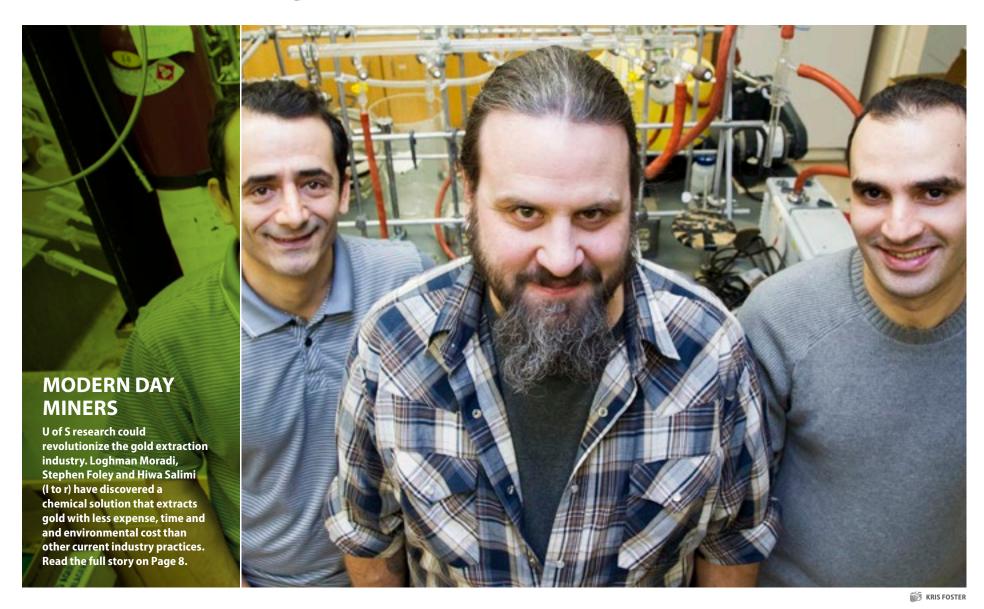


UNIVERSITY OF SASKATCHEWAN

ON CAMPUS NEWS ocn@usask.ca news.usask.ca



Drafting blueprints

Examining feasibility of a school of architecture

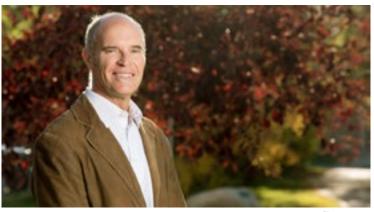
HENRYTYE GLAZEBROOK

The U of S has been working on bringing a school of architecture to its campus for nearly a decade. Members of the university community and the Saskatchewan Association of Architects are finally starting to feel like that work might be coming to fruition.

University Architect Colin Tennent, an original member of the group that first examined the feasibility of such a school, has a personal interest in seeing the program brought to campus but he is just as excited to see what the idea could hold for Saskatoon and the province of Saskatchewan as a whole.

"Much of city architecture can be contentious, so the influence of a school of architecture can be quite profound and particularly in a city the size of Saskatoon," Tennent said.

The idea of an architecture



University Architect Colin Tennent

program at the U of S has been looked at several times, with options explored as far back as 2008, without any concrete

movement. What has changed now, Tennent said, is the level preparation being put toward potentially proposing the idea

The U of S has brought in Colin Ripley, chair of the Department of Architectural

Science at Ryerson University, to help oversee development on plans for a proposal to university administration.

A series of open houses have also been planned throughout February and March, which Tennent hopes will bring together academics, professionals and members of the public under a single roof to shed light on the greater commuIt's an opportunity for a really wideranging discourse on the topic. It's an exciting time, and it's the kind of thing that really stimulates a lot of debate.

Colin Tennent

nity's thoughts on a school of architecture on campus.

ly wide-ranging discourse ture," Walker said. on the topic. It's an exciting time, and it's the kind of thing that really stimulates a lot of debate," Tennent said.

Ryan Walker, associate professor of regional and urban planning, who was instrumental at the outset of this project, said the addition of an architectural program is one that could help both usher more money into the province and help keep Saskatchewan students from looking elsewhere for their education.

"Saskatchewan is the only province west of the Maritimes "It's an opportunity for a without a school of architec-

> "The loss of potential students to out-of-province programs and the contracting of services to out-of-province firms are limiting both cultural development and economic growth."

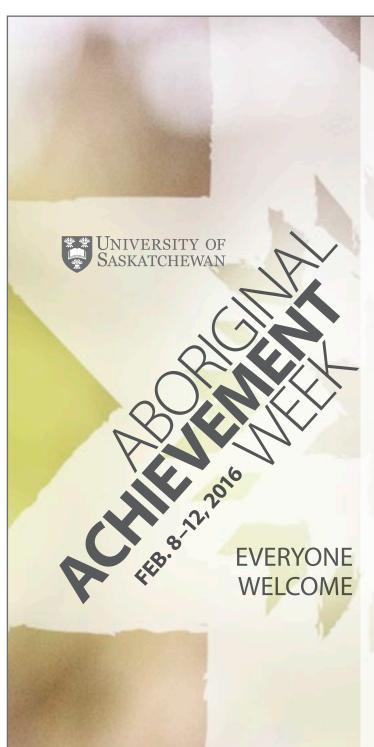
> Should the school become a reality, Walker said he thought it had much potential for growth

> "Schools of architecture are often catalysts for creating

> > See Collaboration, Page 11







EVENTS SCHEDULE

For the most up-to-date information visit STUDENTS.USASK.CA/ABORIGINAL

MONDAY, FEB. 8

Aboriginal Achievement Week Pipe Ceremony

9:30-10:30 am

Gordon Oakes Red Bear Student Centre

Aboriginal Achievement Week Brunch

10:30–11:30 am Gordon Oakes Red Bear Student Centre

Buffalo Boys Performance

Noon–1 pm Upper Place Riel Student Centre

Motivational Talk by Marcel Petit

1:30–2:30 pm Neatby-Timlin Theatre, Room 241 Arts Building

Sharing and giving back:

Entrepreneurs on giving back to the community
4 pm

Room 112, Edwards School of Business

Elle Maija Tailfeathers: Feminist Film Screening

4–6 pm Room 146, Arts Building

TUESDAY, FEB. 9

First Peoples – First Person Networking event

10:30 am-noon Office Space 303, third floor, St. Andrew's College

Student Success Stories and Innovative Programming

Noon–1 pm Room 1E80, Agriculture Building

Research Exchange, Expertise, and Exposé, R(EX)3

1 pm

Gordon Oakes Red Bear Student Centre

Library Dean's Research Lecture 2016: Honouring the Truth, Reconciling for the Future

2:30–3:30 pm Convocation Hall Peter MacKinnon Building

WEDNESDAY, FEB. 10

St. Mary's Elementary School Dance Troupe with the Dallas and Phil Boyer Band

11 am–noon Gordon Oakes Red Bear Student Centre

Soup and Bannock

Noon–1 pm Gordon Oakes Red Bear Student Centre

Building Bridges Sessions with Dr. Verna St. Denis

5–7 pm

Gordon Oakes Red Bear Student Centre

Indigenous Students' Council Aboriginal Arts Festival

6:30–10 pm Louis' Loft

THURSDAY, FEB. 11

Traditional Medicine and Health, Valerie Bradfield and Dr. Jim Waldram

10–11 am Gordon Oakes Red Bear Student Centre

Bannock Chat with the Edwards Student and Faculty Services Office

11:30 am Main entrance Edwards School of Business

Jigging Performance and Instruction with fiddle music by Dallas and Phil Boyer

Noon–12:45 pm Gordon Oakes Red Bear Student Centre

Achieving Indigenous Success in STEM (Science, Technology, Engineering and Math)

