



UNIVERSITY OF TORONTO MAGAZINE

**TOMORROW'S
UNIVERSITY OF
TORONTO
HERE COME
ROBOTS
CIUT'S
CALYPSO KING
SHEILA HETI
LIKES YOU
WHEN
ANIMALS
WORRY**



What Makes Us Happy?

Science offers surprising
new answers

SPRING 2005 • VOL. 32 NO. 3
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Editor's Note**Taking Stock**Creating a greener *U of T Magazine*

MAGAZINE EDITORS THINK A LOT ABOUT THE CREATIVE ASPECTS OF PRODUCING a publication. We choose the stories, work with writers to polish them and collaborate with an art director to illustrate them. We tend to think much less about the raw materials of magazine production, such as paper and ink. As long as the stories and images reproduce well, we're content to leave those concerns to the printer.

However, the decisions we make about paper and ink affect much more than the look of our magazine. A Vancouver environmental group that advocates for forest preservation and environmentally sound printing practices started hitting that point home with magazine and book publishers a few years ago.

The group, Markets Initiative, is now working with Canadian publishers, printers and mills to develop environmentally friendly papers such as those made from post-consumer waste and alternatives to wood fibre.

Since it was founded six years ago, Markets Initiative has convinced almost every major trade book publisher in Canada to print on ancient forest-friendly paper. Inspired by Canadian publishers' successes, similar programs are now underway in several other countries, such as the U.S., U.K. and Germany.

Recently, the group began recruiting the Canadian magazine industry to its cause – and with good reason. According to statistics supplied by Markets Initiative, less than five per cent of the 110,000 tons of paper used by Canadian magazines each year has any post-consumer recycled content.

This is about to change. Last year, *U of T Magazine* was one of 35 Canadian magazines that pledged to boost the amount of recycled paper they use. With this issue, we have switched to a paper stock that contains 10 per cent post-consumer waste. However, our goal is to increase the amount of recycled content over time, as new papers are developed, to 50 per cent or more, resulting in annual savings of 60 tons of virgin paper – equivalent to more than 900 trees.

Magazine editors and publishers have been reluctant to switch to recycled paper because of a fear of a loss in quality. Printers are wary because of problems running the new stocks through their presses. We're confident, though, that the development of better recycled stocks, such as the one we're now using, will overcome these problems and that we'll be able to offer our readers an environmentally friendlier magazine, without any reduction in quality.

Our decision is just one of many green initiatives happening at U of T. We reported in our last issue the opening of a rooftop park at the residence at 30 Charles St. W. The University of Toronto at Mississauga is powering several townhomes with non-polluting fuel cells, and in early February, just days before the Kyoto Accord on climate change came into effect, U of T officially opened a new environmental sustainability office. Headed by environmental studies professor Beth Savan, the office will provide support and advice for the development of a greenhouse gas and energy reduction strategy for the university. Watch for a feature article about Canada's commitments under the Kyoto Accord and U of T's environmental sustainability office in the next issue of *U of T Magazine*.

SCOTT ANDERSON

An Alumni Success Story



Emily and Rob know they can't predict their future but they have protected it.

Emily and Rob know there are no guarantees in life. They make the best financial decisions they can for their future and accept that some things are out of their control. The future security of their family is not one of those things. That's why they invested in the Alumni Term Life Insurance Plan – the insurance program that supports the University of Toronto. They benefit from the low premium rates and the security of life insurance, just in case it's ever needed. Besides, their future is too bright not to protect it.

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President's Message



Enriching Student Life

U of T aims to transform the student experience

I'M STRUCK BY HOW MUCH U OF T HAS CHANGED SINCE I WAS here as provost some 20 years ago. Dozens of new buildings have sprung up. The student population is larger and more diverse than ever, and the range of academic programs is much broader. The past few years have seen especially rapid change.

One of the highlights of coming back is to see the university starting a new phase in its growth and development. Stepping Up, the university's academic plan, sets out a vision for the coming years and builds on our commitment to excellence, equity and outreach. It provides the guiding principles by which we will meet our commitment to our students and our community.

U of T boasts a long history of success. The academic plan – much like a corporation's business plan – clearly articulates our goals over the next several years, and outlines a strategy for achieving them. It identifies key strengths and recommends specific steps for improvement. As the university has grown, so have our aspirations. With Stepping Up, we aim to be a leader among the world's best public teaching and research universities in the discovery, preservation and sharing of knowledge.

PHOTOGRAPHY: LISA SAKULENSKY

Stepping Up's first priority is to enrich the student experience both within and beyond the classroom. U of T offers a world-class academic setting. We want to build on that and provide students with more opportunities to interact with faculty by creating an enhanced learning environment, and investing more in student services. We want students to engage fully in the life of the university – to discover and learn about the academic, social, political and athletic activities that interest them – as a prelude to becoming active members of society.

U of T is Canada's largest research university. We can offer our undergraduates the chance to work with senior faculty in cutting-edge fields. Imagine the impact on a young student of engaging in research activity with such renowned scholars as nanotechnologist Ted Sargent, Middle East expert Janice Gross Stein or Nobel Prize-winning chemist John C. Polanyi, to name just a few. Such opportunities will surely inspire many of our students to pursue their own graduate work.

Over the next five years U of T will foster more interdisciplinary teaching and research. Many of the most challenging issues facing society – the AIDS crisis, climate change, poverty – require study from a variety of perspectives. U of T's size and affiliations with institutions around the world are tremendous strengths. They provide opportunities for interdisciplinary collaboration that exist in only a few centres worldwide.

Stepping Up emphasizes U of T's vital role as a *public* university. Community outreach is central to our mission, but will be given even more prominence with the establishment of a Centre for Community Partnerships. At the provincial and national level, we will seek ways to inform public policy debates. As a public university, we want to be a vibrant and significant part of our city and our community.

Our ability to transform U of T has national implications. A generation of doctors, nurses, teachers, engineers – professionals from every walk of life – is approaching retirement. How well we educate our students to achieve their true potential will fundamentally affect the destiny of our city, our province, our country and, ultimately, the world.

The changes we are making through Stepping Up will be felt by today's U of T students. Our goal is to complete these changes by the end of the decade – and we have reason to be optimistic. There is a renewed public focus on the importance of postsecondary education, which is most welcome. A significant increase in provincial funding is urgently needed to prevent a decline in the quality of postsecondary education in Ontario and to bring the changes in Stepping Up to life. We are hopeful that the government of Ontario will heed the recommendations of the Rae Review of postsecondary education and restore funding to the province's universities.

And, as always, the ongoing loyalty of our alumni and friends is a source of great strength.

Sincerely,

FRANK IACOBUCCI



UNIVERSITY OF TORONTO

We stand on the shoulders of those who came before us

After coming to Canada from Burundi in 2001, Natacha Nsabimana learned English, found a social network and a place to stay, and discovered her place at U of T. Having completed the Transitional Year Programme, she is entering her first year at U of T as a full-time arts student.

Thanks to the generosity of Annual Fund donors like Dr. David Ouchterlony (BPHE 1962, MD 1966), she has the resources she needs to pursue her dreams.

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The Corporate Code

Does business affect our beliefs?

THIS UNETHICAL ERA

In the article “Why Good People Do Bad Things” (Winter 2005), Trevor Cole examines why people make unethical business decisions, but doesn’t consider the planning horizon. An executive who is preoccupied with how his decisions affect the short-term stock price of his company is more likely to do what is expedient – or, as Cole puts it, resort to situational ethics. Executives concerned with their company’s long-term performance are more likely to make decisions that reflect ethical values. After all, unethical choices made in the hope of short-term gains are likely to become apparent over the longer term.

*Bill Kennedy
(BCom 1981 Trinity)
Toronto*

Trevor Cole’s article, though generally insightful, treads lightly over some significant terrain. I would like to have read more about the influence of family and spirituality on ethical behaviour.

North America is a society of over-achievers. From birth, we are told that for every winner there must be one or



more losers. It’s no wonder that this obsessive focus on success invites ethical shortcuts. Whether they like it or not, faculty members should act as role models for students. Similarly, churches, synagogues and other spiritual organizations can provide guidance and help restore the balance between the material and the spiritual aspects of our lives.

*Don Mulcahy
(DDS 1967)
Edmonton*

Thomas Hurka, who holds the Henry N. R. Jackman Distinguished Chair in Philosophical Studies, offers two main reasons for why people behave ethically: self-interest (a fear of punishment if

they’re caught behaving badly); and the knowledge that other people are behaving ethically. Is this correct? Are there no Kantians left? Don’t most people who behave ethically do so out of a sense of moral duty to do the right thing?

*Mark Bernstein
(BSc 1972 University College,
MHSc 2003)
Toronto*

Trevor Cole’s article was timely and informative. His research into the “why” of unethical behaviour went far beyond the sensational approach of the news media, and it was gratifying to read about the Rotman School’s plan to focus on good corporate citizenship. Stacey Gibson’s article “Up from Slavery” was also very inspirational.

*Patricia Rudan
(BA 1983 Erindale)
Mississauga, Ont.*

Congratulations on an excellent article about corporate governance. We should use the recent bout of business philandering to teach the next generation about the perils of selfishness, materialism, and believing oneself to be above the rules, and that one’s humanity – not a garage full of Rolls Royces – is the true measure of a person’s worth.

*Laura Pontoriero
(BA 2002 University College)
Toronto*

QUESTIONABLE SPIN

I am not sure whether I am more dismayed by U of T’s showing in the latest *Maclean’s* survey or your gross distortion of how our university fared in that survey.

In the section in which graduates were asked to rate their alma mater, rather than being “tops again,” the university barely showed up at all. On questions about classroom instruction, student services and overall university experience, U of T graduates gave their school low marks. The university did not rank anywhere in the top 20.

I appreciate that there are a lot of arguments against the validity of the survey. However, if you are going to report the results, why not state that much of the survey seems to indicate that U of T is failing its students?

*Gordon Lemon
(BA 1979)
Cambridge, Ont.*

BEWARE THE STATE

Please note that Martha Stewart was never convicted of insider trading (“The Lessons of Martha and Conrad,” Winter 2005). She was jailed for telling a lie to a policeman, something not considered a crime in most civilized societies.

The biggest potential threats to our economic well-being are agents of the state like New York State attorney general Eliot Spitzer and Russian president Vladimir Putin, either of whom could do far more damage than a thousand Martha Stewarts.

*John Sands
(BA 1952 Victoria)
Markham, Ont.*

PLACING PROFITS FIRST

Congratulations to Roger Martin for seeking to improve the social responsibility of corporations (“The CEO’s Dilemma,” Winter 2005). However, Martin’s ethical concerns appear qualified: he seeks new ways “for companies to be more socially responsible without having to sacrifice profits.”

Corporate leaders will not make the necessary psycho-moral breakthrough if they constrict their ethics by this qualification. Although it is encouraging to find ethical actions that also sustain or enhance profits, there are simply too many occasions where the right ethical decision will have a detrimental impact on profits – forgoing a profitable contract, for example, because of a corporate policy against paying bribes. As Martin points out with his example from the cement industry, collective corporate action can reduce the bottom-line pain of ethical decisions. However, other companies often will not buy in, or will not buy in soon enough, leaving someone to take the moral lead – and the bottom-line hit.

*Dr. Chris Barrigar
(BA 1982 Innis)
Montreal*

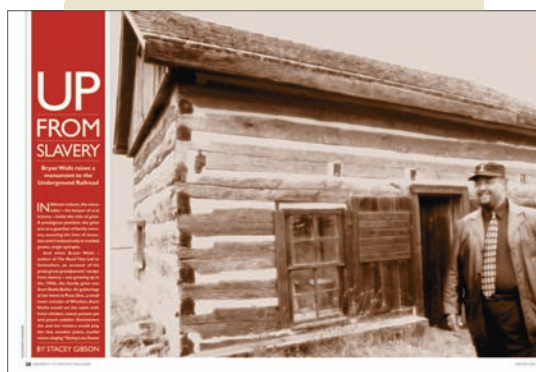
WHO PAYS?

Professor Wiseman correctly asserts that media sensationalism has played a role in decreasing people’s confidence in government (“Shoot the Messenger,” Winter 2005). However, he neglects to mention another important factor: high

A PAINFUL PLACE

I returned recently from West Africa and was touched by the article on Bryan Walls and his work in keeping his family’s history alive (“Up from Slavery,” Winter 2005). My daughter Nancy is a U of T grad and is working for our church in Benin. While we were there, we visited the oceanfront memorial at Ouidah, which honours the slaves who were taken from their homes to North America. It is called “The Port of No Return.” We spent time thinking of all the pain centred in that place, and I am interested in reading more about the lives of people who came from there. How can I order Bryan Walls’ book?

*Ina Frey
St. Clements, Ont.*



I first read about Harriet Tubman when I was in grade school and have been fascinated by the Underground Railroad ever since. (My dad even took me to The Underground Railroad restaurant in Toronto when I was about 10 and it was a big thrill.) I was very interested to read Stacey Gibson’s article, “Up from Slavery,” and would like to know how to obtain a copy of Bryan Walls’ book.

*A.L. Mahoney
(BA 1984 St. Michael’s)
Ottawa*

Ed. note: The Road That Led to Somewhere can be ordered by e-mailing proverbs@undergroundrailroadmuseum.com or by calling (519) 258-6253.

taxes. As taxes have risen over the years, Canadians have become increasingly hostile to incidents involving real or perceived government corruption, waste or mismanagement because these incidents involve their money. This may also answer the professor’s question about why the salaries of movie stars and athletes do not receive as much coverage as those of politicians. Celebrities are not paid by hard-working, ordinary Canadians. Politicians are.

*Michael Filonienko
(BA 1994 Erindale)
Toronto*

EXTRA CASH

In his article “Star-Struck” (Winter 2005), Etan Vlessing neglected to mention that much of the university was used as a backdrop in the 1973 classic *The Paper Chase*. Many Faculty of Law students were hired as extras. Thirty dollars a day was a considerable sum and much of the time on set was spent waiting for the shots to be taken. Of course, none of us look the same now as we did then, but who does? Except maybe U of T president Frank Iacobucci, a law professor at the time, who joined us at the movie’s premiere.

*Stephen Grant
(BA 1970 Victoria, LLB 1973)
Toronto*

Correction: Keren Brathwaite received a master’s of education degree in 1969. Incorrect information appeared in the “New & Notable” section of the Winter 2005 issue.

Letters may be edited to fit available space and should be addressed to *University of Toronto Magazine*, 21 King’s College Circle, Toronto, M5S 3J3. Readers may also send correspondence by e-mail to uoft.magazine@utoronto.ca or fax to (416) 978-3958.

Leading Edge



Sparrows can suffer so much while avoiding predators and looking for food that they can experience a form of chronic stress

When Animals Worry

Sparrows, rabbits and other wild animals can suffer so much from the daily grind of finding food while avoiding predators that they can experience a form of chronic stress – and this can affect their reproduction and survival levels.

Researchers collected blood samples from 91 song sparrow fathers with six-day-old nestlings. They found food and predators together affected corticosterone levels (the principal stress hormone in birds), free fatty acid levels (the energy molecule used for flight), anemia, and nestling numbers and condition. The researchers concluded that birds in environments with limited food and many predators were the most stressed.

The study was conducted by Dr. Michael Clinchy and Professor Rudy Boonstra of the Centre for the Neurobiology of Stress and department of zoology at

U of T's Scarborough campus, and colleagues from the universities of Western Ontario, Washington and British Columbia.

In an earlier study on snowshoe hares, Boonstra and others showed that reducing predator pressure and boosting food levels led to an 11-fold increase in the population density of hares. In 2001, Professor Liana Zanette of the University of Western Ontario published the first study showing comparable effects in song sparrow reproduction.

"The fact that our new song sparrow data fit predictions from the snowshoe hare study so well suggests this is very general phenomenon," says Boonstra. "If so, then targeting both food and predators may be the key in conserving threatened species."

Seeing Anew

University of Toronto researchers have shown that human retinal stem cells transplanted into the eyes of mice and chicks can successfully regenerate – and this knowledge may one day help treat eye diseases such as retinitis pigmentosa and macular degeneration. After transplantation, the human stem cells developed into photoreceptor cells (which detect light) and retinal pigment epithelial cells (which bounce light and images back onto the retina). "We transplanted them early in the

animals' development when all the nutrients and signals they needed for differentiation were still there," says lead author Brenda Coles, a U of T laboratory technician working under the supervision of Derek van der Kooy in medical genetics and microbiology. The pair collaborated with Jules Gonin of Hospital Ophtalmique in Switzerland. "When the animals' eyes fully developed, the human cells survived, migrated into the sensory part of the eye and formed the correct cells."

Bismuth Bullets

The use of bismuth bullets – an alternative to lead shots, which were banned in the 1990s for environmental reasons – has raised concerns among some U of T researchers that the substance may be entering the food chain.

“It’s not clear whether bismuth is non-toxic,” says William Gough, a professor of environmental sciences at U of T at Scarborough and co-author of a study on bismuth published in *Environmental Pollution*. “Our final recommendation is to abandon bismuth and use steel shots until further research is completed.”

Gough, graduate student Ruwan Jayasinghe and colleagues at McMaster, Queen’s and the University of Waterloo examined the muscle and liver tissues of mallard ducks, northern pintails, green-winged teals, Canada geese and snow geese and found evidence of lead contamination resulting from bismuth use. The waterfowl samples were all provided by hunters from First Nations Cree communities, who eat the birds as part of their traditional diet. Researchers also believe there are errors in the original studies that justified the switch to bismuth.

Human and laboratory animal studies have suggested that excessive bismuth exposure may be linked to blood, liver, kidney and neural problems.

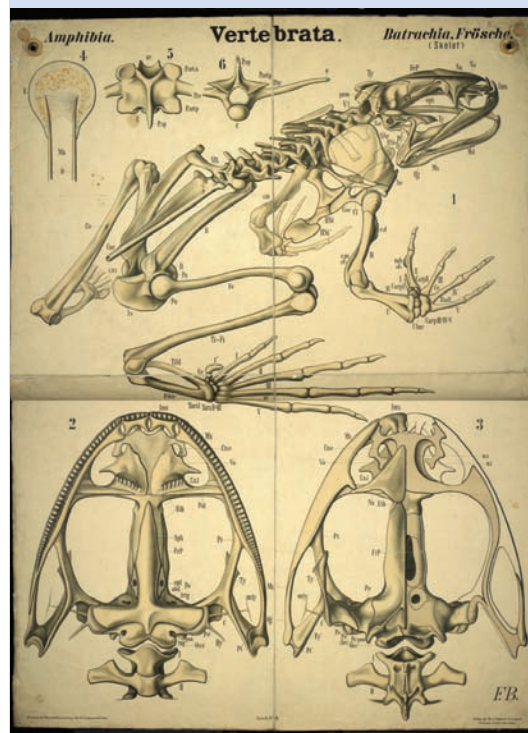
U.S. Multinationals Bypassing Canada, Study Finds

Fewer U.S.-based multinational companies are investing in Canada since it formed the North American Free Trade Agreement with the United States and Mexico in 1994, according to Professor Walid Hejazi and Professor Emeritus A.E. Safarian of the Joseph L. Rotman School of Management.

