

**Healthy Minds** Opening up about mental illness / **Exploring Mars** Mission: Inspirational! / **A Cut Above** Safer surgeries  
**Goodbye to Cars!** Front campus, boldly reimagined / **Seeking Refuge** Helping migrants / **Taking Flight** Robarts' new wing

# UofT Magazine

WINTER 2016

## **A Life in Blue and White**

Former champion  
runner Bruce Kidd  
takes on his biggest  
challenge yet





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IS A TEAM THAT NEVER  
PUTS ON THE UNIFORM.**



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As U of T responds to a rise in mental health needs on campus, a powerful source of help emerges: students themselves

BY CYNTHIA MACDONALD

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From champion athlete to UTSC principal: Bruce Kidd ushers in a new era at U of T's eastern campus

BY MARGARET WEBB

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U of T embarks on a bold plan to restore, renew and beautify the historic St. George campus

BY ARTHUR KAPTAINIS



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## Departments

# If I get to space, I get there. If I don't, I'm not going to have any regrets

– Aspiring astronaut Natalie Panek (MAsc 2009), who is designing and building the chassis for the European Space Agency's 2018 ExoMars Mission rover, p. 53



14 Michel Chikwanine's arduous journey from central Africa to U of T



56 UTSC grad Fathima Mohiuddin makes colourful street art in her hometown of Dubai



21 A "black box" for the operating room devised by surgery professor Teodor Grantcharov is leading to improved training for physicians and better knowledge of surgical errors

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# Letters



For the same money required for a subway, a much more extensive LRT system could be built faster. We can't wait 10 years for only a limited expansion of the transit system.

**HERBERT SCHUTZ**

BA 1959 VICTORIA, MA 1965, PHD 1968, TORONTO

## Solving Gridlock a Must

I was disappointed that your cover feature about ideas for making Toronto better ("From Good to Great," Autumn 2015) made no mention of traffic gridlock. This is a serious omission, and a solution will require a significant financial investment. However, we need to invest wisely. For the same money required for a subway, a much more extensive LRT system could be built faster. We can't wait 10 years for only a limited expansion of the transit system.

We also need to do something about how pedestrians and motorists interact at intersections. At the moment, pedestrians are expected to cross an intersection at the same time that motorists make left and right turns. This situation is largely responsible for the backup of vehicles at intersections. To fix this problem, we need to implement an advance green for either pedestrians or vehicles. There are locations in the city where this already exists, but it should be implemented everywhere in the core.

**HERBERT SCHUTZ**

BA 1959 VICTORIA, MA 1965, PHD 1968, TORONTO

## The Left Can Be Crazy, Too

Your interview with Prof. Joseph Heath ("Crazy Talk," Autumn 2015) about restoring "sanity" to politics is blatantly biased. While the professor's comments

themselves are reasonable, he only provides examples of untruths or lack of civility from the conservative side of the political spectrum. I'm sure it would be easy to find examples from all sides and thus present a balanced critique of our political affairs. This bias unfortunately erodes the credibility of *UofT Magazine* and the university, which should be teaching students to think critically in general, not just about one side.

**ROBERT TOROK**

BCOMM 1985, TORONTO

**Prof. Heath responds:** The published interview may give the appearance of bias. In my book, *Enlightenment 2.0*, I provide an extensive analysis of the problem of "truthiness" in politics, and why it is much more prevalent, at the moment, on the right wing of the political spectrum. In other words, what is being perceived as bias is, in fact, a reasoned position; it's just that I did not have an opportunity to present those reasons in a short interview.

## Why Did They Win?

Thank you for publishing the winners of your short story, poetry and flash fiction contests. It would be much appreciated and appropriate if the judges could provide readers with some analy-

sis and evaluation of the various works in order to offer us some perspective on their choice of winners. Specifically, I would be very interested in reading a discussion of the poetry winner.

The contest is a terrific idea. However, what is missing is an instructional followup to the activity.

**SHELBY TANNER**

BED 1979, BURLINGTON, ONTARIO

## A Sensitive Portrayal

The winning entry in *UofT Magazine's* short story contest – "Man and Mana," by Amanda Lang – is a beautiful piece of prose that elegantly weaves numerous strands of philosophical thought through a compassionate and liberally humanistic lens.

As a psychiatrist, I was struck by the author's unique and uncommon sensitivity to the duality of human aspiration and conflict – just one of the many themes in this piece.

**NISHKA VIJAY**

MD 2001, PEMBROKE, ONTARIO

## Always Be Selling

The article "Breaking News" (Summer 2015) left out one major lesson for budding journalists: Never sell your work only once, or you'll go broke.

I was working for the *Toronto Telegram* when that paper ceased publication in 1971. I had three teenage kids, a wife who didn't work outside the home and no job. I remembered advice I received in the early 1960s from a freelance photographer, who told me you had to sell the same piece of work to many different customers to make a decent living freelancing. When the *Telegram* folded, I arranged to sell my work to half-a-dozen large American newspapers, a chain of 10 papers in South Africa and



the *Sunday Times* in London. They all bought basically the same material and all knew who the others were. I doubled my income in the first year, loved working 70 hours a week and loved even more the fact that I never again had to do something I disagreed with.

**PETER WARD**  
SOUTHAM FELLOW, MASSEY COLLEGE, 1967, OTTAWA

### Survey Camp Is Essential

I appreciated the photo of canoeists taken at survey camp (“Memories of Gull Lake,” Summer 2015), but I hope your readers didn’t think that the students were embarking on a joyride in the heart of cottage country. Getting to camp in 1925 required a five-mile paddle from Miner’s Bay. I dare say the students appreciated the tow!

Survey Camp is an important part of the civil engineering curriculum, and I am happy that the university is mod-

ernizing the facilities. As the alumni quoted in the article state, the camp is about more than surveying; it teaches teamwork, meeting deadlines, living in construction camp and experiencing the backwoods – all essential ingredients for a successful civil engineer.

**DAVID H. GRAY**  
BASC 1968, MASc 1971, OTTAWA

### In Solitary in School

In “Locked Away” (Summer 2015), sociology professor Kelly Hannah-Moffat answered questions about the impact of solitary confinement. She mentioned that solitary confinement may cause irreversible psychological damage. Given the known impact of solitary confinement on prison inmates, it is shocking to know that some public schools in Ontario now have small rooms called “time-out rooms” or “calming rooms.” Students are

isolated in these rooms for a variety of reasons with no tracking of how long or how often they are used. As a student at OISE, I was not even aware that this practice existed in public schools in Ontario.

**LOUISE MURPHY**  
MED 2001, GEORGETOWN, ONTARIO

### Representing U of T

*U of T Magazine* is an excellent ambassador for U of T. My travels take me to Japanese research universities, and I often bring along my copy of the magazine to show off the university’s depth and innovativeness.

**NATSUKO FURUYA**  
THORNHILL, ONTARIO

### Write to us!

*U of T Magazine* welcomes letters at [uoft.magazine@utoronto.ca](mailto:uoft.magazine@utoronto.ca).



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**Eric Slavens, FCPA**  
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## **Toward a Greener Future** U of T is an international leader in climate change research and teaching



As this issue goes to press, world leaders have gathered at the Paris Climate Conference. Their challenge is to achieve a binding, universal agreement to keep the average global temperature increase to under two degrees Celsius, in order to prevent the most serious effects of climate change. I hope that by the time this issue is in mailboxes, we will be celebrating their success.

The University of Toronto has been working to reduce its own greenhouse gas emissions for decades now. In 1977, the university hired its first energy-reduction manager and shortly thereafter set aside a special fund to support energy-saving projects. The creation of the Sustainability Office on the St. George campus more than a decade ago was also a visionary step forward. The office reports that in 2013, the campus's overall waste diversion rate was 72.1 per cent, one of the highest institutional diversion rates in North America. We're the leading public-sector purchaser of local sustainable food in North America. And since 2010, we have saved more than one billion litres of water – enough to fill Con Hall 36 times. U of T as a whole is a leader in operational sustainability, excelling in waste diversion, sustainable food sourcing and local, efficient power generation.

We're proud of these accomplishments, and we aim to do even more. But as one of the world's most respected and influential institutions of advanced research and research-intensive education, U of T makes its most profound contributions to the fight against climate change through our teaching and research activities.

U of T is an international leader in climate change research and teaching. Our scientists are pioneering new, efficient solar energy cells that can be painted onto almost any surface; they are finding ways of modelling the complex interactions among the Earth's air, land and water to predict more accurately the course of climate change; they are developing organic, sustainable alternatives to plastic; and they are working to limit the spread of toxins through the environment. In the social sciences and humanities, our scholars

are exploring means to reduce energy use in buildings and evaluating the merits of major urban transit proposals. There are dozens of other examples, from the Centre for Global Change Science, and the Division of Environmental Engineering and Energy Systems, to the School of the Environment, the Department of Geography and Planning and the Faculty of Law.

The university continues to develop new curricular content and academic programming to help prepare the next generation of engaged, influential and creative citizens. U of T Scarborough now offers graduate degrees in environmental science and, through its collaboration with Rouge National Urban Park, provides undergraduate and graduate students with the opportunity to conduct fieldwork. U of T Mississauga is home to a unique Master of Science in Sustainability Management program, integrating knowledge from management and the social and natural sciences to address environmental challenges.

A key part of our teaching mission is to enable students to undertake their own investigations and find solutions to the most pressing problems of our time. And this effort extends well beyond students' formal studies; the university provides many co-curricular opportunities for hands-on experience. For example, U of T's Blue Sky Solar Racing team enters a solar car of its own design each year in the World Solar Challenge in Australia. Through the School of the Environment, students helped measure the toxins being absorbed in roadside vegetable gardens. They can also assist with the green roof testing lab atop the John H. Daniels Faculty of Architecture, Landscape, and Design.

As a society, we face enormous challenges to ensure that future generations don't bear the burden of environmental degradation or even catastrophe. But the brilliant work of our U of T students, staff and faculty gives me hope that we will find ways to create a sustainable future for us all.

*Sincerely,*  
Meric Gertler



# Calendar

**MORE EVENTS!**  
Check out the latest campus happenings at [utoronto.ca](http://utoronto.ca).



JANUARY 25 TO MAY 28

## “So Long Lives This”: Celebrating Shakespeare 1616–2016

Next year marks 400 years since the death of William Shakespeare. To honour this milestone, the Thomas Fisher Rare Book Library will hold an exhibition exploring how Shakespeare's works shaped ideas of the world beyond England. Highlights will include a selection of Shakespeare's printed plays and poems, from the First Folio of 1623 through to recent craft productions. Early source material such as *Plutarch's Lives* (1579); a range of Renaissance genres and forms, from maps and bibles to heraldry; and later editions of Shakespeare and experiments with his works will also be featured.

Free. Mon. to Fri., 9 a.m.–5 p.m., Thurs. to 8 p.m.  
120 St. George St. 416-978-5285

### Alumni

**January 11**  
**Twenty Toronto Street**  
**U of T in Your Neighbourhood.**  
Biomedical engineering prof. Molly Shoichet on regenerative medicine. 5:30 p.m., 20 Toronto St. Free. [dua.events@utoronto.ca](mailto:dua.events@utoronto.ca).

**January 12**  
**Mount Pleasant Library, Toronto**  
**U of T in Your Neighbourhood.**

Geography professor Barbara Murck speaks about the Galapagos Islands. 2 p.m. 599 Mt Pleasant Rd. Free. [dua.events@utoronto.ca](mailto:dua.events@utoronto.ca).

**January 13**  
**Toronto Plaza Hotel**  
**Skule Lunch and Learn.** Advancing engineering education with lessons from track and field. \$30. 12-2:45 p.m. 1677 Wilson Ave. 416-946-7827, [kristin.philpot@ecf.utoronto.ca](mailto:kristin.philpot@ecf.utoronto.ca) or [my.alumni.utoronto.ca/jan13](http://my.alumni.utoronto.ca/jan13).

**February 10**  
**Toronto Plaza Hotel**  
**Skule Lunch and Learn: Concrete Canoe.** \$30. 12-2:45 p.m. 1677 Wilson Ave. [kristin.philpot@ecf.utoronto.ca](mailto:kristin.philpot@ecf.utoronto.ca) or [my.alumni.utoronto.ca/concretecanoe](http://my.alumni.utoronto.ca/concretecanoe).

**February 11**  
**Swansea Town Hall, Toronto**  
**U of T in Your Neighbourhood.**  
Biology professor Christoph Richter speaks about how whales respond

to human activities. 3 p.m.  
95 Lavinia Ave. Free. [dua.events@utoronto.ca](mailto:dua.events@utoronto.ca).

**February 24**  
**Bennett Jones, Toronto**  
**BizSkule Event: The Future of Healthcare and the Role of Technology.** \$30. 5:45-8:30 p.m. Bennett Jones, 100 King St. W., Ste 3400. 416-946-8143 or [sonia@ecf.utoronto.ca](mailto:sonia@ecf.utoronto.ca).

**March 9**  
**Toronto Plaza Hotel**  
**Engineering Student Awards Lunch.** \$30. 12-2:45 p.m. 1677 Wilson Ave. 416-946-7827, [kristin.philpot@ecf.utoronto.ca](mailto:kristin.philpot@ecf.utoronto.ca) or [my.alumni.utoronto.ca/awardslunch](http://my.alumni.utoronto.ca/awardslunch).

**March 15**  
**Young People's Theatre, Toronto**  
**Goodnight Moon by the Seattle Children's Theatre.** This March Break family alumni event is for ages four and up. \$15 includes ice-cream sundae party. 2:30 p.m. 165 Front St. E. For info: [mary.markou@utoronto.ca](mailto:mary.markou@utoronto.ca). To register: [alumni.utoronto.ca/events/calendar](http://alumni.utoronto.ca/events/calendar).

### Exhibitions

**January 13 to March 6**  
**Blackwood Gallery, UTM**  
**Mirjam Jafri: The Day After**  
takes root in Jafri's project "Independence Day 1934-1975" – photographs taken on the first independence days in former European colonies across Asia and Africa. Blackwood Gallery. Mon. to Fri., 12-5 p.m. (to 9 p.m. on Wed.). Sat. and Sun., 12-3 p.m. 3359 Mississauga Rd. 905-828-3789 or [blackwoodgallery.ca](http://blackwoodgallery.ca).

**January 21 to March 5**  
**Justina M. Barnicke Gallery/ U of T Art Centre**  
**Showroom.** An exhibition of Toronto works that have emerged within a period of rapid urban



development. Free. Tues. to Sat., 12–5 p.m. (Wed. to 8 p.m.) 7 Hart House Circle and 15 King's College Circle. 416-978-5488 or utac.utoronto.ca.

## Lectures and Symposia

**January 19  
Walter Hall**

### Show and Share: Living and Surviving as a Singing Artist.

U of T alumna Barbara Hannigan is a soprano, conductor and one of the world's leading performers of contemporary opera. Free. 10:30 a.m. 80 Queen's Pk.

**January 30  
Walter Hall**

### DM @ X2 Second Annual

**Conference.** Digital Media at the Crossroads examines the evolving digital media universe in Canada. Organized by U of T's Faculty of Music, York University and Ryerson University. Featuring panels on digital disruption in the music industry, the future of publishing in the digital age, social media and more. 9 a.m.–5 p.m. 80 Queen's Pk. For ticket prices and registration info: music.utoronto.ca.

**February 2 to March 1  
Toronto**

### The Canadian Perspectives

**Lecture Series** runs on five consecutive Tuesday mornings. Topics and location TBA. \$60 for the series or \$15 each. For more info or to register: 416-978-0544 or uoft.me/saacp.

## Music

**January 24 to February 7  
Faculty of Music**

**New Music Festival.** Events include: **Jan. 24: The Machine Stops.** The student composer project imagines a science-fiction dystopia based on E.M. Forster's short story. Free. 2:30 p.m. MacMillan Theatre, 80 Queen's Pk.

**Jan. 31: Electroacoustic Music**

**Concert** features works with live electronics by grad students and festival guest composer Allan Gordon Bell. Free. 2:30 p.m. Walter Hall, 80 Queen's Pk.

**Feb. 1: Gryphon Trio** performs music by students. \$40 (\$25 seniors, \$10 students).

**Feb. 2: Land's End Ensemble** with clarinetist James Campbell perform Allan Gordon Bell's Juno Prize-winning *Field Notes* and more. Free. 7:30 p.m. Walter Hall. Read about more events at music.utoronto.ca. Box office: 416-408-0208.

**January 25  
Walter Hall**

### Viva Caledonia! Music for Robbie

**Burns Day** features sonatas and variations by James Oswald, Charles Macklean, Alexander Munro and General John Reid, as well as 18<sup>th</sup>-century settings of traditional airs and other tunes from the Caledonian Pocket Companion, the Simon Fraser collection and the Scots Musical Museum. \$40 (\$25 seniors, \$10 students). 7:30 p.m. 80 Queen's Pk. Box office: 416-408-0208.

**February 6  
Walter Hall**

**U of T Jazz Faculty with Special Guests** along with students improvise and present new music. Free. 7:30 p.m. 80 Queen's Pk.

## Special Events

**March 14–18  
St. George Campus**

### March Break Math Programs.

The department of mathematics offers Math Kangaroo Camp for students in grades 3 to 8 and Math Academy for students in grades 9 to 12. Kangaroo Camp: \$299. Math Academy: \$325. Bursaries are available. 9 a.m.–4 p.m. with before and after care. 416-978-4948, outreach@math.toronto.edu or mathplus.math.toronto.edu/home/camps.

## Sports

**January 22**

### Goldring Centre for High Performance Sport

**Think Pink Women's Basketball.** Varsity Blues vs. Ottawa Gee-Gees. Proceeds go to the Canadian Breast Cancer Foundation, Ontario chapter. 6 p.m. 100 Devonshire Pl. varsityblues.ca/tickets.

**January 29**

### Goldring Centre for High Performance Sport

**Think Pink Women's Volleyball.** Varsity Blues vs. Queen's Golden Gaels. Proceeds go to the Canadian Breast Cancer Foundation, Ontario chapter. 6 p.m. 100 Devonshire Pl. varsityblues.ca/tickets.