1–2 pm Gordon Oakes Red Bear Student Centre

Aboriginal Achievement Week Student Awards Ceremony (invitation only)

3–4:30 pm Gordon Oakes Red Bear Student Centre

Indigenous Students' Council Awards Gala

7 pm-12:30 am Louis' Loft (ticket required)

FRIDAY, FEB. 12

The Office of the Treaty Commissioner presents: Lunch, Learn and Listen

11:30 am-1 pm Gordon Oakes Red Bear Student Centre

Creative Native

1-3 pm

Gordon Oakes Red Bear Student Centre

Feast and Round Dance

4 pm–Midnight
Education Gymnasium
Education Building, 28 Campus Drive













Deans in kinesiology and law appointed

New deans in the Colleges of Kinesiology and Law have been recently appointed.

Chad London starts as dean of the College of Kinesiology for a five-year term beginning November 1, 2016.

"There is a real sense of community and pride in community, not just on campus but in all of Saskatchewan; I'm looking forward to being a part of that," said London, who is currently dean of the Faculty of Health, Community and Education at Mount Royal University in Calgary. "The university has such a rich history and tradition of excellence and the college has a stellar reputation as a national leader in kinesiology."

London received his Bachelor of Arts from the University of Lethbridge, a master's degree in human kinetics from the University of Windsor and a PhD in educational leadership from the University of Calgary. Prior to becoming dean, he completed appointments as associate dean in the Faculty of Health, Community and Education, as well as chair of the Department of Physical Education and Recreation Studies at Mount Royal. He was also instrumental when Mount Royal transitioned from a college to a university.

London said the opportunity to continue advancing the college's reputation in areas including research, teaching and learning, Huskie Athletics, and Recreation Services, was one he could not pass up.

"One of my first priorities will be to connect with my colleagues to engage in strengthening an already rich research, teaching and learning environment," he said.

"Huskie Athletics also has



London

an incredible reputation and offers the university so many ways to enhance community engagement," explained London. "Similarly, Recreation Services in the college provides us the chance to advance active and healthy living to the campus community and beyond."

Martin Phillipson has been



Phillipson

appointed as dean of the College of Law for a five-year term beginning July 1, 2016.

"I have a 27-year association with the college and know very well the excellent teaching and research taking place," said Phillipson, who was a graduate student at the U of S before joining the faculty in 1999. "To

lead the college at this point in its history is an incredible opportunity and I am honoured and delighted."

Prior to joining the U of S College of Law, Phillipson taught at Osgoode Hall Law School in Toronto, Victoria University of Wellington in New Zealand and at the Australian National University. He received his bachelor of laws (LLB) from Leicester University in the U.K., and obtained his master of laws (LLM) from the U of S in 1991. His teaching and research focuses in the fields of intellectual property law, biotechnology law, international environmental law and the law of property. From 2003-2014, he acted as co-editor in chief of the Journal of Environmental Law & Practice, Canada's leading peer-reviewed publication on environmental law.

Phillipson, who has held numerous roles at the U of S, including vice-provost of organizational restructuring for the College of Medicine, acting vice-provost, faculty relations, and associate dean of research and graduate studies in the College of Law, said his highest priority is to maintain and build the college's profile as a top law school in Canada.

"We are one of Canada's oldest and best law schools," said Phillipson. "Because the college is home to the Native Law Centre, we are well established in the area of Aboriginal law and we will be at the forefront of the indigenization of our campus."

U of S health research gets boost

HENRYTYE GLAZEBROOK

Two U of S research projects looking into nerve repair and cystic fibrosis have received a big boost with a total of \$1.2 million in funding from the Canadian Institutes of Health Research (CIHR).

The funding, awarded through the CIHR's 2015 Transitional Operating Grant Competition, will support research teams led by Valerie Verge and Juan Ianowski for five and three years, respectively.

"This major federal investment will advance understanding of both nerve regeneration following injury and cystic fibrosis, giving hope to the many people suffering from these debilitating conditions," said Karen Chad, U of S vice-president research. "I am thrilled that these outstanding researchers were successful in this tough national competition."

Verge, a professor in anatomy and cell biology in the College of Medicine and director of the Cameco MS Neuroscience Research Center at City Hospital in Saskatoon, has been awarded \$852,825 in support of her research into unravelling the changes that must occur in damaged nerve cells for effective repair of peripheral nerves—the nerves that relay information between the brain, spinal cord and the rest of the body.

"Learning how to optimally manipulate the repair programs will improve peripheral nerve repair outcomes for Canadians and hopefully provide insights to ameliorate other neurological disorders," said Verge, adding that this continuing funding from CIHR will bring the research a step closer to new treatments for debilitating

nerve injuries.

Verge's collaborators on this CIHR grant include U of S researchers Vikram Misra and Sean Mulligan, as well as colleagues at other universities and many of Verge's graduate students, technicians and undergraduate students.

Ianowski, assistant professor in physiology, was awarded \$335,655 in funding toward his work on cystic fibrosis, the most common fatal genetic disease affecting young Canadians.

Ianowski, with co-investigators John Gordon, John Gjevre, Veronica Campanucci and Dean Chapman, aims to



Verge



lanowski

assess the well-established, but never before directly tested, hypotheses that infection of the airways drives cystic fibrosis, and whether abnormal fluid and mucin secretion can trigger an airway response to bacteria.

Using the Biomedical Imaging and Therapy beamline at the Canadian Light Source synchrotron, Ianowski said he hopes to "help close the gap

in the medical understanding of cystic fibrosis and ease the development of new and effective treatments."

"Having Canada's only synchrotron on our campus is a great advantage for our researchers, not just in medicine but in a wide variety of areas where cutting-edge imaging can lead to discoveries with impact," said Chad.



Nominate a colleague for the President's Service Award

SELECTION CRITERIA

The President's Service Award is designed to recognize exceptional contributions by a non-academic staff member who is currently working at the University of Saskatchewan.

Employee must be a current employee as of April 30 of year nomination is considered.

Criteria for selection of the individual include evidence of the following:

- enhancement of the work environment by providing extraordinary service to the university community;
- inspiration, support and respect of the endeavours of others; and
- distinction achieved through dedication and commitment.

Nomination forms are available from the President's Office or may be downloaded from the website.

For further information, call **306-966-6613.**

NOMINATIONS

All members of the University of Saskatchewan community are invited to nominate an employee for the President's Service Award. **Each nomination must include:**

- 1. a completed nomination form;
- 2. a one-page overview/executive summary by the nominator;
- 3. specific examples of how the nominee meets the criteria of this award; and
- 4. exactly three signed letters of support.These letters may be:from internal supporters, for example,
- students, co-workers, supervisors;
 from external supporters as they relate to
- the work of the nominee at the university; or signed by one or more individuals.