“U.S. multinationals no longer need to locate in Canada to access its market,” says Hejazi, who also teaches in the division of management at UTSC. “In the past, foreign multinational enterprises would locate in this country to avoid paying tariffs. Now that there is free trade within North America, these companies can locate near wealthier and more productive environments in America and simply export to Canada.”

Hejazi and Safarian compared the gross domestic product of the U.S. with 52 countries from 1970 to 2002. They also looked at the amount of foreign direct investment in these countries over the same period. The findings showed that Canada only receives 10 per cent of U.S. foreign investment whereas Europe receives more than half. This contrasts sharply to 40 years ago when Canada received the same amount of U.S. foreign investment as Europe.

“The answer to this foreign direct investment dilemma is to improve Canada’s productivity performance and its investment environment,” says Hejazi. “This is a difficult challenge, and one that has received the attention of both policy-makers and academics.”



Vertebrata: Amphibia – Batrachia, Frösche, circa 1887-1892

This wall-sized scientific illustration of the frog, used as a classroom visual aid by 19th-century biologists and zoologists, was drawn for Rudolph Leuckart, a pioneering German professor of zoology. Eighteen of these rare Leuckart *Wandtafeln* (wall charts) were recently discovered in U of T’s Ramsay Wright Zoological Laboratories by zoology professor Polly Winsor and undergraduate student Gina Trubiani. The lithographs are printed on four folio sheets pasted on canvas backing.

Leading Edge

Workplace Smoking Bans Work

Smokers whose workplaces allow smoking light up five more cigarettes a day than smokers whose workplaces ban it, according to a study conducted by U of T's Ontario Tobacco Research Unit.

"A lot of people assume smokers in smoke-free workplaces compensate for being without cigarettes while at work by smoking more at lunch, during breaks or after work, but overall they don't. People are more likely to cut down or to give up cigarettes," says Dr. Thomas Stephens, lead author of the study. Workplaces that allow smoking are typically blue-collar or trade organizations and small enterprises.

Twenty-four per cent of employed adult Canadians consume an average of 17 cigarettes daily, according to the study. In workplaces where smoking is banned, only 18 per cent of workers smoke daily, and their intake drops to 15 cigarettes. At jobs where there are no restrictions, 40 per cent of employees are daily smokers and average 20 cigarettes daily.

"Usually, the reason given for banning smoking in the workplace is to benefit non-smokers and this is a valid and important reason," says Dr. Stephens. "What this study shows is that the bans also have health benefits for smokers themselves." He adds that this is consistent with research in the United States and Australia.

In Canada, two provinces (Manitoba and New Brunswick) and two territories (Northwest Territories and Nunavut) have introduced legislation banning smoking in all indoor enclosed workplaces. In Ontario, smoking in the workplace is now restricted to a lesser extent, but the provincial government has introduced legislation to ban smoking in all workplaces and public places.



“At jobs where there are no smoking restrictions, 40 per cent of employees are smokers and average 20 cigarettes daily. In workplaces where smoking is banned, only 18 per cent of workers smoke daily”

Bringing Up Baby

Adult mothers tend to display more affection toward their infants whereas teenage moms focus more on instrumental behaviour – fixing their infant's clothes or adjusting their soother – finds a new study of maternal behaviour.

"This was very surprising," says Katherine Krpan, who conducted the research as part of her undergraduate thesis at the University of Toronto at

Mississauga. "We expected to see teen mothers exhibit more inappropriate behaviours toward their babies, such as poking and prodding, which has been shown by previous research."

Krpan, along with her co-authors Alison Fleming, Rosemarie Coombs and Dawn Zinga from UTM and Meir Steiner from McMaster University, examined the maternal behaviour of 119 mothers

in three age groups: teenage mothers (15 to 18 years), young mothers (19 to 25 years) and mature mothers (26 to 40 years), all of whom had given birth within a three-month time span. They also found that moms who received consistent care during their childhoods behaved more affectionately toward their infants than those raised by frequently changing caregivers.

The Iceberg Cometh

Labrador Sea ocean tides dislodged huge Arctic icebergs thousands of years ago, carrying gigantic ice-rafted debris across the ocean and contributing to the Ice Age's deep freeze. The study, published in *Nature*, is the first to suggest that ocean tides contributed to Heinrich events – a phenomenon where colossal discharges of icebergs periodically flowed into the North Atlantic from about 60,000 to 10,000 years ago.

U of T physics professor Jerry Mitrovica, lead author Professor Brian Arbic of Princeton University and a team of researchers used a new computer model that accurately captures current open-ocean tides. They then inputted ice-age simulations of sea-level changes over time. “The results showed that the tides were highest in the Labrador Sea at the same time the Heinrich events occurred,” says Mitrovica. “We can safely assume that the tides played a key role in breaking the ice and launching the icebergs in the ocean.”

“These findings provide a link between ocean tides, ice sheets and ocean circulation and a measure of the sensitivity of climate during the last Ice Age,” he says. “This sensitivity is important to understand, because the connection between changes in ocean circulation and future climate remains a matter of great interest.”

The Evolution of the Book in Canada

What was the name of Canada's first newspaper? What was the first document to be printed in a native Canadian language? And where was the first printing office in British North America located?

For those fascinated by Canadian history, the answers can be found in the *History of the Book in Canada: Volume 1, Beginnings to 1840*, a nationwide project headquartered at the University of Toronto.

The History of the Book in Canada/Histoire du livre et de l'imprimé au Canada is a three-volume history to be published in English and French. This first volume contains work from 58 authors from all regions of Canada (including 15 affiliated with U of T) and represents more than seven years of research.

“We need this kind of chronicle because it is an important part of the cultural history of Canada. It strengthens our identity and you learn so much from it, such as how this industry affected the economic history of the nation, the status of women, of native Canadians,” says Professor Patricia Fleming of the Faculty of

Information Studies who served as writer, project director and co-editor (with Gilles Gallichan, Bibliothèque de l'Assemblée nationale du Québec and Yvan Lamonde, McGill University).

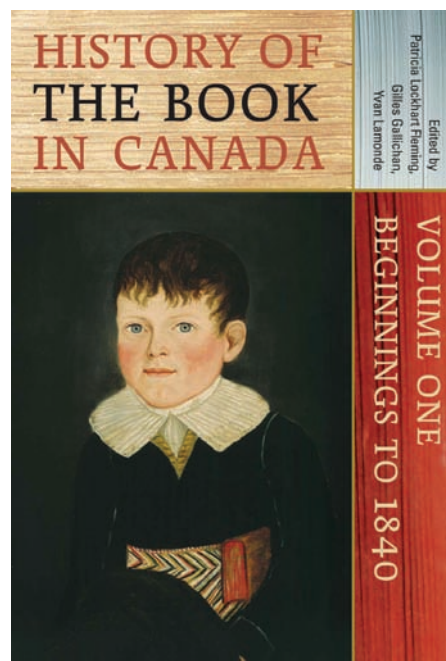
The 570-page book covers such topics as the effects of explorers, traders and missionaries on the printed word; how books and print were circulated through the years; how literacy was spread to the public; print in daily life; the world of children's literature; and the many languages used in the early Canadian presses. “Along with English and French there were German, Gaelic and six native languages being published before the middle of the 19th century,” says Fleming.

In fact, there are the printer's records from Quebec detailing the publication of a native Canadian text (an

almanac in Montagnais) that is dated 1766. Fleming also notes that both English and French publishing started the very same year – 1752, in Halifax, which had the first printing press. “A press wouldn't open for business in Quebec until 1764,” she says. Fleming also notes that the very first printed text in Canada wasn't a book but a newspaper – the *Halifax Gazette*.

The *History of the Book in Canada* project was granted more than \$2 million by the Social Sciences and Humanities Research Council. Most of the research on Canada's print history had previously been done on a provincial or regional scale, and it took the age of electronic-information gathering to make it all accessible to scholars. “Today you can research the whole country backed by the strength of the research library infrastructure that's in place now,” she says.

Fleming is especially proud of the pictures gracing the book – some going back to the 1700s. “There is,” she says with a laugh, “a picture of someone reading a book in a canoe – which is inevitable.”





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New & Notable

RECENT DEVELOPMENTS ON CAMPUS

CALYPSO KING

The contagious rhythms of calypso music are filling the attic studio at CIUT, U of T's campus radio station. It's -30 C on this January night, but Jarrod Lall – a.k.a. DJ Jarro – is heating things up. He leans into the mike: "Let the Island Breeze lift and warm everything in its path on this cold, cold night."

Island Breeze – a show dedicated to traditional calypso and dance-hall soca – airs from 6 to 8 p.m. every Friday at "the eight to the nine to the dot to the five" on the FM dial. Lall, a U of T music student, co-hosts with several friends and kicks each show off with a themed set. This week, he starts with Trevor B.'s "Get Up, Stand Up" – ostensibly about dancing, but with a strong subtext about standing up for your rights.

Continued on page 16



PHOTOGRAPHY: LORNE BRIDGMAN

New & Notable



Sujany Krishnalingam, a materials science and engineering student, sold ribbons in the Bahen Centre in January to help raise funds for tsunami victims

Tsunami Relief Efforts

Flags flew at half-mast on January 10 as the university community came together at memorial services on all three campuses to grieve for victims of the December 26 tsunami disaster.

Students quickly mobilized to organize tsunami relief efforts. Of the many undertakings, MBA students at the Rotman School of Management arranged a lunchtime fundraiser; law students set up a donation booth to collect funds; and members of the Tamil Students' Association held a basketball tournament at Hart House to raise money for Sri Lankan victims. At the University of Toronto at Scarborough, a coalition of campus groups launched the UTSC Tsunami Relief Fund, holding events such as an eight-hour dance-a-thon in the student centre. At the University of Toronto at Mississauga, the Tamil Students Association and the Sri Lankan Students Association partnered to create the Ribbons for Rescue campaign.

Gwen Agboat, a first-year student in social sciences at UTSC, pledged to match whatever her fellow students could raise, up to \$10,000. Agboat, who entered university as a mature student, had savings set aside for school but says "given the situation, we have to do as much as we possibly can." Students met the challenge, raising \$25,000 for the Red Cross, most of which was matched by the Canadian government.

The University of Toronto Earthquake Relief Network, a university-wide committee of students, staff and faculty, is looking at long-term ways to help rebuild devastated areas. Committee member Saswata Deb, a first-year medical student, remarks that "the immediate monetary effort by the university community has been incredible." But, he points out, "even when the urgency of the crisis has passed, hundreds and thousands of lives have been affected – the need is still there."

– Lisa Rundle and Sue Toye

PHOTOGRAPHY: PASCAL PAQUETTE

Continued from page 15

Social commentary is an important element of calypso, says Lall. When the music first emerged, it carried subtle or satirical criticisms of political parties in Trinidad and Tobago (calypso's birthplace), and then became more blatant and wide-reaching. The music's global influences are part of what attracts Lall. The Island of Trinidad is populated by many different peoples – African, Indian, Spanish, French, Portuguese – and the music, with its steel-pan drums, sitars, tablas and keyboards, reflects that, he says. He likens the effect to a bouquet of flowers gathered from around the world. "If you took one out, you'd have a different bouquet," he says.

When Lall was 12, he and his family emigrated from Trinidad to Canada.

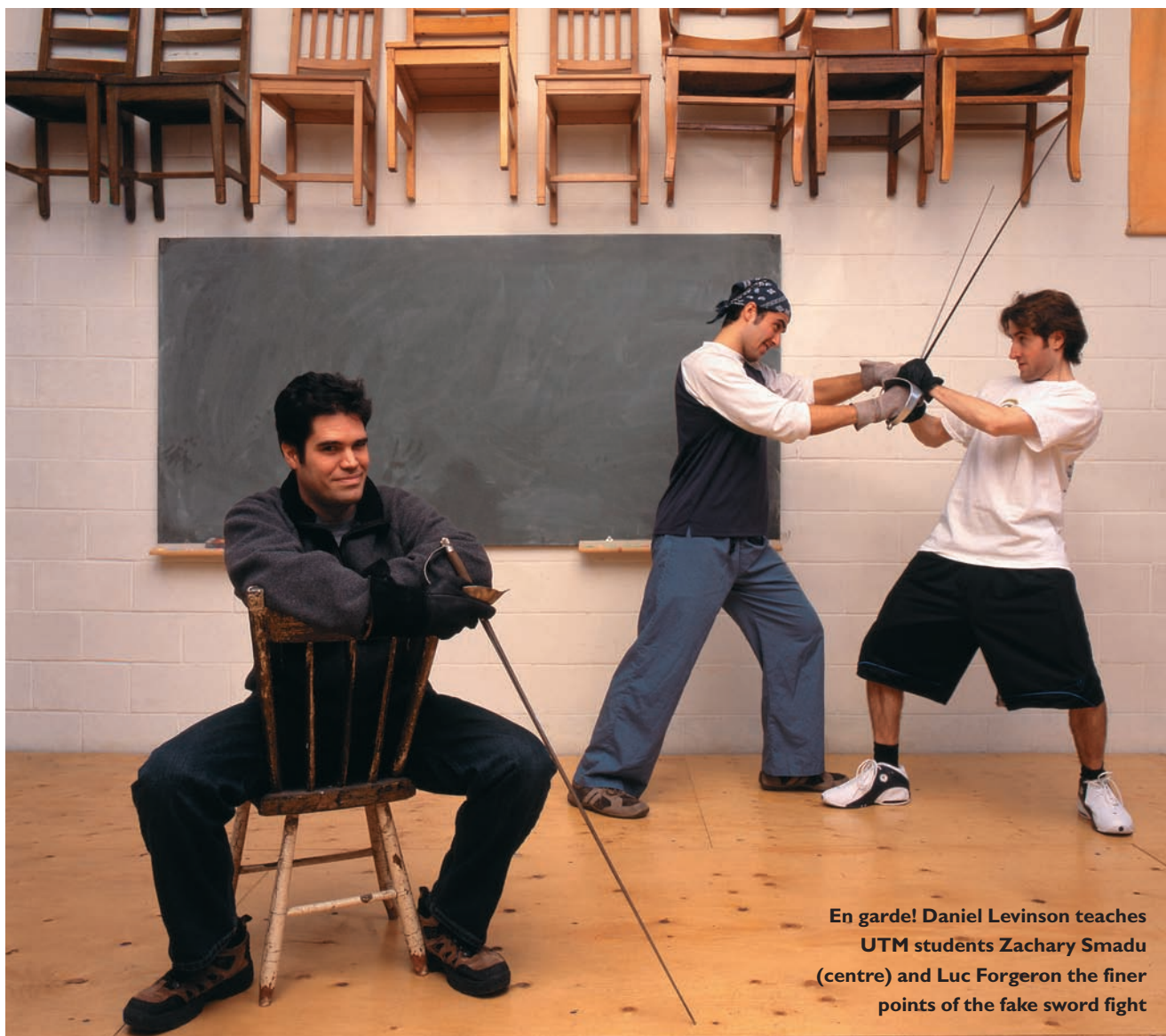


After singing calypso in a high school talent show at 16, he developed an interest in performing. Lall sang each year at

Caribana (the largest Caribbean festival in North America), and, at age 18, won "most promising artist" from the Organization of Calypso Performing Artists. After he finishes his part-time studies in music and Caribbean studies at U of T, Lall plans to become a music teacher, as well as continue writing and performing.

Lall has been a co-host since the show began eight years ago, but knew the program had really made it when soca icon David Rudder agreed to perform at its fifth-anniversary bash. After the show's 10th anniversary, Lall plans to leave to give someone else a chance. Asked if he yearns to have his Friday evenings back, he laughs. "This is therapy for me. To come here and just play music is something I love to do." He adds, "Besides, I've got little kids – they get up early!"

– Lisa Rundle



En garde! Daniel Levinson teaches UTM students Zachary Smadu (centre) and Luc Forgeron the finer points of the fake sword fight

The Art of Stage Fighting

Daniel Levinson is standing between two men aiming swords at each other's necks, and telling them to breathe. Maybe he can help them work it out without violence? Instead, he takes a large step back. "Okay. Resume."

Levinson doesn't want the two U of T students to *stop*, he wants them to fight like they mean it – but without getting hurt. Levinson is their fight instructor. The students have worked with him in the joint UTM/Sheridan College Theatre and Drama Studies program, and are now in his downtown Toronto studio earning their stage-fighting certification.

At UTM, Levinson teaches basic fight manoeuvres such as rolls, falls, throws, slaps, punches, kicks and chokes, as well as some knife and sword work. Through his company, Rapier Wit, Levinson offers more advanced training. He also choreographs and directs both armed and unarmed battles for stage and film. Included in his U of T repertoire are Theatre Erindale performances of *Dangerous Liaisons* and *A Midsummer Night's Dream*, as well as a Hart House production of *A Clockwork Orange*.

Choreographed combat is an intricate and potentially dangerous dance most actors will be required to perform during

their careers. Weeks of preparation translate into minutes on the stage; Levinson trained for nine years to become a certified fight director. (There are three combatant levels to complete in addition to two apprenticeships.)

The symbolic meaning of the fight intrigues Levinson as much as the technicalities. "The fight is a metaphor for what actors do – enter into emotional conflict with other characters. In some cases, words won't work." The emotions are raw and direct, Levinson explains. "I want to attack you; I want to cut your arm." When a fight is done right, it appears both spontaneous and inevitable. And, Levinson hopes, honest. He consults medical texts to achieve accuracy: If you are stabbed in the upper arm, how much blood would you lose? Would the blood trickle – or spurt? How long could you stagger about after an abdominal through-and-through?

The range of weapons is impressive. "Check out the armory," Levinson says, smiling. There hang rows of broadswords, rapiers, sabres, daggers and axes. Soon after, a package arrives at the studio. "Submachine guns," Levinson tells me. But he prefers weapons of old – for their drama. "Give me a sword fight any day."

– L.R.

PHOTOGRAPHY: EVANDION

New & Notable

Oxford's New Companion

Jon Dellandrea, vice-president and chief advancement officer, and the architect of the Campaign for the University of Toronto, has accepted a senior administrative role at the University of Oxford starting in October.

"The University of Toronto is home for me and leaving is not easy," says Dellandrea, who will serve as pro-vice-chancellor development and external affairs at Oxford. "It has been an enormous privilege to serve at one of North America's premier universities."

