UNIVERSITY DIVERSITY

From Black History Month to Indigenous Achievement Week, international student success and the upcoming One Day for Students fundraiser, we tell some of the stories of University of Saskatchewan students and staff with diverse backgrounds, coming from across the province and around the world. USask’s diversity enhances the university’s vibrant campus culture, while educating students for the opportunities of tomorrow.

SEE PAGES 4-5, 8-9, 13-14.
Pediatric residency program begins in Regina

KRISTEN MCEWEN

Saskatchewan now has its first Regina-based pediatrics residency program.

In July, two pediatric residents started their training at the University of Saskatchewan (USask) College of Medicine Regina campus, where roughly 30 per cent of all USask medical students train each year.

“We’re excited to have residents based here,” said Dr. Bruce Holmes (MD), a resident teaching co-ordinator at the Regina campus. “It is still part of the USask pediatric residency program but the environment is different from that in Saskatoon.”

The College of Medicine Regina campus opened at the Regina General Hospital (RGH) in 2006. The Regina campus includes the Health Sciences Learning Centre, the Dilawri Simulation Centre and a health sciences library. About 120 USask medical doctor (MD) students are trained in Regina each year at RGH, out of the total of 400 MD students enrolled in USask medical school.

In addition to the two pediatric residents who started in Regina this past summer, six others started their training in Saskatoon in 2019.

In total, there are more than 450 residents across all programs in the province, with 25 based in Regina.

Residency is a key part of every doctor’s medical training. Students must complete an undergraduate degree before applying to medical school, which is a four-year program. Once students have completed medical school, they are required to complete residency programs, which can be between two and seven years depending on the specialty.

While residents have always travelled between the cities and sites across the province for their training, this is the first time two residents are based in the Queen City.

With the number of children being treated out of hospitals increasing over the years, doctors need to be prepared for a wide range of experiences. Since he began practicing medicine 35 years ago, Holmes said there are far fewer hospital beds needed for pediatric in-patients. Resident training programs, such as the four-year pediatric program, are moving to a more distributed model to ensure residents have enough contact and experience.

SEE RESIDENTS, PAGE 15

IN CASE YOU MISSED IT

IN CASE YOU MISSED IT

A lot happens at the USask during the weeks when On Campus News isn’t published. Here are a few of the top stories from news.usask.ca:

Community centre
The University of Saskatchewan (USask) officially opened the new USask Community Centre on Jan. 29. Located in Marquis Hall, the new centre hosts a variety of wellness-related activities and supports for students, designed to make connections and build community, according to Peter Hedley, director of Student Supports and Services. The centre provides bookable space for wellness activities, such as yoga and healthy eating classes, is the home base for Peer Health, a student health education group, and is frequented by university faith leaders who offer spiritual guidance and support.

Coronavirus focus
USask researchers are working on a vaccine for the coronavirus, after being approved by the Public Health Agency of Canada (PHAC) to work with the pathogen. Researchers hoped to have first candidates for testing in an animal model in late February or in March. “Within hours we were given permission to handle the virus,” said Dr. Volker Gerdts (DVM), director of VIDO-InterVac (Vaccine and Infectious Disease Organization-International Vaccine Centre) at USask. In January, PHAC classified the virus discovered in Wuhan, China, as a Level 3 pathogen, which VIDO-InterVac is certified to safely handle.

Edwards honours
Students from the University of Saskatchewan Edwards School of Business brought home the coveted title of Academic School of the Year at the 2020 JDC West competition. The Edwards team was also recognized as the second-place team overall for the competition among the 12 competing business schools. Guided by faculty advisor Nathalie Johnston, Edwards students took home five academic awards in total. JDC West is Western Canada’s largest undergraduate business student competition, showcasing academics, debate, athletics, community involvement, and an out-of-the-box social competition.

USask-India MOU
USask’s Global Institute for Water Security and a top Indian research institution—the Indian Institute of Science (IISc) in Bengaluru—have signed an over-arching agreement to partner for five years on joint research, training and academic exchanges related to water security, climate science and policy issues. USask President Peter Stoicheff and IISc In-Charge Registrar Indumati Srinivasan signed a memorandum of understanding to lead to additional collaboration agreements and implementation plans. USask is ranked No. 1 in Canada for water resources research, while IISc is ranked No. 1 in India for post-graduate research.

FOR MORE UP-TO-THE-MINUTE NEWS, VISIT: news.usask.ca f @usask
As a passionate proponent of plant-based proteins for more than two decades, researcher Dr. Tom Warkentin (PhD) understands better than most the recent rapid rise in popularity of pulse crops.

An expert in plant breeding and genomics, Warkentin has spent 21 years at the University of Saskatchewan (USask) improving crop varieties, specializing in pea production. His recent research—including helping an international team crack the pea genome—has earned added attention as consumers trend towards beyond-meat burgers and protein shakes powered by plant-based proteins from environmentally friendly pulse crops like peas and lentils touted for their health benefits and affordability.

“It is exciting and interesting,” said Warkentin, the Ministry of Agriculture Strategic Research Program Chair in Field Pea Breeding and Genetics at USask. “We hear more and more in the media these days about plant-based proteins from two points of view: one, nutritional, and two, environmental. Plant-based proteins have a lower carbon footprint than animal-based proteins, so those trends are helping drive expanded interest in plant-based proteins—and pea is one of them.”

Warkentin was one of 45 researchers from around the world who teamed up to successfully sequence the pea genome in a six-year project that concluded in 2019, a research breakthrough that could help improve crop quality, diseases resistance and protein levels.

“It was good to be part of that research group and it will be a great resource over the next decade for our community that works on pea and other legume crops,” said Warkentin. “From a Saskatchewan point of view, in our plant breeding work, we have various traits that we target, such as increasing protein concentration and improving disease resistance. So, by knowing more about the genome sequence, it helps us plan our research.”