The maximum length of the package, including the nomination form, must not exceed 12 pages.

Deadline March 1, 2016.

www.usask.ca/leadershipteam/president/presidents-award-and-fund.php

January 29, 2016

NEW TO US



Growing up in Calgary in the shadow of the Rocky Mountains, Katherine Stewart was enamoured with nature from the start.

"I've always been quite an outdoor enthusiast," said Stewart, an assistant professor in the Department of Soil Science and the Toxicology Centre. "From that I think grew a curiosity about the natural world, its systems and how they

While Stewart described her expertise as quite a "mixed bag" of soil study in Arctic environments, she cited biocrusts as a particular area of specialty.

"These are the first early colonizers," she explained. "You find them on the toes of glaciers, you find them on the edge of pathways—anywhere the soil's been disturbed."

Biocrusts organisms include cyanobacteria, which fix nitrogen and provide a foothold to other pioneer species such as lichens, mosses and liverworts. These, in turn, add carbon to the soil and make possible the growth of higher plants.

Stewart completed her undergraduate and Masters degrees at Lakehead University in Thunder Bay, Ont., where she first became interested in disturbed soils, in this case at the forest edge affected by fire or timber harvesting.

When she started at the U of S in September 2015, it was a natural progression of a relationship that started while she was completing her PhD at the University of Northern British Columbia in Prince George. There, a group of soil scientists had made connections with U of S soil experts Angela Bedard-Haughn and Steven Siciliano. Stewart came to Saskatchewan as a visiting researcher, a relationship that led to a summer project on Ellesmere Island in Canada's High Arctic as part of International Polar Year efforts.

Somewhere in her academic training and travels, she found she had fallen in love with the North. She moved to Whitehorse to do research at Yukon

"Their research centre was more focused on collaborating with industry," she said. "I came with a background of looking at plant soil systems in northern environments and got increasingly involved in doing things like restoration and remediation."

While much of her work involves studies to help guide best practices for industrial development such as mines, power transmission, and pipelines Stewart emphasizes her role as an "honest broker," creating knowledge that can guide everyone.

"It's something that will always govern what I'm doing," she said. "While I'm still interested in working with industry, I'm just as interested in working with communities and finding ways to make those relationships beneficial to all parties."

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Writers: Henry Tye Glazebrook, Lesley Porter, Michael Robin

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Email: communications@usask.ca

Shining light on child trauma

ESLEY PORTER

Research shows that children who have experienced trauma are at a greater risk for mental health issues down the road. Additionally, parents guardians of childhood trauma victims are also at an increased risk of distress and anxiety, which can affect how they raise their children.

With that in mind, childhood stress and traumaincidents such as child abuse, sexual assault or domestic violence—are areas of the focus for the Stress and Wellness Laboratory, located in the College of Arts and Science.

"Right now we're focused on how families are affected by child trauma," said research lead Jorden Cummings, assistant professor in the Department of Psychology. Her research addresses that gap between the victim and their caregiver, and therapies that can address both those needs.

By way of open-ended interviews, Cummings collects the parental experience of child trauma. "It looks at how their parenting practices may or may



Jorden Cummings, assistant professor in the Department of Psychology, and graduate student Jessica Zagrodney.

not change," she explained, "and what the experience is like for them as a caregiver. Does it influence how they communicate with or discipline their child? What changes and what doesn't?"

Graduate student Jessica Zagrodney is delving in further to explore the gender dynamics between the parents and guardians of child trauma victims. Her research looks at feelings of blame in non-offending parents (that is, they did not perpetrate the child's trauma). A common theme throughout the literature is a negative bias towards women, particularly in sexual abuse

"Historically, mothers are the primary caregiver, who are supposed to be at home with the children while the men are out working," Zagrodney said. "That

See **Sharing**, Page 9

Council commits to Indigenous learning

KRIS FOSTER

At its Jan. 21 meeting, University Council passed a motion supporting the inclusion of Indigenous knowledges and experiences in all degree programs.

The motion, put forward by Marcel D'Eon, professor in Community Health and Epidemiology, and Monica Iron, student member of Council, the university's supports commitment to building reconciliation and is in line with the calls to action from the recent Truth and Reconciliation Commission's report.

"What this does solidify the movement and the momentum," said D'Eon. "I think University Council wanted to make a statement in support of the goal of having meaningful Indigenous learning in all degree programs."

D'Eon said that this motion demonstrates solidarity with the University of Saskatchewan Students' Union motion passed in November and that he felt University Council "wanted to have their voice added to the growing chorus behind this issue."

As University Council is responsible for all academic matters, D'Eon continued,

This will help us determine how best to support the implementation of Indigenous content in our curriculum within different colleges.

Patti McDougall

"it really needed a definitive determine best practices statement to authorize Council moving forward so that success committees to move forward in one college will help build with this initiative."

D'Eon, a member of the Teaching and Learning and Academic Resource Committee (TLARC) of Council, said the motion "is a necessary step, but not sufficient and there is a considerable amount of work to be done."

Patti McDougall, vice-provost, teaching and learning, said that she has been having many discussions on Indigenous content and learning experiences grounded in Indigenous worldviews and fully supports implementing this priority.

"TLARC has developed a plan to move forward on this initiative," said McDougall. "There are important steps that need to be taken. The first step is to develop learning outcomes tied to Indigenous content that we will embed within the Learning Charter, which is a foundational document at the U of S and guides degree expec-

McDougall said that the university is doing a good job in a number of areas in this regard and needs to take inventory of academic programs to success in other colleges.

"This will help determine how best to support the implementation of Indigenous content in our curriculum within different colleges," she said. "But this won't include making every student at the U of S take the same Indigenous studies course. This won't be a single course model; that would not be a suitable fit for our university. We need to look at a number of options, including courses, modules, or other ways of achieving learning outcomes, to determine the best fit for disciplines, degrees and programs." ■

The motion is as follows: University Council emphatically endorses the inclusion of Indigenous (First Nations, Inuit, Métis) knowledges and experiences for the purpose of achieving meaningful and relevant learning outcomes, in all degree programs at the University of Saskatchewan.

Engineering success for Indigenous students

Industry partnerships lead to academic and career achievement

KRIS FOSTER

The job required more than drinking coffee and talking, but Matt Dunn figured that was a good place to start.

"I had lots of coffee meetings with people in the college, on campus, and with companies and organizations off campus," said Dunn, the Indigenous Peoples' initiatives co-ordinator in the College of Engineering. "I had to talk to a lot people to determine barriers and potential solutions to Indigenous students graduating."

That is Dunn's ultimate goal, to increase the number of Indigenous graduates and ensure those graduates find rewarding careers.

"Another big part is looking at community engagement and partnering with Indigenous communities to solve practical needs and provide engineering outreach," he explained.

Dunn and the college took an important step toward reaching those goals with the recent launch of the Indigenous Peoples Industry Partnership Program (IPIPP).

IPIPP, Dunn explained, looks to set up Indigenous students with summer employment and financial support for tuition. The program was first piloted in summer 2015.

Because of a previous relationship Dunn had with Potash-Corp (PCS)—he worked there for two-and-a-half years—he



Matt Dunn, Indigenous Peoples' initiatives co-ordinator.