Under Dellandrea's leadership, the Campaign succeeded in raising more than \$1 billion for students, faculty and programs. Completed in 2003, one year ahead of schedule, the Campaign attracted gifts from 112,819 donors; of these, 50,000

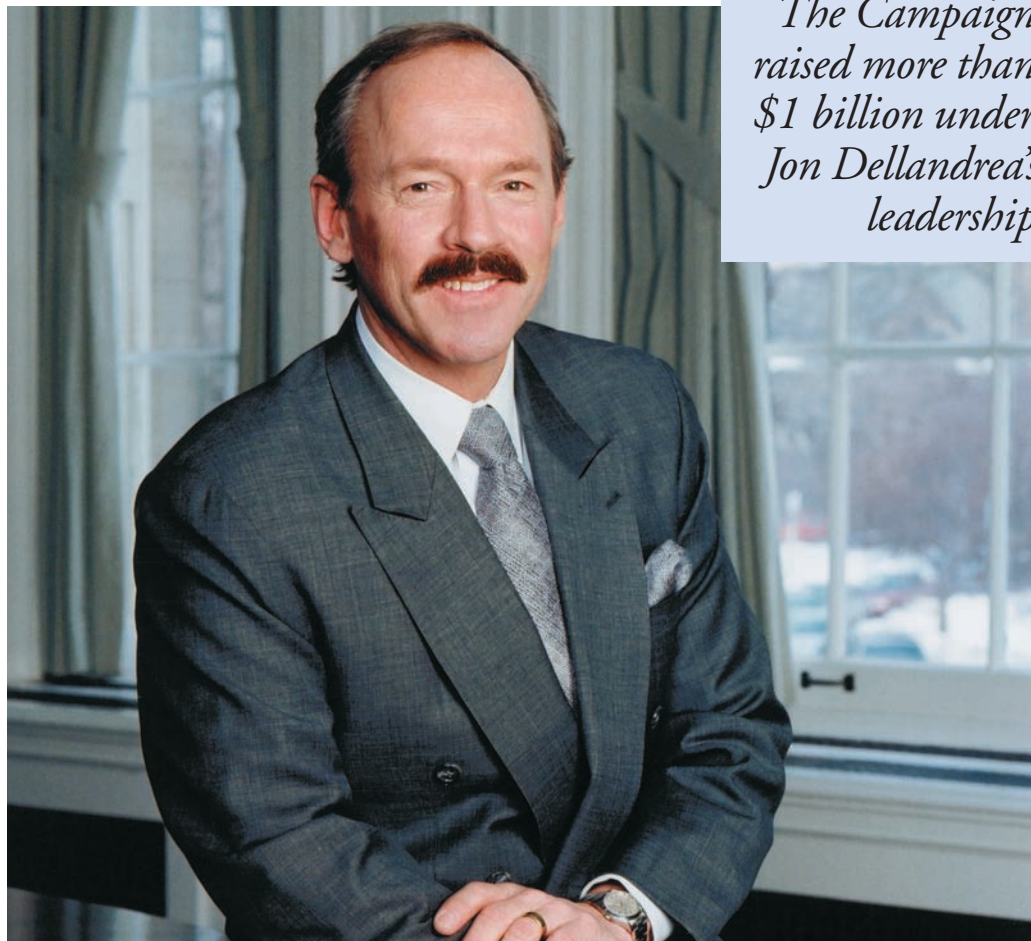
made their first-ever gift to the university and 217 made gifts of \$1 million or more.

"Jon Dellandrea has served the University of Toronto with passion, intensity and enormous success in his 11 years as VP," says interim president Frank Iacobucci. "His history with U of T is filled with accomplishment, and his dedication to the university is extraordinary."

Dellandrea has had a long association with U of T, where he earned a bachelor of arts, and master's and doctoral degrees in higher education. He is a professor in the division of management and economics at the University of Toronto at Scarborough and in the Rotman School of Management, and an associate senior fellow of Massey College. He will remain at the university until the end of June.

PHOTOGRAPHY: LISA SAKULENSKY

The Campaign raised more than \$1 billion under Jon Dellandrea's leadership



Appointments

Catherine J. Riggall was appointed the university's vice-president (business affairs) late last fall after serving in an interim capacity since January 2004.

Riggall joined the university in 2002 as assistant vice-president (facilities and services), and helped transform 89 Chestnut Street from hotel to a state-of-the-art residence.

Three of U of T's most experienced deans were reappointed in December. Professor Roger Martin, dean of the Joseph L. Rotman School of Management, will serve a second five-year term. Martin is a professor of strategic management and the author of *The Responsibility Virus*. Professor Bruce Kidd, dean of the Faculty of Physical Education and Health, has been reappointed for three more years. The former Olympic athlete works to eradicate sexism and racism in sporting communities around the world, and has served as director of the International Campaign Against Apartheid Sport. Professor Wayne Hindmarsh, dean of the Leslie Dan Faculty of Pharmacy, will begin a new four-year term. He has written two books on drug abuse, and his research interests include neonatal toxicity, forensic toxicity and drug abuse prevalence.

– F. Michah Rynor,
Elaine Smith

Accolades

The Pierre Elliott Trudeau Foundation has named two U of T community members as 2005 Trudeau Foundation Mentors: Irshad Manji is Hart House's writer-in-residence and author of *The Trouble with Islam*, and Ken Wiwa, a Saul Rae Fellow at the Munk Centre for International Studies, is a human-rights activist and author of *In the Shadow of a Saint*. The mentors help promote public dialogue on such issues as human rights, social justice and responsible citizenship.

University Professors Sajeev John of physics and Geoffrey Ozin of chemistry, who created the first photonic crystal, received the inaugural Brockhouse Canada Prize for Interdisciplinary Research in Science and Engineering. The prize is accompanied by a \$250,000 research grant.

Professor John Youson of the University of Toronto at Scarborough has received the Canadian Society of Zoologists' Fry Medal for outstanding contributions to the field of zoology. Youson specializes in developmental biology, cell biology and endocrinology, and studies relatively ancient fish species such as lamprey, bowfin and gar.

In February, the Sexual Diversity Studies program gave its first annual Citizenship Award to the Canadian Union of Public Employees for challenging inequities and fighting prejudice within the labour movement and in larger society. The program also gave Awards of Merit to Vancouver lawyer barbara findley (who spells her name in lowercase) and Toronto filmmaker John Greyson for raising the visibility of lesbian, gay, bisexual, transgendered and queer issues.

— Lisa Rundle



Ken Wiwa



Irshad Manji

Pull Up a Chair

Why do aspects of our memories decline as we age? How does theatre education help city kids overcome the challenges they face at school? Professors Cheryl Grady (psychology) and Kathleen Gallagher (OISE/UT) will pursue these questions as two of U of T's 15 new Canada Research Chairs, named Nov. 12 in Vancouver.

In 2000, the federal government announced the goal of establishing 2,000 chairs in Canadian universities over five years. The new appointments bring U of T's current number of chairs to 175, out of an overall allocation of 267.

Tier I chairs, who are awarded \$200,000 annually for seven years are: Grady, Tania Li (anthropology), John Floras (medicine), Liliana Attisano (biochemistry), Joseph Culotti (medical genetics and microbiology) and Akira Miyake (psychology).

Tier II chairs, who receive \$100,000 annually for five years are: Gallagher, David Guttman (botany), Joel Levine (zoology), Daniel Sellen (anthropology), Denise Belsham (physiology), Lisa Robinson (pediatrics), Aneil Agrawal (zoology), Alberto Martin (immunology) and Sharon Straus (medicine). — Paul Fraumeni

Green Grass, Cleaner Harbour

Imagine for a moment that you were the mayor of Toronto and could spend as much money as you wanted to improve life in the city. What would you do?

That was the tantalizing question asked of real-life Toronto mayor David Miller (LLB 1984) in mid-January at a public event hosted by the School of Continuing Studies.

Miller talked to Andy Barrie of CBC Radio One's *Metro Morning* and an audience of approximately 100 about his dream of an Eglinton Avenue subway line running from Scarborough to Pearson

International Airport, which would end the impossibly long journey that people make by bus. There's a notion that people only travel between the suburbs and downtown Toronto, Miller said, but they are not always headed to the city centre.

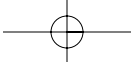
London and Chicago are role models for Miller, and he hopes Toronto will adopt certain features of those cities, including more room for pedestrians on city streets. He would also like to see more squares and parks in Toronto, and if this involved the demolition of a building or two, so be it. A harbour

that people could swim in features large in the mayor's dreams for the city, and more trees, flowers and public art would also assist in the transformation of the city, he said. The result would not be London or Chicago transported to Toronto, but a Toronto with a stronger identity of its own.

The event was one of several held at the School of Continuing Studies this year to celebrate its re-opening at 158 St. George Street and to encourage more interaction between the university and city.

— Karina Dahlin

PHOTOGRAPHY: JONINNY GREIG



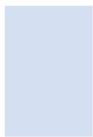
What Makes Us Happy

Last fall, Professor Adam Anderson began arriving at his office much earlier than usual, at an hour when the psychology department on the St. George campus was deserted. He didn't turn on his computer or even flick on the lights. Each morning, he would shut the door, sit down and close his eyes. He could have used the time to get a head start on the work piled on his desk, but instead he took half an hour to concentrate on nothing at all.

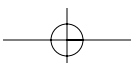
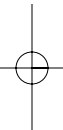
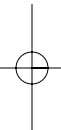
ILLUSTRATIONS: STEVE ADAMS/ILLUSION

Anderson, an expert on how the brain produces positive and negative emotions, began his daily ritual because he was studying the mental health benefits of

BY MEGAN EASTON



Science offers
surprising
new answers





“It’s like training any other muscle in your body. You’re developing your brain to cope better with the world”

meditation and wanted to test them firsthand. He is one of a growing number of researchers at U of T who are investigating the biological, psychological and circumstantial causes of happiness.

Historically, psychology has probed the dark corners of the human mind. Psychologists have focused on ways to cure, or at least curb, mental illness. It’s only in the past 10 years that researchers have been trying to identify the factors that contribute to happiness and a satisfying life – a study that has come to be known as “positive psychology.”

Anderson’s early-morning meditation sessions didn’t induce Zen-like bliss: a construction project was going full tilt outside his office window. “It wasn’t like an idyllic setting with a babbling brook,” he says with a laugh. “I heard jackhammers and saws. So I just said, ‘I’m going to find peacefulness in the din.’”

While practising mindfulness, people learn how to find calm in a difficult world. Being mindful means paying attention to moment-by-moment experiences. It means observing physical sensations and the mind’s thoughts and feelings, both positive and negative, without suppressing them or letting oneself be engulfed by them. A mindfulness response to anger would be “This is anger, and it will pass” rather than “I am really angry.”

Students of mindfulness begin by focusing on their breathing. Inevitably, the mind wanders. The challenge, says Anderson, is to keep bringing your attention back to your breath as a means of anchoring yourself in the present moment. Mindfulness instructors suggest meditating for 20 to 45 minutes every day. These sessions are the foundation of the whole practice, but the objective is to be mindful throughout all of life.

“Rather than labelling your daily experiences as good or bad,” says Anderson, “you just experience them for what they are.” When you wake up in the morning feeling down, for example, you monitor the dark thoughts and any related bodily symptoms such as heaviness or tension while getting on with your day. You simply note the sadness. You don’t ruminate on how you could possibly feel like this when the sun is out, who is to blame, whether it’s ruining your



life and so on. “Mindfulness is a child-like sensibility. It’s more sensory,” he says. It’s what Buddhists call the “beginner’s mind.”

People who master this skill are less prone to get upset when unpleasant feelings arise. Everyday mindfulness has helped Anderson, a Canada Research Chair in Cognitive Neuroscience who came to U of T from Stanford University in 2003, handle the pressures of being a new professor. “When I’m working on something, I feel guilty because I know it’s taking me away from working on something else. But I’m able to have those thoughts now without the anxious feelings that would normally accompany them,” he says. “I feel more

composed.” Meditation, he adds, is like fitness for the brain. “It’s like training any other muscle in your body. You’re developing your brain to cope better with the world.”

New research has found that mindfulness can help people who suffer from depression. Professor Zindel Segal, the Morgan Firestone Chair in Psychotherapy at U of T and Mount Sinai Hospital, combines the principles of mindfulness with cognitive behavioural therapy, a form of psychotherapy that helps people see the connection between their thoughts and feelings. In people who have been depressed before, even mild sadness can trigger an excessive amount of negative thinking, which can, in turn, cause a recurrence of full-blown depression.

Professor Segal has discovered that mindfulness can keep people out of that harmful loop by teaching them to be aware of temporary unhappiness without being swallowed up by it. They learn that sad feelings are a part of life and usually transient, provided they don’t dwell on them. In a study published in 2000 involving individuals who had recovered from several bouts of depression, Segal found that those who completed mindfulness-based cognitive therapy relapsed in the following year only half as often as those who did not receive the therapy. A subsequent study in the U.K. replicated these findings, and researchers concluded that mindfulness therapy is most effective in preventing the recurrence of depression in patients who have had three or more previous episodes.

Why does mindfulness meditation work? Neuroscientists from several North American universities have been studying

Buddhist monks – the acknowledged world champions of meditation – to see how their brains differ from the average person's. Segal and other researchers at U of T, meanwhile, are using advanced medical imaging to examine how mindfulness and psychotherapy affect the brains of ordinary people struggling with depression.

Along with Dr. Helen Mayberg, who is now at Emory University in Atlanta, but is still an adjunct professor of psychiatry at U of T, Segal led a groundbreaking study in 2002 that compared the brains of people who had recovered from depression using cognitive behavioural therapy with those who had used a popular antidepressant. The patients who got well with the drug showed changes in the lower, more primal, part of the brain known as the limbic system, while those who received therapy demonstrated changes in the upper areas of the brain connected with higher thought. Both areas are implicated in depression. The hopeful message from this research, says Segal, is that there are different routes to mental health. Drugs are not the only solution; we can also feel better by altering how we think.

Segal, who is also head of the Cognitive Behavioural Therapy Clinic at the Centre for Addiction and Mental Health, will test this theory further later this year. He and Anderson are collaborating on a research project to investigate how the brains of people who have recovered from depression respond to sad stimuli – clips from movies such as *Terms of Endearment*, for example – before and after mindfulness-based cognitive therapy. Segal expects the mindfulness training to enable the group to watch the clips without becoming sad themselves. “You can change the chemical environment of your brain with drugs,” says Segal, “and you can do it with mindfulness, and by learning how to pay attention in the midst of upsetting emotions.”

Evidence of the healing power of mental training is exciting for everyone interested in happiness, says Anderson, and not

Feeling Good vs. Doing Good

The meaning of happiness has changed over time

Unlike contemporary North Americans, the ancient Greeks believed happiness could be achieved only by being a good person; it had nothing to do with feeling good.

Aristotle offered the most complete articulation of the ancients' views about well-being. He said happiness could be achieved only through virtuous conduct and rigorous thought. Professor Thomas Hurka, who takes a similar view, says the good life consists of things that are valuable and worth pursuing in themselves – self-understanding, achievement and moral virtue, among others – even if they don't always make you feel happy in the sense of feeling pleasure. “Sometimes genuine self-understanding is painful,” says Hurka, the Henry N.R. Jackman Distinguished Professor in Philosophical Studies.

Early Christian scholars incorporated this notion of suffering for happiness into their doctrines. St. Augustine, a theologian who lived in the fourth century, argued that original sin precluded perfect happiness in this life, but the devout would get their due in the afterlife. Reformation theorists pondered whether earthly pleasures might even be a sign of God's grace, a reward for good behaviour in advance of the real thing in heaven.

A radical break came in the 17th century when the English philosopher John Locke suggested that feeling good was intrinsically good because God wanted his creatures to be happy. The right action was therefore the one that resulted in the most pleasant feelings. Utilitarianism, a philosophy that flourished in the 18th century, extended this theory to public life. It asserted that government should judge its policies on which ones produce the greatest happiness for the greatest number of people. The 19th-century English philosopher John Stuart Mill offered a refined version of utilitarianism in which he distinguished between “higher” and “lower” pleasures. In his view, cerebral satisfaction should rank higher than purely physical delight, which any animal could experience.

The idea that happiness is about feeling good rather than “doing good” has modern defenders. Wayne Sumner, a U of T philosophy professor and proponent of utilitarianism, says happiness has both an immediate, emotional component (you feel fulfilled in your life) and a more long-term, cognitive component (you judge that your whole life is going well). For Sumner, this kind of happiness is the most important part of the good life. – M.E.

just for those who want to prevent depression. “This empowers us as individuals to understand and regulate our own emotions,” says Anderson. “That's part of what's exciting about it – we're looking at untapped human potential.”

As promising as mindfulness meditation is, our happiness is not entirely within our control. Genetics plays a part, too. In 1996, University of Minnesota researcher David Lykken released the results of a study in which he had examined the role of genes in determining one's satisfaction with life. Lykken collected data on about 4,000 sets of twins

How I Learned to Stop Worrying and Love HGTV

A lifelong pessimist meets his match
BY JOEL YANOFSKY

My wife and I had known each other only three months when we decided to get married. We'd fallen in love and gotten ourselves pregnant, more or less in that order. Were we ready for a new life? Who knows? Both of us were pushing 40 so if we weren't, we probably never would be. There's bound to be a learning curve in any relationship – she's teaching me yoga, I'm teaching her poker – but ours has been particularly steep. What my wife didn't know about me, for example, is that I complain about everything. What I didn't know about her is that she'd prefer I didn't.

Which is why the other day, to see where we stood, we took a "life-orientation test" I saw in a book called *Learn to Be an Optimist*. The test measures attitude and

outlook. The questions were surprisingly easy, at least for me. (I. *In uncertain times, I usually expect the best.* Ha! 7. *I hardly ever expect things to go my way.* You can say that again!) I finished the test long before my wife. My score – three out of a possible 24 points; "extreme pessimism" on the test scale – was also easy to tally. My wife, who rated a 16, looked worried. "But I'm happy," I said. "Really. Extremely." To which she replied, "Compared to what?" Good question. Woody Allen once said that life is either miserable or horrible, and you should consider yourself lucky if, most of the time, you are merely miserable. By that standard, I explained, who's luckier



than us? I also pointed out that since studies routinely demonstrate that there's no happier creature on the face of the Earth than a married man – happier than married women, anyway – it's safe to assume my score, low as it was, was probably higher than it had been before we met.

Somehow, none of this reassured her. As she double-checked the test results, I could guess what she was thinking – perhaps because it was what she was thinking more and more often: there's room here for improvement.

Another thing I recently learned about my wife is that she's addicted to HGTV. Home & Garden Television provides viewers with a wealth of home-decorating solutions and do-it-yourself good intentions. No amount of clutter is untameable, and no slob (i.e. husband) too irredeemable. The

born in Minnesota between 1936 and 1955, compared the results from identical and fraternal twins, and came to the conclusion that about half of one's happiness is determined genetically. The other half depends on life circumstances and what Lykken calls "life's slings and arrows."

Our inborn temperament explains the general stability of our well-being over time. A famous 1978 study by researchers from Northwestern University in Chicago found that lottery winners reported feelings of intense joy following their win, while paraplegic and quadriplegic accident victims experienced despair. Within a few months, though, people in each group reported feeling about the same as they had prior to the life-changing event, leading experts to conclude that we all have a happiness set point. Our mood rises and falls, and serious mental illness can shift us lower, but over the long term our average happiness hovers around the same spot. "Someone who has a cheerful disposition today is probably going to be cheerful 10 years from now," says Professor Ulrich Schim-

mack, who spent two years working in the University of Illinois at Urbana-Champaign lab of Edward Diener – a pioneer in the study of happiness and the editor-in-chief of the *Journal of Happiness Studies* – before joining the psychology department at the University of Toronto at Mississauga.

In almost any situation, Schimmack says, our personality strongly influences our happiness. We all know someone who is wealthy, good-looking and successful yet also downright glum. "If we feel bummed out or that our life is meaningless, it's hard for us to ignore those feelings and say, 'Hey, my life is great,' even if in most ways it is."

Schimmack's research has refined scientists' understanding of the link between specific personality traits and well-being. A study published last year illustrated that, of all the traits, a predisposition to sadness – the tendency to have a lot of blue days – has the strongest negative impact on life satisfaction. Cheerfulness has the greatest positive effect. Shocking? No, but it's the first time these intuitive truths have been proven

“When my wife and I are watching *Debbie Travis’ Facelift*, I’ll notice she’s eyeing me the way she used to eye our gloomy living room decor”

premise of the channel, which features redesign and makeover programs *24/7*, is that by improving your surroundings you will invariably improve your outlook, your attitude and your potential for happiness.