**January 30**

### Varsity Arena

#### Think Pink Women's Hockey.

Varsity Blues vs. Windsor Lancers. Proceeds go to the Canadian Breast Cancer Foundation, Ontario chapter. 7:30 p.m. 299 Bloor St. W. varsityblues.ca/tickets.

**February 6**

### Goldring Centre for High Performance Sport

#### Bell NBA All-Star Challenge.

Basketball double header. Varsity Blues vs. Laurier Golden Hawks. Women at 6 p.m. Men at 8 p.m. 100 Devonshire Pl. varsityblues.ca/tickets.

**February 14**

### Enercare Centre, Exhibition Place, Toronto

#### Bell NBA All-Star Challenge

presented by Air Miles. Men's basketball. Varsity Blues vs. Ryerson Rams. 100 Princes' Blvd., Ste 1. varsityblues.ca/tickets.

## Theatre

**January 15–30**

### Hart House Theatre

**Into the Woods** is an all-ages,

musical clash of fairy tales.

Characters such as Cinderella and Red Riding Hood are shown just what would happen if all of their wishes come true. Week 1: Fri. and Sat. at 8 p.m. \$28 (\$17 seniors, \$15 students, \$12 students Weds.). Week 2: Wed. to Sat. at 8 p.m. Week 3: Wed. to Sat. at 8 p.m., and Sat. at 2 p.m. 7 Hart House Circle. For tickets: 416-978-8849 or uofttix.ca. For info: harthouse.ca/into-the-woods.

**February 10–13**

### Hart House Theatre

**U of T Drama Festival.** Theatre written, directed, produced and performed by students. For more information, please visit harthousetheatre.ca

**February 26 to March 5**

### Hart House Theatre

**Boeing Boeing** is a comedy involving a philanderer in Paris juggling affairs with three flight attendants. Week 1: Fri. and Sat at 8 p.m. Week 2: Wed. to Sat. at 8 p.m., and Sat. at 2 p.m. \$28 (\$17 seniors, \$15 students; \$12 students Weds.). For tickets: 416-978-8849 or uofttix.ca. For more information, please visit harthouse.ca/boeing-boeing.

**March 9–12**

### Hart House Theatre

**Skule Nite 1T6**, the annual engineering comedy musical revue. 8 p.m. (plus 2 p.m. on March 12.) \$20. (\$14–\$16 for U of T students). 7 Hart House Circle. For tickets: uofttix.ca. For info: skulenite.producer@gmail.com or skulenite.skule.ca.

**March 10–12 and 17–19**

### Leigha Lee Browne Theatre, UTSC

**The Resistible Rise of Arturo Ui, by Bertolt Brecht**, features UTSC Theatre and Performance Studies students. Tickets on sale in January. \$10 (students and seniors, \$8). 8 p.m. 1265 Military Trail. 416-208-4769, utsc.utoronto.ca/acm/events or acmconnects@utsc.utoronto.ca.





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mea.campbell@utoronto.ca - 416-978-7644

*Your feedback is important to us. Thank you!*

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Astington	Ida Fridman	Louise Margaret	Schmidt
Ann H. Atkinson	Adriana Frisenna	Procter Maio	Robert N. Sebastian
M. Elizabeth Avison	Natsuko Furuya	Andy Mark	<i>Johanna</i>
Vincent M. Badame	Richard Gee	Mario Marrello	<i>Sedlmayer-Katz</i>
<i>Louis and Donalda</i>	Greta Golick	Kiran Ram Mathur	Runjan Seth
Badone	Donna L. Gorbold	Nancy Matthews	Norman P. Seurukas
Mary Jane Baillie	Hope L.R.N. Grau	Dorothy J. McAnally	Meher Shaik
Salvatore Barbieri	Deborah Anne Green	G. David McCartney	Margaret A.
Judith A. Barclay	Peter I. and Edna A.	Harold J. McGonigal	Sherwood
Andrew Barker	Hajnal	Duncan McLaren	Ann M. Simard
John Beckwith and	Beverly A. Hargraft	Donald McLeod	Meriel V. Simpson
Kathleen McMorrow	Diana O. Harney	Harry S. McMaster	Katherine Ann
Douglas Bell	Vickie E. Hartog	Kathleen McMorrow	Sirluck
B. Allen Bentley	Toni and Robin	Lachlan M. McNair	Arthur Smith
William L.	Healey	John D. McNeil	Douglas Smith
Birmingham	<i>Grace Heggie</i>	Sian M. Meikle	Wiebke Smythe
Black Creek	Scott Hilborn	Jennifer and David	Judith Snow
Investment	Michael J. Hill	Mendelsohn	Audrey Speck
Management Inc.	Leanne Hindmarch	Sandeep Menon	<i>Eva Spevak</i>
Gertrude	Aldora Ho	Karen Langstaff	William A. Sturgess
Boeschstein-	Bonnie Horne	Meslin	Chun-Lan Sun
Knighton	Gloria G. Houser	Judith Mills	Tjahjono Sutandar
<i>Harald and Jean</i>	Joy Hughes	Cheryl Misak	Glenn R. Swanick
Bohne	Wayne J. Hughes	Carl W. Mollins	Tibor A. B. Szandtner
Ilze Bregzis	Reg Hunter	Carole R. Moore	Karen Shirley
Helen Breslauer	Michael and Linda	Lynn A. Morgan	Jahangir Khan
Maria Maddalena	Hutcheon	Gillian Morrison	Tareen
Buda	Kathleen J. Imrie	Tahira Munir	Brian G. Terry
Marlies L. Burkhard	Iter Inc.	Glen S. Murphy	Sharon D. Thurston
John Burtniak	Elisabeth A. Jocz	Michael J. Needham	William Edgar Toyne
Charles M. Campbell	L. Joyce Jones	Sharon	Susan Tremblay
Megan E. A.	Sandra Kagoma	Nofech-Mozes	Daniel King-Leung
Campbell	Sophia C. Kaszuba	Derek Nogiec	Tung
Deborah J. Casey	Matthew H. Kaye	Kevin O'Neil	Johannes
Gray C. Cavanagh	Julia A. Keeler	Mariel O'Neill-Karch	vanderLeest
Wendy M. Cecil	Joanna Lynn	and Pierre Karch	Gary J. Waddington
Josef R. C. Cermak	Kennedy	Irene Orechous	Barry Walfish
Murray Chalmers	Diane M. King	Paul G. Ostic	Peter L. Walker
Crystal B.Y. Chan	Maria O. Koel	Victoria Owen	Germaine Warkentin
Diana Chan	Michael and Sonja	Amy J. Paget	Steven W. Weary
Christine Charlebois	Koerner	Thomas Pam	Jenaya Webb
Phyllis R. Chisvin	Lea May Koiv	Alexander C. Pathy	Alice Eleanor Wees
Kirby Chown	Vivian Y. Kong	Mark L. Pathy	Jennifer M.
William N.	Robert Krembil	Flora E. Patterson	Wentworth
Christensen	Eugene Krivyan	Barbara Payton	Marilyn Y. White
Joyce E. Chyrski	Arthur and Sonia	Lubomyra C.	Owen White
Brenda Lee Coleman	Labatt	Pendzey	Patricia A. White
William E. Conklin	Susan T. Laidlaw	John and Mitzi	Robert G. and
Sheila Connell	Courtney Laliberte	Pepall	Jacqueline White
Laurent Constantin	Margaret Yiu-ki Kong	J. Russell Perkin	Andrea Wilcox-Nicol
Richard A. Conte	Lam	Alvin Pettie	<i>Donald R. Wilson</i>
Judi Cooper	Anne and Ian	Craig Pho	Thomas G.S. Wilson
Brian and Linda	Lancashire	Janet E. Plaxton	Joan Winearls
Corman	R. Brian Land	M. Lois Pollard	Elston Lap-Boon
Robert Croxall	John E. Lang	M. Lynn E. Poth	Wong
Alain Dagher	Lari Langford	Rosemary M. Powers	Cara Worthington
Edward G. Davies	David Graham	Marian Press	Jiangbin Yang
<i>Mavis Davison</i>	Laughton	Deenah Rahman	Malcolm Yasny
Linwood DeLong	Sheila L. Lawson	Ruth Redelmeier	Lorna Young
Ursula Deschamps	B. Maureen Lee	N. Jack Reid	
Simon Devereaux	Craig A. Lewis	Anne M. R Emmel	
L. Diane Dyer	William Peter	Philip Resnick	
William Peter	Dykshoorn		<i>And 82 anonymous donors</i>

# Life on Campus

**“Terrified doesn’t even encompass what I felt”**

African Studies student Michel Chikwanine on being abducted as a child from his home in the Democratic Republic of the Congo

**p. 14**



## Robarts Expansion to Begin This Spring

Five-floor addition will boost study and meeting spaces

**AT ROBARTS LIBRARY**, finding the title you want among its 4.5 million books is easier than finding a spot to study. That’s because the St. George campus library attracts as many as 18,000 visitors a day – double what it was 35 years ago – but the number of workstations hasn’t kept pace with demand.

An effort to alleviate this space crunch and make the library more inviting is now underway as the 14-floor building undergoes its first expansion in its 42-year history. A five-storey free-standing addition will be built on the library’s west side, and will be connected to the main library by a four-storey bridge. To be called the Robarts Common, the building will increase study spaces by 25 per cent, bringing the total number to just over 6,000.

“Extra space is very badly needed, so I think this expansion will make a huge difference,” says U of T chief librarian Larry Alford. “Some students want places where you can hear a pin drop, and others need space to work with each other . . . This addition will add to the mix of those kinds of spaces.” ➤





The footprint of Roberts Library is an equilateral triangle with each side measuring 100 metres, the same length as a Canadian football field

## Top-Ranked U of T



U of T



UBC



McGill



Times Higher Education World University Rankings	19 <sup>th</sup>	1 <sup>st</sup>	34 <sup>nd</sup>	2 <sup>nd</sup>	38 <sup>th</sup>	3 <sup>rd</sup>
QS World University Rankings	34 <sup>th</sup>	2 <sup>nd</sup>	50 <sup>th</sup>	3 <sup>rd</sup>	24 <sup>th</sup>	1 <sup>st</sup>
U.S. News & World Report Best Global Universities Rankings	16 <sup>th</sup>	1 <sup>st</sup>	33 <sup>th</sup>	2 <sup>nd</sup>	53 <sup>rd</sup>	3 <sup>rd</sup>
Shanghai Jiao Tong University's Academic Ranking of World Universities	25 <sup>th</sup>	1 <sup>st</sup>	40 <sup>th</sup>	2 <sup>nd</sup>	64 <sup>th</sup>	3 <sup>rd</sup>
Maclean's Medical/Doctoral Ranking	—	2 <sup>nd</sup>	—	3 <sup>rd</sup>	—	1 <sup>st</sup>

U of T has once again placed high in the most prestigious international university rankings, which are released every fall. The university, for example, edged up one spot to 19<sup>th</sup> in the *Times Higher Education (THE)* global rankings – despite the fact that *THE* doubled the number of institutions it rated this year (800 worldwide) – and continues to hold the No. 1 spot in Canada. It also ranked 11<sup>th</sup> in the world in research, and 23<sup>rd</sup> internationally in teaching. “These results demonstrate the University of Toronto’s stature as Canada’s top university and as one of the world’s great institutions of higher learning,” says President Meric Gertler. “It’s a tribute to U of T’s excellence in research and teaching. Our faculty,

staff and students are doing cutting-edge work in virtually every field.”

The QS World University Rankings included a new methodology that attempts to equalize citation performance across all disciplines. The new framework resulted in a drop in the rank of U of T and all Canadian universities with medical schools. The result is an anomaly compared with U of T’s top 25 or higher placement in all other major international rankings.

In the *U.S. News & World Report* rankings, U of T placed among the world’s top 10 in arts and humanities, clinical medicine, pharmacology and toxicology, and space science.

### EPHEMERA



#### NIGHT LIGHT

On a cold and windy night, the words “I’ve Got Sunshine on a Cloudy Day” cut through the chilled air with their warmth and optimism. The text-art installation lit up the University College Quad this past October at the all-night art festival Nuit Blanche. Creator Catherine Chan (BSc 2001 UC) wanted viewers to reflect on the power of love, hope and light in difficult times, as well as the effects that mental health can have on our experiences. The word “sunshine” alludes to light therapy, a treatment for seasonal affective disorder. The art installation – one of five exhibits hosted on U of T campus during Nuit Blanche – has since found a permanent home at the Centre for Addiction and Mental Health’s Queen Street site. – **NADIA SIU VAN**

➤ Roberts Common will include traditional reading tables and carrel desks, as well as long study tables, soft-seating areas and amphitheatre-style seating arrangements for more social learning activities. The new facility will also include 32 meeting rooms – several with display screens and loudspeakers, to allow students to collaborate on group projects. There will also be Wi-Fi access and wireless printing stations throughout the building. “The addition is going to enhance how students actually use the library,” says Lari Langford, head of access and information services at Roberts. “I’m not saying they’re not coming for books, but many come for learning and collaboration space.”

Designed by Diamond Schmitt Architects, Roberts Common will integrate with the concrete building’s Brutalist architectural style by copying its rectangular elements. But its wraparound glass facade and wood accents will provide the building with an airier, warmer and more contemporary look and feel. It will also allow for more natural light, which will be controlled by light-sensing motorized blinds.

“We wanted to fit with the geometry of the existing building,

but to also create a contrast using glass and glazing so that we could create a greater feeling of openness and light,” says architect Gary McCluskie.

The expansion – which will begin in March and should wrap up within two years – is supported by a lead donation from Russell (MA 1947) and Katherine Morrison (PhD 1979). Roberts Commons will have an entrance at the south end, and an open square will be introduced outside the entrance. For those wanting to study outdoors during warmer months, the square will feature Wi-Fi access and seating peppered among the cherry trees. Roberts Common will also include a number of eco-friendly features, such as an extensive green roof, rainfall recycling systems, low-emissions building materials and optimized energy efficiency.

“This is a major part of our revitalization process,” says Alford, referring to the recent addition of multipurpose por-ticos, and renovations that added a computer lab and more study space. “It’s about creating space for students to do new and different kinds of things, a space for social learning.”

– **SHARON ASCHAIK**



More than 80 per cent of the St. George campus community uses low- or no-carbon transportation to get to campus



Green roof at UTSC

## Double Value in Being Green

Energy savings on all three campuses are good for the climate, but also leave more money for academic programs

**REDUCING GREENHOUSE GAS** emissions at U of T’s three campuses is good for the environment, but it’s also a boon for academic budgets, as savings on energy bills can be applied to classrooms, labs and program improvements.

At the St. George campus, for example, a recent energy retrofit of the Medical Sciences Building has resulted in savings of more than \$1 million annually in energy costs, according to Ron Swail, the chief operations officer of Property Services and Sustainability for Facilities and Services, which oversaw the project. The retrofit has also reduced annual greenhouse gas emissions by 2,327 tonnes – the equivalent of taking 1,836 cars off the roads.

Sustainable projects extend across all three campuses. At U of T Mississauga, the recent replacement of the campus’s main chiller reduced energy use by 535,000 kilowatt-hours a year, which is the average energy used by about 55 homes annually. Sixty per cent of UTM’s roofs have gardens, or are

painted white to reflect sunlight. The Instructional Centre is also entirely heated and cooled by geothermal energy – heat is pumped from below the Earth’s surface to warm the building in winter, and, in summer, the centre’s heat is transferred back under the ground to cool the building. Aside from electricity to run the pumps, the centre requires no energy for heating and cooling.

U of T Scarborough’s new Toronto Pan Am Sports Centre is another sustainability gem – geothermal pipes under the parking lot provide 20 per cent of the heating and cooling for the centre. There are also more than 1,800 solar panels on the roof and rainwater cisterns for landscape irrigation.

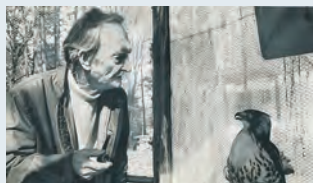
The university has started using occupancy-sensor lights in some residences, and, on all three campuses, is switching from compact fluorescent lights, which last roughly 8,000 hours, to LEDs, which last 50,000 hours and use less than half as much electricity annually.

U of T has also installed more than 20 large rain cisterns around the St. George campus for landscaping or flushing toilets. “We have put in a very sophisticated computerized irrigation system that checks the weather, so if it rains, we won’t water the grass. That’s reduced irrigation almost by half,” says Swail. “We’ve also retrofitted and continue to retrofit washrooms with water-efficient fixtures.”

Budgetary challenges have forced the university to be more innovative and pursue energy reduction, with savings directed back to operating costs. “It’s also the right thing to do for the environment,” says Swail. Moreover, U of T follows the City of Toronto’s environmental guidelines on new buildings – “but the provincial cap and trade legislation is even more significant,” says Swail, referring to Ontario’s plan to limit greenhouse gas emissions in different sectors. U of T is expected to fall into the category of large users, which will affect how many tonnes of greenhouse gas emissions it is permitted. “I’m looking forward to the challenge,” says Swail, who is proud of U of T’s status as one of Canada’s Greenest Employers. “I know there’s more energy that we can save, and this will continue to push us forward.” - **NICOLLE WAHL**

NAMECHECK

### Roy Ivor Hall



It’s fitting that U of T Mississauga’s Roy Ivor Hall residence, a place that provides a sanctuary for students when their day is done, is named after a man who provided a sanctuary of a different sort.

Roy Ivor, known as the Birdman of Mississauga, was a naturalist and lifelong bird lover. In 1928, at the age of 49, he decided to study and care for birds full time. He eventually opened the Windinglane Bird Sanctuary, where he cared for thousands of the feathered

creatures for almost half a century. People from all over brought him injured, sick or wild birds. Ivor, who was an Order of Canada recipient, also wrote a book called *I Live With Birds*, and was one of the first people to warn of the detrimental effects of DDT on wildlife.