M DAVID STOBBE

knew exactly who to contact to help bring the company on as the first industry partner supporting

"PCS understands the value of a diverse workforce," said Dunn, who received his bachelor and master's degrees in mechanical engineering at the U of S. "They saw this as an opportunity to support and retain Indigenous students and help them gain practical work experience."

Students who support from IPIPP can also "focus solely on school work and not worry about looking for a summer job or working a job during school."

As part of the pilot program, two students-Cole Unruh and Rowan Spetz-worked for PCS

this past summer. The pilot was a success, said Dunn, and going forward, PCS will have work placements for three students and provide each with up to \$5,000 and wages for placements.

"The partnership is an excellent way to support students—not only financially,



Cole Unruh and Rowan Spetz

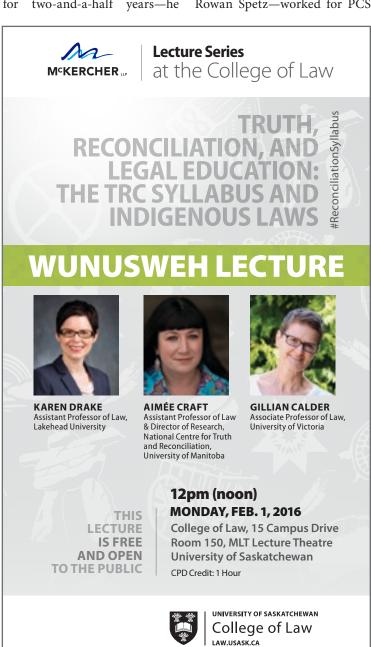
but by providing an opportunity to gain direct experience," said Spetz, a fourth-year civil engineering student from Martensville who is set to work with the company again this year.

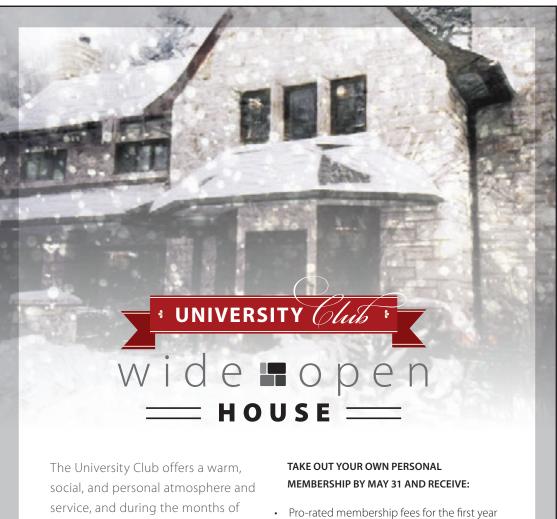
Additionally, Dunn said the program provides industry partners with the opportunity to "develop relationships, and provide mentorship and training to students who can then become employees and hit the ground running."

With 60 students self-de-

clared as Indigenous in the College of Engineering, Dunn said this program is an excellent first step to improving on that number, but added that more programs and supports are still needed.

"This is an important support for career development, but we still need academic supports to ensure success, cultural supports so that students don't feel they have to leave their culture at the door, and leadership and peer mentorship programming." ■





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- · A complimentary bottle of wine to enjoy at an All Member event of your choice
- Free coffee break in the lounge from Monday to Friday (9–11 am) for you and your guest
- And... let us know who recommended you and both of your names will be entered into a draw for a deluxe "Huskie Package"... game tickets, tail-gate for 4 and a \$100 gift card to spend on Huskie gear!

Questions? Email me at angela.langen@usask.ca or call me at 306-966-7774

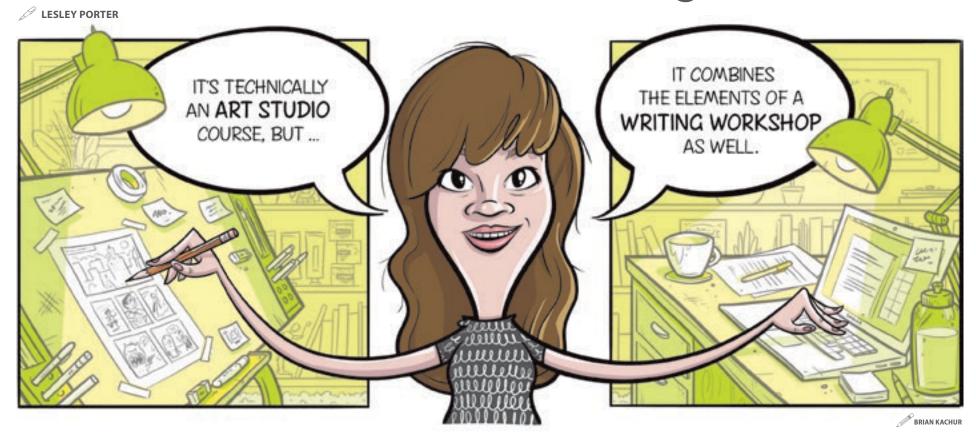






Comically speaking

Art 355 covers the art and writing of comics



When it comes to comics, Courtney Loberg takes it panel by panel.

A master's student in creative writing, Loberg is also a sessional lecturer in the Department of Art and Art History. This past September, she taught an inaugural art class in making comics.

Her interest in comics was sparked while she was an undergraduate student at the University of Victoria. After completing a bachelor of fine arts in visual arts and creative writing, she moved to Saskatoon to begin her master's degree in creative writing.

Last spring, she spoke with Allyson Glenn, an assistant professor in the Department of Art and Art History, about doing an interdisciplinary course in comics. Influenced and inspired by the work she completed during her undergraduate degree, she designed a 300-level interdisciplinary art class on making comics. "It's technically an art studio course, but it combines the elements of a writing workshop as well," said Loberg.

The course had plenty of in-class drawing and writing exercises, explained Loberg, and the final project involved creating an eight-to-10-page comic. Other assignments along the way, such as character development, thumbnail design and script writing, helped students build up to that. Since there is a creative writing aspect in the course, many of the larger

assignments were workshopped in class. "Everyone got to see each other's work and offer comments and constructive feedback," she said.

The class also benefitted from guest lecturers: Glenn focused on drawing composition and John Bath, an assistant professor in the department, taught a class on comic theory. "He talked a lot about panel transition," added Loberg. "There's a lot of technical, compositional and narrative thought and practice that goes into the creation of a comic."

Loberg designed the class to be as interdisciplinary as possible, which worked well: while the majority of students in the class were art majors, it also attracted students from history and computer science. That was not too surprising to her, given the rise of similar mediums such as graphic novels, not to mention the proliferation of independent and web comics in recent years.

"The internet has made underground comics and art comics a lot more accessible for a wide readership, which is awesome," she said. "That's such a big part of it—reproducing the work and making it available to a lot of people."

Loberg is hopeful she can teach the class again, and wants to adjust the structure if she does. "It's a new course so I'm trying to work out the best way to build the projects throughout the term so it's most helpful to students," she said.



Loberg

And her favourite comic? "I don't know that I have a favourite, but *Virtual Candle* is a web and print comic by an artist called HTML Flowers. It's amazing—highly recommended!"