I complain to my wife about HGTV, but, frankly, I enjoy it. I like the perky hosts and their earnest handyman sidekicks talking about “wallpaper making a comeback.” Or saying things like, “Eggshell is the new black.” Only now, when my wife and I are watching *Debbie Travis’ Facelift* or *Rooms That Rock*, I’ll notice she’s eyeing me the way she used to eye our gloomy living room decor. Her focus has shifted from our home’s interior to mine.

In an episode of *The Simpsons*, Marge shares some advice on the opposite sex with her daughter, who has become infatuated with a pint-sized thug. “Most women will tell you you’re a fool to think you can change a man,” she says to Lisa, “but those women are quitters.” My wife’s no quitter.

And it doesn’t help that there’s now scientific evidence to support her decision

to make me her new renovation project. Martin Seligman, the author of *Authentic Happiness* and a former president of the American Psychological Association, studied optimism for 25 years and concluded that “optimistic people got depressed at half the rate of pessimistic people,” and that they also “had better, feistier immune systems, and probably lived longer than pessimistic people.” They also tend to be better students, salespeople, athletes, parents and, it goes without saying, husbands.

So it’s no wonder that upbeat is in and that self-esteem couldn’t be more highly esteemed. Feeling good about the world and yourself is its own reward, of course, but it’s also as trendy these days as pilates and SUVs. “Happiness is the new black,” my wife announced the other day.

According to Seligman, himself a recently reformed grouch, the goal for psychologists and psychiatrists has changed. They used to worry mainly about making miserable people less miserable; now they concentrate on making happy people happier. “My aim

is that psychology and maybe psychiatry will increase the tonnage of happiness in the world,” Seligman said in a recent interview. He and others in the field called positive psychology are hard at work creating “interventions that reliably change pessimists into optimists.”

In other words, as my wife also announced recently, “Resistance is futile.” For some people, the Dalai Lama or Donald Trump, let’s say, happiness comes naturally; others, like me, have to have tons of it thrust upon them. Still, I’m not complaining anymore. In fact I’m counting my blessings – along with learning to enjoy yoga, an exercise highly recommended in *Learn to Be an Optimist*. I know I’m lucky to have a family I love and a wife who cares about me enough to try to make me into a brand new person. But am I forgetting something? Yes, of course, access, round the clock, to HGTV.

Joel Yanofsky is a Montreal writer and the author of Mordecai & Me: An Appreciation of a Kind.

scientifically. Schimmack also found that, contrary to what we might expect, sociability plays only a minor role in increasing our sense of fulfillment, and anxiety doesn’t diminish it. “A lack of meaning is more detrimental to life satisfaction than stress and worries,” he says.

Since we can’t trade in our gloomy genes, this may all sound grim. Yet in the realm of happiness, personality is not destiny. We have the capacity to enhance our well-being by striving for things that will make our lives more satisfying, says Schimmack. The problem is that we generally don’t know what will make us happy or unhappy. Joy is rarely as intense or as long-lasting as we imagine it will be, and the same is true for despair. This leads us to make poor choices in our quest to be happy. So Schimmack’s ultimate goal is to identify, through scientific testing, the personal and social factors that truly do contribute to our sense of well-being.

What do people say when they’re asked what makes them happy? Family and friends tend to rank high, as do religion,

career and health. But studies have yielded conflicting results, particularly about how much marriage and faith contribute to happiness. Although a 2000 study by Diener of more than 59,000 people in 42 countries concluded that there is a positive correlation between marriage and life satisfaction across cultures, more recent studies have challenged this idea. In 2003, Richard Lucas of Michigan State University published research showing that people report being happier only at the beginning of a marriage; after five years they tend to return to their previous level of happiness. As for religion, studies have demonstrated a link between religiosity and happiness, though researchers say the social-support and community aspects of attending religious services are probably more important than belief in a higher being.

In an experiment involving mostly female university students, Schimmack showed that feeling satisfied in areas of our lives that we personally value can strongly contribute to happiness. “Progress toward a goal in a life domain that you

“A lack of meaning is more detrimental to life satisfaction than stress and worries”

care about is more important than the goal itself,” says Schimmack, adding that unattainable ambitions can lead to discontent. Setting career goals that don’t match up with your talents and abilities, for example, is a sure way to unhappiness.

Researchers know that people also look to the balance of pleasant and unpleasant experiences over their lifetime when they judge their life satisfaction. But traumatic events don’t have to derail our quest for happiness, says Professor Kate McLean, also in UTM’s psychology department. She studies how people make sense of their suffering by creating their own life stories, and has found that the way we tell the tale of an upsetting experience, whether it’s a divorce or a failed exam, influences our quality of life. “The more people acknowledge the negativity of the event and find some sort of resolution,” she says, “the better off they are in terms of well-being.” Rather than glossing over something and repressing it, we should find meaning in it, integrate it into our identity and move on.

When it comes to pleasant experiences, and particularly the pleasant physical experiences in our lives, many people would agree that activities such as playing sports, dancing, eating good food and having sex bring them happiness. But according to Schimmack’s research, physical fulfilment doesn’t have a lasting influence on our sense of well-being, though it can definitely brighten our day.

The same is true of money. Although wealth gives us the opportunity to pursue these pleasant physical experiences more often, it’s not the key to happiness that many expect. On survey after survey, rich people report being happier than poor people, but the difference for those who can afford life’s necessities is negligible. In other words, the extremely affluent are generally no happier than the modestly well off. “It’s possible that people don’t evaluate their total life satisfaction based on their income or material possessions,” says Schimmack, “though they clearly enjoy their new cars and boats on a

Rate Your Happiness



How happy are you? Try this short test. The Satisfaction with Life Scale was devised in 1985 by Edward Diener, a psychologist at the University of Illinois at Urbana-Champaign, and is used by researchers around the world.

On a scale from 1 to 7, indicate how strongly you agree or disagree with the following statements, with 7 being strong agreement.

1. In most ways my life is close to my ideal.
2. The conditions of my life are excellent.
3. I am satisfied with my life.
4. So far I have gotten the important things I want in life.
5. If I could live my life over, I would change almost nothing.

Total score: 31 to 35: you are extremely satisfied with your life; 26 to 30: satisfied; 21 to 25: slightly satisfied; 20: neutral point; 15 to 19: slightly dissatisfied; 10 to 14: dissatisfied; 5 to 9: extremely dissatisfied

day-to-day basis.” Perhaps the saying should be changed to “Money can’t buy *long-term* happiness.”

There is a twist, though. The happiness we derive from our own wealth depends on the wealth of those around us. A Harvard University study showed that most people would be happier to receive \$50,000 if everyone else got \$25,000, than to get \$100,000 if everyone else got \$200,000. It seems we are willing to settle for less, as long as we’re faring better than those around us. Studies have also shown that we quickly grow accustomed to any increase in wealth. Scientists call it the hedonic treadmill: before long we’re wondering when the next increase is coming and looking around to see who’s doing better. Since there will always be someone one rung up the ladder, it can be a vicious, misery-making cycle.

As a society, we are about as happy as we were 30 years ago, but we’re certainly becoming more preoccupied with happiness – witness the flourishing of the self-help industry. In general, says Schimmack, societies that do not have to worry about poverty worry about happiness. “Once you don’t have basic needs to fulfil, people move from survival values to what’s called well-being values. Those values are ‘I want to feel good all the time,’ ‘I want to have fun’

and ‘I don’t want to do the things that aren’t fun anymore.’ We’ve become more hedonistic in our choices and in the way we evaluate what is good and bad in our lives.”

This may explain why the majority of researchers exploring the science of happiness are from Western nations. While they are no doubt fuelled by scientific curiosity, they may also be energized by society’s passionate interest in their findings. “People are always asking, ‘Am I happy?’” says Schimmack. “It seems to be on everyone’s mind.” ■

Megan Easton is a freelance writer in Toronto. She wrote about young alumni in the Summer 2004 issue.

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Watercolour design by Ina Elias

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- Great Books by Great Grads
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DISAPPEARING

Act

SHEILA HETI HAS A WAY OF MAKING YOU FEEL AS IF you're the most interesting person in the room. She and I are waiting in line at Future Bakery & Café on Bloor Street where we've met to talk about her new novel, *Ticknor*, but already she's asking *me* all the questions. "How do you like freelance writing?" she inquires. "Who have you written for?"

When Heti's hot cider is ready and I've filled my mug with coffee, we find a place to sit, and I put a digital recorder on the table between us. I want to begin by asking Heti about the inspiration for her new book, but the miniature device catches her attention, and I soon find myself telling her about a creative project *I'm* involved in: recording voice messages from people on the street and posting the messages online. Her voice rises as the questions pour out. "Are people able to be free enough with themselves?" she

After years at the heart of Toronto's indie culture scene, author Sheila Heti is leaving town

BY MICAH TOUB



PHOTOGRAPHY: GREG PACER

wonders. “Do you use their full names?” “What are you calling the project?”

You expect writers – especially those who write fiction – to show an interest in people, but I sense that Heti, 28, makes a habit of investigating subjects until she’s covered every conceivable angle. She seems to want to know *everything*, and would be just as happy not to talk about herself at all.

YOU CAN FIND OUT A LOT ABOUT Sheila Heti (BA 2002 Trinity) without asking her, thanks to a literary career that went public in 2000 when *McSweeney’s*, a hip U.S. literary journal founded by American writer Dave Eggers, published five of her short stories. Heti was 23 at the time, and studying art history and philosophy at Trinity College. Her first book, *The Middle Stories*, was published the following year.

Looking back now, Heti says the spate of sudden attention was a little bewildering – and made her the target of some ill-mannered jealousy, mostly from the press. She felt many of the reviews of *The Middle Stories* focused on the buzz around the book and gave hardly any thought to the content. “It struck me as suffering from, if not jealousy, at least some kind of preoccupation with whatever degree of success they seemed to think I was having.”

The Canadian literary community is extremely small, and many writers work for years without signing a publishing contract. So when someone new comes along and seems to achieve success *too* quickly, certain questions arise: about talent, about staying power, about owing one’s success to someone else. Heti knows she has *McSweeney’s* to thank for getting her noticed, and, indirectly, for her first book, but she became clearly tired of being asked about it. “I’m so lucky that it happened,” she told an interviewer a few years ago. “But it’s also like constantly being asked about your sister.”

Before Heti was a published writer, and before *NOW* magazine readers voted her “best emerging author” for three of the past four years, she had little idea what she

wanted to do with her life. After graduating from North Toronto High School, she thought it would be fun to write plays, so she enrolled at the National Theatre School in Montreal. During her first year, a stage adaptation she’d written of *Faust* was cancelled by her teachers. “They thought it was going to ruin my career,” she says. The teachers never gave her any specific feedback, but *Faust’s* love interest in her version was only 12 years old.

“I’m
quitting everything. I don’t want
anything that was in my life
while I was writing this book to
be in my life anymore.”

“I think it left many of them feeling nauseated.” Heti dropped out after that and moved back to Toronto, where she took a job in the editorial department at *Shift* magazine. Although she found the work enjoyable, she says the triviality of the assignments eventually wore her down. For one article, she recalls having to interview people who were obsessed with the heroine of *The Little Mermaid*. “She’s a cartoon character!” Heti exclaims. “I felt like I had to study something real.” So she went back to school.

At the University of Toronto, Heti spent a full semester studying *Ulysses* with Professor Jennifer Levine, who says Heti was fascinated by the idea of literature within literature. “Sheila was reading not to prove a preordained model in her head, but to think about the world.” Levine enjoyed *The Middle Stories* and thinks Heti’s writing echoes elements of Joyce. “Underlying their verbal games there is a powerful sympathetic imagination,” Levine says. “Everyone is interesting. No one is boring.”

ONE DAY A FEW YEARS AGO, HETI WAS waiting for a friend at a downtown

Toronto lounge, and randomly pulled a book – an old leather-bound volume – from one of the shelves. She began reading and was intrigued by the uniqueness of the writer’s voice. “So I stole it,” she says.

The book, published in 1864, was *The Life of William Hickling Prescott*, a biography by George Ticknor of his friend and fellow Harvard scholar William Prescott. It was Ticknor’s voice – the style of his writing – that provided Heti with the inspiration for her new book and its central character. She explains that Ticknor wrote in an exceedingly reverent and formal style, leaving the reader to imagine what was going on between the lines. “I didn’t want to write a historical novel. I was doing an impersonation,” she says. “I wanted to know Ticknor through his voice – not through the details or narrative of his life.”

The action in Heti’s psychologically dense 108-page novel takes place over one night as Ticknor reluctantly makes his way to a party at Prescott’s. As he walks along the cobbled streets of Boston, Ticknor wrestles with difficult personal questions: What does his friendship mean to Prescott? Why has he failed to become a great writer? Will he be missed should he forgo the party altogether?

In life, George Ticknor was a respected and influential professor of belles-lettres. Heti’s Ticknor, however, is a paranoid, anxiety-ridden, failing writer who’s jealous of his best friend Prescott, who is extroverted, often published and well loved – much like Heti’s own public persona. I ask Heti whether there is also a Ticknor side to her personality, a hidden, anxious element that sometimes comes into conflict with her Prescott self. “I think that’s a legitimate thing to say,” she responds, but leaves it at that. Heti has never been the kind of author who likes to tell her readers what to think.

Ticknor is ostensibly set in mid-19th century Boston, but Heti deliberately drops clues to suggest otherwise. Streetcars rumble through the city, Ticknor wears rubber earplugs to block out noise

from a neighbour's party, and he feels guilty about smoking – a decidedly modern-day phenomenon. Although the anachronisms are subtle, they're enough to make a careful reader realize that the story takes place somewhere other than in historical reality. "It doesn't take place in the history of America, but in the history of an attitude or a feeling," Heti explains.

Ticknor may not be historical fiction, but Heti used her subject as a starting point – literally. In writing the book, Heti often began by typing directly from the real Ticknor's own prose, using the beginnings of his sentences as fuel, and continuing on her own from there. Heti used a similar creative technique in writing *The Middle Stories*, where she would begin sentences without knowing how they would end. It's how she talks, too. She starts down one path, stops, then starts again on another. If you listen long enough, you can see how her ideas come into existence.

IS EVERYONE INTERESTING? HETI SEEMS to believe it. In *The Middle Stories*, her characters were often generically identified – the plumber, the middleman, the poet – but she infuses their lives with fantastical events. Similarly, in *Ticknor*, Heti delves into the mind of a man who thinks he is worthless, but in showing him attention, proves he's not. Heti tested the notion in real life by creating a venue for "average" people to speak publicly about the things they really care about. That venue is Trampoline Hall, a monthly lecture series held in a variety of Toronto bars, which Heti founded three years ago with her friend Misha Glouberman.

The people Heti asks to speak at Trampoline Hall are not really "experts" and often have never spoken in public. The lectures are not designed to inform or educate, though Heti hopes they do communicate something "truthful." And so Trampoline Hall audiences have listened to impassioned speeches about the number 32, why gossip is worse than pork, and how fantasy sports leagues allow men to be intimate without being personal. Heti would be the first to admit that the lectures are sometimes rough around the

edges, but she says they are never boring.

For Heti, who arranged the speakers each month but has now handed responsibility for the whole enterprise to Glouberman, the series took on a social dimension. "I fall in love with people all the time," she says, "and Trampoline Hall was a way of doing something with them rather than just going out for coffee." In his memoir *A Heartbreaking Work of Staggering Genius*, Dave Eggers describes a lattice – a figurative snowshoe – whose criss-crossing fibres are made up of the individual connections among people. The lattice gains strength every time two people connect, and if the network grows large enough, it can support anything. Trampoline Hall was Sheila Heti's lattice.

Now that her involvement with Trampoline Hall has ended, it's possible that the William Prescott phase of Heti's life is coming to a close, and the era of Ticknor – the reclusive writer – is beginning. "I'm quitting everything," she says. "I don't want anything that was in my life while I was writing this book to be in my life anymore." She says all her cultural activities from the last four years – Trampoline

Hall; her impassioned articles about art in the public sphere; the biweekly cocktail parties that she and her husband, *Globe and Mail* music columnist Carl Wilson, held at their home in Toronto – share some indefinable quality that she wants to be done with now. She's even leaving the city, at least for a while, and she doesn't want to say where she's going next. She wants to disappear. "I don't want to know anybody," she says.

These days, people expect a lot from Heti, who is left with no time to do what is most important to her – write books. Along with reading and just simply thinking about things, Heti says she will have more time in her new city to indulge in her craft.

When we've drained our mugs and put on our coats, I walk Heti to her next appointment, which happens to be just around the corner, at the place she discovered Ticknor. As she opens the door to go in, I realize that whoever awaits her there will surely feel like the most extraordinary and exciting person in the room. ■

Micah Toub is a freelance writer in Toronto.



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T O M O R R O W ' S
U N I V E R S I T Y
O F T O R O N T O

Ready for a world of change **By Margaret Webb**



The University of Toronto is aiming to secure a place among the top 10 public universities in the world, and has laid out an ambitious agenda for how to achieve its goal.

Over the next five years, Canada's largest university intends to improve the experience of its 50,000 undergraduate students – both inside and outside of the classroom. Students will take more seminar classes, have increased opportunities to work on research projects with their professors and enjoy better prospects of studying abroad. With a click of a computer mouse, they'll be able to register and pay for courses, obtain course materials – even book a tennis court – online. They'll be offered more chances to participate in athletic, co-curricular and community activities, which, in turn, will help them foster a closer affinity to their school.

To develop scholarship in emerging fields, U of T plans to expand its expertise in interdisciplinary subjects such as ethics, public policy, culture and immigration. It will make community involvement – both locally and nationally – central to its mission. And it will continue to strive toward equity and diversity in all of its activities.

“The Stepping Up academic plan has been an enormous undertaking,” says Professor Vivek Goel, vice-president and provost. “What has emerged represents a culture shift for the university. With Stepping Up, we have developed a plan that will result in a renewed spirit at U of T with a strong emphasis on enhancing the student experience.”

As you'll find in the following articles, each of which discusses one of the five major goals of the university's Stepping Up plan, undergraduates are already getting a taste of U of T's future.

ILLUSTRATION: MAURICE VELLECOOP/PHOTOGRAPHY: KEVIN KELLY



T O M O R R O W ' S U N I V E R S I T Y O F T O R O N T O

Goal 1: Every student will have the opportunity for an outstanding and unique experience at the University of Toronto

On a bitterly cold morning, students arrive early for Professor John Browne's first-year seminar course on J.R.R. Tolkien's fantasy trilogy *The Lord of the Rings*. Half-a-dozen former students are here, too. They have returned to challenge the frosh in a game of Tolkien Trivial Pursuit that Browne has devised to ease students back after Christmas holidays.

Browne, the white-bearded former principal of Innis College, is as visibly delighted to see his alumni as they are to see him. They tease him mercilessly about his "evil laugh" when his questions stump the students.

The alumni triumph, but that's hardly the point. After class, everyone lingers to talk; indeed, Browne has to shoo them from the seminar room at Woodsworth College so he can prepare for his next class. Clearly, Browne's small seminar – enrolment is capped at 24 – achieves important goals: it inspires students' passion for learning, boosts confidence and fosters a sense of community. (Browne and some of his former students still meet two or three times a year for lunch.)