Warkentin and his colleagues in the Crop Development Centre (CDC) conduct conventional—not genetically-modified—plant breeding, as CDC researchers continually work to improve the majority of crop types grown throughout the province and across Western Canada.

“More than 80 per cent of peas grown in Western Canada are varieties that we developed here (at USask), so our research certainly has had an impact,” said Warkentin, who has been involved in releasing dozens of new pea varieties since starting at USask back in 1999. “We have been doing plant breeding at the university in collaboration with farmers and the provincial government for decades to improve traits, and those varieties are continually being brought to the marketplace.”

While Western Canada remains best-known for producing cereal crops like wheat, oat and barley, and oilseeds like canola, USask research has helped make pulse crop production a perfect fit for the Prairie climate. With the demand for pulses on the rise to help feed a growing global population, Warkentin said Canada is well-positioned to increase plant-based protein production in the coming years.

“Canada has been the leading producer of pea in the world in the last decade and is the leading producer of lentil in the world,” said Warkentin, who employs the country’s only synchrotron to help conduct research at the Canadian Light Source facility on the USask campus. “Pea and lentil are two widely grown pulse crops that are well-adapted to conditions on the Canadian Prairies. Farmers on the Prairies have 30 years of history of growing pea and lentil on a substantial scale, and these crops fit well in the crop rotations that farmers use.”

One of Warkentin’s current research projects—a five-year study backed by a $2.5-million grant from the Saskatchewan Ministry of Agriculture—is designed to increase protein content in yellow peas, making them even more attractive to companies using pea protein as an ingredient. And for producers, adding pulses to annual crop rotations helps make for healthier soil, saves money on fertilizer, and is more environmentally friendly.

“You don’t need to put nitrogen fertilizer on pulse crops because they make their own,” said Warkentin. “And nitrogen fertilizer is made from fossil fuels, so by growing pulse crops and not putting on nitrogen fertilizer, you are having some benefit environmentally because you are using fewer fossil fuels. So that is the climate change angle.”
For Gedeon Isezerano, celebrating Black History Month is more than just a chance to highlight the achievements and contributions that Black Canadians have made throughout the country’s history. It’s also a way to celebrate the personal connections he’s made with family and his culture as a University of Saskatchewan (USask) student.

A third-year student in the College of Engineering, Isezerano currently serves as the president of the USask African Students Association (ASA), an organization that helps USask students to connect culturally, share similar experiences and celebrate with their community.

“I never celebrated Black History Month until I first started coming to the university three years ago,” said Isezerano. “In the past, I didn’t grasp the emotions that come with it. When I came to USask, I was able to read the works of Dr. Martin Luther King and I had a moment when I realized that [the history] isn’t always pretty. You see the ugly side of it as well. But there was a very human side of someone like King, and it makes you more aware of how hard someone had to fight to attain their rights. And that’s not just happening in America, but Canada as well.”

Canada officially recognized February as Black History Month in 1995. For many Canadians, the month will mark the first time they learn about black civil rights icons and Saskatchewan’s own rich black history.

To mark this history on campus, the ASA is planning a number of events, including an Afrobeat workout at the PAC and movie night during the week of Feb. 9-16. It leads up to the main celebration on Feb. 15 organized by a group of graduate and undergraduate students, with the support of various organizations including the ASA.

Isezerano is quick to point out that there are organizations such as the Nigerian Student Association and the Somali Student Association that are just as instrumental when it comes to highlighting the diversity of the campus community.

“We like to come to support each other’s events, as many of us share various roots,” said Isezerano, who volunteered with the ASA for two years before stepping up into an executive role. “For example, you can be Somali but still part of the ASA. And when we all come together there are many of us. We are a very engaged community.”

The ASA will be opening the events surrounding Black History Month to all students, staff and faculty. Isezerano said he hopes to see many members of the campus community come out to celebrate and recognize the contributions of those who have fought for human rights in Canada.

“Black History Month is not just one holiday,” said Isezerano. “It’s more impactful to have a month to remember our history and where we have come from and all the steps along the way that have brought our community to where it is today. This is a community that is a minority and it’s one that when you look at it historically, it’s been oppressed in so many places,” he continued. “And we are working on fixing that and it’s important to highlight the steps that people have taken to bringing us closer to equality.”

Black History Month is not just one holiday. It’s more impactful to have a month to remember our history and where we have come from and all the steps along the way that have brought our community to where it is today.

— Gedeon Isezerano
Dr. Charlotte Williams: a passion for pets and people

Growing up in North Battleford, Dr. Charlotte Williams (DVM) always had animals.

Her parents bred springer spaniels for many years and her grandparents had a farm with horses, cows, pigs and chickens, where she and her siblings spent most weekends and summers.

But it wasn’t until Williams attended the University of Saskatchewan (USask) that she knew she wanted to be a veterinarian.

“I was always surrounded by animals and I didn’t appreciate it at the time, but now when I reflect, I enjoyed them, but didn’t think I would be a veterinarian,” said Williams.

What really led Williams to veterinary medicine was the daily exposure to not just animals, but people too.

“I went towards marine biology at first, but when I found out they were mostly doing research and no exposure to people, then I knew that I had to be a veterinarian,” she said.

“I like the people aspect because you aren’t just helping the animal, but you are also helping the individual.”

For the past 24 years, Williams has been running her own veterinary clinic, Hooves & Paws in Elrose. Learning how to own and operate her own business was a learning process, one that she finally feels she has a handle on.

“I am the jack of all trades, master of none,” she said with a laugh. “I’ve had good counsel with great peers, friends and mentors on how to get through the ups and downs of private practice.”

Some of those mentors include her USask professors from her time studying at the Western College of Veterinary Medicine (WCVM).

“Fundamentally, my education shaped me. I had excellent professors that I am still in contact with today. They were a big part of my life and education in every positive way,” said Williams. “My professors took an interest in my success, not just professionally, but personally.”

