

# active alumni

in touch with you

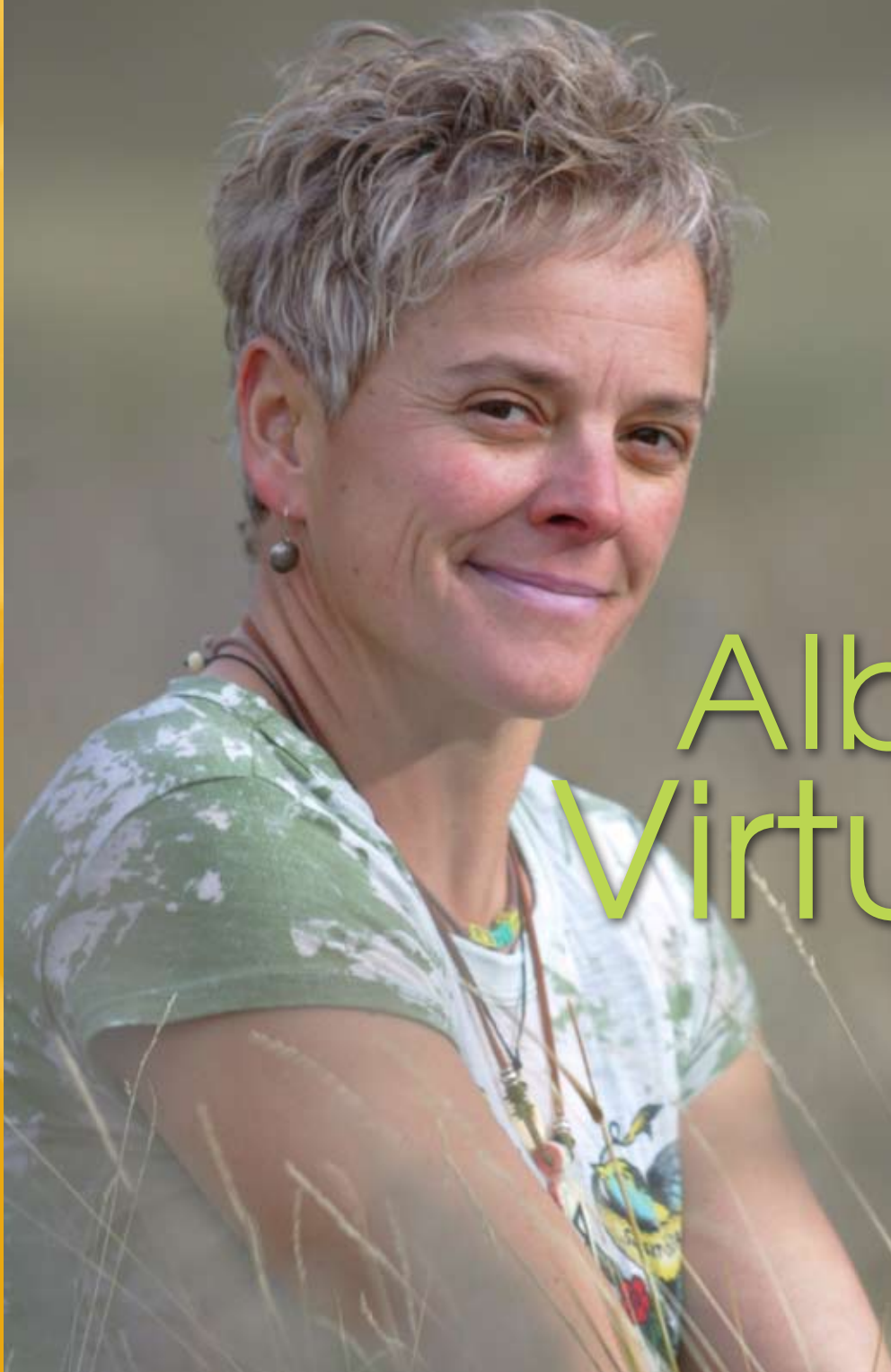


summer 2010

Faculty of Physical Education & Recreation

## Alberta Virtuoso

Alumna Cori Brewster  
has made her mark  
on the Canadian  
music scene.