Large lecture halls filled with hundreds of first-year students are still the norm at U of T – something that's unlikely to change without a significant infusion of new provincial funding. But the university recognizes the need to give a greater number of first-year students at least one intimate, superbly taught

first-year class, such as Browne's.

Good teachers need the support of their school, and Browne is a prime example of how someone, with training and ample prep time, can create a transforming classroom experience. After teaching graduate courses and serving in administration for 26 years, Browne asked to return to the classroom – specifically to teach first-year students. Then he took a six-month administrative sabbatical, to plan his Tolkien course. "Most of these students speak *e* [as in electronic] as a native language," says Browne. "I wanted to live in the context they're living in, to lower the barriers between us."

Browne started preparing at U of T's Resource Centre for Academic Technology, "taking every course available," he

Reverse Report Card

Survey asks students their opinion of U of T

What's the best way to measure the quality of a university education?

To create its annual ranking of Canadian universities, *Maclean's* uses more than 20 measures such as class size, operating budget, scholarships and library holdings to come up with an overall score for each school.

The National Survey of Student Engagement (NSSE), on the other hand, asks students directly about their university experience to determine how engaged they are with their undergraduate education. Research has shown that students who are

highly engaged in their studies and active on campus fare better academically and enjoy a better learning experience than those who are not.

Developed at Indiana University in 1999, NSSE is used annually at more than 400 universities in the United States. U of T participated in the survey for the first time in 2004, along with seven other Canadian research universities.

While U of T students reported a high level of academic challenge, they gave the university lower marks on student-faculty interaction and support services. "A decade of underfunding has taken its toll," says David Farrar, deputy provost and vice-provost, students. "We need to improve our efforts to enrich the educational experience, both in the classroom and outside, and to help students develop

supportive relationships."

U of T e-mailed the NSSE survey last fall to about 4,400 first- and fourth-year students from all three campuses and in all first-entry faculties. Almost 60 per cent of the 2,400 respondents were women; 73 per cent lived off campus; and 55 per cent of first-year respondents identified as visible minorities.

The university plans to administer the survey every two years to measure the success of the Stepping Up academic plan, particularly with respect to student experience. The survey will also enable the university to compare its performance against peer institutions in Canada and the U.S. "NSSE is the standard U.S. experts in the field have developed to get at the heart of the student experience," says Farrar. "And that's exactly where we want to go." – Scott Anderson

jokes. With his improved computer skills, he developed a comprehensive Web site for his course that runs to hundreds of pages. It not only informs and guides, but connects students – to him and each other. Browne posts notices and answers questions via e-mail. Students do group work on online bulletin boards and continue class conversations through instant messaging. “The course runs 24/7,” says Browne. “It’s intense.”

The Stepping Up plan aims to develop and celebrate exemplary teachers such as Browne, who recently received a Faculty of Arts & Science Outstanding Teaching Award. “We want to ensure that every student who comes to U of T has a great academic experience,” says Provost Vivek Goel. “And we want professors to have the resources they need to develop and make the most of their teaching skills.”

Three years ago, U of T created the Office of Teaching Advancement (OTA) to improve the overall quality of teaching at U of T and celebrate examples of excellence. This year the office offered 36 seminars to about 1,200 participants, and next year it plans to expand its offerings. U of T is also creating an Academy of Teaching to honour outstanding teachers with a designation similar to the title of University Professor. Teaching ability is already a major consideration in both tenure and annual salary reviews, yet it’s often harder to assess than research accomplishments. OTA helps professors build teaching portfolios (a record of accomplishments, including the creation of new courses or revitalization of old ones). The office also advocates for policy changes to support teaching, such as sabbaticals to allow professors to prepare new courses. “How do we recognize, celebrate and



Stepping Up aims to develop and celebrate exemplary teachers such as Professor John Browne (left), whose first-year seminar course on J.R.R. Tolkien's *The Lord of the Rings* is a prime example of a transforming classroom experience

reward professors who spend a lot of time and imagination on creative teaching?” asks Ken Bartlett, the director of OTA, whose office is looking into ways of acknowledging great teachers. “We’re trying to galvanize more colleagues to discuss teaching the way they discuss research.”

Learning also happens outside the classroom, and U of T is stepping up efforts to draw students more fully into co-curricular activities. “University is not just about imparting information,” says Professor David Farrar, deputy provost and vice-provost, students. “It’s about engaging students. And that’s challenging, with so many of our students living off campus.”

Last year, U of T participated for the first time in the National Survey of Student Engagement (NSSE), an independent North American survey administered by the Indiana University Center for Postsecondary Research, to find out

where it’s succeeding and where it’s falling short in involving students in the classroom and co-curricular activities. (See “Reverse Report Card,” p. 36.) While

“We want to ensure that every student who comes to U of T has a great academic experience. And we want professors to have the resources they need to develop and make the most of their teaching skills”

U of T students indicated satisfaction with the level of academic challenge, they rated the school poorly on creating opportunities for student-faculty interaction and on offering a supportive campus environment. Though the university has more than 300 student clubs and the largest varsity and intramural sports program in Canada, 60 per cent of commuter students spend *zero* hours a week in co-curricular activities, and 80 per cent of all U of T students commute. Results from other universities indicate that students who participate in out-of-classroom activities tend to fare better academically and report greater personal satisfaction with their overall university experience.

To foster a greater sense of community among students, the Faculty of Arts &



T O M O R R O W ' S U N I V E R S I T Y O F T O R O N T O

Science will launch a pilot program this fall called First-Year Learning Communities (FLCs, or “flicks”) for 240 commuter students in the life sciences. Inspired by a program at the University of Texas at Austin, these not-for-credit and voluntary seminars will put students who attend the same college and take the same section of math, biology and chemistry together in social-study groups of two dozen. “They may have large classes but with these communities you will know 23 people in three of your classes,” says Deanne Fisher, program co-ordinator with the Office of Student Affairs.

Facilitated by a trained senior student under the guidance of a staff adviser and a faculty member, FLC groups will learn research and time-management skills, form self-directed study groups, become better acquainted with academic life, and develop a social network as they explore the academic and cultural resources available to them, in both the university and the city. “It will bring the university to the students,” says Fisher.

Goel recognizes that, given its size, the University of Toronto will never be able to offer its students the personal, intimate experiences of a small, primarily undergraduate university. But because of its size, U of T can offer undergraduate students a wide range of classes taught by leading researchers. It can offer students the chance to learn abroad at any of more than a hundred universities around the world. It can offer courses, programs and extracurricular activities not available anywhere else. And with the right combination of faculty, programs, services and technology it can provide students with a university experience unlike any other in Canada. All this, notes Goel, “in the most diverse city in the world.”

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Goal 2: Link all academic programs to strong research experiences

Silvester Komlodi was concerned about travelling to war-torn Kosovo during the summer of 2003 as part of a third-year research course in international relations. But six months of pre-trip planning – to establish key contacts in Kosovo and arrange interviews – assured him that “things were safe on the ground.” Still, a question lingered. As an undergrad, could he pull off his research mission – to study the media as a source of democratization in a post-conflict society? “My Dad always said, ‘When you’re thrown into deep water, you learn to swim,’” says Komlodi. “People are able to do work that they didn’t realize they could.”

Komlodi, now an MA student in U of T’s Centre for Russian and East European Studies, interviewed leading

players in the media and met high-level business and political figures, including Ramush Haradinaj, now prime minister of Kosovo. The intense two-week trip, which he took with two other students and faculty adviser Robert Austin, inspired the research he’s doing in graduate school. “To have taken this kind of trip as an undergraduate and to have worked this closely with a professor was unbelievable,” says Komlodi.

Offering undergraduates such extraordinary research opportunities is a key plank in the Stepping Up plan. Currently only about 10 per cent of undergrads enjoy a significant research experience, such as paid summer fellowship, internship in a lab or a research course for credit. By 2010, Provost Vivek Goel hopes that number will have tripled to 30 per cent or to every undergraduate who wants a research experience.

Meeting the huge demand for such



Fourth-year ecology student Monica Granados (right) says a research assignment with Professor H el ene Cyr encouraged her to pursue graduate work

THE UNIVERSITY OF TORONTO IS AT A WATERSHED

Provincial funding for Ontario's universities is the lowest in Canada – 10th out of 10. The Ontario government spends one-third less per university student now than it did a decade ago. Undervaluing our universities diminishes Ontario's competitiveness in Canada and globally. And it shortchanges our students and their future.

THE RAE REPORT AND RECOMMENDATIONS

Former Premier Bob Rae was appointed by Premier Dalton McGuinty to study and advise on ways to improve post-secondary education in Ontario. His report calls on the government to:

- Increase provincial funding
- Expand graduate enrolment
- Provide grants for low-income students
- Overhaul student assistance to benefit mid-income families

THE UNIVERSITY OF TORONTO NEEDS YOUR HELP

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opportunities means increasing the number of faculty who work closely with students – and that, acknowledges John Challis, vice-president, research, and associate provost, “greatly depends on a significant increase in provincial funding for universities.”

Since the second- and third-year research courses were first offered in 1995, they have been enormously popular. Last year, 2,000 students competed for 240 places in 100 second-year research projects. The third-year course, which the Canadian Bureau for International Education acknowledged with an Outstanding Program Award, is even more difficult to get into, as only four or five projects are available each year. Anecdotal evidence suggests that research experiences fuel academic ambition. A survey of U of T’s life-science students doing paid summer research internships indicated that three out of four continue on to graduate school or second-entry programs, such as medical school.

Challis says that U of T is focusing on building “a research road map” for undergraduates – one that starts before students even reach university. In a pilot program that the university hopes to launch this spring, a select group of about 40 high school graduates who received a first offer of admission to U of T will be awarded a summer research internship. While working closely with a professor on a research project, they will live in residence and receive an honorarium. The pilot, if it secures additional resources, will be expanded and, undoubtedly, will help attract top students to the university.

Challis says that conducting studies and learning in a research-charged environment transforms a passive university experience into an active one. “It will turn students on to thinking about the

university as a place where you’re not just fed information, but stimulated to think. It will turn some on to doing research [in graduate school]. But primarily, we’re trying to develop inquisitive minds – to not just accept a set of facts, but to ask why and how.”

U of T’s roster of internationally recognized faculty and its sheer size offer extraordinary opportunities for undergraduates to get a taste of research, both inside and outside the classroom, says Ken Bartlett, director of the Office of Teaching Advancement. “Research and teaching can’t be separated. When a Nobel Prize winner publishes a book or gives a lecture, she is teaching. It’s the same person engaged in two aspects of something. We tell professors, ‘If you want to bring vitality into the classroom, talk about your own research. Show the enthusiasm that drove you to choose this curious life, to make such enormous sacrifices.’”

Fourth-year student Monica Granados credits her undergraduate research opportunities with changing the course of her life.

Initially bound for medical school, she’s now excited about pursuing graduate work in evolutionary ecology at U of T, thanks to a study of a mastodon-bone bed in upstate New York during second year and a six-week assignment for Professor Hélène Cyr in third year. Granados still volunteers in Cyr’s lab, as do many of Cyr’s research protégés.

“When you go into a new field, you don’t know if you’re capable, but Professor Cyr has given me confidence that I can excel in this field,” says Granados.

Goal 3: Bring faculty and students from diverse disciplines together to meet scholarly challenges

In an interconnected world, what are our obligations to distant others? How should we respond to the AIDS crisis in Africa, the genocide in Darfur and environmental disasters such as the tsunami in South Asia?

Given advances in biotechnology, cloning and genetic engineering, what does it mean to be human?

Does the wave of scandals rocking business and government in the West signal that our culture of affluence has reached a limit?

“We tell professors, ‘If you want to bring vitality into the classroom, talk about your own research. Show the enthusiasm that drove you to choose this curious life’”

“These questions can’t be answered from within the context of any single disciplinary approach,” says Melissa Williams, an associate professor of political science and the co-ordinator of U of T’s proposed Centre for Ethics. “Ethics is one of those areas where the need for interdisciplinary study is self-evident.”

The ethics centre will bring together scholars from across the university, including those from the Faculty of Arts & Science, the Rotman School of Management and the Joint Centre for Bioethics. It will also collaborate with similar centres cropping up at other North American universities, including Princeton, Harvard and the University of Montreal. This new interest in ethics, says Williams, indicates “a growing consciousness of interconnectedness.”

To make sense of the change, students and scholars need to collaborate

across disciplinary borders. “In small homogeneous societies, there’s a code to follow,” explains Williams. “Now there’s a plurality of human goals, cultures and religions, which creates a conflict of values. To live an ethical life, one must seek to understand a problem from a variety of perspectives.”

Over the past two decades, interdisciplinary study at U of T has expanded rapidly – notably at the Munk Centre for International Studies and the many programs at the affiliated teaching hospitals and research institutions. Few have appraised the change more closely than U of T’s interim president Frank Iacobucci, who has served as a justice of the Supreme Court of Canada. “The real stretching of the world of knowledge is at the frontiers of disciplines and at the intersection of disciplines,” he says. “Many questions I’ve dealt with as a judge are really crying out for help from various disciplines – whether it’s assisted suicide or the patenting of life forms. They call for input from science, humanities and social sciences.”

Finding ways to support and encourage interdisciplinary study in all activities of the university is a theme that runs through Stepping Up. To ensure that departments are flexible and responsive to new challenges, U of T will encourage more interdisciplinary research and cross-appointments. As well, the Academic Initiative Fund – money that has been reallocated from the operating budget – will provide seed money to create a number of new interdisciplinary centres. Some areas that may vie for these funds include Diaspora and Transnational Studies, the Environment, and the Creative and Performing Arts. The Faculty of Information Studies (FIS) is proposing a centre to consider how

Wise to the World

Like everything else, higher education is going global

HE went surfing in the Pacific Ocean, swam with sharks and had a wonderful time scuba diving off the Great Barrier Reef. But while attending the University of Sydney as part of a half-year academic exchange, Kevin Fleischhaker also found himself comparing Australia and Canada socially and politically. “We have many issues in common, but I found Australian policies to be more American than Canadian,” he says. “It made me realize that the U.S. has a much more far-reaching influence than I thought.”

The 23-year-old engineering student returned home last year with some thoughts about what U of T could learn from Australia’s post-secondary educational system. “Unlike U of T’s engineering department, they do not rank their students at the end of each year, nor do they place averages on transcripts. There is much to be said of this system.”

A critical understanding of different educational systems and an appreciation of different cultures is exactly what students should be bringing back from exchanges, says Pekka Sinervo, dean of the Faculty of Arts & Science. “All of us recognize that the world and universities are becoming increasingly global in their perspective. An international exchange prepares students

for what they will encounter in business and life – working internationally and with people from different cultures.”

Last year, about 300 students – most in their third year – studied abroad, with the help of U of T’s International Student Exchange Office, which has forged partnerships with 124 universities in 38 countries on five continents.

Stepping Up emphasizes the need to increase opportunities for undergraduates interested in studying abroad. The faculties of physical and health education, law and engineering are all boosting the number of exchanges they offer, but Arts & Science has set the most aggressive target. The dean says he wants 10 per cent of students (about 2,200 undergrads) to have acquired some international experience by the time they graduate – more than double the current total. “This is an opportunity students shouldn’t miss,” says Sinervo. “This is not a U of T phenomenon. Europe sets goals of 30 to 40 per cent.”

As for Fleischhaker, his trip to Sydney whetted his appetite to see more of the world. He plans to do an exchange – either in France or back in Australia – while taking an MBA at the Joseph L. Rotman School of Management. And then? “I want to find a job that makes a positive difference,” he says. – M.W.



information technology will change the university over the next 50 years. Such centres enable the university to structure itself in new ways to address new problems, says Brian Cantwell Smith, the dean of FIS.

Addressing new problems will be a key priority for the Centre for Ethics, says Williams. To be housed at Trinity College, the centre will enhance Trinity's undergraduate program in ethics, society and law; encourage collaborative research in ethics; help develop the ethics curriculum in other faculties; and host visiting scholars, lecture series and conferences. The centre will also draw on its Toronto location to develop strength in comparative ethics. "There's no greater laboratory [than Toronto]," says Williams. "There are lots of community leaders and scholars to deepen our understanding of diverse traditions."

Goal 4: Scholarship and academic programs will be relevant to, and have an impact on, the broader community, through outreach and engagement in the process of public policy

Every year, U of T students, faculty and staff volunteer in their local communities. In 2003, a survey by the Office of Student Affairs found that about 10,000 students on the St. George campus alone were involved in community work – everything from tutoring at-risk children in public schools to coaching sports at civic centres. Our faculty, meanwhile, advise policy-makers in all three levels of government and appear regularly in national media to share their expertise.

Still, U of T wants to make community outreach even more central to its

mission. The Stepping Up plan urges faculty, staff and students to seek out opportunities to share their knowledge with the public and to collaborate on solving community problems. It's all part of being a leading public university, says Provost Vivek Goel. "People will recognize a great university for the contribution it makes to the arts, the community, public policy and public health," he says.

By 2010, U of T expects to have established several new centres to co-ordinate its community outreach efforts: the School of Public Policy and Governance, to facilitate the work of academics who contribute to public policy; the Centre for Community Partnerships, to co-ordinate the efforts of students involved in community service; and the Centre for Urban Schooling, to bring together scholars and students from diverse disciplines to study and offer

My U of T

The Internet revolution comes knocking

Imagine, as a student, that you can find answers to all of your administrative questions, sign up for courses, book a squash lesson, be reminded of your debate club meeting and receive the course reading you need – all right at your computer desktop.

That bright new future will arrive for U of T students considerably sooner than 2010. The university is developing a campus-wide student Web portal, a comprehensive online student-services centre based on systems currently being used at the Joseph L. Rotman School of Management and the Univer-

sity of Toronto at Scarborough. The portal will launch modestly in the next year or so, but eventually students will be able to use the service to obtain academic counselling, apply for and pay for courses, and have course information, readings and digitized textbooks delivered right to their computer. The portal will also enable the university to tailor information to each student's needs and interests. Once the portal "knows" that a student is enrolled at University College and is taking Canadian Studies, for example, it will deliver information of particular interest to that student, such as a notice of UC orientation activities and an announcement of an upcoming lecture. In turn, students can use the portal to build their own unique university community

– they can find and join student clubs or athletic teams, build study groups, and do online group projects.

The primary objectives of the portal are to give students better access to university information and services and to make it easier for them to connect with professors, other students and student clubs. "U of T is a community of hundreds of little communities," says David Farrar, deputy provost and vice-provost, students. "This system will help each student find and connect with his or her own unique community."

U of T has already developed a portal to make university libraries more accessible. Administered by U of T for the entire province, the Ontario Scholars Portal enables students and faculty from across Ontario to find any of

solutions to the problems faced by Toronto's schools.

The latter two centres will work specifically to help revitalize Toronto. "The thinking behind the Centre for Community Partnerships is that the Greater Toronto Area has been adversely affected over the last 10 or 15 years by cutbacks at the municipal and provincial levels," says

Susan Addario, director of the Office of Student Affairs, which is launching the centre. "Our goal is to harness the energy of our students, staff and faculty and to deploy that energy across the GTA in more of a planned way."