Williams’ career is marked by many achievements, including serving as president of the Saskatchewan Veterinary Medical Association (SVMA) in 2016. She was the first black veterinarian in Saskatchewan and the first black SVMA president in its history.

“Serving as SVMA president was a highlight of my career. It was challenging, but very enlightening and gave me perspective that I didn’t have before.”

— Dr. Charlotte Williams

Williams counts her parents and her husband as the biggest influencers on her life.

“My parents guided me along the way in my decision-making and helped me be where I am today,” she said. “My biggest fan and supporter is my husband. Being a husband of a veterinarian who owns their own practice is not much fun.”

Family values have always been important for Williams. Her lineage includes Mattie and Joseph Mayes, who headed north to help establish Saskatchewan’s first black pioneer settlement back in 1910. February’s Black History Month takes on added significance for Williams, knowing what her great-grandmother—who was born into slavery on a Georgia plantation—did for her family to live and thrive in Canada.

“There was a lot of struggles to have our family settle here. I was raised in a society that did not make me feel different,” she said. “I do understand what brought me here and if it wasn’t for them, I don’t know where I would be today.”

Her faith has also been a key component in her life.

“I have the same faith that my great-grandmother Mattie had when my ancestors faced starvation. It gives me strength to persevere when the path you have chosen has obstacles and potholes,” she said.

For Williams, she is hopeful she can encourage or inspire other people of colour to become veterinarians.

“I am willing to help and do whatever I can to help those who want a career in this industry,” she said.

Katie Brickman-Young is a communications officer in Alumni Relations.
Dr. Bill Patterson (PhD) has spent his career reconstructing environmental records using the latest scientific techniques. But when he discusses climate history, he also likes to talk about witches.

Although witches don’t influence the weather, Patterson points out the striking correlation between witchcraft allegations and climate over the last 1,000 years.

“The worse the weather is, the more accusations are made and the more people are executed, tortured or banished,” said Patterson, a professor in the University of Saskatchewan (USask) Department of Geological Sciences and director of the Saskatchewan Isotope Laboratory.

Crop and livestock disease resulting from bad weather may have prompted these accusations—one example of unexpected climate consequences that Patterson uses in his geology course Climate History. He is teaching the long-running course again this term in the College of Arts and Science.

From the invention of agriculture to the Black Death bubonic plague epidemic, Patterson said human history has been shaped by weather, citing the rise of the Roman Empire.

“The Romans had the right kind of weather to produce lots of food. If you can produce a lot of food, you can support a big army. If you have a big army, you can take over and control more territory,” said Patterson. “And it ended when the weather went bad. Precisely, exactly when the weather took a downturn, the empire collapsed and split starting around 410 AD.”

Patterson’s interest in historical records began as a hobby, but has since grown into part of his research. The isotope biogeochemist and his team have worked on all seven continents collecting and analyzing materials such as water, lake sediment, bat guano and animal remains. From the chemical traces they find, they can reconstruct environmental conditions of the time the samples were deposited.

Another source of information about past climate conditions is historical documents such as letters, literature and public records. Although these records don’t give a complete picture, researchers can use them to help interpret scientific data.

An example from Patterson’s own career is his team’s research into the historical climate of the North Atlantic. In a paper published in 2010, they contributed to solving the mystery of why Viking colonies disappeared from Iceland and Greenland in the early 1400s. Medieval sagas recount famines in the colonies so severe that “men ate foxes and ravens” and “the old and helpless were killed and thrown over cliffs.”

“The problem with written evidence is that people don’t always tell the truth,” said Patterson, noting that a report of a bad growing season might be accurate, or might have come from a distant colonist trying to evade taxes on his harvest.

Patterson’s team analyzed isotopes in Icelandic clamshells to build a temperature record spanning two millennia. They confirmed that summer temperatures in the region dropped sharply soon after the Vikings’ arrival—enough to devastate crop yields.

“So, in a way, we’re verifying written accounts a thousand years after the fact,” said Patterson. “Which is fun when it matches up, and is also fun when it diverges.”

Patterson said all of these historical examples add up to an important lesson for students of his climate history course: “We are still susceptible to what the environment throws at us.”

Famine, mass emigration and warfare have resulted from past climate shifts, and we should be prepared for similar devastating consequences in our current period of climate change, he said.

“When people haven’t prepared, they have suffered or were even wiped out.”

Patterson is critical of those who minimize the danger of climate change, noting that history shows many of its consequences might be impossible to predict.

“One poke to the climate system can lead to crazy downstream effects that no one had ever anticipated,” Patterson said. “And this is what we should expect in today’s world.”

Chris Putnam is a communications officer in the College of Arts and Science.
Eat less beef ... save the planet! It’s a common theme on social media and among celebrities. Yet, researchers at the University of Saskatchewan (USask) are working to show that beef cattle in Western Canada shouldn’t take the rap for climate change.

Several scientists are exploring the various aspects of raising cattle with the overarching goals of quantifying greenhouse gas emissions (GHG) and identifying ways to reduce them.

One study, conducted at USask’s Livestock and Forage Centre of Excellence’s (LFCE) Termuende Ranch near Lanigan, is heading into its fifth and final year. During the summers, cattle grazed in pastures with two paddocks that included non-bloat legume plants, to determine the effects of these forage types on GHG emissions.

“It’s a circle,” said Dr. Diane Knight (PhD), professor in the Department of Soil Science. “We’re trying to link what cows are eating, how diets influence the soil, how soil influences plants, which then influence cattle as they eat. The whole premise is to close the circle and look at the system rather than individual points in the system.”

Knight is collaborating with Dr. Rich Farrell (PhD) and Dr. Bart Lardner (PhD), all in the College of Agriculture and Bioresources.