Losking for a nutritious refreshment between classes? The smoothie bike is up in Place today and tomorrow!



was living with a family that didn't speak a word of English, and I didn't speak any Spanish. I felt

#facesofusask

extremely naive in thinking that I could survive on my own. I became frustrated and upset at myself because I couldn't handle this new, and weird, environment: I was in culture shock." (I/2) Pusasik.







Curb your cravings

Finding better eating habits through psychology

HENRYTYE GLAZEBROOK

Curbing cravings is challenging, but a new U of S program is here to help.

The Wellness Resources and Student Health Services are introducing a new tool to help students, staff and faculty manage food in a healthy way through behavioural changes.

The class, dubbed Craving Change, is a six-week workshop that aims to take participants beyond typical restrictive diets and show them the reasons behind their eating habits.

"It's not your typical diet," said Raelin Bliss, senior wellness specialist in human resources. "There are no rules or restrictions. It's more to understand your relationship with food and why you eat the way you do. It brings awareness as to what your is to address eating from a own personal triggers are to eating."

Craving The workshop hones in on four key areas in order to promote a healthy lifestyle: better understanding why changing eating behaviours can be difficult; self-evaluation through tools such as work books; instructions on how to best implement planned changes; and gaining the tools to maintain these adjustments long-term.

Though the class is definitely meant to inspire the kind of eating habits that might lead



Bliss

to weight loss, Bliss said that it could also prove useful to those who are celiac, diabetic or live with other similar food-related chronic diseases.

The idea, Bliss explained, cognitive behavioural approach and encourage participants to more fully understand exactly how current eating habits developed.

"In the past we've had weight loss programs or group supports, and that's more about measuring your food and things like that. This workshop brings a different perspective—an understanding how to make healthy choices," Bliss said.

"Never before have we sat down on campus and thought about the psychology of why we eat the way we eat."

Though the workshop has been available to students previously, this year's Jan. 26 start date marked the first time that staff and faculty have been able to participate as well.

The workshop has proved quite popular already, with its initial 18 available slots filling nearly immediately and another 18 people placed on a waiting list. As a result, plans are underway for a second.

Bliss believes the demand is due to the universal appeal of learning to better manage food and live a healthy life.

"Health is important for everyone. Food is something that we consume every day, and it directly impacts peoples' health, their energy, their ability to focus." ■

TIPS FOR EATING HEALTHY

Registered dietician Cathy Langdon leads the Craving Change workshops. Although the program is already full, Langdon had a number of helpful healthy eating tips for everyone to live by:

1. Focus on one small goal at a time

Small goals make it easier to succeed. Achieving small, manageable goals will give you confidence to keep moving forward with your healthy eating plans.

2. Losing weight is not a goal

Weight loss is a wish, unless you have an action plan. You need to determine what your action plan is to lose weight or eat healthier. Make it concrete and actionable.

3. The occasional slip-up is not the end of the world Slip-ups are quite common. Look at your slip-ups as a learning opportunity that can help you next time.

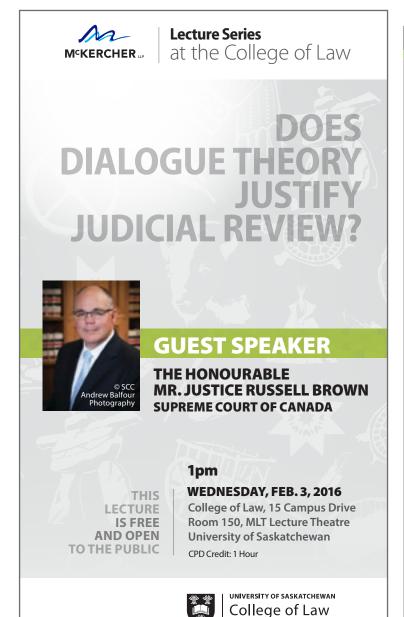
4. We eat with our eyes, not our stomachs

Most people decide they have had enough to eat when their plate is empty, not when their stomachs say they are full. Pay attention to your internal feelings of hunger and fullness to gauge your appetite.

5. Keep a food journal

This is a tried and true method for keeping you accountable for when





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You can still access Facilities services in all the same ways:

- Complete an online form at facilities.usask.ca
- Phone the Customer Service Centre at 306-966-4496
- Email customerservice.centre@usask.ca

To support these changes, we've replaced the Work Initiation Request Form (WIRF) with a series of new online customer request forms. These new forms are available on our homepage and now also on PAWS.

To find out more, visit us online:

facilities.usask.ca/ about_fmd/news/





Gold diggers

U of S research revolutionizes gold extraction

KRIS FOSTER

Stephen Foley is looking to get his hands on some gold...the problem is that it takes too much time, costs too much money and harms the environment.

The work of his research team—made up of Loghman Moradi, research associate, and Hiwa Salimi, PhD student changes all of that.

"We've found a simple, cheap and environmentally benign solution that extracts gold in seconds, and can be recycled and reused," said Foley, an associate professor in the Department of Chemistry. "This could change the gold industry."

The problem with gold, explained Foley, is that it is one of the least reactive chemical elements, making it difficult to dissolve. That is why "artifacts discovered from 3,000 year ago still have gold on them."

Given this difficulty, there are two main ways to get gold: through mining gold from the earth, which requires massive amounts of sodium cyanide; and recycling gold from secondary sources like jewelry or electronic scraps.

"The problem with mining has to do with the harsh environmental effects of the toxicity of cyanide that fills tailing ponds," said Foley. "When one of the ponds breaks, it dumps the cyanide into nearby lakes or rivers and kills the environment."

Recycling gold from jewelry electronic scraps—think computer chips and circuits lined with thin layers of gold—is not without issue either.

Annually, Foley explained, the world produces more than 50 million tons of electronic waste per year; that amount is increasing rapidly due to non-stop innovation that shortens the life span of electronic devices.

Because of the lack of suitable recycling methods, he continued, more than 80 per cent of "e-waste" ends up in landfills, making it a pretty serious environmental issue.

There are two current industry standards for removing gold from electronic scraps. The first is pyrometallurgy, which burns the gold off using high temperatures. This method is energy intensive, cost prohibitive and releases dangerous gases, like dioxins.

The second is hydrometallurgy in which leaching chemicals like cyanide solution or aqua regia—Latin for king's water, which is a mixture of concentrated nitric acid and hydrochloric acid-are used, a process Foley called "expensive, very toxic and completely non-recyclable.

"The environmental effects of current practices can be devastating," said Foley.



Stephen Foley, an associate professor in the Department of Chemistry

Guiyu, China, considered the e-waste capital of the world, as an example. Guiyu receives Foley used the city of 100,000 tonnes of e-waste per

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day, and because of unregulated processing, Guiyu has the highest levels of dioxins for any city ever recorded. The result, he continued, is the majority of Guiyu's residents have some form of neurological damage.

What Foley and his research team discovered is a process that extracts gold efficiently and effectively without any of the

downfalls of current industry

"We use one of the most mass-produced chemicals: acetic acid; at five per cent concentration it's plain table vinegar. We use a minute amount of an acid and an oxidant to finish our solution."

The solution, he continued, is the greenest solvent next to water, so eliminates the vast number of environmental concerns that come with long standing methods of gold extraction.

In this technique, the gold extraction is done under very mild conditions while the solution dissolves gold with the fastest rate ever recorded. "Gold is stripped out from circuits in about 10 seconds leaving the other metals intact" Foley said.