Ivor also couldn’t resist helping out with birds on the U of T Mississauga campus; he even helped raise and care for two owls in the North Building’s biology prep room. He died in 1979, just shy of his 100<sup>th</sup> birthday.





Thousands of people gathered at Varsity Stadium in 2012 and donned special glasses to watch as the planet Venus passed in front of the sun



**Contemplating the Cosmos**

Thousands of spectators gathered on St. George front campus on Sept. 27 to witness a double celestial phenomenon – a total lunar eclipse and a supermoon. During this event, the sun, Earth and moon align perfectly when the moon is at its closest point to Earth. The moon appears larger and adopts a blood-red hue. Although cloudy weather made it impossible to see the moon, many watchers came prepared with cards, board games, a blanket and good company. While people were drawn by the rarity of the event – the only total lunar eclipse and supermoon combination visible from Toronto until

2033 – they were also drawn to the communal experience, says Michael Reid, lecturer and public outreach co-ordinator at the Dunlap Institute for Astronomy and Astrophysics.

Despite the moon no-show, spectators stayed and asked U of T professors questions about the Big Bang and our place in the cosmos. “The event ignited a sense of wonder that lasts way longer than any eclipse,” says Roberto Abraham, an astronomy professor. “People’s curiosity can range from purely aesthetic to deeply philosophical, such as contemplating the ultimate origin of the universe.”

– NADIA SIU VAN

**SOUND BITES**

What is the most amazing course name at U of T?

**“Fatal Attraction: Lure of the Villain.” First-year seminar at Woodsworth.**

@IdeJTairen

**“How to Design Almost Nothing” at the Daniels Faculty**

@UofTDaniels

**“The Human-Animal Interface” [the human-animal relationship in books and film] at UTSC**

@AndreaCharise

**Rotman’s “Catastrophic Failure in Organizations”**

@rotmanschool

**“The Blurred Lines of Technology, Body, and Mind” at the Faculty of Law**

@UTLaw

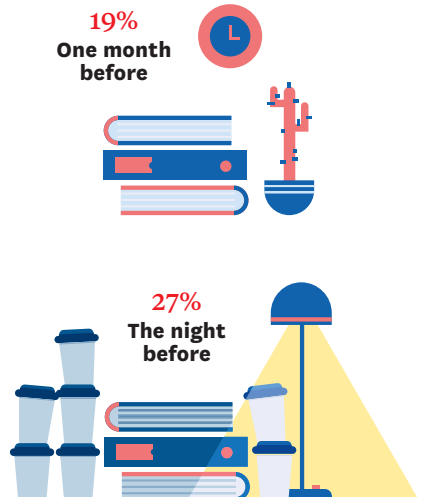
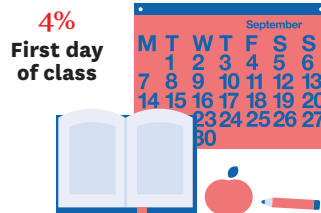
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**Poll | When do you start studying for exams?**

Research has shown that last-minute studying is counter-productive and stressful. However, many U of T students still find themselves cramming for exams. “Studying last minute does stress me out, but I’ve become used to it,” says Arthur Leung, a fourth-year engineering student. “If I start early I don’t have the motivation to work through my notes. I’d rather do it all the night before.”

Some students begin the process early in an effort to juggle coursework with life outside of academics. There is always a deadline to meet, says Abena Osei-Kwabena, a fourth-year global health undergrad, who studies ahead of time to balance work and extracurricular activities with her course load.

This highly unscientific poll of 100 U of T students was conducted at Sidney Smith Hall on St. George Campus on Oct. 7.





## U of T Supports Syrian Refugees

The university will create 100 bursaries for students at risk due to war



**THE U OF T COMMUNITY** sprang into action this fall to assist Syrian refugees, with a commitment to create 100 bursaries worth \$10,000 each. The bursary program for students at risk is part of Massey College’s Scholars at Risk initiative. While initially focusing on Syrian students, the program will eventually broaden to include other refugees who have had their education disrupted by conflict or war. U of T is committing

up to \$500,000 to match donations of any size, with the goal of raising \$1 million for these 100 bursaries.

More than 7.6 million Syrians have been internally displaced from their homes, while another four million have fled the country since the outbreak of armed conflict in 2011. U of T students have been helping those affected by the tragedy by fundraising and donating clothes: the U of T Refugee Alliance, for example, held a used-clothing drive to help refugees at the Dar Al Fatwa camp in Lebanon prepare for winter. On Nov. 13, the undergraduate and graduate student unions of the department of Near and Middle Eastern Civilization held a seminar, in collaboration with the Syria Solidarity Collective, on various aspects of the crisis.

U of T is also involved in the Lifeline Syria Challenge, spearheaded by Ryerson University. U of T, York University and OCAD University have partnered with Ryerson to sponsor 75 refugee families for up to a year. Vinitha Gengatharan, U of T’s liaison for the Lifeline Syria Challenge, came to Canada from Sri Lanka with her family 30 years ago, during the civil war. “I know what it is like to settle and start over in a new country, and I have a deep appreciation and gratitude to those who helped and supported my success. I see this initiative as one of the ways to ‘pay it forward’ to others.” - **STAFF**

To make a donation, visit [uoft.me/scholars-at-risk](http://uoft.me/scholars-at-risk) or [Ryerson.ca/lifelinesyria](http://Ryerson.ca/lifelinesyria).





P.O.V.

## War Child

Michel Chikwanine talks about his long, difficult journey to the African Studies program at U of T

AT THE AGE OF FIVE, in 1993, Michel Chikwanine was abducted by rebel militia in Beni, in the Democratic Republic of Congo, and forced to become a child soldier. His father, a human rights lawyer, was poisoned by enemies when Michel was 12. He and his family lived in a refugee camp in Uganda for five years. At the age of 16, in 2004, he, his mother and younger sister arrived as refugees in Canada. Chikwanine is now a student in U of T's African

Studies program. In October, he and co-author Jessica Dee Humphreys published a graphic novel for children about his experiences entitled *Child Soldier: When Boys and Girls Are Used in War*. He spoke recently to **Stacey Gibson** about his journey.

**Can you talk about the abduction?** One morning, as I was getting ready to go to school, my father pulled me aside and was extremely adamant that I be home before 6 p.m. I promised him I would be.

At the end of the school day, I sat at my desk thinking, 'Should I go home and be daddy's good boy, or go to the soccer field to have fun instead?' I chose to play soccer. I was playing with my friends when army trucks came racing toward the soccer field. The men weren't wearing military uniforms. Chaos set in. I could hear gunshots. I could hear my friends screaming. I remember feeling so afraid, but, at the same time, because I had never heard of anyone being abducted before, my first thought was that my father had hired these soldiers to make sure we understood why we needed to be home before 6 p.m. So I started yelling at these soldiers, telling them they needed to let us go home. They hit me with a gun on top of my head and I passed out.

I woke up in a truck surrounded by soldiers with AK-47s. They were all laughing and I was crying, begging them to

Former child soldier Michel Chikwanine: "Terrified doesn't even encompass what I felt"



let me go home. After a few hours of driving, we arrived at a rebel camp. There was a skeleton nearby that I stepped on. As a five-year-old kid, terrified doesn't even encompass what I felt. They told us they were going to initiate us into the army. They cut my left arm, and you can still see the scar. They rubbed a mixture of cocaine and gun powder into the wound. They put a blindfold on me and dropped an AK-47 in my hands. They kept yelling at me to shoot, so I pulled the trigger. When they took off the blindfold, I looked at my best friend, Kevin, lying there in a pool of blood. I was forced to kill my best friend at the age of five.

**How did you escape?** After two weeks we were taken to a village, and told we needed to take it over. The commander gave the signal for some of the kids to attack on the left flank and others on the right. As people began running, it clicked in my head that I should run home. I ran into the jungle, for three days and three nights. I ended up in a town that wasn't far from where my family lived. I met a man who put me on a bus, which took me back to my family. It's a miracle that I was able to survive.

**Why did you decide to write a graphic novel, with a target audience of children, about your experiences?** Right before my father was killed, one of the last promises I made to him



Michel Chikwanine met his co-author Jessica Dee Humphreys at a fundraiser for the General Romeo Dallaire Foundation

was that I would fulfil one of his biggest dreams, which was to publish a novel. [Co-author] Jessica and I decided on the age range of 10 to 14, because these are the people who are soon going to be in positions of power. Whether they become politicians, or CEOs of companies or NGOs, they will make decisions that affect their peers all over the world. They need to make their decisions based on moral and ethical considerations and with a contextual understanding of the world.

**How did you get to a point where you could write and speak publicly about your experiences?** It has taken me many years to understand the magnitude of my whole story. I didn't tell anyone that I was a child soldier until I was 20 years old.

What has helped me overcome all the hardships is my father. In the graphic novel, he's the central figure. My father was six-foot-eight, 250 pounds. Not only was he a giant man, but he was a human rights activist and a lawyer. When the war in the Congo was going on, he was writing articles to inform people that this war was not about African people killing themselves but about people fighting over minerals – minerals sold in Western countries. I remember him telling me the African proverb that if you ever think you're too small to make a difference, try sleeping in a room with a mosquito. He left me with this incredible legacy of standing up for

people, being an activist. And I couldn't let my father's legacy just disappear.

**What do you want to do in the future?** I want to go back to the Congo to help restructure the education system, which is rooted in colonialism – to help train good teachers, and to give them the resources to teach critical skills to their students. We take critical skills for granted, and I think the ability to decipher information, which I have learned here at U of T, is not taught in many parts of the world.

When I came here, I believed the colonial version of history that Africa was saved by Europeans. U of T's African Studies program is incredible because it goes into pre-colonial Africa. It really added depth and context to my understanding, and inspired me to start being very critical.

**What would you hope to see as a result of a change in the education system?** Humanitarianism pushes NGOs as the answer to Africa's problems. I really don't think they are. The problem I have with humanitarianism is that it's a very similar system to colonialism. It's importing an ideology and a way of doing things, and doesn't put the African people in positions of power to be able to understand and control that system or move things forward when NGOs leave.

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**BOUNDLESS**

UNIVERSITY OF TORONTO





Rosemary Sullivan's award-winning book *Stalin's Daughter* was based in part on letters acquired by U of T's Thomas Fisher Rare Book Library



## U of T and MaRS to Host First Canadian JLABS

### Partnership with Johnson & Johnson will support up to 50 local biomedical startups

**PROMISING BIOMEDICAL-SCIENCE** entrepreneurs and researchers may soon find a new cutting-edge home – at the first JLABS incubator in Canada.

Fifty startups will work in the 40,000-square-foot facility, which is slated to open in April and will occupy one floor of the MaRS West Tower on College Street. The incubator is a collaboration between the University of Toronto, the Government of Ontario, the MaRS Discovery District, and Johnson & Johnson Innovation. The goal is to provide an atmosphere where biomedical startups can thrive: they will benefit from

state-of-the-art lab space and access to senior researchers, industry consultants and funding partners.

The collaboration with JLABS is a natural extension of U of T's focus on city-building and entrepreneurial activity. "Research and innovation are fundamental to the mission of the University of Toronto," says President Meric Gertler.

The new collaboration will also allow entrepreneurs to transform their discoveries in the health-care field – be they related to pharmaceuticals, therapeutics, diagnostics, device development or data analysis – into market-worthy products. "The addition of JLABS will further propel the creation of new companies and new jobs, and ultimately new health-care solutions that will benefit individuals and society for years to come," says Gertler.

JLABS operates according to an open-innovation model. This means startups with the best ideas will get the space, and spinoffs led by U of T students, alumni or faculty are expected to compete strongly for these positions.

While about three-quarters of the JLABS floor will house labs, digital equipment and bench tops, there will also be meeting spaces to encourage interaction with industry mentors and potential investors. There are also JLABS in Boston, Houston and San Diego, and two in San Francisco.

U of T now owns four floors of the MaRS West Tower and will be taking a 20 per cent equity share in the building. The partnership solves an urgent need for new research space at the university by capitalizing on the existing building. "U of T is committed to translating our research into lifesaving technologies, and the move to these excellent facilities comes much faster and at less cost than any alternative," says Scott Mabury, vice-president of operations for U of T.

– **ARTHUR KAPTAINIS AND CAROLYN MORRIS**

## People

Pia Kleber



Prof. **David Cameron**, of political science, has been reappointed as dean of the Faculty of Arts and Science until June 2019. Cameron was first appointed in 2014, following an eight-month term as interim dean. He has also served

as vice-president, institutional relations, and chair of the political science department.

Prof. **Dimitri Nakassis** of classics was one of 24 people awarded a MacArthur Foundation Fellowship – also known as a "genius grant" – in September. The \$650,000 US grant is awarded to creative people committed to building a more just and peaceful world. Nakassis received the no-strings-attached fellowship for transforming our understanding of prehistoric Greek societies.

Prof. **Pia Kleber** has been awarded Germany's highest civic honour: the Officer's Cross of the Order of Merit of the Federal Republic of Germany. Kleber, a professor of drama, was recognized for her contributions to cultural exchange between Germany and Canada. She has organized wide-scale events involving both countries, and organizes study tours of Germany for U of T students.

**Rosemary Sullivan**, professor emerita of English, recently won the \$60,000 Hilary Weston Writers' Trust Prize for Nonfiction for her book, *Stalin's Daughter: The Extraordinary and Tumultuous Life of Svetlana Alliluyeva*. Sullivan, a critic, poet and biographer, is also the author of such books as *Villa Air-Bel* and *Shadow Maker: The Life of Gwendolyn MacEwen*.

**Daniel Durocher**, a professor of molecular genetics, is one of three recipients of this year's Paul Marks Prize for Cancer Research, awarded by the Memorial Sloan Kettering Cancer Center in New York. The \$50,000 award recognizes investigators aged 45 or younger who are advancing cancer research. Durocher focuses on how cells maintain the integrity of their genomes and especially how they deal with a particular type of damage called the DNA double-strand break.



The Thomas Fisher library is named in honour of a Yorkshire immigrant who settled near the Humber River in 1821, operated a grist mill and played a large role in public life

## At the Heart of a Great Campaign

Volunteers make immeasurable contributions to the university's fundraising efforts



Medicine's volunteer campaign co-chairs, from left: Brian Lawson, Joannah Lawson and Michael Dan

LIKE THE UNIVERSITY OF TORONTO'S motto, *Velut Arbor Aevo* ("as a tree grows through the ages"), the work of U of T's campaign volunteers represents the roots that anchor the university's traditions and support its mission to meet global challenges and prepare global citizens.

U of T's Boundless campaign – which has raised more than \$1.8 billion to date – benefits from extraordinarily dedicated volunteers across a breadth of activity. Within this group are volunteer leaders who work closely with U of T's fundraisers to develop a campaign strategy and bring other donors to the table.

Brian Bachand, the executive director of advancement at the Faculty of Medicine, says the faculty's campaign co-chairs,

Dr. Michael Dan (MD 1984) and Brian (BA 1982 TRIN) and Joannah Lawson (MIRHR 1989), have been critical to the faculty's success within the Boundless campaign. Along with making major financial contributions, each has taken a leadership volunteer role. "Despite their hectic schedules, Dr. Dan and the Lawsons put in countless hours to attend meetings, help us strategize on our philanthropic goals, and focus our efforts in the most efficient way possible," says Bachand. "A strong network of supporters is critical to the success of any campaign."

Dan says he supports U of T because he sees the university's impact extending far beyond its walls. "There are countless ways to contribute time and resources to the important initiatives taking place at U of T that will truly make a difference in the health of Canadians," he says. Brian Lawson concurs: "We give our time to U of T's medical school because it is well positioned to conduct leading-edge research and to influence policy, education and how medicine is practised locally and globally. We are happy to be part of that."

David Scrymgeour (BComm 1979), executive-in-residence at Rotman Commerce, has given countless hours to help the commerce program reach its fundraising goals, and also mentors students. He believes that "donating both time and money is more powerful than contributing either of these individually." To date, he has mentored some 70 students in the commerce program. Scrymgeour says there is an enormous demand for volunteers at U of T, and he finds himself on campus three or four days a week. "U of T is a fantastic environment and offers such a diversity of opportunities. If you have the time and inclination to become involved, you can find a perfect fit."

Campaign volunteers also play critical roles in supporting non-academic programs. Robin A. Campbell (BA 1979 TRIN, LLB 1981) is a volunteer at the Faculty of Kinesiology and Physical Education. The mother of two Varsity athletes, she is spearheading a campaign for the track-and-field team. "I give a tremendous amount of time and resources to the track team because I believe the opportunity to compete internationally is a life-building experience for a young athlete," she says. – ANJALI BAICHWAL

## Why I Give



Joan Randall

### Bringing History to Light

Joan Randall (BA 1949 UC) has created an endowment – the Joan Walwyn Randall Fund – to help the Thomas Fisher Rare Book Library bring historically important documents to U of T. This year, with money from the fund, the library acquired more than 100 letters from Josef Stalin's daughter, Svetlana Alliluyeva Peters, to a close friend in England. The correspondence sheds light on one of the 20<sup>th</sup> century's most important political figures and reveals insights into one woman's incredibly difficult life.

**Joan:** Even in my student days, when I used the main Sigmund Samuel Library, I thought it was important for students to have a place on campus to study. Now, I walk into Robarts Library and see all the students in front of computers, which is amazing. It's incredible, too, how quickly technology is moving ahead. It's a challenge for libraries to keep pace, but we're very fortunate to have the third-best library system in North America. That's very impressive, and shows why U of T's libraries are worth supporting.

I think it's important, too, that libraries continue to acquire materials such as letters and other original documents, because this is not something you can get online. It's why the Fisher Library is so important to U of T scholars.





IN MEMORIAM

## Literary Detective

Phyllis Grosskurth was one of Canada's best biographers, and one of University College's first female English professors

**GROWING UP, PHYLLIS GROSSKURTH** wanted to be a detective; in many ways, that's exactly what she became. A U of T English professor and critic, Grosskurth was best known as a biographer – one whose eventful life rivalled those of the colourful people whose stories she took fierce delight in discovering.