Misconceptions about GHG and cattle abound, starting with which end of the cow methane is emitted from. It’s from belching, the by-product of cattle’s ruminant digestive system. As microbes in the animal’s rumen (the first of four stomachs) break down high fibre forages that people are unable to eat, the feed is fermented and the microbes release gas.

Preliminary results show that the cattle grazing on the pasture where cicer milkvetch—a type of legume—had been seeded, produced about 20 per cent less methane than the animals that grazed in the “control” pasture.

“We want to find a pasture type that will produce a good yield and good quality pasture during the grazing season, will result in adequate weight gains on the grazing animals, and will potentially reduce emissions,” explained Lardner, professor in the Department of Animal and Poultry Science.

While bugs or microbes are chewing on the remnants of plants in the rumen, more bugs are chewing on roots in the soil.

“It’s all bug-driven, but it’s not the same bugs in the rumen and the soil. The ones in the rumen emit methane and the ones in the soil emit nitrous oxide, but they are both greenhouse gases. People may think that we have to get rid of nitrous oxide emissions. It’s impossible, but we do need to manage and minimize them,” said Knight.

Another misconception involves manure, which acts like a slow-release fertilizer. It’s the urine, providing water, that triggers the release of GHG, not the manure.

With moisture providing the right conditions, soil microbes break down the forages’ roots and the cattle’s manure and urine, and provide nutrients that feed the plants. While Lardner is looking at legumes potentially reducing methane emissions from cattle, Knight is looking at whether the legumes are causing more or less nitrogen to be emitted from the soil or whether the plants in the pasture are efficiently using it as part of their growth.

This will lead to a complete system number that can be incorporated into Canada’s greenhouse gas inventory, dispelling another misconception.

“We know we are producing low carbon footprint cattle in Western Canada,” said Farrell, associate professor in the Department of Soil Science.

“If we want (climate) models to reflect what’s happening in Western Canada, we need to provide the data so the models can be adjusted to what’s actually occurring here. That’s the knowledge gap that we are trying to fill.”

Part of that gap includes the effect of manure applied to cropland in the semi-arid Prairies. In another study, Farrell and Dr. Jeff Schoenau (PhD) are comparing nitrogen emissions from manure spread at constant or variable rates on barley fields at the LFCE’s Forage Cow-Calf Research and Teaching Unit, near Clavet.

Lana Haight is the outreach and engagement specialist with USask’s LFCE.
Indigenous Achievement Week
USask veterinary student exemplifies balance and perseverance

A passion for animals and a thirst for knowledge are at the heart of Coral Williams’ mission to succeed. Williams is a first-year Doctor of Veterinary Medicine student in the Western College of Veterinary Medicine at the University of Saskatchewan (USask) who hopes to use her skills after graduation to assist rural communities in Manitoba. She stays active in school through tutoring fellow students and working part-time with Manitoba Agriculture.

Williams, from the Interlake band in Manitoba, received an award for academic excellence at this year’s Indigenous Student Achievement Awards on February 6. Indigenous students from across campus were honoured at a ceremony to recognize their academic excellence, leadership, research endeavours or community engagement.

The award ceremony was part of USask’s annual Indigenous Achievement Week, which celebrates the successes and contributions of Métis, First Nations and Inuit students, staff and faculty. The festivities included a public art project, speakers and celebrations in various locations across campus.

We asked Williams a few questions about her time at USask and what motivates her.

OCN: Why did you choose the Western College of Veterinary Medicine?
CW: I chose the Western College of Veterinary Medicine due to it being close to my home residence in Manitoba and their awareness and motivation to change regulations within the profession.

OCN: Throughout your studies you have been a tutor and maintained multiple jobs. What advice do you have for students who struggle to balance school and other activities?
CW: Advice I would provide is to not push yourself too hard and to take your time—everyone has their own pace—and to not quit when things get hard.

OCN: When did you first discover your love for animals?
CW: I wouldn’t say a love for animals but more of a passion, with ever-growing knowledge. I see the One Health connection that is linking animal and human health and I wanted to become part of the change.

OCN: What advice would you give to a student wanting to be a veterinarian?
CW: I would say to work hard even when you want to quit because this is a profession where you don’t do it for yourself, you do it for those being affected. That doesn’t mean you can’t have fun. It means you have to know the time for fun.

OCN: Has there been someone in your life who has inspired you to get to where you are today?
CW: Dr. Glen Duizer (DVM). He has believed in my abilities even when I didn’t know I had it in me. He also gave me a chance to prove myself and allowed my knowledge base to grow on the entirety of the veterinary profession.

OCN: This year’s Indigenous Achievement Week theme is Indigenous knowledge systems. How can Indigenous knowledge systems improve the world we live in?
CW: I believe that Indigenous knowledge systems can help grow rural communities by embracing new modern knowledge with the old knowledge base, to compare ways of failure so that improvements can be correctly imposed.

Indigenous Student Achievement award winner Coral Williams is in the Western College of Veterinary Medicine at USask.

OCN: John Shelling is a communications publications specialist and Ashley Sharp is a communications intern in the Teaching, Learning and Student Experience portfolio at USask.
Inspiring Indigenous STEM students
Dunn helping open doors for the next generation at USask

Matt Dunn wasn’t always comfortable with the idea of being a role model.

But having experienced first-hand some of the challenges Indigenous students face when it comes to studying in science, technology, engineering and math (STEM) fields, he is passionate about having the opportunity to help open the door to opportunities at the University of Saskatchewan (USask).

“Growing up I always enjoyed the sciences and I had a goal at one time of becoming an astronaut, so I’ve always been a proud nerd and math and sciences and the STEM fields have always resonated with me,” said Dunn, the Indigenization and reconciliation co-ordinator in USask’s Office of the Vice-Provost Indigenous Engagement. “Having been an undergrad student and a master’s student, I was able to experience first-hand what some of the barriers for Indigenous students are in the field. So, it has been great to go on to become a staff member in positions where I can work with others to address those barriers.”