When time is factored in with lower toxicity and consequential effects, this new solution appears to be a natural replacement that could revolutionize the industry.

To highlight the improvement Foley's solution presents, consider that it costs \$1,520 to extract one kilogram of gold using aqua regia and results in 5,000 litres of waste. With the U of S solution it costs \$66 to produce one kilogram of gold and results in 100 litres of waste that can be reused over again.

The other main advantage over current recycling processes, he continued, is that this specific solution is gold selective, meaning it only dissolves gold not other base metals, like copper, nickel, iron and cobalt,

See *Large-scale*, Page 10

PLAN TO ATTEND

The Centre for Evidence Based Library and Information Practice (C-EBLIP), University Library invites you to the





HONOURING THE TRUTH, RECONCILING **FOR THE FUTURE**

February 9, 2016 2:30 p.m. **Convocation Hall** Join Ry Moran, a proud Métis and Director of the National Centre for Truth and Reconciliation (NCTR), for a presentation on the work of the Truth and Reconciliation Commission and the paths of reconciliation that lay before us as a nation.

Central in this discussion will be an in-depth conversation on the thousands of survivor statements and millions of records now housed at the NCTR.

Please note this event also helps celebrate Aboriginal Achievement Week 2016!



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All around the UnivRS

Online research support system set to launch

MICHAEL ROBIN

After three years of hard work, the UnivRS research management system is ready for its debut, and the early reviews are looking good.

"I had a grant to work on right away, so I tried it on the system," said Karen Schwean-Lardner, a researcher in the Department of Animal and Poultry Science who studies poultry management issues such as lighting, heat and population density in production barns.

Schwean-Lardner is among the initial researchers who were offered the chance to take UnivRS for a test drive, with orientation classes and support from Research Services and the UnivRS team.

"It's such an easy system," she said. "Everything just uploads and I don't have to run to get signatures everyplace. The first (grant) took a bit of time; the second one probably took me 15 minutes. It was very quick."

The multi-year, multi-million-dollar effort to bring UnivRS online was given the highest priority since it was initiated in 2012, said Jim Basinger, associate vice-president research.

"We were dangerously close, really, to a system collapse," he said. "There were enormous inefficiencies and frustration among faculty."

UnivRS is available now, but its use will be phased in to accommodate, for example, faculty that are mid-way through developing research projects under the old regime.

"What we didn't want to do was to cause people who had already started to generate an application, to force them to do something else with it," Basinger said. "We didn't want to force people to do things twice."

That said, Basinger cautioned this transition period

has a definite expiry date—July 1, 2016—and people who are just starting projects now will need to use the new system.

Fortunately, the transition is expected to be fairly painless.

Gillian Muir, a neuroscientist and head of the Department of Veterinary Biomedical Sciences, is another "beta tester" and member of the UnivRS steering committee. She explained three colleges were invited to participate, including the Western College of Veterinary Medicine (WCVM), Arts and Science, and Agri-

and Science, and Agriculture and Bioresources. The first "hot test" was the Natural Sciences and Engineering Research Council of Canada (NSERC) grant applications in October and November of 2015.

"In our department, we had two NSERCs that were submitted through the system," Muir said. "Obviously, there was some

"Obviously, there was some trepidation. 'What if it doesn't go through? Then I'm not going to get my NSERC. What if the thing crashes?"

In the end, UnivRS performed flawlessly, and Muir received an automatic email confirmation of success.

At her office at the WCVM, she pulls up the system on the computer screen, showing how she can track the progress of her projects and those of the researchers in her department.

One of the more appealing features of UnivRS is elimination of pen-on-paper authorizations.

"I'd get faculty—and I've done this myself—calling with



Basinger

'Are you going to be in your office in the next half hour? Because I've got to get this grant done and I need you to sign it because it's got to go over and I'm not quite finished...' that kind of frantic running around that everybody

We were dangerously close, really, to a system collapse. There were enormous inefficiencies and frustration among faculty.

Jim Basinger

does," Muir said.

"If this works, it will be great," she said. "Everybody has access who needs access to this grant, and as a department head, I just get an email when there is a grant that needs approval and I can answer that email wherever I am. I can logon to the UnivRS system, examine the grant and sign off on it."

Muir said there is some tweaking still needed. For example, all of the data from the older systems were migrated into UnivRS—including legacy information for researchers that have not been with the U of S for years.

"Those things might throw



Muir

people off," she said. "That said, I think it's a good system so far."

Sarah Savage, functional lead for the UnivRS project, explained that the data migration erred on the side of inclusion, and that while some tweaking is

to be expected, response has been positive so far.

"We have heard from those that have used the system that just being able to see their historical and current activity in UnivRS has been beneficial," she said.

Savage explained that since UnivRS is a core system, data integrity and confidentiality are top

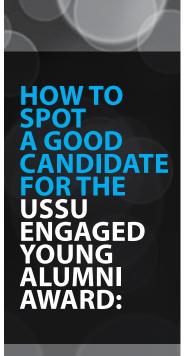
priorities

"Staff in the Research Services and Ethics Office will have limited access to select personal data, such as gender," she said. "This is to help meet internal and external policies and procedures, such as Tri-Agency eligibility requirements."

Another attractive feature of UnivRS is the system allows multiple researchers at the U of S to work on a single project simultaneously, ideal for large, collaborative grants with a number of applicants.

Savage explained the initial suite of tools within the system will be augmented with more features as the system comes online and the team incorporates feedback from faculty. These include the publications and CV modules expected later this spring, and the compliance module, which will allow human (behavioural and biomedical), animal care and biosafety applications to be submitted and processed electronically.

UnivRS is launching with a full suite of training and support as well, Savage said. Training sessions are available through the ICT Training website, and backed up by hands-on training, manuals, FAQs and other online resources. Training videos are in production and the UnivRS Development and Training Specialist Brenda Meyer-Burt can be contacted directly at univrs.training@usask.ca.



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5) Find a few others to support the nomination.

Visit alumni.usask.ca/ awards for more details.

The winner will be honoured at the USSU Experience in Excellence Awards April 3, 2016.

*The word was first used in 1981, which means they are 35 years old or younger.

Sharing positive step for victims

From Page 4

bias, that we thought was well and done since more women are in the workforce, is still there."

She added that because of the extra time spent with their children, mothers ought to have some sort of covert knowledge or motherly instinct that something bad is happening to their child. "There's the thought that 'the mother should have known this was happening, she should be able to sense it or see it,' or have some sort of magical ability to foresee this happening."

Another unrealistic source of blame Zagrodney found in her research is the idea of mothers being too trustworthy of their partner or spouse. "They shouldn't have placed that much trust in them or anyone else, for that matter."

Cummings has been working in the area of child trauma for quite some time. She acknowledged that the subject matter can be quite dark at times. "You hear a lot of stories and see how families are

impacted," she said. "Nobody wants to experience that."

However, after working through such a hard time, many people view talking about their experience as a positive step. She added that this is especially true in cases where, citing prior isolation and frustration, the interview is the first time they have talked about it.

"They say they wish it never happened, but they find they also talk more openly about negative experiences or emotions, or are closer as a family now."



Coming events

Seminars/Lectures

JSGS Public Lectures

Visit schoolofpublicpolicy.ca for more information.

