabel Linda Farmer**, BA, in March 2025

'00 **James Ronald Leskiw**, BSc(Ag), '13 Cert(LocAuthAdmin), in August 2025

'00 **Michelle Margaret Pallier**, BSc(EnvSci), in August 2025

'01 **Ronald William Zurawell**, PhD, in May 2025

'04 **Wendy Trish Pratch**, BScN(Hons), in May 2025

'07 **Aimee Ammanda Galick**, BSc(Spec), in August 2025

'07 **Victor Garry Harding**, BScN(Hons), in May 2025

'07 **Elaine Marie Hawrelak**, BCom, in September 2025

'07 **Shelly Jane Robertson**, LLB, in May 2025

'07 **Neil Robert Shand**, BA, '10 BEd, '24 CertMD, in June 2025

'07 **Anita Wui Ping Yong**, BSc(Spec), in June 2025

'08 **Lesley Kathleen Bowering**, MBA, in August 2025

'08 **Bryan Wiley Orr**, BSc(PetEng), in June 2025

'08 **Laryssa Karen Whittaker**, BA, '10 MA, in August 2025

2010s

'10 **Katelynn "Kate" D. Tonowski**, BA(RecSpoTourism), in July 2025

'14 **Colin Steven Jakubec**, BCom, in May 2025

'17 **Anne Elizabeth Thomas**, BSc(HEcol), '20 MA, in July 2025

'19 **Princess Brightness Phiri**, BA(Hons), '19 Cert(ArtsRes), in August 2025

2020s

'21 **Taylor Ashleigh Hanna**, BSc, in September 2025

'25 **Trey Jack Louis Maruyama**, BEd, '25 BA, in March 2025

If you've lost a loved one who was a University of Alberta grad, contact alumni records at alumrec@ualberta.ca, 780-492-3471 or 1-866-492-7516.

SPEAKER'S CORNER

GOOD SIGNS

By Sydney Tancowny

Willow White, '15 MA, an assistant professor of English and Indigenous literatures at Augustana Campus, worked with student **Brianna Winiandy-Munch**, '25 BA, and speakers of Indigenous languages to create interpretive signs that identify native plants growing on campus. The project earned White a Campus Sustainability Grant.

First Steps

The project was premised on Indigenous perspectives of sustainability. "Unlike western sustainability practices, these intrinsically link Indigenous language and cultural life to environmental sustainability," says White, who is Métis. "The first part of the project involved visiting and learning from Cree, Métis and Siksika knowledge keepers and language speakers about Indigenous plant teachings." White was supported by Augustana undergraduate



Left to right: Willow White with Augustana undergraduate research assistants Taylor Soroka and Brianna Winiandy-Munch

research assistant Winiandy-Munch. "We partnered with pipikwan pêhtâkwan, an Indigenous-led public relations team, to create signs that depict Indigenous plants."

Project Aims

The goals of the project are many, White says. Important among them, "I hope to encourage our campus community to expand their understanding of Indigenous lands, languages and cultures."

Prime Agents

The project was led and created by Indigenous faculty, staff, undergraduate researchers, community

members and designers. The signs include plant names in Cree (nêhiyawêwin), Siksika (Siksiká'powahsin) and Southern Michif (Métis language).

Signs of the Future

White worked with undergraduate researcher Taylor Soroka last summer to create an Indigenous Plant Walk Guide, now available online. More learning materials are planned with the goal of expanding engagement with the project.

Willow White is one of many speakers to share expertise at U of A events. Learn more at uabgrad.ca/OnDemand.

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LESSONS FROM THE HIVE

The integrated societies of honey bees face many threats, from parasites and pathogens to pesticides and poor nutrition. Olav Rueppell, professor of honey bee biology and health in the Faculty of Science, joins us to explore the natural defences of colonies and how they affect bee behaviour. See the Webinar Library at uabgrad.ca/OnDemand.



PODCAST WISDOM

"I like to work on three- and five-year plans. I just started my head-of-department tour, so that's going to be the next 2½ years of my life, on board this warship managing the entire department."

Graeme Stout, '14 BSc(ChemEng), spoke to the *What the Job?* podcast about his life as a naval officer to promote a new co-op program in partnership with the Royal Canadian Navy, training engineering students to serve aboard Canadian warships

103

National titles won by U of A varsity teams in the last 60 years (the third highest number in Canada)



4,900

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smalltalk



Five-Star Frugality

➤ Students are almost always on a tight budget, but they're also experts at resourcefulness. What were your best ways to save money when you were a student? Share your experiences or tap into those of others at facebook.com/UAlbertaAlumni.