One of the founding members of the Saskatchewan professional chapter of the Canadian Indigenous Science and Engineering Society (.caISES), Dunn is helping bring the annual national conference—the 2020 .caISES Gathering—to campus from Feb. 28 to March 1. Close to 150 individuals from across the country are expected to take part in the annual gathering, in support of Indigenous STEM students.

“With these .caISES national gatherings, we are trying to facilitate more Indigenous STEM students, professionals and allies and bring them together so that they can see they are not alone, and they can see what the opportunities are,” he said. “It’s a great opportunity for the University of Saskatchewan to showcase the students, staff and faculty that we have on campus who are doing great work in this area.”

The .caISES Gathering begins on the same day as USask’s 3rd Annual Building Reconciliation Internal Forum—māmowi āsohtētān (Let’s Cross This Together)—and three weeks after Indigenous Achievement Week, a trio of events supporting Indigenization efforts underway across campus as part of University Plan 2025 to be The University the World Needs.

“The change on campus has been very noticeable,” said Dunn, who completed his bachelor’s and master’s in mechanical engineering at USask and earned the prestigious

māmowi āsohtētān: Let’s Cross This Together

The University of Saskatchewan (USask) is set to host the 3rd Annual Building Reconciliation Internal Forum for members of the USask community on Feb. 28.

The format of this year’s forum—māmowi āsohtētān: Let’s Cross This Together—is interactive and dialogue-focused. Educational Policy and Racism, Ethical Space, Indigenous Wellness, and ReconciliACTION will be some of this year’s themes.

“There is opportunity to increase awareness around protocols for community engagement, share experiences—positive or negative—and contribute to individual and collective healing and learning,” said Vice-Provost of Indigenous Engagement Dr. Jacqueline Ottmann (PhD), who will host the forum. “Discussions will also take place around identifying any university policies, procedures and practices that present barriers to reconciliation and decolonization.”

There are many initiatives underway at USask in the areas of Indigenization, decolonization and reconciliACTION. The languages, concepts and spirit woven into University Plan 2025 were shaped by the university’s relationships with Indigenous communities. Ideas continue to be drawn from wisdom, knowledges, cultures, traditions, histories, lived experiences and stories of Indigenous peoples. The university community is focused on embracing manach-itowin (respecting one another) through active communications and is taking an integrated approach to respectful and constructive engagement.

Following the release of the 94 Calls to Action from the Truth and Reconciliation Commission of Canada in 2015, USask hosted the first national reconciliation forum on the Saskatoon campus and at Wanuskewin Heritage Park.
USask senior leaders take wellness to heart

KURT HOFMANN

Physical wellness has always played a big role in Dr. Karen Chad’s (PhD) life.

As she puts it, she was very privileged to be raised in a family environment that always valued the importance of physical activity—that whole concept of healthy body-healthy mind.

But as her career progressed from being a professor in the College of Kinesiology to her current role of vice-president, research, at the University of Saskatchewan (USask), she found that the busier she got, the more her healthy body-healthy mind balance was waning. While she still worked out regularly, Chad felt more fatigued and wasn’t pushing herself like she used to, and realized she needed help to get back on track.

“It was a tough point to get there because I always think of myself as highly motivated,” Chad said. “But I wasn’t pushing myself like I used to and noticed I wasn’t getting those same benefits, so I realized that I needed somebody to kick my butt just to get me back.”

Chad enlisted the help of personal trainer Gray Ferguson, who she initially thought she would work with for six months to help refocus on her physical and mental wellness. Ferguson is the program and client services co-ordinator for Recreation Services in kinesiology.

“It was a hard decision personally because I see myself as a very independent and motivated individual and with my background in kinesiology, I am supposed to be the expert,” Chad said. “But I saw that sometimes you need to have somebody from the outside to come and give us some advice and wise counsel.”

Chad told a few friends and co-workers about how her training was helping her get back on track and they wanted to join in, forming a workout group to help support each other. Her group consists of Dr. Peta Bonham-Smith (PhD), dean of arts and science, Dr. Paula Schwann (MD), a family physician and former USask professor, and her husband Dave Nielsen, a professional chartered accountant who works off campus but joins them at the Physical Activity Complex (PAC) as much as his schedule allows. The group has now been together for 14 years.

“It is in our calendars and it is a non-moveable,” said Chad. “Our offices know that and there will be only very rare circumstances where it can be changed. I wanted it consciously to be part of my workday. It shows my personal commitment to health and well-being and I think it is important for students, colleagues, staff and faculty to see that it is OK to build it into your day. I can leave my office and be back in one hour and 10 minutes. It is doable and it doesn’t need to take this huge amount of time.”

Many senior leaders on campus followed their lead. Ferguson estimates that he has trained more than a dozen senior leaders over the years because of the group’s recommendations. The list currently includes deans like Dr. Mary Buhr (PhD) of agriculture and biosources, Dr. Suzanne Kresta (PhD) in engineering and Dr. Preston Smith (MD) in medicine, as well as Dr. Patti McDougall (PhD), vice-provost of Teaching, Learning and Student Experience, and former University Secretary Dr. Beth Bilson (PhD).

“Our senior leaders, being leaders, are always on leading meetings and discussions throughout their days and evenings, for that matter. I think they enjoy coming to their exercise session and, although it is physically challenging, they can turn their mind off for that hour and just focus on themselves,” said Ferguson. “It provides them with a physical workout, but also a mental break during the day.”

Chad has seen a lot of change over the years, especially when it comes to the type of people using the PAC.

“I love when everybody, no matter what stage or age or fitness level, takes that commitment for their health,” Chad said. “I think it is helpful for people to see that you don’t have to be at a particular level or you don’t have to look like this or that or have to have specific gear. The campus community gets to see us in our gym shorts, sweaty T-shirts and not in our formal work attire and I think that is really positive.”