*"Mike was an excellent ambassador for this Faculty's research and academic excellence, and a tireless promoter and champion of its strengths in campus recreation and high performance athletics."*



INVETERATE VOYAGER  
Judy Wood has always been  
a woman in motion.

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## Message from Dan Syrotuik, Interim Dean

Dear friends,

If there's one thing in the world that's constant it's that there will always be change. Change marked the past year in a variety of ways, not the least of which was the changing of the guard in the leadership in the Faculty that saw the departure of dean Mike Mahon and the announcement of dean-elect Kerry Mummery.

Mike served the Faculty for almost a decade. During this time, he was a revered powerhouse both on campus and well beyond its borders. He was an acknowledged leading scholar in adapted physical activity, a superb faculty helmsman, steering it through budgetary roller-coasters and choppy waters with a sure hand.

Mike was an excellent ambassador for this Faculty's research and academic excellence, and a tireless promoter and champion of its strengths in campus recreation and high performance athletics. He built strong relationships across campus, was no stranger to City Hall or to ministers of government, both provincial and federal. He was especially fond of connecting with alumni.

With a resume like Mike's, which had seen many successful milestones including the visioning for a new physical activity and wellness centre, the rise of the GO Centre, the building of the Saville Sports Centre, the management of the University's Centenary celebrations, leadership of the Health Sciences Council, and

driving the charge for the 2015 Universiade Games bid, it's not surprising that others were taking notice too.

Late last year, the University of Lethbridge came calling, invited Mike to become president of that institution and he accepted. As of July 1, Mike and Maureen will make Lethbridge their new home and Mike will formally take the reins of office there. Truly a worthy tribute to a fine academic and leader.

As is custom, when a dean's second term comes to a close, a decanal search is triggered. As a result of a search that spanned the globe, we are very proud to announce that Kerry Mummery, who completed his doctoral degree here in 1994, is our new dean-elect and will take up his duties on July 1.

Dr. Mummery has spent the past 15 years in Australia at the Central Queensland University, where he is a professor and acting pro-vice chancellor, and executive dean of the Faculty of Sciences, Engineering and Health. Kerry, a former successful athlete and coach, is a leading scholar in physical activity and health and the architect of Australia's successful 10,000 Steps program; he has served as a board member for Sport Medicine Australia for many years.

We are thrilled and honoured to welcome a distinguished alumnus of the Faculty home and look forward to introducing him to you at alumni events and especially at Alumni Weekend, September 22 – 26 this year.

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### active alumni

Active Alumni is published annually for the alumni and friends of the Faculty of Physical Education and Recreation. Comments, questions, suggestions and story ideas are welcomed.

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# Development & Alumni Affairs

## What's New?

2009 proved to be a challenging but rewarding year for the development team. Though times were tough our alumni and donors responded to the needs of our students. Here are some highlights:

- The Physical Education and Recreation Alumni Association Award continues to grow by leaps and bounds. The balance at the end of its second full year is just over \$40,000 resulting in an annual expenditure of \$1,000.
- Last year we celebrated the 25th Anniversary of the Faculty's Professional Practicum Program. In recognition of this accomplishment a legacy fund was established to support a practicum student every year in perpetuity. This was made possible by our supporting agencies and the University of Alberta International's contribution of leveraging funds.
- The Royle Harris Play Around the World Award has also seen significant growth in the past two years thanks in large part to the University of Alberta International's leveraging dollars and the Alberta Government's Access to the Future Funds.
- The Free2BMe program for kids and teens at The Steadward Centre held its first fundraising breakfast. We raised over \$100,000 and this year's breakfast is scheduled for June 17, 2010, at 0730 in The Maple Leaf Room at Lister Hall.