I once was in a business law class on copyright law where Rick James and MC Hammer songs were compared. The professor offered a cheque (yes, a cheque) for \$100 to whoever would do the MC Hammer *U Can't Touch This* dance. As an Edmonton Elks cheerleader, I was intrigued but unwilling to take the bait. Then he upped the offer to \$200. The class was delighted by my '90s Hammertime moves! The professor paid up later that day.

—Margeaux Maron, '13 BCom, '21 MBA

When I was an undergrad, I saved money by getting jobs at restaurants that had good meal allowances. Each shift I worked, I'd get the biggest dish on the menu and stretch it out for two or three meals. I got tired of the chicken pasta with black bean sauce at Turtle Creek Restaurant, but it was tasty and the portions were huge.

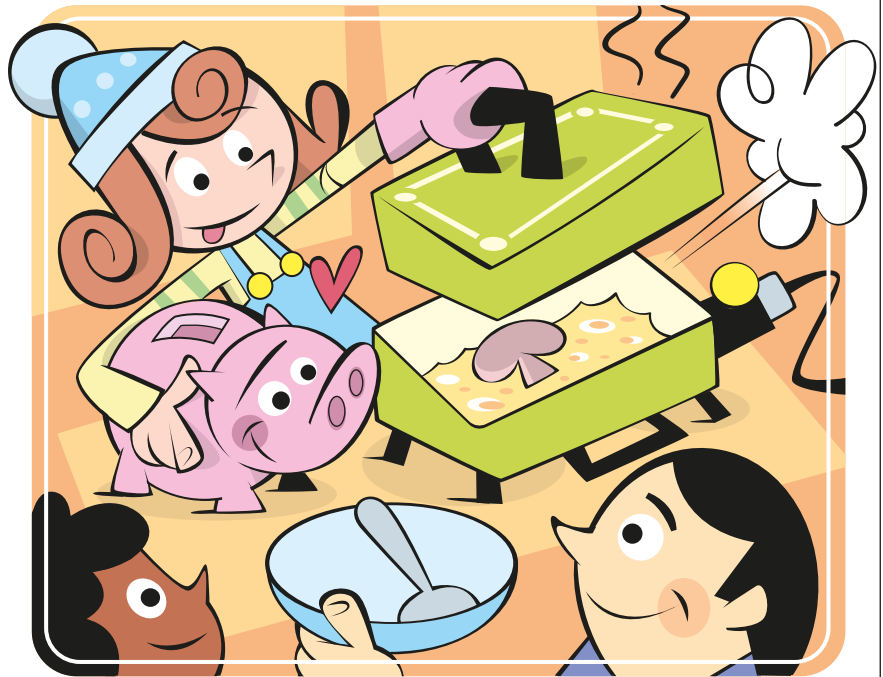
—Kristan McLeod, '92 BA, '94 MA, '04 LLB

Grocery shopping on student discount days, making my own pasta sauce, cooking meals at home and (only occasionally) eating at HUB Mall. My roommates were impressed that I could cook healthy food that didn't come out of a can!

—Lidiane Cunha, '12 PhD

When I got accepted to do part of my studies at the U of A law school, I didn't hunt for parking—I hustled. I dropped flyers into mailboxes within a 20-minute walking radius of the Law Centre. I introduced myself and made an offer: yard cleanup, Costco runs, vet trips, the occasional coffee. In return, I asked for one simple thing: free parking. People loved it! I chose an elderly couple, helped them out, and gained more than a free parking spot. We're still friends to this day.

—Rupak Sarma



My frugal life hack as a university student was my electric frying pan, which I still use to this day! It was crucial to my one-dish meals, which were tasty and economical, often involving some sort of soup-based concoction. Faves included: mushroom soup and pork chops, hamburgers in tomato soup, chicken in celery soup. Brown the meat, add the soup and water, stir. Chef's kiss! Easy peasy!

—Gail Sidonie Šobat, '83 BEd, '91 MA

I went to the U of A in the 1990s when university was less expensive, but I learned that those little daily expenses of coffee and food added up. My hack was to schedule my classes back-to-back if I could so I didn't have downtime on campus, where those purchases typically took place. I'd arrive home hungry, but home cooking and free coffee saved me in the long run.

—Jennifer Cockrall, '94 BA(Hons)

During exams, I lived off the Hub Mall Special. Extra large coffee from Java Jive. It tasted like bath water (if bath water could have a burnt taste), but it could get you through the whole day. Then, lunch at La Pasta: a plate heavy with pasta, green salad and a dinner roll. All for less than 10 bucks.

—Stephanie Bailey, '10 BA





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