“I think the PAC is a very cool place because of our clientele,” added Ferguson. “There are very few places that our senior leaders, faculty, staff, students and community members can be together all at once and just blend it together.”

Kurt Hofmann is a communications specialist in University Relations.
An encounter with one of Canada’s biggest business leaders helped Carver carve out a career path for one of the University of Saskatchewan’s (USask) senior leaders.

Raised in Cape Breton, N.S., Cheryl Carver was initially interested in studying science, but quickly learned she had a keen sense for business instead. As a teenager, Carver—USask’s associate vice-president, people and resources—was involved in Junior Achievement (JA) Canada, a non-profit that helps youth start their own businesses and lead teams. In Grade 12 she was already the president of her own company, taking over from a colleague when things weren’t going well.

“We were losing money and considering simply closing up shop,” said Carver. “I accepted the challenge of leadership. As a team we talked it though, identified the problem and came up with Plan B. We didn’t make a lot of money by the end of the year, but we had turned the business around.”

It was because of her leadership that, at age 18, Carver won the JA award for best managed company in Canada.

It was this award that unknowingly helped shape the trajectory of Carver’s career. As a national award winner, Carver was asked to speak at the Canadian Business Hall of Fame gala where she met a number of Canadian business leaders, one of whom was Frank Stronach, a well-known entrepreneur with a penchant for supporting youth as they launched their careers.

Recognizing her potential, Stronach asked her where she’d like to work in his company, Magna International, after she graduated. “I was maybe 22 years old,” said Carver. “The opportunity he was offering me was huge.”

Initially, Carver was unsure of where she might be able to have the most impact at Magna, but after some consideration chose human resources. “I knew in my experience from Junior Achievement that the thing I enjoyed most was seeing how an engaging environment that involved everyone could lead to greater success,” she said.

While she was armed with an undergraduate degree in commerce and a master’s in industrial relations, Carver still wanted to know more about manufacturing car parts. At her request, Stronach arranged for Carver to spend her first six months at Magna working on the manufacturing line. Resembling an episode of Undercover Boss, Carver learned not only how hard the work was, but also the personal and professional challenges her colleagues faced.

“It was exhausting, and I wasn’t very good at it,” said Carver. “My apologies to anyone who bought a Ford in the ’90s with window problems. That might have been me!”

“Frank had a big impact on me,” Carver added. “I had the chance to experience all sides of a global organization, to work with a diverse group of people to see how the business was being run around the world. I always remember how focused Frank was on empowering people and making sure they understood their connection to the big picture.”

Just like her experience in JA, Carver saw the link between Magna’s success and the engagement of the people who worked there, something she has carried over to her role at USask.

“My goal is always to empower people in a way that creates a more engaging work environment, allowing us to run an effective organization,” said Carver.

Joining USask as the director in human resources in 2004, Carver has since taken on an even larger portfolio as AVP of people and resources, including finance, procurement and human resources.

“It’s been a steep learning curve,” said Carver. “In some ways I’ve felt like I did when I joined the manufacturing line back in 1989, but I didn’t find it as overwhelming this time. I know that I have good people all around me who are so engaged in supporting students, faculty, staff and leaders across the university. I’m incredibly proud to be a part of an organization that is deeply committed to developing the skills and knowledge of our students, and providing amazing opportunities for our faculty and staff.”

Cheryl Carver is the associate vice-president of people and resources at USask.

ASHLEY DOPKO

SPOTLIGHT ON FINANCE AND RESOURCES:

From assembly line to the board room for Carver

Ashley Dopko is a communications specialist in University Relations.
Children with Type 1 diabetes (DM1) have a high risk of fracture, but experts don’t know why.

Researchers at the University of Saskatchewan (USask) are hoping to find the answer.

A research team, jointly led by Dr. Saija Kontulainen (PhD) of the College of Kinesiology and Dr. Munier Nour (MD) of the College of Medicine has focused their research on providing the first evidence of how bone strength develops in children with DM1 in comparison to their healthy peers. The team’s goal is to provide new data that will help explain why bone micro-architecture and strength in children and youth with DM1 differs from those children who do not have Type 1 diabetes.

“This information is fundamentally important to improve our understanding of underpinning reasons for bone fragility in Type 1 diabetes,” said Kontulainen. “Second, this information, along with the evidence of factors that can improve bone strength—such as specific exercises—will guide designs of new trials and evidence-based guidelines of diabetes care, including fracture prevention across the lifespan.”

Previous studies have reported bone issues, but no one has assessed if bone micro-architecture and strength was impaired. Finding this type of evidence could help to explain why children had more fractures already during growth, said Nour.

“In recent years it has been identified that children and adults with Type 1 diabetes have impairments in bone strength and a higher risk of fracture,” said Nour, a pediatric endocrinologist. “The reason for this is poorly understood and requires evaluation. Here at the University of Saskatchewan, we are uniquely poised to non-invasively evaluate bone health, using state-of-the-art high-resolution bone imaging tools.”

For the past two years, the team has worked collaboratively, recruiting children and youth (ages 8-14) with DM1 from their cross-sectional study pool, local diabetes clinic, and summer camp, to collect baseline data and one-year follow-up measures.

The next step in the research project—funded by the Canadian Institutes of Health Research, Saskatchewan Health Research Foundation, and College of Medicine Research Awards—will be to examine bone structure and density in fine detail using high-resolution peripheral quantitative computer tomography (HR-pQCT) scanning and computational engineering tools, in order to define bone strength.

They will also measure growth (height and body mass), assess maturity, muscle performance and image muscle properties, as well as document hormones and growth factors from blood samples taken in the clinic and monitor nutrition (with a questionnaire) and physical activity (using activity monitors). Over the next few years, they hope to be able to guide longer-term follow-up studies and interventions to optimize bone strength development and help prevent fractures in children with Type 1 diabetes.