The centre will dramatically increase both the number and kinds of community service opportunities available to

“The centre is looking for ways to translate what U of T is doing inside its walls into meaningful community work”

students and will link their volunteer service with their academic pursuits, possibly for credit. Students will be trained to lead projects, resolve conflicts and work in multicultural settings. A current project has a team of 80 U of T students tutoring Grade 9 pupils. Another project will see students providing intensive English-language training

to preschoolers who are new to Canada.

"By 2010, we want to have a community-based learning opportunity available for every student who wants to include it as part of his or her university experience," says Addario. "The centre is about looking for ways of translating what U of T is doing inside its walls into meaningful community work. But it's

also about providing students with good citizenship skills. We want our students to take leadership roles in the workplace and in their communities."

The new Centre for Urban Schooling, based at the Ontario Institute for Studies in Education of the University of Toronto, will bring together scholars and students to study and propose creative solutions to the "overwhelming problems" facing some urban schools, says academic director Kathleen Gallagher.

Gallagher, who holds a Canada Research Chair in Urban School Research in Pedagogy and Policy, spent three years studying urban classrooms in New York City and Toronto. She sees a disturbing trend: "When I first undertook this research, issues of security were not on my radar. My experiences in New York schools introduced me to heavy surveillance, ID checks, metal detectors and locked bathrooms as a matter of course. The kids experience more intense scrutiny daily than I've undergone at any airport. It was Orwellian. Most disturbing, they now see these routines as a normal part of school."

Gallagher thinks there's another way to run city schools while addressing safety concerns. "I hope the research and work of the centre can inform school policy and practices at schools in Toronto before we end up too far down a road that is not the right one to take."

The proposed School of Public Policy and Governance will tap into the university's current strengths in public policy – particularly in health, law and education – and develop new expertise in ethics, science and technology. "Toronto is a world crossroads, easily accessible from any continent, and with a diverse population that makes U of T an ideal setting for the school," says Goel.

the 30 million books in Ontario's university libraries or seven million articles from the nearly 5,000 journals available electronically. By way of an online search, students can have a journal article sent to their desktop or request a book through an interlibrary loan.

Since 2002, the Ontario Scholars Portal has delivered more than nine million articles to 400,000 users. It has revolutionized both the temporal and spatial use of libraries – with students "using" the libraries from home, often after "closing." The portal has also enabled smaller universities to plug into U of T Libraries – the fourth-largest university library system in North America – and has put U of T on the leading edge of the delivery

of digital information.

U of T wants to extend the reach of the portal by scanning and delivering books in electronic form, archiving important scholarly and government Web pages, and delivering other forms of information, such as maps and digitized fine art images, right into the lecture hall if need be. "In the age of Google, people want to be able to search everything and find what they need quickly and easily," explains Carole Moore, the chief librarian of University of Toronto Libraries. "We are making it possible for students to access licensed and freely available material through a single search, in a way that integrates seamlessly with their academic work. That's our goal." - M.W.



Goal 5: Achieve equity and diversity in all activities to ensure that we reflect our local and global community

Something interesting is afoot at the University of Toronto at Mississauga (UTM). Though the number of students of Caribbean heritage is small, Caribbean Connections is one of UTM's most popular clubs. At semi-formals, Latin dance is all the rage. When cricket was introduced last year, it caught on like wildfire.

The buzz here is not just about tolerance; there's a genuine curiosity among students to learn about the broad spec-

trum of cultures present on campus. The Erindale Filipino Student Association, for instance, boasts on its Web site that it is "quite possibly the most diverse cultural club" at UTM.

What's happening at UTM reflects a broader trend at U of T. According to the Office of Student Affairs, some 60 different ethnic, cultural and religious backgrounds are represented at U of T; half of all undergraduates identify themselves as a visible minority. No surprise, then, that Stepping Up calls for U of T to "serve as a model of diversity for the global community."

While excellence remains the primary

measure by which faculty appointments and student admissions are judged, U of T wants to ensure that all of its programs and activities reflect the diversity of the entire Toronto community and that every group is given equal access to opportunities on campus. It's a ground-up effort with specific goals: to recruit more aboriginal and African-Caribbean undergraduates, to create a more diverse pool of PhD candidates, and to hire new staff and faculty to better represent Toronto's diversity. As a public university, U of T has a responsibility to be accessible to all members of the community. But there are academic reasons to pursue diversity and equity too, says Angela Hildyard, U of T's vice-president, human resources and equity. "The presence on campus of people with so many different perspectives enables the university to enrich its research and curriculum," she says.

U of T is also striving to become more accessible and supportive of people with physical disabilities. While it's costly and difficult to retrofit older buildings on the St. George campus, an elevator was recently installed at Hart House and several other buildings are slated for renovations over the next few years.

To help achieve the university's objectives, Hildyard is establishing an Equity Advisory Board to examine common issues, draw on research at the university and develop a collective strategy. Hildyard says her office will also conduct an employment equity survey of faculty and staff, and develop measures to ensure that the university reaches its goals. "Our objective," she says, "is to have a faculty, staff and student body that is fully representative of Canada's diversity." ■

Margaret Webb is a Toronto writer.



U of T student Olivia Wilkins (right) volunteers with Frontier College, a literacy organization, to help new Canadians improve their English. Stepping Up urges faculty, staff and students to become more involved in their community

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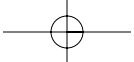


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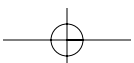
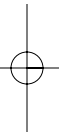
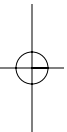
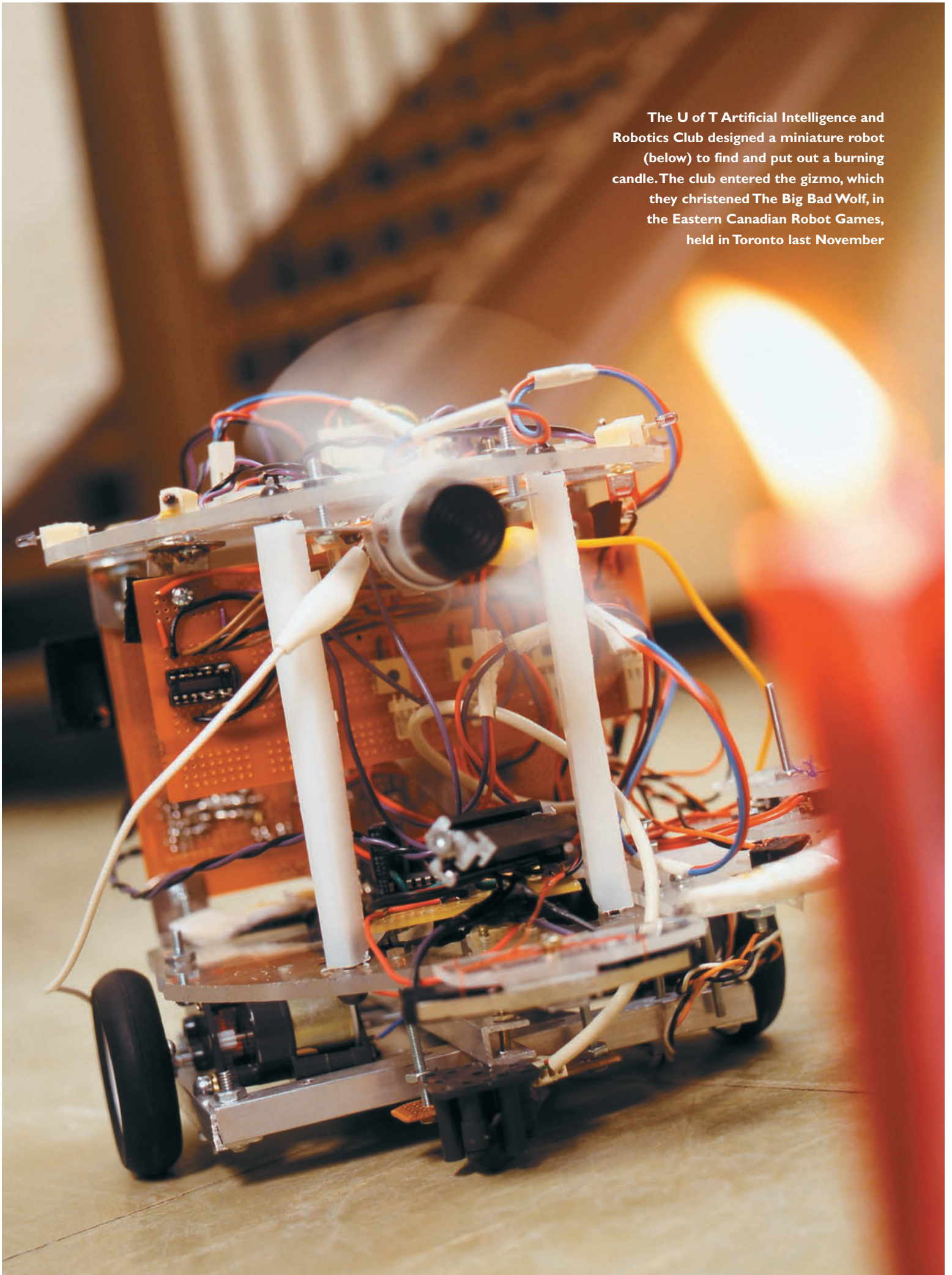


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The U of T Artificial Intelligence and Robotics Club designed a miniature robot (below) to find and put out a burning candle. The club entered the gizmo, which they christened The Big Bad Wolf, in the Eastern Canadian Robot Games, held in Toronto last November



THE QUEST TO BUILD A BETTER ROBOT

MACHINE

DREAMS

BY CHRIS
NUTTALL-SMITH

The students come at all hours, slipping into the cluttered computer lab between classes to work on the circuits or tweak the design. By late October the basics of a robot are there: two wheels on a circular frame with a corona of infrared sensors. Sometime early in November – on one of those nights when the clock hands seem to spin too quickly – they look at their trundling, buzzing mass of wires, circuit boards and batteries and christen it The Big Bad Wolf, though this robot clearly can't blow anything down. And it certainly can't do what it's supposed to do, which is navigate around a warren of miniature rooms and hallways to find and extinguish a burning candle. Not tonight. Not by a long shot.

It's a little more than a week until The Big Bad Wolf must be ready for competition. Robert Nguyen, chief programmer with the U of T Artificial Intelligence and Robotics Club (UTAIR), slouches over a keyboard, punching in lines of code to program the robot's microcontroller to communicate with a computer mouse. A mouse works by detecting motion across a surface and

translating the motion into computer code; Nguyen hopes that this mouse, re-purposed and mounted between the robot's wheels, will help guide the robot, and the club, to victory.

The club's mechanical team, Chris Moraes and Zoe Shainfarber, are unscrewing the undercarriage for the fourth time, hoping to find a way to make the robot move in a straight line. The no-budget wheels aren't helping: Moraes and Shainfarber made them from electrical tape and dowelling. Out in the hallway, Sandra Mau, the club president, sits sprawled on the floor over a large piece of white cardboard. Mau's task tonight is to translate the event's guidelines – a set of rules and measurements so exacting they might have been written by a team of corporate lawyers – into a scale replica of the competition course, which is essentially a four-room miniature bungalow, without the roof.

This will be UTAIR's first year at the Eastern Canadian Robot Games. The annual event, held at the Ontario Science Centre in Toronto, draws students and serious amateurs from

PHOTOGRAPHY: EVAN DION

U of T robot builders
 (clockwise from left): Sandra Mau,
 Robert Nguyen, Chris Moraes, Zoe
 Shainfarber and Roger Mong

across North America. The games range from robot sumo wrestling to “line following” (picture souped-up Tonka Trucks steering their way along impossibly twisty black lines laid out on the floor) to firefighting, the most difficult challenge. Getting around the competition course is hard enough. What’s worse, the robots have to find a burning candle placed in a corner of one of the rooms and put it out – without knocking the candle over. Competitors get extra points if their robot returns to the starting position after completing its mission. And the faster the robot performs, the more points the team scores.

It will take all of the students’ skills – and a good deal of luck – to get the robot to do what it should. Many of the club’s members are deluged with other demands. Nguyen, 22, a student in the biomedical option of engineering science,



“BUILDING SYSTEMS THAT CAN CATEGORIZE OBJECTS THE WAY HUMANS DO IT, EFFORTLESSLY, REMAINS ONE OF THE GREAT OPEN PROBLEMS IN COMPUTER VISION”

and Shainfarber, 22, in the aerospace option, are swamped with work at MDA Space Missions, the Canadian aerospace company that in January won a \$154-million (US) contract to help NASA fix the Hubble Space Telescope. Both students, who have finished their third year of studies, are completing a 16-month internship at the Toronto-area company as part of their engineering degree. They have been dashing downtown from Brampton on their off-hours to work on the robot. Mau, 23, a fourth-year aerospace student, and Moraes, 21, an engineering student in the fourth year of a nanotechnology option, have both been cramming for fall mid-terms.

Nobody in the club has built a firefighting robot before. And the team hopes to make the robot without spending more than a few hundred dollars. There will be no frills such as sonar navigation systems and laser-cut components, which have become standard on the competition circuit. As the tournament creeps closer they don’t know if the robot’s navigation system will work, or if its sensors can detect a lit candle, or whether they’ll be able to make the machine move in a straight line. They’re a long way from completing a successful test run.

After screwing the undercarriage back on, Shainfarber and Moraes set the robot down on the lab floor, gingerly, as if teaching a baby how to walk. At the flip of a switch the robot spins out in a wide circle. Then it rams into a table leg and stops. Shainfarber takes the collision in stride. Asked whether the robot is going to be done on time, she replies, “That depends on what your definition of ‘done’ is.”

In many ways the problems that the students have to solve are the same dilemmas that have inspired and frustrated roboticists for years. Their machine must be able to find its way around. It must be able to make decisions – when to turn, how much to turn and when to switch on its fan – and it must be able to “see,” or at the very least detect a flame.

Canada’s robotics industry is still small compared with robotics in the United States and abroad, but it has had its share of successes. Researchers at Canadian universities have developed robots to inspect coral reefs and to work as tour guides in museums. Engineering Services, a Toronto firm founded by U of T engineering professor Andrew Goldenberg,

has developed robots for bomb and hazardous materials disposal, as well as for biotechnology and manufacturing applications. And in the 1970s the most famous of Canada's robotics companies, Spar Aerospace, developed the Shuttle Remote Manipulator System, the mechanical handling device better known as the Canadarm. (Professor Goldenberg, then a recently graduated engineer at Spar, helped develop it.) In 1981, the device was sent into space aboard the Space Shuttle Columbia, and the Canadarm and its descendants have proven their worth as mobile work platforms for astronauts, for deploying and retrieving satellites, and even for potentially life-and-death shuttle repairs. Spar's robotics division was sold in 1999 to the company that is now MDA Space Missions, where Nguyen and Shainfarber are interning.

While MDA is primarily concerned with practical applications of robot technology, several U of T professors and their students are investigating robotics at a more theoretical level. Sven Dickinson, vice-chair of the U of T computer science department, has been trying to help machines "see" for the past 20 years. Sight is a key hurdle that researchers must clear before they have any hope of developing thinking, learning, high-functioning robots, like the ones we see in Hollywood movies.

The problem is that computers have trouble identifying anything that doesn't precisely resemble what they've been programmed to see. Scientists can teach computers to recognize particular objects but not categories of objects. They can teach a computer to recognize a telephone, for example, but only a phone of a certain shape and size. (A child's Mickey Mouse phone would confuse a robot, if it hadn't already been taught to recognize it as a phone.) Scientists are approaching this problem of computer vision in two distinct ways. Researchers such as Professor Dickinson are creating mathematical models to express the geometry of certain objects, and then transferring those models to computers equipped with video cameras. A simplified description for a human being might indicate that a human is composed of a cylindrical torso and two cylindrical legs and two cylindrical arms and a sphere for a head. Each of those parts, in turn, is broken down into sub-parts, with models to explain that a leg is composed of two moving cylinders joined at the knee. With luck, a machine seeing all these parts can determine that it must be looking at a human being. But what if the machine sees a human being from the side or from above? What if

its only view is of a head sitting on a set of shoulders?

Another approach to computer vision addresses the problem by storing and matching two-dimensional images of objects, taken from all angles: a circle with a long strip underneath it, for example, could be an aerial view of a person. However, it could also be a mixing bowl on a rectangular cutting board – or a designer lamp, or the logo for the London Underground. "Building systems that can categorize objects the way humans do it, effortlessly, remains one of the great open problems in computer vision," says Dickinson.

While Professor Dickinson wants to help robots see, Reza Emami, a senior lecturer with engineering science's Institute for Aerospace Studies, hopes to develop intelligent controllers that allow robots to make decisions by mimicking human behaviour. Emami's research observes how humans make decisions or perform actions and tries to distil that experience into sets of rules and systems that can help machines follow the same logic. So in the case of a real-life firefighting robot, an ordinary controller would tell a robot to rush in and spray the fire for all it's worth. An intelligent controller, by contrast, would gauge the fire's temperature, the wind and the source of the fire, and then sort the data to determine the best way to fight the fire.

Parham Aarabi, an assistant professor in U of T's electrical and computer engineering department, hopes that robots

Will they do windows, too?

Robots can already vacuum your floors and mow your lawn. What next?

At some point, when most of us weren't watching, robots slipped from the pages of science-fiction novels and into real life – and not just at the Pentagon and in auto plants. Robots are becoming commonplace as they're fast becoming affordable. Wow Wee, a Hong Kong-based toy company, has sold more than two million Robosapiens, the dancing, farting, programmable robot designed by Mark Tilden, a Canadian engineer. Robosapien was one of the few must-have items in stores last Christmas, but to write off the \$120 gizmo as a mere toy undermines its capabilities. Robosapien comes pre-programmed to kick, dance, belch, pick up an object and throw it, among other actions. The robot is just as popular with adult tech-nerds as with kids.

iRobot, the Massachusetts maker of military and consumer robots, has sold more than one million of its Roomba robotic vacuums since their introduction three years ago. Electrolux, the Swedish appliance company, has also introduced a robot vacuum, as well as a robot lawnmower, to much acclaim.

If the predictions are correct, these few household successes are merely the beginning: a United Nations report published in the fall estimates that there will be more than \$13-billion worth of robots at work globally by 2008 – triple the 2003 figure – as costs continue to fall and new consumer and service robots hit the market. Coming soon? Mobile security robots, robotic janitors and robot helpers for the elderly. And make way for medical robots, which will act as couriers in a hospital, deliver tools to surgeons and even help perform complex surgeries. – C. N.-S.

will one day be able to communicate with spoken language just as easily and accurately as humans do. Aarabi, who holds the Canada Research Chair in Multi-Sensor Information Systems, directs the university's Artificial Perception Lab. "In a typical environment where there's going to be noise, there are also going to be obstacles – robots have to be able to find their way around," he says. "They have to be able to understand what a person tells them, even if there's music playing in the background."

Aarabi and his colleagues are developing a speech-enhancement aid that significantly reduces background noise so that robots can distinguish a speaker's words from the din. Another current project is trying to enable teams of robots to communicate by talking to each other in rudimentary English. And in another effort, Aarabi hopes to outfit search-and-rescue robots with radio equipment that can help them navigate noisy disaster sites. Like fires, for example.