School of Public Health – Vaccinology and Immunotherapeutics Seminar Series

- Feb. 11, 12:30 pm, VIDO Lecture Theatre, Mingjie Hao presents: BAdV-3 capsid proteins and innate immune responses.
- Feb. 25, 12:30 pm, VIDO Lecture Theatre, Magda Hlasny presents: Exploring a new small RNA molecule derived from influenza A virus as a possible vaccine adjuvant.
- Mar. 10, 12:30 pm, VIDO Lecture Theatre, Elsie Xueying presents: *Transgene IL-21-engineered HIV-1 Gag-specific T cell-based vaccine converts CTL exhaustion in chronic infection*.
- Mar. 24, 12:30 pm, VIDO Lecture Theatre, R. Bundi Magiri presents: Innate immune responses activated by adjuvant PCEP in pigs.

47th Annual Sorokin Lecture

Feb. 2, 7-8 pm, Arts 146. William Carroll, University of Victoria presents: Expose, Oppose, Propose: Cognitive Praxis in the Struggle for Global Justice. Since the 1970s, economic globalization has fuelled concerns that democracy is being hollowed out. Transnational social movements have developed as advocates of democratic globalization. Alongside and in support of these movements, transnational alternative policy groups (TAPGs) have emerged: think tanks that provide evidence-based critiques of neoliberal capitalism while promoting democratic alternatives to the corporate agenda of top-down globalization. In this lecture Carroll explores the networks, discourses and practices through which transnational alternative policy groups exert political and cultural influence. and assesses the challenges they face as transnational change agents in an era of economic and ecological crisis.

One Health on a global scale: How can international One Health initiatives make a difference?

Feb. 2, 5-7 pm, Louis' Loft. Join us for a moderated panel discussion with U of S experts in One Health. Moderated by Vikram Misra, professor, Western College of Veterinary Medicine (WCVM), U of S with guest speakers: Dr. Bruce Reeder, professor emeritus, Community Health and Epidemiology, U of S College of Medicine, Gordon Zello, professor, Nutrition and Dietetics, U of S College of Pharmacy and Nutrition Janna Schurer, postdoctoral fellow, University of Saskatchewan-University of Washington, Complimentary food will be served from 5-5:30 pm. Panel discussion: 5:30-7 pm. Please RSVP by Monday, Feb. 1. This is the second event in the 2016 Bringing One Health to Life discussion series. For more information visit http:// www.usask.ca/wcvm/ohle/#OtherEvents

Community Relations

- Feb. 2, 2–3 pm, Alice Turner Library, 110 Nelson Road. Mel Hosain, professor emeritus of civil engineering, presents African Safari.
- Feb. 24, 7–8 pm, J.S. Wood Branch, 1801 Lansdowne Ave. Mel Hosain, professor emeritus of civil engineering, presents Egypt.

Philosophy in the Community

Feb. 12, 7–8:30 pm, The Refinery (basement of Emmanuel Anglican Church). Professor Emeritus Eric Dayton presents the sixth lecture in this series: God and Evil. Can the existence of evil be reconciled with the existence of an all-good, omnipotent, all-knowing God? This talk will present the traditional argument known as the problem of evil, and will consider the problem in relation to the nature of belief and rational judgment, and the understanding of morality. For more information please visit usask.ca/philosophy/community

Winter Refresher 2016

Feb. 29–March 2. Shannon Craigo-Snell, a systematic theologian and activist, will lead the discussion during St. Andrew's

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College Winter Refresher 2016. Craigo-Snell is a professor of Theology at Louisville Seminary and an ordained teaching elder in the Presbyterian Church (USA). Her work focuses on the three pillars of impolite conversation: sex, religion and politics. Framing Christian doctrines as "arguments that have been going on for so long that we have names for them," Craigo-Snell finds life, humour and insight in the most traditional philosophical and theological texts. She delights in the intersections of abstract ideas and daily life. For more information, including a Winter Refresher 2016 brochure and tentative schedule for download, visit www.standrews.ca, or call 306-966-8970.

Conferences

It Starts With US: Student Leadership Conference

Jan. 30, 8:30 am–3:45 pm, join us in the Arts building where over 150 students will attend the second student-planned Student Leadership Conference to be held at the University of Saskatchewan! Through speakers, workshops, and fostering connections, this student-organized conference will provide University of Saskatchewan students with amazing opportunities to prosper as leaders.

SWAN Project Kick-Off and Networking Event

Feb. 10, Saskatoon Club, 417 21st Street E. Wastewater is a valuable untapped resource. You can live without food for 30 days; you can only live without water for three days. Countries outside Canada continue to roll out new water management solutions that have tremendous advantages over legacy based solutions. These new solutions are slow to be adopted or leveraged across Canada, in order to advance them to the next level and integrate them into our infrastructure we need to act. This event will enable education, discussion, planning, growth and advancement in the areas of water management and water infrastructure solutions for small populations. As part

of the conference, government, academic and global leading businesses speak to new levels of knowledge and understanding, new levels of health and safety and also new water solutions that can take us forward into a future with balances between economic, environmental and social needs. Cost: SWAN members no charge, non-members \$100/person. For more information contact brendaj. rebeyka@swanprojects.ca or call 306-715-1580

Courses/Workshops

Languages

For more information, visit learnlanguages. usask.ca or call 306-966-4355 or 5539 Multilingual Conversational Language Classes from Jan. 18–March 28:

- French levels 1 to 8: \$215 (GST exempt)
 Spanish levels 1 to 8: \$225.75
- Spanish levels 1 to 8: \$225.75 (GST included)
- Japanese levels 1 to 3: \$225.75 (GST included)
- Japanese for the Traveller: \$252 (manual and GST included)
- German levels 1 to 4: \$225.75 (GST included)
- Italian levels 1 to 3: \$225.75 (GST included)
- Portuguese level 1: \$225.75 (GST included)
- Cree level 1: \$236.25 (materials and GST included)

Textbooks and workbooks are extra unless otherwise indicated.

Spanish Weekender for Beginners:

February 5 to 7, 2016; ideal for the traveller who has little or no Spanish-speaking skills, 20 hours over 2.5 days, cost: \$315 (Manual, Saturday and Sunday lunch and GST included).

French Voyageur for Beginners:

February 19 to 21; ideal for the traveller who has little or no French-speaking skills, 20 hours over 2.5 days, cost: \$315 (Manual, Saturday and Sunday lunch included). GST exempt.

One-Week French Immersion:

February 22 to 27; all levels offered. Ideal for individuals who wish to fast-track their French language skills, 36 hours over 6 days, cost: \$575 (Manual, Saturday final luncheon, transcript and progress report card included). GST exempt.

Community Arts

Explore your creativity and develop skills in drawing, painting, sculpture, photography, glass, jewelry making, fiber art, graphic design, art history and more. These courses help you gain confidence as you develop your portfolio. Classes are taught by professional artists. Take classes for general interest or work toward a certificate. For more information, visit ccde.usask.ca/art. Register online or call 306-966-5539.