On behalf of the Faculty I'd like to thank all our alumni who support our students financially, as mentors and volunteers, whether it is for alumni/student events or to become involved in our Physical Education and Recreation Alumni Association. Our success depends on your commitment and involvement.

If you have any questions or would like to get involved please contact Cindi Berg at 780-492-8804 or by email at [cindi.berg@ualberta.ca](mailto:cindi.berg@ualberta.ca)

L-R: Chuck Moser, Jocelyne Lambert, Bob Kinasewich and Cindi Berg

## message from the President Physical Education and Recreation Alumni Association (PERAA)

PERAA enters its fourth year of connecting with and engaging alumni. We now have updated bylaws and governance guidelines that will carry us into the future. These were passed at our first formal Annual General Meeting in October with 25 alumni attending. A great turnout!

In 2009 we held events in Edmonton, Calgary and on Vancouver Island and at Alberta Recreation and Parks Association and Health and Physical Education Conferences. The same number of events is planned for 2010.

For 2010 the focus is on:

- A continuing emphasis with reconnecting with alumni, including young alumni

- Identifying opportunities to interact with students and faculty
- Seeking volunteers for the Communications and Alumni Relations, Finance and Events teams

We thank Dean Mahon for the wonderful support provided to us in his years as dean and to faculty and staff for their commitment in helping us grow.

We invite you to reconnect with fellow alumni through our 4 X 4 Facebook Challenge. Connect into our PERAA Facebook page and recommend this site to four other fellow Alumni.

Also check out upcoming activities.

Wanda Wetterberg  
President

## Stay in touch with us

Stay in touch by email or Facebook. We encourage you to become connected on our Facebook group created just for you. Go to Facebook ([www.facebook.com](http://www.facebook.com)), sign in and look for 'U of A Phys Ed and Rec Alum (PERAA)'. Hosted by BARLS grad, Sandra Pysklywyc, we hope to connect or re-connect as many PER alumni as possible, from every year. Join up and invite fellow-alumni to sign up too – and stay in touch with the great community of PER grads.

Email is a great, quick way for us to send you invitations to alumni events at the Faculty or University. Please email

Jocelyne Lambert at [jocelyne.lambert@ualberta.ca](mailto:jocelyne.lambert@ualberta.ca). Be assured, we will never misuse your email address and definitely won't ever share this information with anyone else.

- Changing your contact information? Please email Alumni Records at [alumrec@ualberta.ca](mailto:alumrec@ualberta.ca).
- For up to date weekly news about what's making news at the U of A, you can subscribe to U of A News-at-a-Glance at <http://www.mailman.srv.ualberta.ca/mailman/listinfo/uofa-news-at-a-glance>. You can unsubscribe at any time on that same site.



"Pour a little whisky  
In my cup of tea  
Sit down here beside me  
And I'll tell you about me"

(Written in My Name,  
Cori Brewster)



# Alberta Virtuoso

Singer-songwriter Cori Brewster celebrates the Rocky Mountains' colourful characters

by Connie Bryson

Storytelling comes naturally to Cori Brewster. The singer/songwriter from Canmore, Alberta, has a deft touch when it comes to taking "real life" and translating it into lyrics and melodies that are soft and deep at the same time. Whether describing her work as country, folk or bluegrass, reviewers invariably point to her ability to communicate a strong sense of place and character in her songs. Her latest and best-selling CD *Buffalo Street*, named after the street in Banff where Brewster grew up and her parents still live, ramps up the storytelling another notch by drawing on real characters from the history of Banff.

Brewster has a personal connection to these pioneers. Her great-great grandfather John Brewster was one of the original settlers of the Bow Valley, and his family became well-known for their outfitting and transportation businesses in the Rockies. Although the stories of early settlers and the Stoney/Nakota people were part of Brewster family lore, Brewster says that devoting an entire album to these stories was not an obvious choice. It evolved over time.