Grosskurth, who died in August at the age of 91, sustained a riches-to-rags childhood during the Depression. She graduated from U of T's Trinity College in 1946, and eventually moved to England with her first husband and three children, embarking on doctoral studies in the early 1960s. There, she discovered her first subject: an obscure Victorian poet named John Addington Symonds.

Her dogged research revealed a stash of letters detailing the pain and pleasure of Symonds' secret gay life, carefully

conducted within the repressive atmosphere of the times. Grosskurth's book on Symonds won a Governor General's Literary Award in 1964. It was the first of many life stories she would write; like their biographer, all of Grosskurth's later subjects were iconoclasts. They included Lord Byron, psychoanalyst Melanie Klein and sexologist Havelock Ellis.

In 1965, having returned to Canada, Grosskurth was one of the first female professors hired to teach in the English department at University College. The college had been, in colleague Anne Lancashire's words, "a bastion of male supremacy since the 1930s," but new winds were blowing. Lancashire describes Grosskurth as "vivacious, with a very determined personality... and passionate about her research, at a time when it was more difficult than today to get grant money."

Although Grosskurth taught Victorian literature, she was very much a modern feminist. "I think she had experienced discrimination, and it could make her a little bit prickly to deal with," says Lancashire. "She was not afraid to speak up on an issue that was important to her."

This trait was exemplified in 2001, when Grosskurth and three other retired female professors fought the university on the issue of pension equity (the terms of their eventual settlement were confidential).

Grosskurth's formidable character was tested by many trials, including breast cancer, leukemia and a 2002 stroke that severely limited her mobility. In recent years, she also endured the deaths of son Christopher, a well-known CBC journalist, and third husband Bob McMullan, whom she'd first met many years before as a U of T student.

Despite her problems in old age, Grosskurth continued reading, travelling and living with characteristic grit, right to the end. Eight years ago, she told the *Toronto Star* that Voltaire's motto of cultivating your garden was hers as well. With her bold legacy of biography, scholarship and criticism, hers was a well-tended garden indeed. - **CYNTHIA MACDONALD**

IN MEMORIAM

## Andrew John Becker



In the 1960s, Andrew John Becker was a young graduate in medical biophysics whose work had a profound effect: his early research with U of T scientists Ernest McCulloch and James Till helped identify stem cells. The discovery led to the use of bone marrow transplants in leukemia patients, saving countless lives.

Becker's work on stem cells identified new ways to diagnose and treat many diseases. He also helped develop recombinant DNA technology, which allows researchers to identify, map and sequence genes to understand their function. "He made key discoveries in stem cell research. With Marvin Gold, he

discovered how human disease genes such as those for cystic fibrosis and muscular dystrophy can be cloned," says Prof. Paul Sadowski of molecular genetics.

Becker, who held both an MD and PhD from U of T, joined the university as a professor in 1967. He remained in medical genetics until his retirement in 2000. "Andy was a gentle person, blessed with an incredible capacity to understand everybody around him," says Prof. Helios Murialdo. "He was always willing to listen, as if his time was of no importance. I learned from him science and humanity."

- **CAROLINE KLIMEK**

# Leading Edge

**“The operating room is probably one of the most secretive places in modern society”**

Dr. Teodor Grantcharov, whose “black box” to record surgeries is now being used in five hospitals  
p.21



## On the Right Track

Prof. Eric Miller wants to use improved data – and more of it – to help cities make better transit decisions

**JUST BEFORE LEAVING BY BIKE** to interview U of T transportation guru Eric Miller, I checked my smartphone for new email. Fifteen minutes later, as I walked into the Galbraith Building on the St. George campus, I checked it again, to remind myself of his office number. When I shared this story, Miller, a professor of civil engineering and director of U of T’s Transportation Research Institute, pointed out that my carrier’s cellphone system captured the time and location of both queries, and that this information could be put to good use.

While these data points didn’t reveal my mode of travel nor my path, a sophisticated transportation model might surmise

that I cycled, using the locations and time elapsed.

This kind of raw information traditionally hasn’t found its way to transportation planners because it wasn’t accessible. Yet in the next several months, Miller and an impressive interdisciplinary team will launch iCity, a series of 10 projects meant to tap into the vast troves of digital data that, when analyzed and combined with rider surveys, census tables and other demographic information, can be used to paint a much more granular and timely picture of how residents of the Greater Toronto Area and Waterloo, Ontario, move through their cities. The projects will focus on everything from public transit and parking management to the development of more responsive technical platforms for crunching the numbers, as well as “toolkits” to help planners create “complete streets” designed to accommodate pedestrians of all ages and abilities and all types of vehicles.

But the goal of iCity, Miller stresses, isn’t merely descriptive; it’s also meant to be a diagnostic tool to help decision-makers and residents understand how their planning and transportation investment choices will affect their cities. ➤





Rap star Drake's fourth album was called *Views from the 6*, but he credits fellow rapper Jimmy Prime for coining "the 6"

➤ “The data are your eyes and ears to see what’s going on in the real world,” explains Miller. He points out that the iCity projects will use a lot of real-time digital information to make the analysis more exact. “It’s a living lab concept.”

The U of T initiative involves several institutional and private-sector partners, including the City of Toronto, Metrolinx, Waterloo Region and OCAD University, as well as IBM Canada. In addition to data from on-road traffic sensors, the investigators hope to gain access to an array of travel-related digital sources, including Presto card readings (such as when GO Transit or TTC riders tap their cards to enter a transit vehicle), GPS data from fitness trackers and payments to municipal parking systems, including meters and a new smartphone app that informs drivers of space availability (and thus indicates how drivers use the information).

By combining these real-time sources with the Transportation Research Institute’s models, which project travel patterns using historical information from rider surveys, Miller says iCity will allow planning officials to better demonstrate how different transportation projects – such as a new subway or LRT line, or building “complete streets” – will affect communities and the surrounding city. Miller will also draw on expertise from OCAD University to develop new techniques for visualizing and mapping travel patterns.

The overarching aim is to help cities make more informed choices about how they function and grow. Says Miller: “We have to get to the point of telling good stories to the bureaucrats and politicians that say, ‘This is how a proposed investment really works and this is why it is or isn’t a good idea.’” – JOHN LORINC

## Team Spirit

### Adolescents who play team sports are less likely to experience mental illness later in life, study finds



**REGULAR PARTICIPATION IN SCHOOL SPORTS** during adolescence can improve mental health even years later, according to a new study from Prof. Catherine Sabiston of Kinesiology and Physical Education. Exercise has long been known to improve mood and mental clarity. Some research has indicated it could be as effective as medication for certain kinds of depression. But the new study is the first to suggest that the psychological benefits of school sports might be permanent and long-term.

Using data from a large, long-term study of Montreal high school students, Sabiston and colleagues noted students’ participation in such common school sports as basketball, soccer, and track and field (not, however, during phys-ed class or outside of school). Three years later, they assessed the students for symptoms of depression, perceived stress and self-reported mental health. On these measures, students who consistently participated in school sports were significantly better off than those who did not. And the protective effect persisted, even if the students didn’t continue to be active or play sports. “It’s not about the current levels of physical activity,” says Sabiston. “It comes back to what they got from that experience during adolescence. This is what is really impactful for mental health.”

Mental health problems often originate in adolescence and continue into adulthood so it’s important to identify strategies to slow or block their development, says Sabiston.

In a related study of team versus individual sports, Sabiston and colleagues found that only team participation provided protection against depressive symptoms. The reasons for this aren’t clear, although Sabiston suggests that team sports provide feelings of connection, moral development and a bond with an adult who is not your parent. All of which “we are seeing emerge in the literature as protective factors for mental health problems.” – BRENT LEDGER

#### LINGO

### The 6ix



Over the course of its 222-year history, Toronto has been known by a variety of nicknames. Originally “Muddy York,” the city was dubbed “Hogtown” in the 19<sup>th</sup> century, thanks to a booming pork industry, and then “Toronto the Good” by a civic-boosting mayor.

The 20<sup>th</sup> century brought “The Big Smoke” and “TO,” but these

have now been eclipsed by “T-Dot” and “The 6ix.” Mark Kingwell, a professor of philosophy who has written about urbanism, says city monikers tend to fall into two categories – self-celebration (such as “Hollywood North” or “The City That Works”) and self-deprecation.

The 6ix, which was popularized by Toronto rap star Drake, is said

to have been inspired by either the city’s two main area codes or the original six municipalities. Either way, it represents an interesting new direction in Toronto nicknames, says Kingwell, because of its connection to hip hop and urban culture. “This is new-century Toronto,” he says, “with the same confident vibe of ‘We the North.’” – STAFF



The flight data and cockpit voice recorders used in aircraft were invented by Australian scientist David Warren following the world's first commercial jet airliner crash, in 1953



I worked, how inefficient my moves were,” he recalls. These were small details that didn’t harm the patient, but he says, “I realized I could have done much better.”

Grantcharov, who went on to earn a PhD in objective assessment of surgical performance, consulted Air Canada’s corporate safety board to understand the role black boxes can play in identifying and fixing safety risks. Grantcharov’s “black” box – originally blue but now a neutral white – is the size of a thick laptop and sits outside the operating room, wirelessly connected to systems inside the room. He and his research team are currently developing optical technology the surgeon will wear like a pair of glasses, recording exactly what the surgeon sees.

Grantcharov is the senior author of a study about the surgical black box published last May. In 54 bariatric surgeries done through minimal incision, video showed that in 38 there were

66 “preventable events,” including everything from tangled sutures and minor bleeding to membrane tears. Three-quarters of these went unnoticed by the entire operating team. In another study, Grantcharov found that surgical residents who received black-box feedback improved more than residents who did not. Grantcharov, who has been using the device for more than a year, considers it a source of continuous education to improve his technique. Patients, he says, express confidence in the increased transparency.

By spring, Grantcharov expects the black box to be installed in four other hospitals, in Holland, Denmark, the U.S. and Chile, all reporting back to St. Mike’s. Surgeons worldwide are enthusiastic, but Grantcharov has received occasional resistance from those who don’t want their methods questioned. “The operating room is probably one of the most secretive places in modern society,” says Grantcharov, “but our safety record is not as good as it should be.” Depending on the type of procedure and other variables, up to 17 per cent of operations result in major complications, half of them preventable, he says, and more than 8,000 Canadians die every year as a result of medical errors.

Some surgeons worry that the black box could increase malpractice issues, and Grantcharov acknowledges that if required by law, the video must be submitted. But he says the whole purpose is to reduce or prevent those adverse events in the first place. “I’m confident we can prove we can reduce the number of errors, prevent complications and use operating rooms more efficiently.” Once commercialized, he expects the black box to become the standard of care for all types of surgeries worldwide. – **MARCIA KAYE**

THE BIG IDEA

## A Cut Above

### A “black box” for the operating room is leading to improved training for physicians and better knowledge of surgical errors

**PROFESSIONAL ATHLETES** use video analysis and other technologies to study their technique, correct errors and improve performance. Why not surgeons too?

Dr. Teodor Grantcharov, a professor of surgery at U of T and a staff surgeon at St. Michael’s Hospital in Toronto, has developed a surgical data recorder that documents all the details of an operation: it records video of the procedure and the operating room and audio of the team’s conversations; it gathers software data from all medical devices, such as those that monitor the patient’s vital signs; and it even logs the temperature and decibel level of the operating room. By borrowing a concept that has helped make aviation such a safe industry, Grantcharov, who holds a Canada Research Chair in Simulation and Surgical Safety, hopes his surgical “black box” will lead to similar safety improvements in surgery.

The idea struck Grantcharov in the late 1990s, when he was a surgical resident in Copenhagen. He had often been told he was an excellent surgeon, and he believed it, until the day he watched some video taken of his minimally invasive laparoscopic procedures. “It was embarrassing how slowly



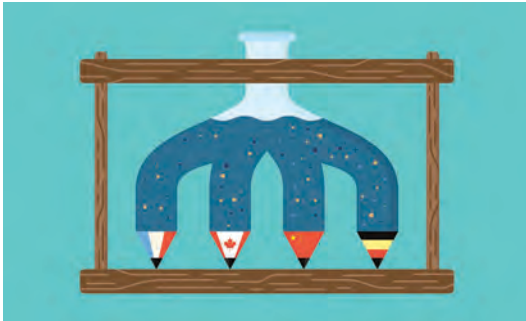


The world's most translated books include the *Bible*, *Pinocchio*, *The Little Prince*, *Alice's Adventures in Wonderland* and *Andersen's Fairy Tales*

STARTUP

## Say What?

Knowtions aims to make translating complex scientific documents into any language faster and more accurate



PhD-trained subject experts, many of whom are fluent in multiple languages, as part-time translators. About a third of these experts are based at U of T.

Knowtions' custom-built software allows multiple experts to work collaboratively and in real time regardless of their location, which, Cai says, speeds up service to clients and ensures greater accuracy in the finished translation. At the same time, the Knowtions system stores information regarding the usage and context of the highly specialized terms in the documents they are translating, which makes future translations including these terms faster.

The system is notably people-driven, though: "Most software is extraordinarily bad at translating words it doesn't recognize. The problem is especially acute with languages such as Chinese and Japanese, where there are no spaces to delimit what constitutes a word," says Lee. Among the many inefficiencies Knowtions is striving to eliminate is "one of the most time-consuming aspects of a translator's job: terminology research," says Cai. As the company's database of complex terms and jargon for a variety of languages grows, translation becomes faster and simpler.

Knowtions' team of experts would have no problem translating a sentence such as "Explain the role of TNF-alpha and IL-1 in bladder cancer," but it would stymie most common machine translators, which do not have the data to translate words specific to fields such as neuropsychiatry, optogenetics and other scientific disciplines.

Knowtions, which currently works with small to medium-sized businesses, is based at U of T's Banting and Best Centre for Innovation and Entrepreneurship, where Cai and Lee receive strategic advice from leaders in the field. Now, with seed funding, the company plans to expand beyond life sciences, into law, engineering and aeronautics, and to seek work with large medical and scientific publishers and pharmaceutical and medical device companies. Further into the future, Lee hopes to license Knowtions' translation engine and data to companies such as Google, Baidu and Microsoft.

Ultimately, Lee sees the company as a source for answering difficult scientific questions in any language, using its trademark combination of human and machine intelligence. "That's our vision," he says. - GARY BUTLER

COMPANIES WISHING TO TRANSLATE

regular business documents into other languages can easily find a number of professional services and software tools online. But for those that need to translate highly complex materials on a specialized topic – a medical publisher, say, or pharmaceutical company – the task is much trickier. Not only do you need a translator who's fluent in multiple languages, you also require someone with an expert understanding of the science you are translating.

That's the opportunity Christina Cai (BA 2014 New) and Anthony Lee (BA 2015 Woodsworth) see for their startup, Knowtions. Since founding the company in 2013, Cai and Lee have recruited some 500

## Findings

To Save or Spend?



Outgoing people tend to have lower savings rates, according to new U of T research. This is because extroverts have a strong desire for instant gratification, says Jacob Hirsh, a professor at the Rotman School and UTM's Institute for Management and Innovation.

Hirsh's study looked at large populations, so that American states with higher average extroversion levels tended to allocate more of their income toward immediate consumption, rather than setting money aside for saving. Using other data, Hirsh examined how the average extroversion levels of different countries were related to gross national savings as a percentage of GDP.

In both cases Hirsh found that the more extroverted the population was, the lower the savings rates tended to be, even when controlling for population differences in age, life expectancy and wealth. - ELAINE SMITH

Keeping Teens on Track



If you want your teenager to avoid poor behaviour, spend more time with them. That's the message of a new study, which found that the more time mothers engaged in activities with their adolescent children, aged 12 to 18, the less teens were involved in delinquent behaviour, such as skipping school, shoplifting and getting in trouble with the law.

The study, co-authored by sociology professor Melissa Milkie, also found that the amount of time parents spent together engaged in activities with their teens was linked to fewer behavioural problems, higher math scores and less substance abuse among adolescents. In contrast, the researchers found no strong relationship between the amount of time mothers spent with children aged 3 to 11 and children's behavioural problems or their math or reading scores.



Turkey has taken in two million Syrian refugees, more than any other nation. Some 1.2 million Syrian refugees have fled to Lebanon and 650,000 to Jordan

# Q&A

## Seeking Refuge

### What can be done about the global migrant crisis?

Historically a nation that welcomes immigrants, Canada's response to Syrian refugees and asylum seekers has been "pathetic," says political science professor **Randall Hansen**. He spoke with **Scott Anderson** about how Western countries will need to refocus efforts on the Global South to resettle the millions of people worldwide who have fled their homes.

**You note that almost 60 million people are displaced globally, including 20 million refugees – the highest since the Second World War. What's causing this crisis?** Since the end of the Cold War, refugees have been fleeing unstable states and the collapse of entire states, such as Sudan, Ethiopia, Iraq, Libya and Syria. They are also fleeing repressive regimes, such as the Democratic Republic of Congo and Zimbabwe.

**How would you rate Canada's response to the crisis?** Utterly pathetic. Canada likes to think of itself as one of the world's great immigration countries and prides itself on taking international law seriously. Yet the number of Syrian refugees that the Harper government was talking about admitting – 10,000 – is tiny. Justin Trudeau has said his new government will accept as many as 25,000 Syrian refugees in the coming months. This is an improvement, but compare that to the 60,000 that we admitted after the Indochinese refugee crisis.

**What does Canada need to do to be a leader again?** We need to increase our numbers significantly. Let's say to 60,000. If we could afford to do that in the late 1970s with a smaller population and when our country was not as wealthy, then we can do that now.

**The Harper government cited security concerns as a reason for not admitting more refugees.** Will a handful of ISIS members slip through refugee queues? It could possibly happen. I maintain, though, that our chances of being harmed in a terrorist attack would still be far smaller than our chances of being hit by a car on the way to work. The greater security threat is not in doing too much for refugees, it's in doing too



*little.* It's the millions of young men in refugee camps with no opportunity that could become a threat to the West.