Kontulainen earned her bachelor’s, master’s and PhD back home in Finland, before coming to Canada in 2003 to conduct her post-doc research at UBC.

She said she then came to USask because of its renowned and unique longitudinal bone growth and development studies, and for the opportunity to learn from and work with experts and pioneers in the field such as Professor Emeritus Dr. Don Bailey (PhD), Professor Emeritus Dr. Bob Faulkner (PhD) and fellow kinesiology researcher Dr. Adam Baxter-Jones (PhD).

“I have always loved to play team sports,” said Kontulainen, whose training in advanced imaging brought new expertise to this highly talented team and has helped contribute to their findings. “It is similarly inspirational, fun and powerful to work together in research teams with patient/family advisors, health-care providers and decision makers, trainees and scientists from different disciplines to create new evidence and solutions for problems we all care about.”

Alyssa Wiebe is the communications and alumni relations officer in the College of Kinesiology.
Dukate rewrites record book for Huskies

JAMES SHEWAGA

Back in the spring of 2015, Sabine Dukate made a life-changing decision to come to Canada. Five years later, the native of Latvia is putting the finishing touches on a star-studded career as one of the best women’s basketball players in Huskies history.

“It was definitely my best decision of my life,” said Dukate, the reigning Canada West player of the year and a U Sports All-Canadian—denoting the top five players in the country. “Pursuing a degree and playing a game that you love, and having such a great coach and team, it helps you become a better person.

I feel like I have grown here so much as a person and as a student and an athlete, so it has definitely been a great experience.”

A College of Arts and Science psychology student at the University of Saskatchewan (USask), Dukate will graduate as the top three-point shooter in the history of the Huskies program. The 5-foot-9 guard has overcome personal challenges and injuries—including undergoing shoulder surgery the day after the national championship game in 2016—to help the Huskies win their first national championship in 2018.

Dukate may have the opportunity to play for the Canada's Olympic-bound women's basketball team—said Dukate ranks among the top five players that she has coached in her 21 seasons at USask. In 2014, Dukate was named the top women’s basketball player in Canada West history.

Dukate has become the all-time leader in three-point shooting in Huskie women’s basketball history.

For now, Dukate and her teammates are focused on winning their fourth conference title and second national championship in five years, after being ranked No.1 in the country for most of the season, and winning their first 15 straight games to clinch a playoff berth. As the Huskies prepare for the playoffs, Dukate may have the opportunity to close out her career the way it started—as a national champion.

“I feel like that would be just an amazing story,” said Thomaidis. “Her journey coming to Canada, getting into school, adjusting to life in a foreign country, playing in a foreign language, the injuries she's had to play through and overcome, her success on the basketball court and impact on the success of our program … the list goes on and on.

There is just so much that we are so proud of her for. Her growth as a person is probably the most impressive thing for me. I really can't believe it's been five years already. When I think about the person that she's become, she really has come a long way.”

Canada has become home for Dukate over the past five years and she is hoping to stay after she graduates in December.

“I want to get my permanent residency and I would love to be a counsellor,” said Dukate, who speaks five languages: English, German, Latvian, Lithuanian and Russian. “When I changed to psychology, that was around the time that I was seeing (a counsellor), so that was a big impact on me. Knowing how much a counsellor can help you, it really impressed me. I would really like to work as a counsellor in the future.”

For now, Dukate and her teammates are focused on winning their fourth conference title and second national championship in five years, after being ranked No.1 in the country for most of the season, and winning their first 15 straight games to clinch a playoff berth. As the Huskies prepare for the playoffs, Dukate may have the opportunity to close out her career the way it started—as a national champion.

“I feel like that would be just a remarkable way to finish,” said Dukate, who had 22 points and seven rebounds as a rookie in the national championship game in 2016 to help the Huskies win their first national title. “When I came here, I didn't realize how hard you have to work to be the national champion. And having that experience in my first year was amazing and finishing on that note again would be great.”
Donor support helps get students back on their feet

Any student may face unpredictable traumatic events or crises during their time at university, and can be faced with the difficult decision to put their education on hold if they don’t have the financial resources to deal with these unexpected issues.

However, thanks to emergency funding, like the Nasser Family Emergency Student Trust established by Professor Emeritus Dr. Kay Nasser (PhD) and Mrs. Dora Nasser, there are supports in place to ensure that University of Saskatchewan (USask) students don’t need to cut their educational goals short.

“I had an overdraft bank account, a pile of bills, and a looming eviction notice on my apartment. If I was not able to pay my rent before the end of the month, both me and my son would be kicked out. At this point, I had run out of options and I was feeling very defeated,” said one USask student who has received emergency funding and wanted to share their story anonymously.

Receiving the emergency funding was a life-changing moment. “I felt like I could breathe again!”

The student explained that they could feel the strain of debt being lifted from their shoulders when they received the news about the funding. “I am still so thankful for the financial help I received because it provided me with the help I needed,” the student said. “I am very grateful for all of those who contribute to this fund.”

Each year, the USask community comes together on One Day for Students to support students in crisis through the Nasser Family Emergency Student Trust. Thanks to this university-wide fundraiser, students who face traumatic events, like medical emergencies, funerals, loss of employment, family breakups, house fires and other unforeseen events will not have to face these challenges alone.

Last year on One Day for Students, the gifts of more than 640 people—students, alumni, and members of the campus community—came together to support USask students in need. Those donations were generously matched by the Nassers, and an incredible $166,517 was raised to support students in need.

This year on March 17, USask will be hosting its seventh annual day of giving in support of students. On this day, each donation goes to supports the Nasser Family Emergency Student Trust. These donations are truly life changing for all of those who contribute to this fund.

On this day, each donation goes to supports the Nasser Family Emergency Student Trust. These donations are truly life changing for all of those who contribute to this fund.