The team looks as if it has been through hell. At 9:45 a.m. on Competition Sunday, just a few hours before the games begin, Nguyen, Shainfarber and Roger Mong, 21, a third-year engineering student and the team's circuits whiz, huddle over their robot in the competition's crowded preparation area, testing, programming and calibrating as fast as they can. They are punch-drunk, speaking in the clipped, stuttered syllables of the sleep-deprived. Shainfarber and Nguyen have not been home in days. The team has

announce that they're pulling out of the competition: like UTAIR's robot, their robot uses infrared sensors. (The more seasoned competitors generally use ultraviolet sensors, which can be calibrated so as not to be tripped up by ambient light.) The U of T team doesn't give up. They've got three tries. Maybe one will work.

Nguyen kills the infrared sensors and writes some last-minute code for the robot. Competitors can choose to have a white disk placed under the burning candle. The floor of the competition course is black. The team hopes that the sensor will be able to detect the contrast between the black floor and the white disk. If the robot stumbles onto the disk, the contrast might be just enough to trigger the fan.

The first trial begins well enough. The robot wheels out from the starting area and creeps slowly but surely along a wall. When it reaches a corner, though, it turns too far and gets stuck. Nguyen doesn't hesitate. He picks up the robot and shuts it off before carrying it to the preparation area backstage. He has some more tweaking to do.

An hour later they try again. This time the robot rolls perfectly around the corner, bumping, then correcting its steering, bumping, correcting. It drives into the room with the candle, edging forward until it hits the white disk. The fan switches on. The Big Bad Wolf sweeps right, then left, then directly at the flame. It blows out the fire.

Team U of T does not win the competition – that honour goes to a circuit veteran from the U.S. with not one, but two

“THE ROBOT’S SENSORS CAN’T DISTINGUISH AMBIENT LIGHT FROM FLAME. THE BIG BAD WOLF’S FAN IS HUFFING AND PUFFING, BUT IT’S BLOWING AT NOTHING BUT AIR”

had fires of its own to extinguish.

A few days before the competition, the team discovered that their navigation system, built from the computer mouse, wasn't going to work. They spent the next 48 hours trying to create another system out of handmade bumper pads. "We're using touch sensors," Nguyen explains. "To try to follow the wall."

"It's kind of slow," Shainfarber adds. "You're hitting the wall a lot. But we couldn't possibly in a day-and-a-half put together a completely new navigation system."

Last night the team met what should have been its final challenges, writing new algorithms for the navigation system and calibrating the robot's infrared sensors so it could distinguish a flame from ambient light. But after spending most of the night accomplishing these tasks, this morning they discover that the competition course is lit with a bank of high-powered spotlights. The lights are so bright that their robot's sensors can't distinguish ambient light from flame. It thinks everything is on fire. The Big Bad Wolf's tiny fan is huffing and puffing, but it's blowing at nothing but air.

At 11 a.m. two entrants from Grand Rapids, Michigan,

firefighting robots. But the team does not come last, either. A couple of robots couldn't find the candle at all.

The U of T students are considering a competition in Hartford, Connecticut, this spring and another in California, but they figure that to stand a chance they'll need to make some changes to their robot. They'll probably adapt sonar for their navigation system and some better sensors to detect the flame. "I think we're going to have to bite the bullet and actually buy some technology," says Shainfarber. "If we want to compete there's no point in trying to reinvent –" She stops herself. "It's not even reinventing the wheel; it's like knowing that a [round] wheel exists and choosing to use square wheels instead."

Still, the team is not discouraged. Far from it. "We showed that we could adapt to having lights that completely screwed up our whole plan – of everything," says Shainfarber, smiling. "We really came together to get all the parts working." ■

Chris Nuttall-Smith is a freelance writer in Toronto. He wrote about the U of T women's mountain biking team in the Fall 2004 issue.

The CHANCELLOR JACKMAN PROGRAM FOR THE ARTS

UNIVERSITY OF TORONTO PRESENTS

VOICING TORONTO: THE CITY AND THE ARTS

Voicing Toronto is an artistic celebration of the city and will focus on the muse that is Toronto. It will consist of:

A conference to be held May 13 – May 15, 2005

A series of public events spanning the month of May:

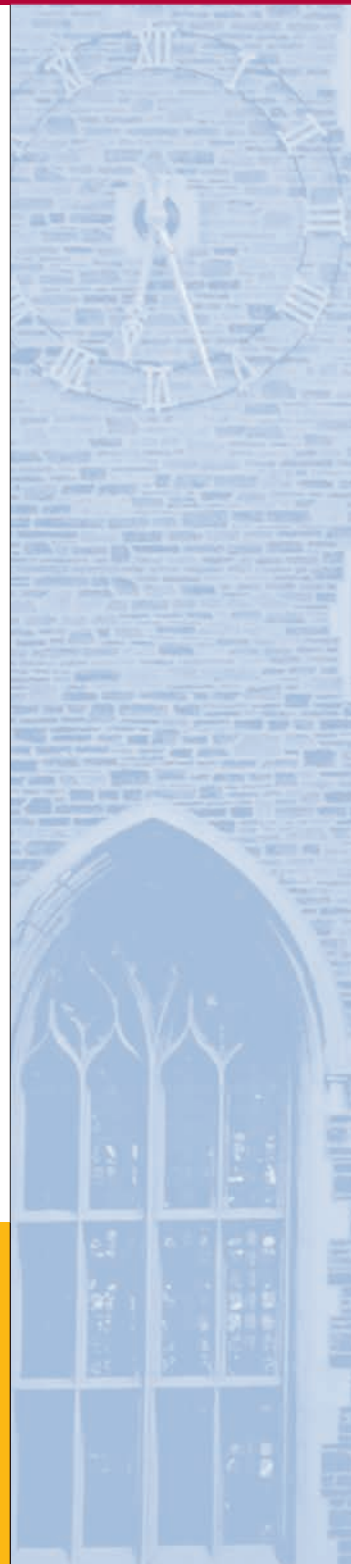
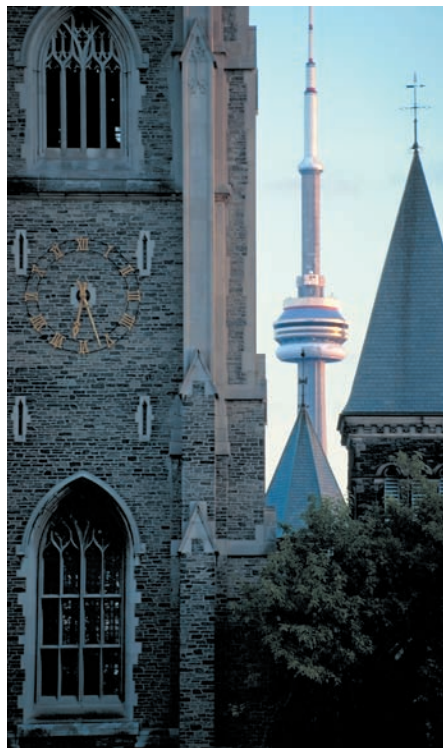
- an architecture and art display,
- a dramatic performance,
- a film festival,
- concerts and
- a series of literary readings.

Voicing Toronto is organized and hosted by the University of Toronto Humanities Centre.

For more information, please visit:

www.utoronto.ca/humanities-centre

FACULTY of ARTS & SCIENCE
UNIVERSITY of TORONTO



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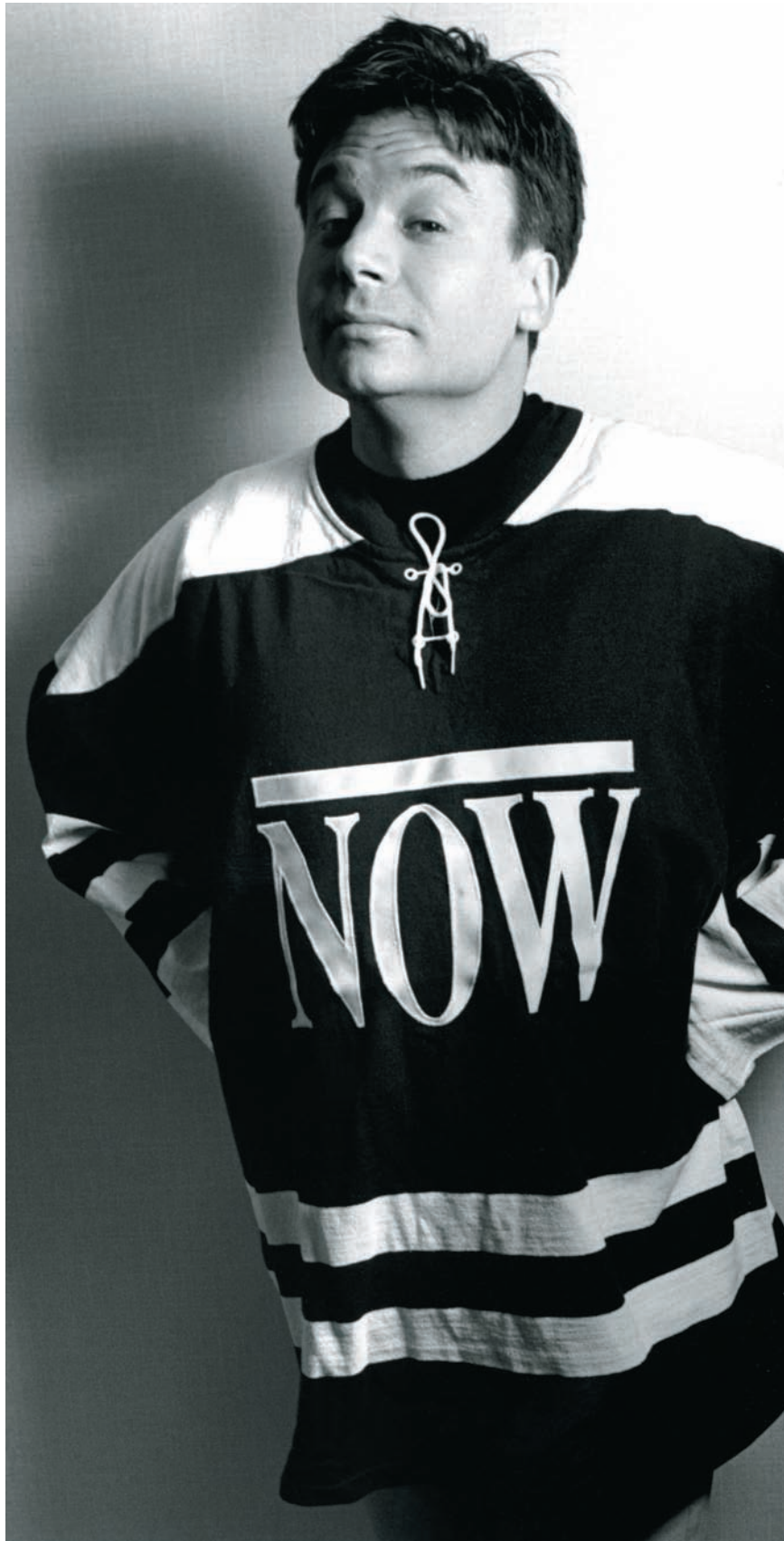
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Great Gifts



Northern Lights

Thousands of photographs of Canadian rock stars, politicians, actors, community leaders and artists taken during the 1980s are now part of U of T's Media Commons, thanks to a gift from *NOW*, Toronto's alternative weekly magazine.

Among the photos are portraits of writers Margaret Laurence and Margaret Atwood (BA 1963), former Ontario premier Bob Rae (BA 1969, LLB 1977), artist Norval Morrisseau and actor Mike Myers (left). Many are "outtakes" that never made it into print. Although most of the shots are black and white, some are hand-coloured by the photographers. "This gift is really important because *NOW* documents portions of society that are not always covered by the mainstream newspapers," says Brock Silversides, head of Media Commons and the university's film archivist.

A portion of the gift was displayed at the Thomas Fisher Rare Book Library last fall. "Through decades of publishing the essential chronicle of the life of our city, *NOW* has amassed an archive that is a treasure chest for future historians and students of Toronto's culture and evolution," says Alice Klein (BA 1975 Woodsworth), who co-founded *NOW* in 1981 with Michael Hollett. "By donating to U of T, we were able to assure that the material is safely cared for and will be accessible to those who need it."

The photos are among the first to be stored in U of T's new film vault at Woodsworth College, one of the few facilities in Ontario designed specifically to preserve photographs and film.

— F. Michah Rynor

PHOTOGRAPH: SUZAN KING

Great Gifts

Faculty of Medicine Honours Surgeon

Innovations in surgical education and research are Dr. Bernard Langer's personal legacy to the University of Toronto, but his students and colleagues have ensured that his name will be remembered, too. The Dr. Bernard and Ryna Langer Chair in General Surgery at U of T is a \$2-million endowed chair honouring the retired professor and his wife. The chair has been funded through gifts and pledges from the Division of General Surgery, friends and family of the Langer family, and Dr. Langer's students, patients and colleagues.

One of Dr. Langer's contributions to U of T is the creation of the surgeon scientist program, which provides research training for surgical residents interested in careers in academic medicine, and fosters the development of surgical specialties. He also helped introduce an income-sharing plan in general surgery that ensures surgeons are compensated for time spent in research and teaching.

"As a physician leader, Bernie Langer was a true innovator, an extraordinarily gifted surgeon and a great teacher," says Dr. David Naylor, dean of the Faculty of Medicine. "The surgeon scientist program he created has been widely emulated in other clinical departments across Canada and is a cornerstone of the department's international reputation."

As current chair of the Division of General Surgery, Dr. Zane Cohen will hold the Langer Chair. The annual endowment



Dr. Bernard Langer and his wife, Ryna

income will be used to retain and recruit faculty, support the surgeon scientist program, and promote innovation and fund research in general surgery.

"I am extremely honoured that my colleagues and students have chosen to recognize me in this way and to recognize my wife, who has been tremendously supportive of my work and made it possible for me to spend much of my time in my career," says Dr. Langer (MD 1956). "It is also very gratifying to see the great accomplishments of the graduates of the surgeon scientist program, who make up the next generation of academic surgeons in our department and elsewhere." — Elaine Smith

“It is very gratifying to see the great accomplishments of the graduates of the surgeon scientist program, who make up the next generation of academic surgeons”

I'm Fine, Please Send Money

Parents of U of T students have a new way to support their children's education. Launched in September 2004, the Parents Fund is an annual giving program for parents of current and former students who wish to improve the quality of student life on campus. Since it began, the program has raised more than \$300,000 (through 5,000 gifts) for athletics, the libraries, student services and other initiatives.

Kenneth and Susan Luke are co-chairs of the Parents Fund program,

and their daughter, Lauren, is a first-year student at the University of Toronto at Mississauga. The Lukes say contributing to the Parents Fund helps them stay in touch with what's happening on campus. "We feel like we're as much a part of the fabric of the university as Lauren is," says Susan. Adds her husband: "Financial support from parents is essential to the ongoing success of this world-class university."

Carole Moore, chief librarian of University of Toronto Libraries, says

contributions from parents will give an important boost to the library's resources. "With the higher enrollment of recent years, there is increased pressure on the library to update and expand collections in order to provide students with the resources they need," she says. "Support from the Parents Fund, which will go toward new acquisitions, will be put to immediate use and allow our students to have access to the best information available." — Stephen Watt

Life Before Shakespeare

An international research project investigating early English theatre marks its 30th anniversary at U of T this year – a milestone it reached thanks largely to the financial support of Father Edward Jackman (BA Victoria 1962), a Dominican priest.

Jackman, who takes a keen personal interest in history and medieval studies, has helped keep the Records of Early English Drama (REED) project going since 1989 with annual grants from his family's Jackman Foundation. The organization supports a wide range of Canadian charities and scholarly projects. "Without Father Jackman's help, REED simply would not exist," says Alexandra Johnston, founder and director of the project.

REED is a collaborative work by scholars from Canada, the U.S., Australia, South Africa and the U.K. who are seeking to establish the broad context from which the drama of Shakespeare and his contemporaries grew. The project, which is associated with the university's Department of English, and Victoria College's Centre for Medieval Studies and Centre for Reformation and Renaissance Studies, has published 24 volumes about the medieval and Renaissance worlds of theatre, minstrelsy and public ceremonies in England before 1642.

The volumes are co-published by U of T Press and the British Library, with additional funding from the National Endowment for the Humanities and the Mellon Foundation in the U.S., as well as the British Academy. They are used around the world by scholars researching the history of drama, dance, theatre and music.

– F. Michah Rynor

Total Support for TYP

At age 21, Ashley Saunders has been through as many ups and downs as some people experience in a lifetime.

In 1999, her mother passed away from health complications, leaving Ashley and her two sisters to take care of themselves. Only 16 at the time, Ashley dropped out of high school and took a job waiting tables. Just when she felt her life would never improve, a friend told her about U of T's Transitional Year Programme (TYP), an access program for adults who do not have the formal academic background to qualify for university admission. In addition to offering a full-year, full-time academic program, TYP also provides financial and social support.

Ashley was accepted to TYP in 2003, and, after an intensive year of studies, she earned a U of T National Scholarship and started last fall as a full-time student in the Faculty of Arts & Science. "TYP is one of the best things to have happened in my life," she says. "Whatever barriers you face

as a student, TYP lowers them to help you succeed."

In 2004, the program's current and retired faculty and staff, as well as a number of former directors, made contributions to the TYP Faculty and Staff Education Award, an endowment to provide financial aid to cover such basic costs as tuition, books and accommodation, as well as emergency expenses. This shared gift was matched by the university, matched by the provincial government through OSOTF, and triple-matched by the William Waters Challenge Fund for a total endowed fund of \$75,000.

The fundraising effort was spearheaded by the program's director, Rona Abramovitch, and received support from 100 per cent of TYP faculty and staff. "OSOTF is all about raising funds for students, and TYP is all about students who need financial aid," says Abramovitch. "We're doing this for the students, who are the most extraordinary people."

– Stephen Watt



PHOTOGRAPHY: PASCAL PLOUETTE

Great Gifts



From left: Guy Hamel, Andrew Baines, Donald Ivey, Ted Chamberlin and David Clandfield

The Munificent Seven

The current and former principals of the University of Toronto's New College understand the importance of student support – as administrators, professors and now as benefactors.

Last spring, New College principal David Clandfield and six of the college's former principals – Andrew Baines, Frederick Case, Ted Chamberlin, Guy Hamel, Donald Ivey and Robert Lockhart – made a shared gift that was matched by the Ontario Student Opportunity Trust Fund (OSOTF) and the University of Toronto Faculty and Staff Matching Program to create an endowment of \$75,000. The New College Principals' Scholarship will be awarded annually to New College students who demonstrate financial need.

The matching programs pro-

vided the principals with a unique opportunity to make a lasting contribution to the college.

"New College is unusual because so many former principals are still actively involved in supporting the college," says Clandfield, who proposed the idea of the scholarship to his colleagues. Ivey, who became principal shortly after the college's inception, says the scholarship is "more than a gift to students" as it reflects the very essence of the college and the people associated with it.

Since the establishment of the college in 1962, faculty and students have made a tremendous contribution toward student support. Over the past 25 years, the New College Student Council alone has pledged more than \$400,000 to scholarships at the college.

– Sara Figueiredo

"My Beloved Dept."

As a plastic surgeon, Manaf Alazzawi has witnessed both life's tragedies and miracles. He was recently a key member of the medical team at King Fahad National Guard Hospital in Saudi Arabia that successfully separated conjoined twins.