**What can be done about the larger migrant crisis?** Canada – and all rich countries – need to invest in the Global South. We need to spend money on schools there, we need to work with such major host countries as Turkey to give refugees the right to work and the right to mobility, and we need to encourage entrepreneurship and involve the private sector.

**You've said the right to work in a host country is more important for refugees than citizenship. Why?** We often think of citizenship as the ultimate goal of integrating refugees. I think this is well-intended but wrong, for two reasons. First, in religiously divided societies in the Global South, such as Lebanon, the idea of naturalizing refugees is a conversation stopper. Second, in a market society, there is no autonomy, no dignity and no hope if you don't work. The more people work, the more they contribute and the more they'll be viewed as an asset.

**What can the private sector do to assist refugees?** We should think boldly about involving the private sector as donors. As an example, Ikea is now delivering high-quality shelters at very low cost to refugees in Iraq and Ethiopia. And because it's Ikea, the refugees can set up the shelters themselves. We can also involve the private sector in setting up small businesses and even factories that employ refugees at a wage that will be profitable for the company but will also improve the lives of refugees. In practice this can be very difficult, because you have to be sure this doesn't displace domestic workers and is not exploitative. But it is worth trying.

**What can individual Canadians do?** Put pressure on your MP and our government. We can't say we do immigration better than anyone else and then, in the moment of the world's greatest refugee crisis, say, "Sorry, this isn't our problem." We need to do much, much more.





American burlesque got its start in New York City in the late 1860s, with Lydia Thompson's troupe of performers, "The British Blondes," and their hit Broadway show *Ixion*

## Taking Off



Burlesque had its heyday in North America between the 1920s and '60s. Stage shows featuring extravagantly costumed showgirls popped up in cities across the continent, attracting mostly male audiences.

Since 2000, there's been a strong resurgence in burlesque, says Jessica Thorp (left), a PhD student at the Centre for Drama, Theatre and Performance Studies, who is writing her thesis about the art form's newfound popularity and also performs burlesque herself. Thorp is particularly interested in a new sub-genre called "nerdlesque," in which the performers adopt personas from TV shows, movies, comic books and video games.

What intrigues Thorp about the new burlesque is its do-it-yourself ethic rooted in punk culture, its openness to amateur artists with a variety of body types, its embrace of older women and its appeal to queer audiences. She's also investigating what she sees as a playful approach to gender representation (including the use of drag) and examining the "culture of performance" – who's going to the shows (women now outnumber men) and who's performing in them.

"In a playful and non-threatening way, new burlesque challenges notions of what is attractive and what is appropriate for people to do on stage," says Thorp, whose own troupe, Nerd Girl Burlesque, has performed locally and in the northeastern U.S. "Everything is done with tongue in cheek and a knowing wink."

– SCOTT ANDERSON

## Muscle and Metal

### How a unique U of T collaboration is making life better for a student with cerebral palsy

**THE IDEA OF HUMANS USING ROBOTICS** to augment their strength and endurance is a staple of science fiction. But such devices no longer exist only in the imagination.

Over the past two years, Tom Garside, a Master of Information student, has been collaborating with engineering students and professors of information and kinesiology to bring wearable, powered assistive technology out of the realm of science fiction, and into the everyday lives of people with compromised mobility.

Garside has cerebral palsy and typically gets around using a cane, manual wheelchair or motorized scooter. At the suggestion of colleagues in Information, he approached U of T engineering students in their final year of study about designing a mechanized leg brace.

For Garside, the task was also a way to improve his own project-management skills and to help others with mobility challenges. "Greater mobility means greater independence," he says. "It allows disabled people to take better care of themselves and to contribute more to the community."

Four engineering students began to work on the electrical controls and sensor systems the device would require. Meanwhile, Prof. Tyson Beach of the Faculty of Kinesiology and Physical Education used 3-D motion-capture and force-measurement systems to analyze Garside's gait. "He dealt with the human factor," Garside says.

The engineering students finished a functioning prototype at a cost of only \$1,000. This past spring, Garside got to strap the brace on to his right foot. The prototype works by measuring the pressure exerted by Garside's foot. It detects what part of the stride cycle he is performing, and then helps him flex his leg to complete the appropriate movement. "I have been amazed by the quality of the brace produced," he says.

This year, Garside is working with a new group of engineering students to improve the brace's control system, look at different structural materials and then create a brace for his left leg. – COOPER LONG AND KATHLEEN O'BRIEN

# A March break they will never forget.

Take your family on more than a vacation. Show them the world through a new lens. The University of Toronto Alumni Travel Program has teamed up with Me to We Trips to offer an adventure that will immerse your family in Amazonian culture while bringing you closer together. This March break, come help us build a school in Ecuador. You'll be creating sustainable change for a village and powerful memories for your kids.

Learn more about the Ecuador trip at [uoft.me/BuildaSchool16](http://uoft.me/BuildaSchool16)

[alumnitravel.utoronto.ca](http://alumnitravel.utoronto.ca)

1-800-463-6048 or 416-978-2367



*Explore  
the World*







UTSC's Flourish program, created by UTSC counsellor Tayyab Rashid (third from left), builds resilience among students and connects them with professionals who help them achieve their goals. From left: fitness co-ordinator Laurie Wright, project co-ordinator Ryan Howes, and career counsellor Ruth Louden

# Healthy Minds

As U of T responds to a rise in mental health needs on campus,  
a powerful source of help emerges: students themselves

**ERIN HODGSON (BSc 2012 ST. MIKE'S) WAS A CURIOUS** and creative kid who felt most at home in the natural world, with its hiking trails and abundance of wildlife. Although shy and given to daydreaming, she cherished the few close friends she had.

But one day, when she was 10 years old, the sunny skies of her childhood began to darken. "I was sitting on the edge of a soccer field, waiting for my turn to play," she recalls. "Out of nowhere, I was flooded with fear."

Within a short time she was compulsively washing her hands and performing self-protective rituals; a diagnosis of obsessive-compulsive disorder soon followed. "But the bigger part of my story isn't the illness," she says. "It's the way people started to treat me because of it." Social anxiety ran like a black scar through her adolescence, leading to isolation from her peers.

A gifted writer, Hodgson had initially hoped to pursue professional writing at university, but decided to take psychology upon arriving at U of T a decade ago. "I craved

knowledge about the mind and brain," she says. "Probably because I was so desperate to understand what I had been dealing with, and how I might help others in a similar situation."

But life at university proved difficult. Struggling with academic pressure and unable to forge the social connections she craved, Hodgson fell into a deep depression. After several tormented months, she attempted suicide.

Hodgson finally did earn her degree in psychology – after seven years of part-time study, repeated stays in hospital and treatments that included electroconvulsive therapy. Gradually, the good days began to outnumber the bad, and she started looking forward to the future.

Poised and articulate at 29, she now enjoys a successful career as a public speaker and mental health advocate; being able to realize her dream of helping others has been an important factor in her recovery.

Recently, Hodgson reconnected with her U of T roommates, who'd noticed her withdrawing, not going to class and failing





**Left:** Erin Hodgson (BSc 2012 St. Mike's) suffered from depression while attending university and is now an advocate for mental health. "Everyone needs to be get more informed," she says. **Right:** Trinity College student Kaleem Hawa says the variety of U of T groups dedicated to mental health is encouraging: "It would be more worrying if there was no diversity and nobody cared."

to get out of bed. They told her that they'd felt helpless to do anything. "For me," she says, "that opened up the idea that everyone needs to get more informed, because I'm not the only one who's been through this."

Like many other universities, U of T is dealing with increased demand for mental health services among its student population. In the past five years, the university has seen the number of students registering at Accessibility Services with mental health as their main disability almost triple. Data from the 2013 National College Health Assessment survey, which polled 30,000 students across the country, is sobering: almost 20 per cent said they'd experienced depression in the previous year; almost 30 per cent reported anxiety and almost 40 per cent said they were stressed. Tragically, a number of North American schools have seen students take their own lives in recent years.

Growing up has never been easy: young people aged 15 to 24 are more likely to experience mental illness or substance abuse than any other age group. But students today grapple with a battery of stressors, some of which are new. They may feel isolated after moving away from home for the first time (some to a new country) or overwhelmed by having to compete with highly successful peers. Some may struggle to connect with new friends and others may be worried about an uncertain job market upon graduation.

This is why mental health is becoming such an important issue on campus today – an issue that, in its universal appeal, has galvanized all members of the University of Toronto community. Although U of T has long offered a range of mental health supports, administrators have now issued an extensive new series of recommendations to expand services

and to ensure that conditions university-wide enable students to flourish. Students are coming up with creative, grassroots solutions on what seems like a weekly basis. And the school's chancellor, Michael Wilson, is one of the greatest champions for mental health this country has ever produced: a politician and banker who, in the wake of his own son's death by suicide, has made it his life's mission to prevent other such tragedies from happening.

Lucy Fromowitz, U of T's assistant vice-president of student life, says that students who come to university with existing mental health problems likely would have been unable to attend university a generation ago due to a lack of support in secondary school; resources just weren't available. "And years ago," she says, "students who had a first episode of mental illness while in university may not have completed their studies. Now that's changed. The appropriate expectation is that we'll support them to achieve their goals."

In October of last year, the university crafted a new mental health strategy, in the form of a landmark report (see "A New Strategy for Student Mental Health," p. 29). English professor Jill Matus, in her former capacity as vice-provost, students, chaired the provostial committee that oversaw the report's production. "We are all part of the solution, and the support network. The whole institution has a role to play here," she says. "This report is really a call to the university community to understand and embrace the support of mental health needs."

The committee began by reviewing a list of existing resources, and then looked at best practices in mental health and sought opportunities to enhance and expand services. The result is a cohesive framework that emphasizes the importance of an inclusive curriculum, as well as training



for faculty and staff so that they will know what to do when approached by a student who clearly needs help. But what stands out most, perhaps, is its emphasis on maintaining a student's well-being *before* illness can set in. Matus and Fromowitz say that means dealing with "the whole student" – attending to physical, emotional and intellectual needs. In their view, sleep, nutrition, exercise, social engagement and academic support are all considered just as essential to building resilience – the ability to navigate through stress and adversity – as psychological counselling.

The difficulty, however, is getting that message out. Students experiencing mental health concerns often think they need a doctor or psychiatrist, says Fromowitz, but many who are dealing with anxiety might actually be better served by another type of professional. Students feeling stressed about career decisions, for example, would be directed to the Career Centre, where they could meet with career staff, engage in job shadowing or talk with professionals in fields they might be interested in. Or, "if feeling overwhelmed by their workload, they might meet with a learning strategist to reflect on their study habits and focus on goals – and perhaps in a group environment with students who are working through the same thing."

Fromowitz and her team are advocates of group therapy for several reasons. It fosters new connections, enables students to assist one another and helps students develop strategies to cope with future stressful situations. And most importantly: "When you understand that others feel the same way, it brings a sense of relief," says Fromowitz.

The strategies for reaching students are also changing. Making services accessible also means locating them where students spend most of their time. With this in mind, the university is increasingly embedding counsellors in locations across the three campuses (such as within colleges and departments), so that students can access services when needed without necessarily going to the Health and Wellness Centre.

"A great part of my job is the location," says Heather Burns-Shillington, a cheerful social worker who provides in-house counselling directly within U of T Mississauga residences. "My office is right across from the dining hall: it's very accessible. I'm part of the community, and meeting with me is just like meeting with anyone else." Embedded counsellors become quickly familiar with concerns unique to the group they serve, which creates a kind of therapeutic shorthand.

It's clear, though, that the services of a psychiatrist are sometimes required. "We can ensure that a student in extreme distress sees a psychiatrist *that day*," notes Fromowitz. "Outside the university, if you want access to a psychiatrist, you may have to wait upwards of a year to get an appointment."

The School of Graduate Studies has become highly active in addressing the needs unique to its own cohort as well. "The context of life is different for graduate students – particularly those in the doctoral stream, whose academic

work is often very intense," says Locke Rowe, the school's dean. "In some disciplines, students are interacting with their lab group day after day; in others they're alone somewhere, writing by themselves." Both situations can prove equally stressful.

Last spring, the school partnered with the Health and Wellness Centre to provide an embedded counsellor specifically for graduate students. As Sandy Welsh, the current vice-provost, students, points out, a number of grad students said they felt uncomfortable going to the university's Counselling and Psychological Services office: "Many work as teaching assistants, and they might encounter the students they're teaching sitting in the waiting room," says Welsh. That counsellor's duties have since been increased from one to three days a week, due to rising demand.

## A New Strategy for Student Mental Health



Acknowledging that mental health is essential to students' academic success and their overall experience at university, a landmark U of T report is calling on all members of the U of T community to help support students' wellness.

The University of Toronto Student Mental Health Strategy and Framework, released late last year, recommends the university take a "systems approach" to mental health – focusing not just on health and wellness services and programs but also on ensuring that conditions throughout the entire university enable students to flourish. "A systems approach looks at the whole student," says Jill Matus, chair of the committee, "and recognizes that different supports are needed for different students."

A year in the making, the report groups 22 recommendations into five priority areas:

Ensuring that all students **are aware of the programs and services** available to them. Crucially, this also means conveying that it's OK to ask for help.

Developing programs to **promote positive mental health and resilience** among students. This could include providing more opportunities for students to build a sense of community, especially in larger classes, and to develop good coping skills.

**Educating** students, staff and faculty about mental health and **reducing the stigma** surrounding mental illness. To this end, course materials could encourage students to seek help for mental health issues, without fear of judgment or repercussions. Faculty and teaching assistants would be trained to identify students in distress and refer them to the appropriate resources.

**Assessing the effectiveness** of all programs related to mental health, with input from students wherever possible.

**Using community resources** outside of the university to help meet the full spectrum of students' health needs.

In developing its recommendations, the Provostial Advisory Committee on Student Mental Health – composed of more than 50 staff, faculty and students – interviewed some 250 U of T students, drew on expertise from across faculties, colleges and departments, and visited other universities to identify best practices.

"There was a tremendous energy," Lucy Fromowitz, assistant vice-president of student life, says of the committee. "People understood the importance of the issue we were tackling and were very interested in finding solutions."

🔍 [Read the complete report at mentalhealth.utoronto.ca](https://mentalhealth.utoronto.ca)

Grad Minds, a student-run mental health program launched two years ago, also recognizes the unique challenges graduate students face within the university. An ad hoc committee of the Graduate Students' Union, the group provides peer support twice a week and stages events such as conferences and workshops for students. It also holds free weekly yoga sessions.

The level of support throughout the university sounds impressive. But as everyone struggling with mental illness knows, it can be notoriously difficult to treat. There will always be limits to what a university can do for students who require long-term psychiatric followup. "We do offer health services, but we do not see ourselves as health-care providers," Matus says. "We are an educational institution. That's why the community partnerships we have, with places like the Centre for Addiction and Mental Health, are very important. We can't do it all ourselves."

Fortunately, the university doesn't have to. It's true that donors, hospitals and agencies can all lend a hand in the fight against mental illness, and have all done so. But these days, another powerful source of help has emerged from within: students themselves.

Tayyab Rashid knows this as well as anyone. In 2012, he started a program at UTSC called Flourish. Based on the tenets of positive psychology, it encourages participants, many of whom are in first year, to concentrate on their strengths instead of their weaknesses. Shortly after being hired at UTSC to conduct psychotherapy with students, he asked his bosses: "Do you want me to sit with clients and rehash their traumas, their damages, their deficits? I can do that, I'm trained to do that. But do you really think that is going to bring out the best in our students?"

After completing an online assessment, students in Rashid's program are invited to attend a workshop in which they are encouraged to build resilience through activities and challenges, using strengths they have identified themselves. They can then be connected to professionals – such

as career counsellor Ruth Loudon and fitness program coordinator Laurie Wright – who help them achieve their goals.

When Flourish started, Rashid was full of optimism. But the program had a slow start. "For the first few years, we did anything and everything to get students. Sometimes, Ruth and I would be sitting in a big room staring at each other because they weren't coming," he sighs.

And then it dawned on him: asking students to come in for help was, in itself, a silent appeal to their weaknesses. Asking them to come in and *offer* help? That would be something altogether different. So last fall, Rashid, Loudon and Wright started inviting third- and fourth-year "student ambassadors" to meet regularly, contribute ideas and act as mentors to first-year students – resulting in a "dramatic shift" for Flourish. Within very little time, a sizable number of students were using Flourish and, at the same time, helping to shape its direction.

So it is that on a hot day in July – when many of them might prefer to be anywhere but a classroom – about 15 upper-year students are meeting to discuss fall orientation plans. For some of them, Flourish is only one of several mental health initiatives on their plate. Karen Young, for example, has just launched *Minds Matter Magazine*. "I went through my own struggles after first year," she tells me, "and then I learned that mental illness costs the Canadian economy \$50 billion a year." Her passion ignited, she enrolled in UTSC's unique psychology co-op program, which involves practical work experience.

Remarkably, all the Flourish students are frank and forthright about their own battles with less-than-perfect mental health. They aren't stigmatized in the least. "I used to catastrophize everything," says Candice Richardson ruefully. "One bad mark, and I'd think it was the end of the world. Now, though, I try to look at the problem rationally."

The sheer number of student mental health initiatives ranging across all three campuses should leave no one in doubt that this is a hugely important concern. Students are



## A Canadian Hero for Mental Health

Twenty years ago, Michael Wilson witnessed the terrible impact of stigma around mental illness. He's been working tirelessly to erase it ever since

On the 49<sup>th</sup> floor of a downtown Toronto bank tower, U of T chancellor Michael Wilson marvels at how open students are becoming about mental health. When he was a Trinity student in the 1950s, that type of courage was in short supply. "Back then," he says, "we certainly talked about nervous breakdowns, but we didn't have any real understanding of what mental illness was."

Last year, the *Globe and Mail's* Andre Picard called Wilson "as unlikely a hero as one could imagine for the mental health movement." The former federal finance minister and ambassador to the United States has long occupied the top echelons of public and private service – worlds where civility, order and steely rectitude rule the day. And where, until recently, talk of mental illness had no place.