Alumni of Influence

Join us in recognizing eight graduates of the College of Arts and Science who have excelled in their fields and enhanced their communities.

FRIDAY, MARCH 27 | 5:30 PM
TCU Place, 35 22nd St. E., Saskatoon
Tickets: $80 general; $20 students; group tickets available

2020 Alumni of Influence Award Recipients

Anthony Bidulka (BA’83, BED’91, BComm’91)
Dr. Monique Simair (BSc’04, PhD’09)
Dr. Sigra Daum Shanks (BA’92)
Dr. Ronald Steer (BA’63, PhD’68, DSc’95)
Tracey Jungwirth (BSc’92)
Adrian Stimson (MFA’06)
Dr. Russell Muzzolini (BSc’88, MSc’92, PhD’97)
Young Alumni of Influence Award
Dr. Adam Pottle (PhD’16)

aoi2020.eventbrite.ca

Thank you for your support of USask students.
For more information or to make your donation early, please visit: give.usask.ca/oneday

Dunn experiences change on campus

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Indspire Award in 2003. “When I did my engineering undergraduate degree, that was 1999 to 2004, I felt like one of the only Indigenous students in the college.

“And coming back to campus in 2014, when I started working for the college, there was a noticeable difference. You could see more Indigenous employees in more prominent positions, and the community of students and staff was more prevalent and it was a nice change.”

Dunn, who is Dene and a member of the Athabasca Chipewyan First Nation, split his time growing up in both urban (Edmonton) and rural (Watrous) settings, before coming to USask to study and compete for the Huskie Athletics track and field team.

“Being a Huskies student-athlete was great for me,” said Dunn, who went on to coach Team Saskatchewan in the 2014 North American Indigenous Games and now helps coach the Running Wild track club. “Huskie Athletics was where I met many of my life-long friends. It was where I met my now wife, Adrienne Vangool, who is a much better pole vaulter than me! We met pole vaulting together.

“Those relationships that I developed as a Huskie athlete, surrounded by my peers and role models, were really beneficial. You have to balance being a student and an athlete and those skills helped me get my degree and I have been able to utilize them in my career as well.”

After working six years in the field and earning his professional engineer designation, Dunn returned to USask to help the next generation of Indigenous engineers before moving into his new role to support Indigenization and reconciliation initiatives across campus.

“It’s nice having the opportunity for broader reach across campus,” said Dunn. “And if students can see some of the things that I’ve been fortunate to be able to do and if they can see themselves doing similar things, that’s great.”
Residents require hands-on training

The event engaged in thoughtful discussions on how the USask community could move forward on the calls to action and what ongoing work needed to be done with universities across Canada. In 2017, USask hosted its first internal forum designed to have the university community reflect on the work that was happening locally and nationally and to consider what was still needed to undertake Indigenization and reconciliation on campus. A commitment came from that forum to host an internal event each year.

This year’s forum is an opportunity for organizers and attendees of Indigenous and non-Indigenous cultures to be inspired and seek deeper relationships, greater awareness and mutual understanding. Working together to create an inclusive and welcoming culture can also lead to systemic transformation.

This year’s guest speakers will include USask President Peter Stoicheff and Provost Tony Vannelli, along with The Honourable Russ Mirasty, Lieutenant Governor of Saskatchewan, University of Calgary Professor Kathleen Mahoney, Assistant Professor Willie Ermine of First Nations University of Canada, and Phil Fontaine, former Chief of Assembly of First Nations.

“We are humbled to have the opportunity to bring in these speakers for the forum,” said Matt Dunn, Indigenization and reconciliation co-ordinator and this year’s forum committee chair. “One of our goals is that participants become empowered and garner resources and tools to help them take action on reconciliation and Indigenization in their own lives.”

Shannon Cossette is the communications officer in the Office of the Vice-Provost Indigenous Engagement at USask.
They are hand-crafted priceless pieces of history spanning more than 400 years, a quartet of exquisite Amati instruments that is unique in Canada and the pride of USask. And they come complete with stories as rich as their harmonic tones.

From a violin smuggled out of France for safekeeping during the Second World War and another once owned by a world-famous musician, to an extremely rare viola commissioned by Pope Paul the Fifth and a cello lost in time for decades in a dusty attic in the Earl of Plymouth’s castle in England, the Amati instruments are true treasures.

“If only they could talk, right?” said Dr. Gregory Marion (PhD), head of USask’s Department of Music. “There is a remarkable story to go with every one of these instruments.”

The Amati instruments were hand-crafted in the 1600s in Italy by the famous Amati family—considered the first great luthiers—who made some of the world’s most sought-after instruments, with many selling for more than a million dollars.

“The Amati family is as well-known in performance circles as Stradivarius or Guarneri,” said Marion. “In fact, the Amatis had a hand in even training some of the Stradivarius people.”

USask’s four Amati instruments were acquired over a five-year period in the 1950s by Saskatchewan farmer and amateur collector Steve Kolbinson. In 1959, Kolbinson offered the priceless collection to the university for a nominal fee of only $20,000, with the stipulation that the instruments would be used in ways to benefit the people of the province.

“It is a big deal to have these instruments, and their history on campus is very intriguing and we are very pleased to have them here,” said Marion. “There are some different thoughts on whether instruments as valuable and irreplaceable as these should be museum pieces or performances pieces. But my impression of what Mr. Kolbinson would have wanted is that it would be hard for these to be a value to the people of the province of Saskatchewan if they weren’t being performed.”

From USask music students to the former Amati quartet of musicians, the instruments have been performed in class and in concert, including for Queen Elizabeth II on Saskatchewan’s 100th anniversary in 2005 and most recently at a concert in January in Convocation Hall.

“Maybe the most unique aspect of our Amati collection is the fact that we have a quartet of these instruments, which is rare in itself,” said Marion. “But it is the sound quality and the sound colour that is truly special.”