Dr. Alazzawi, who in 1997 completed eight years of residency and fellowship training in plastic surgery at U of T, fondly remembers his time in Canada. To commemorate his teachers and assist future specialists, he has donated \$275,000 to endow the Alazzawi Fund in Plastic Surgery in the Department of Surgery, which will support research, post-doctoral fellowships and faculty recruitment.

"In Arabic we have a proverb that roughly means: I am forever a servant for any person that teaches me how to write if only one letter of the alphabet. It reflects the classical Arabic culture of appreciation of teachers," says Dr. Alazzawi. "I will always feel indebted to the university."

Dr. Richard Reznick, chair of the Department of Surgery, says U of T owes a debt of gratitude to its former student, too. "Dr. Alazzawi's generous gift will provide funds to support our current academic priorities," he says.

Since leaving U of T, Dr. Alazzawi has applied what he learned in Canada to his work in the Saudi Kingdom. He is currently head of plastic surgery at King Abdulaziz Medical City. "In Canada, I learned what medical care should be like," he explains. "I came back to Saudi Arabia well equipped to deal with any medical challenge."

His pledge is the beginning of a long relationship with U of T, he says. "I hope to increase my gift over time. It pleases me that I have established something permanent for my beloved department." – Jamie Harrison

AlumniNotes

PROFILES • NEWS • EVENTS • CALENDAR



Spirit in the Sky

Sandra Laronde, founder and artistic director of the Red Sky performance company, is recounting a vivid memory. At 17 she was out in a boat on Lake Temagami in Northern Ontario, when she spotted a black bear swimming in the distance. She steered toward it, determined to get close enough to see how the beast moved in the water. She imitates the powerful but graceful movements as she tells the story.

A fascination with movement and a deep connection to the natural world – as well as an impressive fearlessness – have stayed with Laronde (BA 1989 Innis). These qualities are also intrinsic to Red Sky, which she founded in 2000. The company incorporates aboriginal culture, contemporary dance, theatre and music into each production. Laronde likens this approach to a First Nations perspective of art. “When I go to a traditional ceremony, all the art forms are integrated. In one ceremony alone, I will hear songs, music,

Continued on page 59

PHOTOGRAPHY: HELEN TANSEY

AlumniNotes



Shake, Rattle and Roll

A new series of alumni events – tailored to urban professionals who want to meet up with old friends and network with new ones – kicked off in late November at Bruyca Brothers College Street bistro in Toronto. Shaker – as in movers and shakers – holds receptions at tony lounges and restaurants throughout Toronto. “Our first event had a great vibe,” says Kyle Winters, acting director of alumni advancement at U of T. “A lot of alumni commented on the laid-back atmosphere and the superb venue. I think it makes for a really great mix.” Organizers expected more than 100 people to attend the March Shaker at Hotel Boutique Lounge in Toronto’s Entertainment District. A range of hot spots are being considered for future events (the next is in late May). Visit www.alumni.utoronto.ca/shaker.htm for details.

– Lisa Rundle

ILLUSTRATION: RUSS WILLIAMS; PHOTOGRAPHY: UNIVERSITY OF TORONTO ARCHIVES

Spring Reunion

Why are puzzles – from crosswords to riddles to the Rubik’s cube – so pervasive, and what do they reveal about the human imagination? Marcel Danesi, a professor of semiotics and linguistic anthropology at U of T, will decipher the answers in a June 4 lecture at Hart House, as part of Spring Reunion 2005.

Danesi’s speech is one new event at this year’s reunion, which runs from June 2 to 5. All alumni are welcome at Spring Reunion, but this year’s honoured classes are 1925, 1930, 1935, 1940, 1945, 1950, 1955, 1960, 1965, 1970, 1975 and 1980. Many faculties and colleges are also honouring 1985, 1990, 1995 and 2000.

Three past presidents and their wives – J. Robert S. Prichard and Ann Wilson, George and Sheila Connell, and John and Gay Evans – will serve as co-chairs. Premier events include the 50th Anniversary Luncheon in the circular dining room at 89 Chestnut residence, the 25th Anniversary Reception at U of T’s Faculty Club, and the Chancellor’s Circle Medal Presentations in Hart House’s Great Hall. New this year is a beer-tasting event geared toward younger alumni that will take place on June 2 at the Steam Whistle brewery.

To register, call (888) 738-8876 or (416) 978-0424 or visit www.springreunion.utoronto.ca.

– L.R.



McCrae

Kudos

Lt.-Col. John McCrae’s name will grace an exhibition gallery in Ottawa’s Canadian War Museum, which opens on May 8.

McCrae (BA 1894 UC, MB 1898, MD 1910) served as a surgeon with a brigade of the Canadian Field Artillery in the First World War. In 1915, while waiting

to treat casualties, he scribbled down the now famous poem “In Flanders Fields.” The McCrae Gallery will showcase paintings from the museum’s extensive collection of war art.

Architect Daniel Libeskind and economist Amartya Kumar Sen were recognized with honorary degrees at U of T’s fall convocation. Libeskind, master planner for the World Trade Center site in New York, and Sen, a Nobel laureate whose work has revolutionized

the economics of poverty, received doctors of law. Classical guitarist Liona Boyd (BMus Perf 1972), and theatre director Robert Wilson were also presented with honorary degrees.

Historian Jack Granatstein (MA 1962) won the 10th annual Pierre Berton award for achievement in popularizing Canadian history, and Kenneth Oppel (BA 1989 TRIN) picked up the Governor General’s Award for children’s literature for his novel *Airborn*. – L.R.

Soldiering On

John McIntyre (BCom 1941 UC), a former captain in the Royal Canadian Ordnance Corps during the Second World War, completed his term as chair of the Soldiers' Tower Committee in November. McIntyre has helped preserve Soldiers' Tower – Canada's second-largest war memorial – throughout the 1980s and 1990s. He was also involved in developing the Soldiers' Tower stained-glass memorial window.

Incoming chair Lt. (Navy, retired) Owen Williams (BA 1950 St. Mike's) presented a framed picture of the tower to McIntyre at a committee meeting in December, in recognition of his six years as chair. "The thoughtful application of Mr. McIntyre's experience and skills acquired from a successful business career shepherded the start of the fundraising for Soldiers' Tower and its memorial room," says Williams. "This will ensure a proud heritage site worthy of the university."

"Those who died in the two great wars were passing on the torch to all those who followed," says McIntyre, who will continue his Soldiers' Tower volunteer work. "And that message is one that for years we at the committee have tried to convey."

– F. Michah Rynor



Soldiers' Tower chair Owen Williams (left) with former chair John McIntyre

The Government of Canada has declared 2005 the Year of the Veteran, to mark the 60th anniversary of the end of the Second World War. Soldiers' Tower members would like to encourage U of T alumni to pay tribute to veterans throughout the year. A few key dates include: May 8, the end of the Second World War in Europe (VE-Day), Canada and the Netherlands; July 1, Canada Day; Aug. 14, the end of the Second World War in the Far East (VJ-Day); Nov. 5-11, Veterans' Week; and Nov. 11, Remembrance Day. To learn more, visit the Web site www.vac-acc.gc.ca.

“Mr. McIntyre's experience and skills shepherded the start of the fundraising for Soldiers' Tower and its memorial room”

Continued from page 57

orators speaking in heightened poetic text and see sacred clowns, dance and spirituality all at once.”

Red Sky's *Caribou Song*, first staged in 2000, is based on a story written by Tomson Highway. The tale is of two Cree children caught in a caribou stampede. But instead of being trampled as their families fear, they become a part of the movement of the herd and emerge laughing. Laronde calls the Red Sky performance music-driven, incorporating dance and Highway's words. The production will be touring across Canada this year and in 2006 will travel to China, Taiwan and Korea. Red Sky will soon be interpreting the work into a film, to be directed by former National Ballet of Canada dancer Veronica Tennant. "I believe there is a thirst for these ancient stories in the world right now," says Laronde. "They resonate with everyone."

Laronde earned her degree in philosophy at U of T



before going on to intensive training in physical-based theatre (which includes dance and all other forms of movement). During her undergrad, she studied for a year in Grenada, Spain, through U of T's Study Elsewhere program and learned Spanish in order to connect to a broader range of peoples. (It's what made Red Sky's production *Dancing Americas*, a Canadian-Mexican collaboration, possible – two of the dancers did not speak English.) Laronde, who is also founder of Native Women in the Arts, has performed in every Red Sky production to date.

A member of the Teme-Augama-Anishnaabe (People of the Deep Water) nation, Laronde draws inspiration from her ancestors and her connection to the vast landscape of Temagami. "I believe that having grown up on the land where my ancestors have been for thousands of years got right inside me. Your vision becomes immense," she explains, "because the land is immense." – Lisa Rundle

PHOTOGRAPHY: MIKE ANDRECHUK

alendar

ALUMNI EVENTS

April 8 to 10. Join fellow graduates from the Asia-Pacific region for the inaugural **Asia Alumni Congress**. Topic: "Crossing Borders: Networking in the New Asian Economy." The reunion will feature guest speakers from around the region and from U of T. Social events will include an opening reception at the Official Residence of the Canadian High Commissioner to Malaysia, His Excellency Mel MacDonald, on April 8. Shangri-La Hotel, 11 Jalan Sultan Ismail, 50250 Kuala Lumpur, Malaysia. For information and to register (space is limited), contact the U of T Asia-Pacific Advancement Office in Hong Kong at (852) 2375-8258, ask@utoronto.com.hk or www.alumni.utoronto.ca/asiacongress.htm

LECTURES

St. Michael's College

April 11. **26 Years of John Paul II** is presented by George Weigel (MA 1975), Catholic theologian and internationally celebrated writer. Sam Sorbara Auditorium, 2nd Floor, Brennan Hall. 7 p.m. (416) 926-2760

April 30. **Annual Medieval Symposium: Muslims of the Middle Ages** includes guest speakers, illustrations and a medieval luncheon. Alumni Hall, 121 St. Joseph Street. 9 a.m.-5 p.m. \$150; seniors \$125. Contact (416) 926-7254 or continuinged.stmikies@utoronto.ca, or visit www.utoronto.ca/stmikies

The Centre for Reformation and Renaissance Studies

March 22. **Short Journeys to Sacred Places: Devotional Landscapes and Circulation in Early Modern Mexico**. Lecture by CRRS Distinguished Visiting Scholar William B. Taylor. 4 p.m.

April 16. **Canada Milton Seminar: Milton, Nationalism and Seventeenth-Century Politics**. 9 a.m.-5 p.m. \$25.

Alumni Hall, Old Victoria College Building, 91 Charles St. W. (416) 585-4484, crss.vic@utoronto.ca or www.crss.ca

EXHIBITIONS

Petro Jacyk Resource Centre, Robarts Library

To May 31. **Exhibition of Contemporary Novels and Short Stories from Eastern Europe** features a selection of books from across the region. Robarts Library, Room 8002. 130 St. George St. Monday to Friday, 10 a.m.-6 p.m. (416) 978-0588

The Justina M. Barnicke Gallery, Hart House

To April 7. West Gallery: **Hart House Annual Photography Exhibition**. East Gallery: **Hart House Annual Art Competition**. These juried exhibitions feature works by students and Hart House alumni members.

April 14 to May 12. **Les enfants terribles**. Montreal artist Susan G. Scott uses Jean Cocteau's 1929 novel, *les enfants terribles*, as the point of departure for her installation, which explores the interplay of imagination and desire in childhood and adulthood. Scott's artistic process is revealed through her drawings, paintings and personal sketchbooks.

7 Hart House Circle. Monday to Friday, 11 a.m.-7 p.m., Saturday and Sunday, 1-4 p.m. (416) 978-8398 or www.utoronto.ca/gallery

Doris McCarthy Gallery, UTSC

March 17 to May 22. **Roy Kiyooka: Accidental Tourist** examines a large but lesser known period of Kiyooka's artwork from 1969 until his death in 1994. This exhibition incorporates soundscapes, video, slide installations and sequential photographic works. 1265 Military Trail. (416) 287-7007 or www.utsc.utoronto.ca/dmg

The Eric Arthur Gallery, Faculty of Architecture, Landscape, and Design

To May 21. **Instruments of Faith: Toronto's First Synagogues** by Robert Burley. This photography exhibition features six downtown synagogues built before 1940. Created by eastern European immigrants, these buildings served as cultural hubs for a vibrant Jewish community that shaped the Kensington Market neighbourhood and surrounding areas. 230 College St. Monday to Friday, 9 a.m.-5 p.m. Saturday, 12-5 p.m. (416) 978-5038, enquiry.ald@utoronto.ca or www.ald.utoronto.ca

University of Toronto Art Centre

To April 16. **Tony Scherman: Works on Paper** showcases a recent gift to the University of Toronto Art Collection from the artist. On display are 26 works on paper from such series as *About 1789*, *The Blue Highway* and *The Seduction of Oedipus*. 15 King's College Circle. Tuesday to Friday, 12-5 p.m. Saturday, 12-4 p.m. \$5; free for students and art centre members. Contact (416) 978-1838 or www.utoronto.ca/artcentre

THEATRE

Hart House Theatre

March 31 to April 2. **10th Annual U of T Festival of Dance**. This festival unites students from all three U of T campuses, and showcases dance styles from around the world. 7 Hart House Circle. \$12; seniors and students \$10. 7:30 p.m. (416) 978-8849, www.harhousetheatre.ca

The Graduate Centre for Study of Drama

March 31 to April 10. **Mein Kampf** by George Tabori. In his best known play, Tabori mixes historical facts with farce, biblical legend, Talmudic argument and biting satire. A young Adolf Hitler moves to Vienna to work as a less-than-mediocre painter of postcards, and comes to love and hate his Jewish roommate in this funny, shocking and moving masterpiece. Studio Theatre, 4 Glen Morris St. Wednesday to Saturday 8 p.m., \$15; students and seniors \$10. Sunday 2 p.m., PWYC. (416) 978-7986



Susan G. Scott's *Girl with Tongue Out* is on display at Hart House in April

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Puzzle

Anagrams, Myths and Legends

By Marcel Danesi

The ancients took anagrams – words or phrases made by rearranging the letters of other words or phrases – quite seriously. Legend has it that Alexander the Great believed in their prophetic power. During the siege of the city of Tyre, Alexander was particularly troubled by a dream in which a satyr appeared. The next morning he summoned his soothsayers to interpret the dream. They pointed out that the word *satyr* contained the answer, because in Greek *satyr* was an anagram of “Tyre is thine.” Reassured, Alexander went on to conquer the city.

Anagrams are found throughout ancient cultures, where they were typically intertwined with myth and legend. After the Renaissance, the widely held view that anagrams were secret messages from the gods started to fade. But the feeling that anagrams, particularly of names, cast light on a person’s character persisted. Louis XIII of France appointed his own “anagrammist” to entertain the Court with anagrams of famous people’s names. In the 19th century, writer Lewis Carroll proposed a fitting eulogy for British humanitarian Florence Nightingale with the letters in her name: “*Flit on, cheering angel.*” He also found evidence of a firebrand personality in the name of British political agitator William Ewart Gladstone: “*Wild agitator! Means well!*”

Anagrams fall into four categories:

1. A single word that yields another single word (*riptides* → *spirited*);

2. A single word that yields a phrase or expression (*earnestness* → *a stern sense*);

3. A phrase or expression that yields a single word (*Is pity love?* → *Positively!*);

4. A phrase or expression that yields another phrase or expression (*the golden days* → *they gladden so*).

The most appealing type of anagram is one that provides an apt commentary on the meaning

of the original word or phrase, as with the examples above. Into what legitimate English words or expressions can the following words be changed? (The category of anagram is indicated.)

- Elvis (1)
- helicopters (2)
- desperation (2)
- life’s aim (3)
- the summer vacation (4)
- the countryside (4)
- Presbyterian (2)
- dormitory (2)
- voices rant on (3)
- old masters (4)

Anagrams that turn a word or phrase into one with the opposite meaning are called *antigrams*: e.g. *evil’s agents* → *evangelists*. Try the following antigrams:

- united
- ill-fed
- more tiny
- restless

Anagrams have been constructed retrospectively to explain a person’s fate in life. For example, Mary Queen of Scots, who died in 1587 by execution, was posthumously memorialized with



the Latin expression *Trusavi regnis morte amara cada* (“Thrust by force from my kingdom I fall by a foul death”), which is an anagram (if one treats the letters *u* and *v* as interchangeable) of *Maria Stewarda Scotarum Regina* (“Mary Stewart Queen of Scots”). Shortly after Henry IV of France was assassinated in 1610 by an unscrupulous man named Ravillac, it was pointed out that *Henricus IV Galliarum rex* (“Henry IV, King of the Gauls”), when rearranged, became *In herum exurgis Ravillac* (“From these Ravillac rises up”). Is a person’s name a portent of destiny and character, as many have believed? Test this hypothesis (in English) by making anagrams of the names of these historical and contemporary figures:

- Henry Wadsworth Longfellow
- England’s Queen Victoria
- Adolf Hitler
- Tom Cruise
- Clint Eastwood
- Alec Guinness

ANSWERS Note: Answers other than the ones given are possible.
 united → unted; ill-fed → filled; more tiny → enormity; restless → fluster;
 Henry Wadsworth Longfellow → won half the New World’s glory;
 England’s Queen Victoria → governs a nice, quiet land; Adolf Hitler →
 hated for ill; Tom Cruise → so, I’m cutes; Clint Eastwood → Old West
 action; Alec Guinness → genuine class
 vacation → a time to charm Venus; the countryside → no city dust here;
 conversation; life’s aim → families; old masters → art’s models; the summer
 dormitory → dirty room; desperation → a rope ends it; voices rant on →
 Elvis → lives; Presbyterian → best in prayer; helicopters → pilots cheer;
 Henry Wadsworth Longfellow → won half the New World’s glory;
 England’s Queen Victoria → governs a nice, quiet land; Adolf Hitler →
 hated for ill; Tom Cruise → so, I’m cutes; Clint Eastwood → Old West
 action; Alec Guinness → genuine class



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DONALD GRANT CREIGHTON

Brock University historian is writing a biography of Professor Donald Creighton, Victoria College alumnus and U of T history professor. If you were a student or a colleague of Professor Creighton's and you would like to share your memories of him, please contact Donald Wright at dwright@brocku.ca; (905) 688-5550, ext. 4231; Department of History, Brock University, St. Catharines, ON, L2S 3A1.

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Looking Back

BY F. MICHAH RYNOR



MIGHTIER THAN THE SWORD

“A man’s mind should be firm as a rock: In constancy simple and straight as a well-made arrow.” So said Walther von der Vogelweide, a medieval German poet. His words shimmer like winter ice on this hand-blown glass, created by artists Ellen Simon and Yvonne Williams in 1951. The window was commissioned by “Salada Tea King” Gerald Larkin for Trinity College’s Strachan Hall. Larkin had requested a knight in shining armour to forever look down at the students in this

grand dining area. But Simon, an avowed pacifist, had a different idea. She chose von der Vogelweide for his love songs, and had him brandish the mighty quill rather than the “well-made arrow.” On one side of the window “Walter of the Bird Pasture” (as his name loosely translates) keeps an eye on the Trinity students, while on the other he gazes at the robins, sparrows and the occasional owl who make the Trinity quadrangle their dining hall. ■

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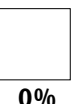


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