But in the suburban homes of Etobicoke, where Wilson once served as a member of Parliament, people were not at all shy to talk about it. "They'd tell me about serious problems they were having with family members," he recalls. "Some of their stories were quite tragic." Those stories stayed with him. As his political career drew to a close in 1993, he underwent a sort of epiphany on a Jamaican beach, while reading

“All of us have bad times, and go through stress and loss. Everybody struggles. It shouldn’t be taboo to talk about that”

connecting with each other by setting up craft tables, hosting seminars and staging impromptu dance parties. There’s the Healthy U Crew, Peers are Here, Grad Minds, the Mental Health Action Team, Stress Busters, Mindful Mondays, Therapeutic Tuesdays ... the list goes on.

Fromowitz says that one of her department’s projects was to collect information on the many groups and create a list that could be viewed at a glance, thereby addressing a concern that the large number of mental health initiatives was potentially confusing to students. Trinity student Kaleem Hawa, who has himself been a key member of no less than four mental health improvement programs, and sat on the committee that drafted the new mental health strategy, sees the range of options as entirely positive: “It would be more worrying if there was no diversity, and nobody cared.” More groups, he says, leads to a greater likelihood that a student can find one specially tailored to his or her needs.

Often, students are teaming up with the university administration. Last year, for instance, Trinity College provost Mayo Moran informed Hawa and his fellow student leaders at Trinity of her intent to raise funds for an embedded counsellor at the college. Trinity students voted in favour

of a levy to provide \$9,000 a year to support the eventual instalment of a counsellor, representing, says Hawa, “one of the largest student-driven financial commitments to mental health at U of T.”

UTM’s Burns-Shillington was awed to see how many students devoted an entire weekend last year to participate in ASIST (Applied Suicide Intervention Skills Training) workshops she ran at both Mississauga and St. George campuses. “It’s pretty fantastic to see young people so devoted to this,” she says.

With all this student innovation, it’s odd that some commentators cite a lack of old-fashioned resilience, brought on by so-called helicopter parenting, as an explanation for why some modern students struggle. “Oh, I know that school of thought,” scoffs Hawa. “They say, ‘In our day we just rolled up our sleeves and managed. We got over it, other people should too.’ But when individuals are clinically depressed, that often has nothing to do with how they were raised. In the old days, the broader community appeared more resilient because those people weren’t allowed to feel comfortable speaking up. Now they are.”

These days, Erin Hodgson tells her own life story often – and coaches other young people to do the same – as the speakers’ program lead for Jack.org, a nationwide advocacy group and registered charity founded by automotive and software executive Eric Windeler in the wake of his son Jack’s death by suicide in 2010. (The group has a chapter at U of T, where students run campus-wide initiatives to start conversations about mental health.)

In the past six years, Hodgson has spoken to tens of thousands of young people; whenever she shares her story with them, she gets dozens of stories back. “Why have we been silent for so long about this huge part of the human experience, one that all of us share?” she asks. “All of us have bad times, and go through stress and loss. Everybody struggles. It shouldn’t be taboo to talk about that.”

**Cynthia Macdonald (BA 1986 St. Michael’s) is a writer in Toronto.**

an article about mental illness. He’d long been a volunteer for the Canadian Cancer Society, but it occurred to him that he didn’t know anyone who volunteered to improve mental health.

Wilson’s newfound public concern, however, would soon be brought painfully close to home. Early in the 1990s, his 29-year-old son Cameron became severely ill with depression. In 1995, he took his own life.

From the moment of Cameron’s eulogy, Wilson made a point of being upfront about his son’s depression. The choice to do so wasn’t difficult. “I saw the impact of what stigma had done to him,” Wilson says, “how he didn’t want his friends to know about his illness. I believed that contributed to his death. So rather than hide it, I said I owe it to other people to not let them suffer the way Cameron did.”

Since then, Wilson’s advocacy efforts have been ceaseless. Most recently, he was appointed the Mental Health Commission of Canada’s board chair. At U of T, he helped to establish the Cameron Parker Holcombe Wilson Chair in Depression Studies, which (among other things) is currently improving our understanding of the disease’s genetic underpinnings.

In the 20 years since Cameron Wilson’s death, depression has not been cured. And yet, so much has changed for the better since then. “Earlier this year,” says his father, “I had a meeting with a group of U of T students, about 40 of them. They wanted me to talk about things I’d done in my life – politics and so forth. I mentioned just once that I was involved in the mental health sector. When I finished, the entire discussion ended up being about mental illness. Five students stood up, and talked about their own illnesses. One of them said: If anybody else here is having a problem, I’ve gone through it all. So come chat with me.”

Wilson was profoundly struck by this. After all, it seems like only yesterday that the founder of the Clarke Institute (later the Centre for Addiction and Mental Health) told him he was having trouble getting anyone to sit on his board, for fear of the questions such an appointment would provoke.

But now, he says, look at what’s happened. “Call it a sea change – people are talking much more about this,” Wilson says with a smile. “And it’s really refreshing to see that openness in the younger generation.”

**– CYNTHIA MACDONALD**





By Margaret Webb  
Photo by Liam Sharp



# A LIFE IN BLUE AND WHITE

From champion student athlete to UTSC's principal: Bruce Kidd ushers in a new era at the university's eastern campus

**B**RUCE KIDD HAD JUST RETURNED from a long cross-country ski when he got the call. As he tells the story, that February day in 2014 was perfect – sunny, bracingly cold. Just recalling it, his eyes glisten with the exhilaration of gliding through snow-puffed, pine-forested trails to return to a roaring fire at the family country home, itself a repository of memory. More than a half-century ago, his pals on the U of T track team came here summer weekends to run the trails in the morning and haul cinder block to help build the place in afternoons – an anecdotal nugget for the memoir Kidd was contemplating writing, should he ever retire.

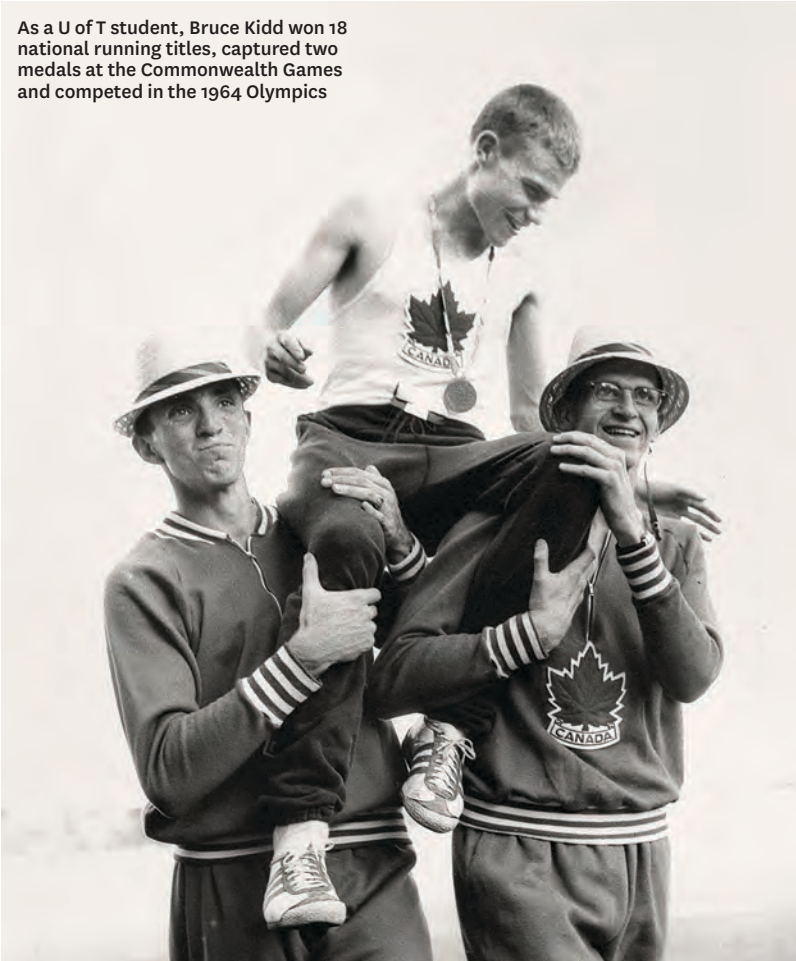
On his BlackBerry was U of T president Meric Gertler, with a big ask: Would Kidd take over as principal of U of T Scarborough? Just for the interim, Gertler nudged, until a committee could organize a formal search to replace outgoing principal Franco Vaccarino. The president nudged some more. In a little more than a year, UTSC would welcome the world to its new \$205-million Toronto Pan Am Sports Centre, one of the largest single investments in amateur sport in the

history of Canada. After, UTSC would claim joint ownership and use of the biggest legacy building of the 2015 Games, and rightfully so. UTSC students helped build it, by voting for a \$30-million levy, responding positively as they had to two previous challenges to support major capital expansions at U of T's eastern campus. The president knew Kidd's prominence in high-performance sport – twice elected into the Canadian Olympic Hall of Fame, as an athlete then a builder – made him “the perfect fit” to guide UTSC into the international spotlight.

But Kidd had reason to take pause. He was about to turn 72. He had already tried to retire before, after spending nearly his entire adult life at U of T. His relationship with the university began while he was still a high school student, when he started training with U of T's track team. He exploded onto the international running scene at 17 as the youngest competitor at a two-mile race in Boston, where he won by smashing the meet record. “Never in track history, indoors or out, has anyone so young run so far so fast,” reported



As a U of T student, Bruce Kidd won 18 national running titles, captured two medals at the Commonwealth Games and competed in the 1964 Olympics



*Sports Illustrated*. Kidd returned home a national celebrity. Although scholarship offers from American universities had been flooding in, Kidd chose U of T. Specializing in three- and five-mile distances, he won 18 national titles (including five in the U.S.); captured gold and bronze at the Commonwealth Games; competed in the 1964 Olympics; and was twice named Canada's Male Athlete of the Year – all while juggling undergraduate classes and running for the Blue and White. Representing Canada at such a young age, he said, proved to be great leadership training. Travelling around the world also opened his eyes to inequities, here and abroad, setting the stage for his next career as human rights agitator, intellectual gadfly and community builder.

After graduate school, Kidd donned the academic uniform of U of T for more than 40 years – 19 as dean of what is now the Faculty of Kinesiology and Physical Education. He used his reputation and influence to fight on behalf of those denied the opportunities his sporting career had showered on him. In the 1960s, he began protesting against sports apartheid in South Africa – and continued to do so until apartheid's abolishment in the early 1990s. As dean, he ushered in policies to make U of T a national leader in supporting gender equity and sexual diversity in sports, and strengthened

intramural and fitness programs to boost athletic opportunities for all students, not just elite athletes. Kidd played a critical role in shaping national sports policies to shore up athletes' rights and to increase access to amateur sports. For thinking laps ahead of others on these issues, he was honoured by the United Nations and made a member of the Order of Canada, though he often faced searing public criticism for challenging the status quo. He retired just shy of his 67<sup>th</sup> birthday but jokes that he “flunked retirement.” Less than a year later, Kidd was called back into service as the warden of Hart House. He didn't have a chance to retire from that before the call came to lead UTSC.

When Kidd got off the phone, he put Gertler's proposal to his spouse, Phyllis Berck, who had just returned from a marathon-training run. The director of the City of Toronto's Office of Partnerships, Berck had worked early on with UTSC leaders to develop the Toronto Pan Am Sports Centre. She was unequivocal about the prospect of Kidd adding yet another chapter to his U of T career. “UTSC is full of interesting, smart, ambitious people,” she told him. “You'll love it.”

Six months into the job, Kidd found that he loved it very much. He let his name stand in the search for an ongoing principal and, on November 20, was installed as UTSC's 10<sup>th</sup> leader in its 51-year history. “The president

asked me to do him a favour. After coming here, I felt he was doing me a favour. This is one of the most ambitious educational and social experiments I've ever been part of. When the opportunity came to be the ongoing principal, I wanted it.”

**S**hortly after the start of the fall term this year, Bruce Kidd invited me to tag along on official principal's business to show me why he's so passionate about UTSC. When he greets me on the front steps of the Arts and Administration Building, he's wearing spandex bicycle shorts. He eschews the elevator and bounds up several flights of stairs to his fourth-floor office, which offers sweeping views of a campus he hails as “beautiful.” Situated on 120 hectares of parkland and urban forest in the Highland Creek Valley, the UTSC campus features architecture ranging in style from the Brutalist Andrews Building to the inspired-by-nature Environmental Science and Chemistry Building, which is certified LEED gold. To accommodate an expected 20 per cent growth in the current student enrolment of 13,000 by the end of the decade, the campus is planning (pending funding, of course) another round of ambitious expansion: new academic and research facilities, a student residence, a



public transportation hub, and a hotel and conference centre.

As Kidd looks over the campus, he says that arriving here was like coming home. He grew up nearby on Kingston Road. As a kid, he attended a YMCA day camp located on the future grounds of UTSC. And as an undergrad track star, he logged miles of long runs on local roads.

But the homecoming has also reconnected him to his earliest understanding of what a university can achieve. His father, J. Robbins “Roby” Kidd, a world-renowned adult educator and the first chair of adult education at the Ontario Institute for Studies in Education, took the family along when he was consulting on the creation of campuses for the University of the West Indies in Barbados and Trinidad. The two islands were emerging from British colonial rule and trying to forge a path to independence. Bruce, just 14, accompanied his father to meetings and heard professors, politicians, business people and farmers articulating a vision of a university that was not for the elite but a resource for everyone, a critical tool for economic, community, cultural and social development – in short, nation-building. “I feel like I’ve come full circle because I see that kind of ambition here,” says Kidd. “UTSC is the new Canada, a campus of newcomers, ambition and innovation.”

Indeed, UTSC is more diverse than most Canadian universities. Eighty per cent of the student population identifies as non-white and 17 per cent are international students, with each incoming class representing some 80 countries. UTSC is helping strengthen an underserved community, Kidd says, and that community’s diversity strengthens UTSC in turn, fuelling innovation in programming, teaching and research. Students thrive in the international setting, becoming highly engaged in both campus and world affairs. “No matter who you are, you will see yourself reflected in the student body here. There’s a strong sense of, ‘we’re in this together’ and that leads to strong student councils, course unions, clubs and sports teams,” says Kidd. “It’s really exciting to see how UTSC students are embracing higher education and taking on social challenges and the problems of the world and working to solve them in humane, thoughtful and inclusive ways. I feel just great being part of that.”

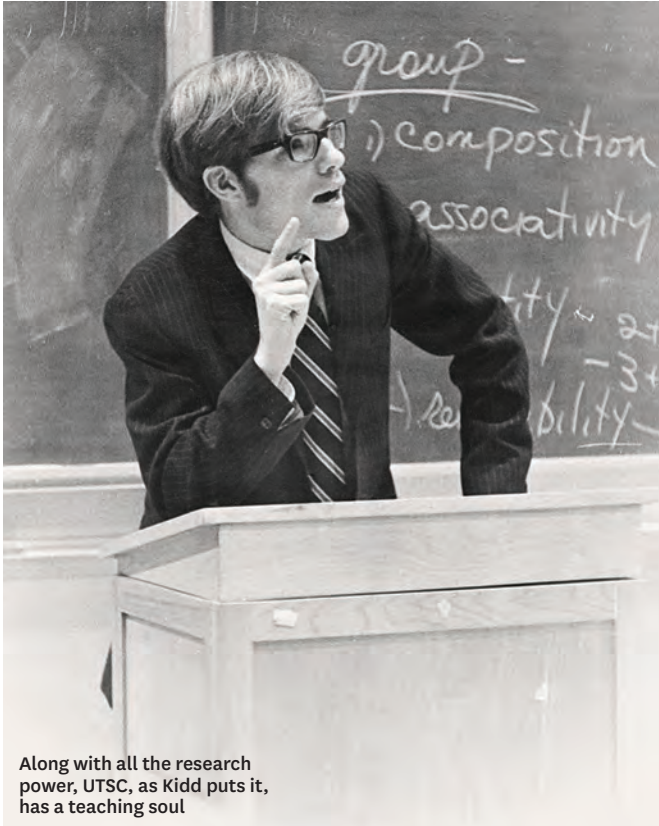
Kidd says a major priority is to elevate UTSC’s profile to reflect the reality of the grand experiment unfolding here. He concedes that UTSC is still looked upon as an upstart campus with lower admission standards. But he points out that it has become a destination of choice, offering the majority of U of T’s co-op programs, an expanding range of graduate studies and concentrated clusters of research from human health to healthy planet. UTSC as a stand-alone university would rank 16<sup>th</sup> out of Canada’s 61 universities in research strength; success in research grant application soars well above the national average. Along with all the research power, UTSC, as Kidd puts it, has a teaching soul. “The reality here is way better than the image. Did you know that for the past three years, the top student at all three of

U of T’s campuses has come from UTSC?” That’s no accident, he says, but a result of the campus’s focus on pedagogical innovation and student engagement. It’s a theme that Kidd will return to often throughout our day together.

**T**oday’s profile-raising mission – and hence the casual attire – is a five-kilometre fun run through the Highland Creek Ravine, organized to raise funds for children’s fitness opportunities and heighten awareness of UTSC. Kidd’s running days are behind him (due to injuries) so he’ll cycle the route instead. He wheels out the mountain bike he keeps stashed in a closet in his office – he’s been known to take 30-kilometre rides over lunch. Then, Jennifer Curry, the manager of the Office of the Vice-President and Principal at UTSC, appears with her bike in tow. She tells me that keeping up with Kidd isn’t easy, energy-wise or intellectually. “He’s full of ideas, always striving to make links between communities. By lending his name and getting out there, he is integrating UTSC in the community as never before. Everyone wants to meet him and he wants to meet everyone.”