■ The Arts

Amati cello, Streicher fortepiano in concert

Feb. 8, 7:30-9:30 pm, Convocation Hall. Enjoy a unique opportunity to hear Beethoven, Mendelssohn and Rachmaninov played on fortepiano, piano and the Amati cello! Two historic instruments (fortepiano by Nannete Streicher, 1814 and cello by Hieronymus Amati II, 1690) reveal a unique perspective in the interpretation of Beethoven and Mendelssohn. The wildly romantic Rachmaninov features the Amati cello with the concert Bechstein piano. All this interpreted by guest artist Philip Hansen, principal cellist of the Calgary Philharmonic Orchestra and pianist Kathleen Solose on the stage of Convocation Hall, Tickets \$20, seniors/ students \$10, available at www.picatic. com/event14496051369511287.

Miscellany

The Great War Tour Film Series

The U of S Great War Commemoration Committee presents The Great War Tour, a four part documentary series by Norm Christie:

- Feb 2: Arthur Currie: Master of War
- Feb 9: The Missing
- Feb 16: Sacred Places
- Feb 23: The Vimy Pilgrimage

7 pm at the Broadway Theatre. A Q&A will follow each screening. For prices visit broadwaytheatre.ca

Mental Health Training for Managers

Feb. 22, 9 am-12 pm and April 6, 1-4 pm, Admin C280. If you lead or supervise U of S employees, this three-hour workshop will empower you to break down stigma and create a mentally healthy workplace. Wellness Resources, a division of Human Resources, has partnered with Sun Life Financial to provide this free training for managers. This session will prepare you to identify and address mental health issues in the workplace comfortably, confidentially and in a consistent manner. The session is offered from Sun Life Financial and powered by Solareh. To register, visit the Safety Resources training website: http://safetyresources.usask.ca/services/ training/index.php.

÷ suвміт Coming **events**

Next OCN: Friday, Feb. 12 Deadline: Thursday, Feb. 4 Email ocn@usask.ca

Large-scale application next step

From Page 8

found in printed circuit boards.

"Aqua regia, for example, dissolves everything," he explained, meaning that once dissolved, the gold still needs to be extracted from the solution and the other metals, and the solution gets saturated very quickly.

The next step for Foley and

his team is to move the process into large-scale applications for gold recycling from gold-bearing materials.

By large-scale, Foley means very large.

"To extract three grams of gold from ore, you need one tonne of rock. We are not yet viable on a big scale like that," he said, adding that to that end they are currently searching for industry partners.



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Word on the street

With the opening of the Gordon Oakes Red Bear Student Centre at the start of 2016, and a series of opening celebrations planned in February, Jordan Sherbino, special projects officer in the Office of Aboriginal Initiatives, asked students about their initial reactions to the centre. Here is what the students had to say:









On Feb. 4 from 2:30-4 pm, faculty and staff are invited to tour the building during a come-and-go reception. At 3 pm that day, Canadian Senator Lillian Dyck will speak about her personal journey.

Regan Ratt-Misponas

College of Arts and Science, Pinehouse, Sask.

"Over the last couple days I've seen a lot of diversity. It's been a lot of people from different colleges and different backgrounds and different walks of life. Coming into this building and being a part of the community here—I think that's what being a student is about. It's about finding that community and being able to be a part of it and to work with each and every person that's a part of it as well. That's the beauty of the centre and I look forward to seeing the good that comes from here."

Jennifer McGillivary

College of Nursing, Muskeg Lake Cree Nation, Sask.

"I think that the centre represents community. I really think that it allows us to have that cultural aspect in an urban setting that we have to be away from for the time being while we're getting our education and creating better lives for ourselves. We're on a new path and I think we've had to make some sacrifices being away from our family and being away from our community and being away from our culture. And this centre brings this back to us while we're here. It's a home away from home."

Requel Rope

College of Arts and Science, Carry The Kettle First Nation, Sask.

"It is very beautiful. I used to go to the campus at the First Nations University. Being so far away from where I live, I feel really connected to my home community and also to the university. I also see more potential for ceremony. We haven't been able to do that in the old space, so I really see that growing for the students here and bringing more cultural awareness to a lot of the students."

John DeBoice

College of Arts and Science, Saskatoon, Sask.

"When it opened I had to come see it. I think it's really nice and nicely built—a beautiful place. I'm not directly tied to the First Nations communities myself, but a lot of people I've met are really excited about it. People seem to be happy about it and that's good—any time you see students happy about something that's helping them, I think that's a good thing to do."

Collaboration required for architecture

From Page 1

a strong design culture in cities, which enhances urban quality of life and the creative economy," said Walker.

Tennent echoed Walker's statements, adding that he

personally believes placement in Saskatoon's downtown core could prove most beneficial.

"The ability of energetic, bright students with great ideas making decisions about the downtown can be breathtaking," Tennent said.

"We're seeing more and

more people from outside of the province attracted here because of business opportunities, and they and their families come here from metropolitan areas looking for the kind of excitement they left behind. The more we can do to make this a more vibrant, attractive city, the

better off we're going to be."

Architecture is an extensive discipline that would flourish with diverse supports, said Tennent, adding that he sees the Colleges of Engineering, Arts and Science, Law and Edwards School of Business as areas that could naturally work together

with such a program.

"Architecture can be very effective in drawing together collaborators who can make a big difference," he said.

Open House consultation with the university community is set for Feb. 4 from 2–5pm at the Gordon Snelgrove Gallery.





WEDNESDAY, FEB. 3
MEDIA EVENT (ONLINE STREAM): 11 AM
TOURS, PIZZA AND CAKE: 2-4:30 PM



THURSDAY, FEB. 4
OPEN HOUSE: 2:30-4:30 PM
SEN. LILLIAN DYCK: 3-3:45 PM



FRIDAY, FEB. 5 TRADITIONAL FEAST: NOON OPEN HOUSE: 2-4 PM









Iron man

If you spend any time at the Physical Activity Centre on campus, chances are you have seen Jason Weber.

"My job depends on the day," he said, "but I spend a whole lot of time in the gym."

Weber is the co-ordinator of the Human Performance Centre (HPC) in the College of Kinesiology. His dedication to athletic conditioning and training (which includes post-secondary achievements in physical education and kinesiology, and certification in exercise physiology and strength conditioning) is evident in his impressive client list, ranging from individuals looking to reach their fitness goals to high-achieving Huskie athletes and professional competitors alike. Some big-name athletes he has trained through the years include Linden Vey of the Vancouver Canucks, Brenden Morrow of the Tampa Bay Lightning, and Emily Clark of Canada's national women's hockey team—just to name a few.

The HPC is also a registered testing site for police officer training, something Weber oversees. Municipal police recruits complete the Police Officers' Physical Abilities Test (POPAT), "an obstacle course about the size of a basketball court" complete with running six laps around the gym, jumping and stair-climbing drills, a pushpull apparatus that simulates a fight, and a heavy lifting exercise to mimic carrying someone away from a dangerous situation. Though physically demanding, the test is required for all new recruits. "If you say POPAT to them, they cringe a little bit," he added with a laugh. A similar training test is offered at the HPC for RCMP officers.

If that were not enough to keep him busy, he is also a co-ordinator for the Tumbleweeds children's gymnastics program. His strategy for working with kids is "just to get them moving. They run and they jump and they land and they swing—it's kind of like having a birthday party every week."

He thrives off his diverse, ever-changing client list. "It's literally