As Kidd cycles into the ravine – a gem, he says, that too few people know about – he points out two playing fields, a baseball diamond, 11 outdoor tennis courts, the historic Miller Lash House, and, of course, trails through a wilderness valley that links to parkland stretching to the shores of Lake Ontario. Kidd says instructors often bring biology, geography and environmental classes here, turning the area into a living laboratory. It’s also become the principal’s boardroom of sorts as Kidd likes to conduct walking meetings along the trails. Part of his strategy is to get more people coming into the ravine to enjoy recreational opportunities and some stress-free downtime with nature. He wants to make various improvements to increase access to the park, but for now Kidd shows it off at every opportunity – even in winter, when he exchanges his bike for cross-country skis.

Having students see their principal in spandex, he jokes, reflects another major priority – making UTSC an explicitly healthy campus. “I want that to be our trademark – that you can come here to an environmentally sustainable setting and be healthy, have access to good food and fitness opportunities, and people care about your well-being.” The campus is well on its way, boasting one of the highest participation rates for recreational and intramural sports programs of any university in North America. The Toronto Pan Am Sports Centre also ranks among the best athletic facilities of any campus in Canada. Kidd would love to see mandatory fitness classes throughout all four years of undergraduate study and admits to finger-wagging at convocation and whenever he gets in front of a student group. “I tell them they are an incredibly exciting generation who can achieve great things, but we can only be productive if we can sustain our energy, health and well-being.” Kidd is the very embodiment of that idea, still sporting the lean figure of a distance runner and the energy of a man decades younger.



Along with all the research power, UTSC, as Kidd puts it, has a teaching soul

The start line of the 5k race is just outside the East Scarborough Storefront, a former police station turned community hub, which houses some 40 partner agencies that provide area residents with access to job-search support, mental health counselling, legal advice, after-school programs and much more. In 2010, UTSC partnered with the Storefront to give students “real world” experiential learning opportunities – a hallmark of the campus and a major reason why students excel. During a quick tour, the director, Anne Gloger, tells me that students and professors in UTSC’s City Studies program conduct research for Storefront agencies and work with them on community-building activities. Gloger says that connecting with Kidd is “like finding a soulmate. He gets that you can change the culture of a community through sport and education. He gets community development. It’s in his blood.”

Indeed, Kidd sees UTSC as an incubator for building a stronger Scarborough. The campus contributes to local economic development. It offers research support to the new Rouge National Urban Park, the Toronto Zoo and local Business Improvement Areas, which, in turn, provide students with real-world learning opportunities and often paid work experience. UTSC offers co-op opportunities in every academic program, including the humanities, and they stress experiential and service learning in addition to career know-how. Kidd calls them “transformative” – students can “test drive” a career and grow as individuals

while contributing to their communities. UTSC’s new Management and International Business Co-op program, for example, requires a mandatory semester of study abroad, followed by a semester-long work placement in the same country. Last year, some 800 students in the incoming class applied for only 40 positions.

Kidd wades into a throng of runners to meet as many people as he can, including Ontario MPP and cabinet minister Mitzi Hunter, a UTSC grad. He offers everyone his trademark greeting – he finds out who they are, what drives them and often asks what he can do to help. He listens, eyes twinkling with genuine interest, then parts ways with a light punch on the shoulder, a “you go” jab as if you’ve just scored one for the team. The chair of UTSC Campus Council, Nancy Lee, doles out a string of words to describe Kidd’s style: inclusive, accessible, aspirational. Meric Gertler calls him a “positive force in any room, a bridge-builder who gets people to align around common causes and makes them feel good about themselves as they do so.”

And maybe that’s because Kidd is deft about turning the spotlight off himself and squarely on UTSC, trumpeting its achievements, the result of what he calls 50 years of careful planning and development. He calls his latest job, one that will last into his 75<sup>th</sup> year, “an opportunity and an honour to contribute to a going concern.” And he’s clearly having a blast doing it.

As the special ambassador of the run, Kidd leaps onto an outdoor stage to thank runners for raising \$10,000 for kids’ activities in the park, then presents two awards for outstanding community work, one to a UTSC student and one to a local youth. Both were nurtured by the opportunities UTSC and the Storefront created in the neighbourhood.

Kidd then hops back on his bike to ride the course while I run with a group of UTSC students, or the New Canada as Kidd calls them. One, an MA student who came here after her undergrad at Queen’s University, tells me she loves the ease of meeting people and the recreational opportunities at UTSC – through the summer, she went tree-top trekking, paddleboarding and horseback riding and now volunteers with a learn-to-run club on campus. Another in International Development says the program “attracts students who want to change the world.” Yet another says going to school here is like being in a cultural laboratory – so many different cultures, each bringing different approaches to solving problems. “It really opens your eyes.”

They’re passionate about saving the environment, making their communities better places, forging interesting careers. They’re serious and empowered in a way that makes them a lot of fun to talk to. As Kidd told me earlier, their heady engagement with the world and their constructive spirit creates a buzz that can really get to you – and make you want to stick around and be a part of it.

Margaret Webb (BA 1985 UC) is the author of *Older Faster Stronger: What Women Runners Can Teach Us All about Living Younger, Longer* (Rodale Books, 2014).





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**BOUNDLESS**











Text by Arthur Kaptainis

# Goodbye to Cars!

U of T embarks on a bold plan to restore, renew and beautify the historic St. George campus

**WHAT WAS OLD WILL BE NEW AGAIN.** And what is new will be harmonized with the old.

After months of study and public engagement, the Landscape of Landmark Quality competition has selected a consortium of KPMB Architects, Michael Van Valkenburgh Associates (MVVA) and Urban Strategies to restore, renew and beautify the central spaces of the University of Toronto's historic St. George campus.

"This was a difficult decision owing to the great imagination shown by the entrants," says Scott Mabury, U of T's vice-president of operations and co-chair of the Landmark Committee overseeing the competition. "The quality of the submissions has redoubled our conviction that this project is entirely worthy of the time and resources it will entail."

The winning proposal, which envisions a car-free necklace of paths around King's College Circle, a stately column of oak trees along Tower Drive and granite surfaces in place of asphalt and concrete, is a point of departure, not a final blueprint. The eventual design will depend on what the development team learns through further public consultations.





The winning bid proposes to redesign Convocation Plaza from the bottom up. In place of an asphalt surface, the designers suggest granite pavers of varying shades that connote the many diverse activities embraced by the front campus and the university

“We have been committed to soliciting feedback from the community and will consult much more extensively over the next several months,” Mabury says, noting that the university received more than 600 responses after the initial presentation of the four shortlisted proposals in Convocation Hall in September.

“If there is one thing this process has taught us all, it is how deeply students, faculty, alumni and staff love the landscape of this university and how strongly they feel about its future. We have been guided by their passion. There was a lot of support for the winning team,” says Mabury.

The schedule requires that team to submit a plan in September 2016 that includes design details, an outline of engineering needs and estimates of the duration and cost of the project. All of this will entail teamwork, both within the winning consortium and with members of the university community and U of T’s neighbours.

“In a university environment, one expects dialogue and exchange to characterize a process like this,” says Michael Van Valkenburgh,

president and CEO of MVVA. “We expect feedback, we welcome it and we enjoy it.”

KPMB, MVVA and Urban Strategies got the nod in part for their respectful approach to renewing one of Toronto’s most historic neighbourhoods. “I think what we like most about this proposal and this team is their understanding of the scope of the project and especially their recognition that what we have in our landscape is already a truly remarkable resource,” says Donald Ainslie, principal of University College, co-chair of the Landmark Committee and a member of the evaluation panel. “Their approach was: ‘Look, you’ve got some great stuff already.’ That was the indication that they knew what the university and community were looking for.”

It was helpful that the winning consortium of landscape architecture, architecture and urban design professionals had worked with universities before. Princeton University has hired Toronto-based Urban Strategies to lead its campus planning effort, with KPMB and MVVA as part of their team. MVVA, a landscape architecture firm with offices in New York



and Cambridge, Massachusetts, was in charge of the restoration of Harvard Yard, which received a 1994 Honor Award for Excellence in Historic Preservation from the U.S. National Trust. “Harvard Yard was in some ways a similar kind of project,” Ainslie says. “You’re taking one of the crucial landscapes of the country. And you’re not trying to reinvent it. You’re trying to make it live up to its history.”

While the KPMB/MVVA/Urban Strategies plan is very much a work in progress, a few things are certain. There will be no more parking or traffic on King’s College Circle, except for service vehicles and to provide access for people with disabilities. “This was a premise of the competition, but the benefits are very clear to us,” says Bruce Kuwabara (BArch 1972), a founding partner of KPMB. “You realize the beauty of that space when there are no cars there. It’s remarkable.”

Car parking does not disappear but goes underground. “We are required by city bylaw to maintain a certain number of spaces so neighbours don’t bear the brunt of 400 more cars on adjacent streets,” Mabury explains.

KPMB/MVVA/Urban Strategies seeks to make a virtue of this necessity by proposing modern glass pavilions beside the J. Robert S. Prichard Alumni House and in front of the Medical Sciences Building that would provide access to the parking garage and bicycle parking.

The Medical Sciences pavilion as represented in the architects’ preliminary drawings has a curved roof inspired by the shape of Convocation Hall and an indoor-outdoor café.

The familiar broad concrete staircase would be replaced by gently sloping, accessible paths and terraced seating. “This was a terrific opportunity to create a great ‘hang space’ for students and faculty,” says Shirley Blumberg (BArch 1976), a KPMB founding partner.

The architects also propose to redesign nearby Convocation Plaza from the bottom up. In place of the nondescript asphalt surface (itself overlaid last August by a playful but temporary blue-dotted pattern) they suggest granite pavers of varying shades that connote the many diverse activities embraced by the front campus and the university.

Stone surfaces are central to the KPMB/MVVA/Urban Strategies proposal. “There’s a timelessness to using stone as paving,” says Van Valkenburgh. “It’s a beautiful material that is going to last much longer than asphalt – many decades or a century.”

Stone has other practical virtues: Gradations in tone and texture provide cues to cyclists and pedestrians to interact safely, according to the brief from KPMB. Interlocking walkways around the circle encourage natural interaction with the famous green pasture at the centre.

As part of the proposal, Tower Road, leading from Hoskin Avenue to the memorial arch of Soldiers’ Tower, would become a processional walkway with columns of oak trees dividing the road from the athletic fields of the back campus. The proposal envisions trees south of the tower as well, along a straightened Tower Road extension. “Changes to Tower Road through the Landmark process will have a

## Who Are the Members of the Winning Team?

### KPMB Architects

Founded in 1987, Toronto-based KPMB Architects has earned more than 200 awards for design excellence, including 14 Governor General’s Medals, Canada’s highest honour for architecture. The company has worked with Princeton University, Boston University, the University of Pennsylvania and the University of British Columbia as well as the Aga Khan Foundation of Canada. KPMB was also part of the consortium that designed and built the 2015 Pan Am Games Athletes’ Village.

### Michael Van Valkenburgh and Associates

Founded in 1982, with offices in New York and Cambridge, Massachusetts, MVVA is an award-winning landscape architecture firm that works across a wide range of scales, from city to campus to garden. MVVA’s campus portfolio includes Princeton

University, Harvard University, the University of Pennsylvania and Amherst College. MVVA’s work also includes the master plan for Brooklyn Bridge Park and the Lower Don Lands in Toronto.

### Urban Strategies

Toronto-based Urban Strategies has worked on hundreds of planning projects, and received 14 awards for planning studies for academic clients. The company’s urban design and planning professionals come from a variety of backgrounds, including architecture, economics, environmental science, landscape architecture, planning, public administration and the visual arts. Urban Strategies is master planner for major sites in New York, London, Ireland and Hong Kong. Currently, the company is updating campus master plans for Princeton University and the University of Ottawa.



**Top:** The winning proposal would widen the main path from St. George Street through the arch at Sir Daniel Wilson Residence, and flank the walkway with new benches to increase opportunities for social encounters

**Bottom:** Tower Road, leading from Hoskin Avenue through Soldiers' Tower to King's College Circle, would become a processional walkway with columns of oak trees

significant impact on University College, Hart House and Soldiers' Tower," Ainslie comments. "A renewed Tower Road will no longer feel like a back alley, but will be a real campus entrance that highlights the university's important cultural resources."

While KPMB/MVVA/Urban Strategies prevailed in the competition, some elements from the rival proposals (by Janet Rosenberg & Studio + ArchitectsAlliance, DTAH + Michael Van Valkenburgh Associates and Public Work + Greenberg Consultants) attracted much interest. One was the reintroduction of a water feature to Hart House Circle, where McCaul's Pond once stood. "Lots of people were captivated by that idea," Ainslie says. "But others wondered whether it would actually work with issues around geese, insects and risk management."

A related question is how to integrate and repurpose the Louis B. Stewart Observatory – a building that dates from the 1850s, but was moved to its present location in Hart House Circle in 1908. It currently houses the University of Toronto Students' Union, which will be relocating to the new Student Commons on College Street in 2017.

Another proposal with curb appeal was a winter recreational feature, such as a skating rink. Whether and how it could be implemented remains to be seen.

Many questions await detailed analysis, including an estimate of cost. "We know how proud our alumni are of U of T and how important its landscape is to their positive feelings about the university," Mabury says, "Fundraising is essential to this project and we hope all members of the community are given the opportunity to contribute."

Some design elements of the proposal will survive, others will be superseded. But the intention to move forward is fixed. "We didn't pick the plan, we picked the team," Ainslie says. "We want the team that has the skill and has a planning strategy that speaks to the diversity of our community and can sustain the life of a busy campus every day.

"This is one of the crucial landscapes of our country. I think an approach that values what we have and makes the most of it, rather than tries to make it something else, is the one that resonates more broadly with the community."

**Arthur Kaptainis is a senior writer with U of T Communications.**



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**BOUNDLESS OPPORTUNITY:** Alicia Clancy is a candidate in the Doctor of Dental Surgery program at the University of Toronto. She is a scholarship recipient who expects to graduate in 2016. Clancy is deeply involved with the Faculty of Dentistry. She was co-chair for Sharing Smiles Day 2015 and participated in Brushamania, an annual event in which dental students visit elementary schools to teach kids about good oral hygiene.

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**BOUNDLESS TALENT:** Camilla Gibb is the June Callwood Professor in Social Justice at Victoria College. A Canadian writer who holds a PhD in social anthropology from Oxford University, Gibb has won the Trillium Award, the CBC Canadian Literary Award and the City of Toronto Book Award.

The Callwood professorship was established through Victoria's Imagination Unbound campaign, part of U of T's Boundless campaign that has raised \$179 million to support faculty members. These funds enable U of T to secure and retain the best teaching and research talent and have helped the university create more than 60 new chairs and professorships in key research areas across its three campuses.

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We are grateful for the continued support of all our generous donors. We strive to make our lists as accurate as possible. For more info, or if you have questions about U of T's donor listing, contact Vicki MacCrimmon at 416-978-7373 or [vicki.maccrimmon@utoronto.ca](mailto:vicki.maccrimmon@utoronto.ca).

# SPRING REUNION

Go back to school for the weekend

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# All About Alumni

**“Blogger is a label I embrace”**

Kerry Clare, who teaches  
The Art of Blogging at  
U of T  
p. 57

Natalie Panek in  
U of T’s MarsDome



## Space Odyssey

### Rocket scientist Natalie Panek designs technology bound for Mars

**ON A TRIP TO BAFFIN ISLAND** last summer, Natalie Panek (MAsc 2009) and a friend hiked for 100 kilometres among mountains and glaciers without encountering a single person. “I like to go to places that are very remote, where I can have that feeling of maybe being the first one to step foot in a specific place.” For now, those places are here on Earth. In the future, she hopes they will be somewhere else in the universe.

The aspiring astronaut, current aerospace engineer, explorer and high-profile advocate for women in science says her passion for exploration is rooted in a childhood of camping and outdoor adventures in Alberta. “It really fostered

a curiosity in me to know more about what’s out there,” she says. In her teens, a sci-fi TV show called *Stargate SG-1* and the real-life accomplishments of astronaut Roberta Bondar (PhD 1974) expanded this wanderlust to include extraterrestrial worlds.

Today, Panek designs technology destined for space. MDA, a global communications company, hired her in 2010 to work on the Next Generation Canadarm. She has helped design robotic arms that could potentially be used for repairing and refuelling satellites that are integral to our communications systems – a possible solution for the “dead” satellites currently orbiting the Earth. In October, she spoke at TEDxToronto (her third TED talk) about how this robotic technology could allow more sustainable space exploration.

Panek’s current focus is designing and building the chassis – or frame – and locomotion system for the European Space Agency’s 2018 ExoMars Mission rover. “Our team is responsible ►



How fast did Aerovelo's speed bike go at the World Human-Powered Speed Challenge in Nevada? An astounding 139.45 km/h

## Colombo's Reach

Many of Singapore's leaders are U of T grads, thanks to a unique scholarship



Philip Yeo

OVER HIS 45 YEARS as a public servant in Singapore, Philip Yeo has made many contributions to his country's economy – and he says they were all set in motion by his U of T industrial engineering education and a one-of-a-kind scholarship.

Yeo's education was funded by the Long-Term Scholarship Programme of the Colombo Plan, an Asia-Pacific Region intergovernmental organization that promotes the economic and social growth of underdeveloped countries in the region. The scholarship program was established in 1951 in part to rebuild civil societies in post-Second World War Southeast Asia. Talented young people studied in several different Commonwealth

countries, returning home post-graduation. Many have greatly advanced their countries: the program has produced hundreds of thousands of scholars, including many scientists, doctors, engineers, educators and administrators.

After completing his U of T degree, Yeo (BAsc 1970, LLD 1997) returned to Singapore and served in government, and the experience sparked a lifelong interest in public service. Working in various leadership roles, he has helped Singapore excel in areas such as information technology, biomedical sciences, aerospace and defense; successfully invest in overseas infrastructure development; and form economically strategic partnerships with other nations.

While Canada has departed from the scholarship program, its legacy remains. In October, Yeo was one of multiple Colombo Plan scholars from U of T and other universities in Canada feted at a Canadian Alumni Singapore event celebrating 50 years of Canada-Singapore diplomatic relations. – SHARON ASCHAIK

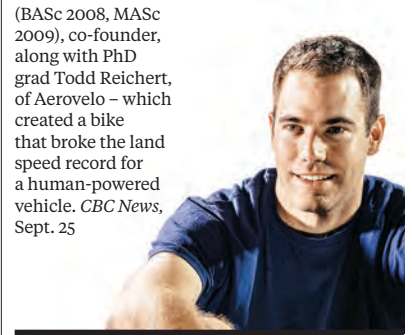
### OVERHEARD



We want to inspire people to take on their own enormous challenges and know that it's possible to tackle them if you think differently, change your mindset and re-evaluate your challenge in a new light.



Cameron Robertson (BAsc 2008, MAsc 2009), co-founder, along with PhD grad Todd Reichert, of Aerovelo – which created a bike that broke the land speed record for a human-powered vehicle. *CBC News*, Sept. 25



for determining how the rover will drive on Mars and survive, given challenges like Mars dust, driving over rocks and extreme temperature changes," she says.

As one of few women in her field, Panek is committed to encouraging and advising young women considering careers in the hard sciences. She volunteers for two online mentorship programs – where she often corresponds with U of T students – speaks and publishes widely, and maintains a website (thepanekroom.com) aimed at sparking girls' interest in pushing the boundaries in their studies, work and travels. For her efforts, she was named one of *Forbes* 30 Under 30 this year, and to the Women's Executive Network's "Canada's Most Powerful Women: Top 100" list in 2014.

Panek is fully aware that she may never get to space, given that Canada currently has only two active astronauts, but she

has lived her life preparing for the possibility. She earned her private pilot's license while she was an engineering student at the University of Calgary. At U of T's Institute for Aerospace Studies, she researched combustion in a simulated microgravity environment. Partway through her studies at the university, Panek secured an internship at NASA's Goddard Space Flight Center where she had her first hands-on experience with space technology. "It was an opportunity that helped get me to where I am today, and that was because U of T allowed me the flexibility," she says.

At this point in her career, Panek says striving toward her end goal is just as important as reaching it. "It drives me to have really cool experiences, and use them to make a difference. If I get to space, I get there. If I don't, I'm not going to have any regrets." – MEGAN EASTON





At the World Barista Championship, baristas from 50 nations prepare four espressos, four cappuccinos and four original drinks in 15 minutes



Andrew White

organic waste – by manipulating the chemistry of the waste itself. It even turns the byproduct into a useful, soil-restoring fertilizer. It’s about as zero-emissions a process as you can get.

“It takes me back to first year in chemical engineering,” says White (BASC 2008, MASC 2010). “One of the important lessons that we learned was to avoid creating solutions where further down the pipe it creates another problem.”

While completing his master’s degree, White toured a renewable-energy plant, where he discovered that bio-gas isn’t 100 per cent clean and green. Like natural gas, it contains the toxin hydrogen sulphide. And, as with natural gas, the sulphur needs to be scrubbed out before the gas is burned, or it will not only corrode engines and furnaces, but will fill the air with sulphur dioxide – a major contributor to acid rain, and a pollutant linked to respiratory disease.

“Viewing waste as a resource, trying to drive towards zero waste, is really important to me,” says White. So he began looking for another way to treat bio-gas – and found it. The original organic waste is first digested to produce bio-gas and anaerobic digestate (a compost-like material traditionally treated as a waste byproduct). White cooks this digestate in big drums, deprived of oxygen. Like a campfire covered for the night, the slow burn turns the waste into charcoal or, more specifically, bio-char. Controlling the temperature also sets off chemical reactions that make it extraordinarily porous. When the untreated bio-gas is passed through this bio-char, the hydrogen sulphide sticks to any free surface. The result – sulphur-infused bio-char, which White has trademarked as SulfaChar – is an effective fertilizer.

“The bio-gas industry is a way to capture methane that would be otherwise lost to the atmosphere, where it’s 22 times worse than carbon dioxide for global warming,” says White. “And it’s a way to do something useful with waste. It’s not quite as sexy to talk about manure as it is to talk about shiny solar panels, but there are some great incentives to build this industry.” – JANET ROWE

## Waste Not, Want Not

Andrew White’s company not only cleans bio-gas, but also produces fertilizer

FOR ANDREW WHITE, there’s nothing cooler than being an entrepreneur – unless it’s being a cutting-edge, green entrepreneur. White’s startup, Char Technologies, cleans bio-gas – the naturally occurring gas emitted from any decomposing

## The Art of the Brew



Still image from Barista

Rock Bajjnauth hopped from coffee shop to coffee shop across Los Angeles searching for the perfect brew to drink while writing his screenplays – and it soon inspired his documentary *Barista*, a film about the surreal world of coffee competitions.

Bajjnauth (BA 2001 NEW) had planned to make a movie focusing on the craft-coffee movement in Los Angeles, but in the process he discovered the fascinating subculture of barista competitions – which showcase everything from stunning latte art and bacon-fat mochas to the use of liquid nitrogen to make ice cream for an *affogato*.

The documentary follows five rising stars of the coffee world, highlighting both their craftsmanship and personal stories. *Barista* (Samuel Goldwyn Films) has had theatrical runs across Los Angeles, New York, Seattle and Austin, and can be purchased on iTunes or Amazon. “The movie is more about passion than it is about coffee,” says Bajjnauth, a cinema studies graduate who directed *The Pirate Tapes*, which screened on HBO in the United States. “There isn’t a lot of money in the work, but these baristas devote their lives to mastering their craft – and the coffee they produce isn’t purely functional. It’s art.” – NADIA SIU VAN



One of the most popular places for street art in Toronto is Graffiti Alley, between Spadina Ave. and Portland St., where some segments of *The Rick Mercer Report* are filmed

THE TWO OF US

## A Stroll into Marriage

Yan Cote (BA 1996 VIC) and Diana Addeo (BCom 1996 UC) chose Philosopher's Walk to seal their future together.



**DIANA:** We met once in second year and then again in fourth year, when I threw a birthday party and Yan showed up with our mutual friend. I was waiting at the bar, and I saw a really good-looking guy come in. I realized who he was, and said hello. It sounds shallow, but I remembered him for his muscles, crewcut and general military good looks. We danced that night and then went for coffee. He was really respectful and chivalrous, always opening doors for me. Now, work and

family have taken more of a front seat, but he's always kind to me. We live in Calgary, and we love to drive around in our convertible and go skiing. My favourite thing in the world is still just sitting down with Yan and having a cup of coffee.

**YAN:** We complement each other really well. She's very passionate and gregarious and I'm a little more reserved. Her perseverance and resilience have really helped us get through some things, including long-distance years. She was living in London, Ontario, and I was living in Toronto and then Montreal. It was long before Skype, so there were a lot of phone calls and we took turns taking the train. Every moment was quality time. Deciding to get married was a pretty easy decision after spending that time apart. One snowy winter afternoon, I took Diana down to Philosopher's Walk with the intention to propose. Near Bloor Street, I told her that I wasn't feeling so great and asked if we could sit down on a bench. When she sat down, I took out the ring. After some tears, she said yes. We just celebrated our 15<sup>th</sup> wedding anniversary, and we now have a 10-year-old daughter. When we take a look back, it's really amazing how much we've grown together.



### The Magic and Tragedy of Street Art

Creating fleeting street art with spray cans, churning out a piece that can take a few hours to a few days to paint on a ladder under the scorching sun – that's the kind of work that draws Fathima Mohiuddin (BA 2006 UTSC) to decorating public spaces around the world, from London and Amman to Abu Dhabi.

Mohiuddin began thinking about art as something communal at the age of 18, when she worked on a mural called "Flight" while majoring in UTSC's studio art program. The piece – which has been displayed on the side of a car wash in Scarborough for more than a decade now – shows the metamorphosis of the monarch butterfly, mirroring the journey of many of the refugees in the area.

The image of an elephant and a bird on the left – painted in Ithaca, New York – represents two people searching for love again, but "the heart isn't quite there yet," says Mohiuddin. Like much of her work this year, the story is about moving beyond suffering, and finding your heart again.

Mohiuddin returned to her hometown of Dubai in 2009, and in 2011 she launched her own company, the Domino, to promote local artists and develop an accessible arts scene. "I'm not a fan of galleries, of these boxes that contain art and make it exclusive," she says. "I love the magic and tragedy of art on the street."

– NADIA SIU VAN





In 1994, the *New York Times* referred to Justin Hall as the founding father of personal weblogging. He started Links from the Underground while a student at Swarthmore College



Kerry Clare

FIRST PERSON

## A Life in Blogging

Kerry Clare reflects on how her online oeuvre has shaped her journey

I BEGAN MY CREATIVE WRITING MA at U of T in 2005, which was a year in which blogs were poised to take over the world. Bloggers were getting six-figure book deals and breaking news stories. Reporters for newspapers as illustrious as the *New York Times* were being groomed as bloggers whether they wanted to be or not.

My own blog, in this light, was a humble thing; its audience, however passionate, quite limited. I'd been writing it for five years, its focus shifting from post-teenage angst to travel and genuine engagement with the world. But it was while I was in graduate school that I really found my blogging stride, inspired by my days immersed in Virginia Woolf,

**Blogging about books was intensely rewarding, and while it didn't make me an Internet sensation, it delivered enormous joy**

notions of haunting in Canadian fiction, Annie Dillard's oeuvre and Heather Murray's work on reading culture. Blogging about books and reading was intensely rewarding, and while it didn't make me an Internet sensation, it delivered enormous joy and satisfaction – something I would come to be grateful for.

I finished my MA in 2007 with a manuscript for a novel that nobody wanted to publish – for good reason; it was boring. I started a job that delivered a good wage and benefits, but little in the way of inspiration. When I contemplated my literary future, things didn't seem so optimistic.

"Of course, the best antidote to the disappointment of the literary life is to read," advises author Caroline Adderson. And so I read, and I also blogged about reading, and my blog – rather than that long since abandoned novel – would turn out to be the foundation of my own literary life. Which is fortunate in retrospect, because what a poor foundation that novel would have been.

So mine is a story of eventual triumph, although this is not the point at which I receive a six-figure book deal or break a major news story, or am profiled in the *New Yorker* as a blogger-about-town. None of these things ever happened to me, and by this time it was 2009, the Western economy had collapsed and these things were happening to hardly anybody.

What did happen, however, is that people were paying attention to my book reviews, and I began receiving opportunities to write for newspapers and magazines. I was also becoming a better and more efficient writer with every post I published, and making connections with people who gave me further writing opportunities. I had an established online platform, which, these days, is considered essential for any literary career – although that the platform exists for its own sake rather than to serve my aspirations is a huge part of the reason it works so well.

My blog is still a humble thing, though I have come to regard humbleness as intrinsic to the form. More importantly, however, my blog is also a body of work that I'm proud of. While I cringe at some of the archives, I appreciate its record of my development as a thinker and a writer. Blogging has helped me to puzzle my way through motherhood, the writing life and all the usual challenges of being a human.

Blogging has become an essential part of my process, process being the point: blogging is ever a work-in-progress just like life is. It's about showing one's work, being open to and curious about the world, and it makes my life better and richer in so many ways. If it didn't, I would have quit a long time ago.

And so "blogger" – a term as widely maligned as it is lacking in euphony – is also a label I embrace. It's one I won't be shrugging off either, even as I'm on the cusp of becoming a novelist, finally. Because yes, *Mitzi Bytes*, my debut novel, is forthcoming in 2017. And guess what? It's about the secret life of a blogger.

Kerry Clare (BA 2002 Victoria, MA 2007) teaches The Art of Blogging at the University of Toronto School of Continuing Studies. She continues to blog about books and reading at [PickleMeThis.com](http://PickleMeThis.com).



In some of Ariel Garten's early fashion designs, she scanned buyers' EEG patterns onto T-shirts

60 SECONDS WITH

## Ariel Garten

### Calming the monkey mind



**ARIEL GARTEN**, 36, has already enjoyed many careers (artist, psychotherapist, fashion designer, business CEO) – and her latest venture combines many of her passions. She and the InteraXon team have created the Muse headband, a piece of wearable technology that “reads” the brainwaves of meditators. Using technology similar to that used in EEG machines, they are also responsible for such inventions as a mind-controlled beer tap and a levitating chair. Recently, **Garten** (BSc 2002 UC) spoke her mind with **Cynthia Macdonald**.

**The Muse headband can do several things; for example, it allows people to move objects with their minds. But your biggest brainchild has to be the one you call “Bright Ideas.” What was that about?**

For the 2010 Olympics, we came up with the idea of getting people in Vancouver to control the lights on the CN Tower in Toronto, the Parliament Buildings in Ottawa and the light tower at Niagara Falls. When headsets detected increases in the participants’ focus levels (and their beta activity), the technology sent a signal to a computer in Vancouver – which then signalled to a computer in the CN Tower, for example, for the lights to spin faster. It succeeded! Over 17 days, more than 7,000 people got to interact with these massive icons across the country.

**It’s amazing that human brains can do this – but then, I guess they move things all the time! When I want to move my hand, that desire travels through my body’s wiring so the action can be completed. I guess you’ve just taken that wiring outside the body?** Our neurons communicate electrochemically. The electrical activity in your brain sums into waves, which can be read on the surface of your head. The voltages are very small, but the Muse headband can detect minute changes in them and let another digital or mechanical interface know that it should perform an action.

**I understand there’s a lot of U of T brainpower behind InteraXon’s inventions – including that of Steve Mann, a professor of computer engineering and “father of wearable computing.”** Steve is a wonderful treasure for U of T to have. Right after I graduated [in psychology and neuroscience], I started collaborating with him, as well as Chris Aimone and James Fung, who were then his grad students. Later on, our Bright Ideas team included many U of T grads – especially from engineering science.

**Now on to meditation – which, as everyone knows, is pretty hard to do. How does Muse calm what’s known in Buddhism as the “monkey mind”?** When most people try to meditate, their brain jumps all over the place; they don’t know what they’re supposed to be doing. But MUSE actually teaches you how to meditate. It lets you hear when your mind is wandering, and teaches you how to bring it back. You get real-time feedback on what your brain is doing, as it guides you to the ultimate goal: single-pointed attention.

## Milestones



Dr. May Cohen

Four U of T community members have been inducted into the Canadian Medical Hall of Fame. Alumna **May Cohen** graduated at the top of her class at U of T in 1955 when fewer than seven per cent of medical students in Canada were women. She co-founded the first faculty of medicine women’s health office in 1991 at McMaster University. **Gordon Guyatt** (BSc 1974 VIC), a University Professor at McMaster University, is a leader in evidence-based medicine. **David Naylor**, U of T president emeritus and former dean of medicine, is cited for his contributions to health research, education, administration and policy – including his leadership of Canada’s response to the SARS epidemic. U of T University Professor and pre-eminent medical historian **Michael Bliss** is known for such award-winning books as *The Discovery of Insulin* and *William Osler: A Life in Medicine*.

“Toronto is fortunate to embrace dozens of languages and has an invaluable literary history,” said **Anne Michaels** (BA 1980 UC). And she will be representing this history as the City of Toronto’s fifth poet laureate, a role she was named to in November. Michaels is the author of *The Weight of Oranges*, *Fugitive Pieces* and *Correspondences*. She follows poet laureate emeritus George Elliott Clarke, the E.J. Pratt Professor of Canadian Literature at U of T.

The Order of Canada recently named U of T professor emeritus **John Ricker** (BA 1947 VIC, MA 1949) a member for his contributions to the teaching of Canadian history as an author, educator and administrator.





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## HELP REFUGEES CONTINUE AN EDUCATION STOLEN BY CONFLICT.

Like so many Canadians, the University community has been gripped by the Syrian refugee crisis. In response, U of T has established bursaries for refugees fleeing conflict zones, focussing first on Syrian students. The University of Toronto is committing \$500,000 to match contributions from donors. Our hope is to award 100 bursaries of \$10,000 each over the next 10 years. Please give today so these students and scholars can return to their studies and build new lives in Canada.

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# BOUNDLESS





Three students enjoy a cup of tea in their room in Edwardian Toronto



### A ROOM OF THEIR OWN

## C. 1910

U of T's first women's residences launched lively campus traditions

A cup of tea and Varsity banners marked student life in Edwardian Toronto. This trio's pennant, F.O.E. 10, marks them as belonging to the new Faculty of Education, founded in 1906. Then as now, students personalized posters and possessions.

Whether these women took a room in a \$1- to \$3-a-week boarding house – as about half of out-of-town students did at the time – or lived in one of the new residence buildings is not known. But they had options. In 1903, U of T welcomed 47 students to its first women's residence, Victoria College's Annesley Hall. When Trinity College joined the university in 1904, its existing St. Hilda's residence became the second, and University College's Queen's Hall followed in 1905. All three boasted “steam heating, electric lighting, and all the modern conveniences,” as

St. Hilda's 1914 brochure put it. Room-and-board costs that year? \$210 annually, with a \$12 first-year surcharge for bedding and furniture.

Residence life was lively. Annesley Hall had a doctor who suggested a personalized exercise routine for each student at the beginning of the year. “Freshettes” bonded over an orientation week that included, per the *Toronto Evening Telegram*, “proposing to clothespins, singing lullabies to dolls, diving into flour for raisins and a cold duck to clean off.” And a “tango outburst” at student dances scandalized some Torontonians – but while Queen's Hall's straitlaced dean, Mrs. Campbell, swore to shut down dances after just one tango step, Annesley permitted the “gallivanting glide.”

– JANET ROWE



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# Volunteer at U of T

More than 9,000 alumni volunteers make a difference at U of T as mentors, speakers, regional representatives, members of boards, committees and alumni associations, and more. Students, staff and faculty appreciate and value the commitment of these dedicated alumni, who are making an impact on all aspects of campus life.

By contributing your skills and expertise to the student experience and broader U of T community, you will meet interesting new people, make a real difference and discover that together, we are boundless.

**[alumni.utoronto.ca/volunteer](http://alumni.utoronto.ca/volunteer)**