Part of the inspiration came from the reaction of audiences to her song *William Twin*. Twin was a member of the Stoney/Nakota band who became a friend of the Brewsters in the late 1800s and helped out as the family was starting up its guiding and outfitting business. The song is an imagined eulogy for Twin written by her grandfather.

**He told me of the buffalo  
Mysteries the mountains hold,  
things I never knew  
He'd set me on the splitting block,  
with ember eyes and hands that talk  
William Twin**

(*William Twin*, Cori Brewster/Bob Remington)

"I wrote that song in 2006 but didn't record it. People would come up to me after concerts to say how much they loved it. I realized that maybe it was time to do a historical project. Another part of the inspiration was moving back to the Bow Valley. There's a sense of place and identity that we find when we come home."

It's been quite a journey. Raised in Banff, Brewster spent her summers helping out with the large group camps that were

part of the family's outfitting business. "I have incredibly fond memories of that time. My mom had a beautiful voice and she would be asked to sing in the evenings at the camps. My two sisters and I would often join in. I liked the whole idea of singing – how much joy it brings to people and how that, in turn, affects the singer. Music stayed with me from then on."

But it took a back seat for a while. In 1980, Brewster enrolled in Red Deer College and transferred to the University of Alberta two years later. After graduating with a Bachelor of Physical Education in 1985, Brewster took a job at Brandon University in sports information.

"I quickly realized that this was not what I wanted to do. I'd been on a mission to get my degree, and I had accomplished that. However, I had been suppressing my need to do music and it was time to get on with that. I traded in my running shoes for a guitar."

Brewster moved to Winnipeg and immersed herself in the arts community. "I poured myself into music. I think one of my strengths is that I was raised in an entrepreneurial family. There were never half measures. Everything we did, we did 100 per cent. In terms of my career, I created a lot of opportunities because I was not afraid to take a risk."

Indeed, Brewster has established herself on the Canadian music scene with four albums and a solid fan base in western Canada. She moved back to the Bow Valley in 2000 with her partner and their son. The idea for a concept CD started to percolate, and eventually – aided by a Canada Council grant – she began research in earnest for the *Buffalo Street* album. Banff's Whyte Museum and Archives of the Canadian Rockies became her second home. Brewster is now preparing for a cross-Canada tour in the spring. She is also contemplating the possibility of *Buffalo Street Volume 2*.

"Banff is so much more than a tourist town. I feel that it's my mandate to dispel some of the myths about this town. The accomplishments of the settlers and the aboriginal people are truly amazing. I want more people to know these stories. Bringing these characters to life through song has made me appreciate much more the importance of the past. I always knew my connection to this place was very strong. What I didn't realize was that my connection to the past could be just as strong." [a](#)

"This is the past that belongs to me  
So I'm never far from home"

(*Take me Back to Ireland*, Cori Brewster/John Capek)



# 2009 Sports Wall of Fame

John Barry played a key role in the history of amateur wrestling in Canada, and at the campus of the University of Alberta for 35 years. Barry was a world class wrestler, a superior coach, a dedicated builder of his sport, and an outstanding administrator. As a youth he won numerous Ontario high school wrestling championships in his weight class. At university he continued to dominate in his competitive classification. While at the University of Waterloo (1970-1972) Barry won the Ontario Universities Athletic Association (OUAA) gold medal every year; the CIAU Gold medal in 1971 and 1972 and was named the OUAA Outstanding Wrestler in 1972.

At the University of Alberta in 1972 and joined the Golden Bears wrestling team in 1972. He won the Canada West Universities Athletic Association (CWUAA) gold medal in 1973 and 1974, the CIAU silver in 1973 and the gold in 1974. Barry competed in five CIAU wrestling championships without losing a match. At the Canadian Amateur Wrestling Championships (CAWA) he won the gold medal in 1971, 1972, and 1973 and silver in 1970 and 1974. He competed at Canada's Pan Am Games (1971), the World Student Games (1973) and World Championship teams of 1973.

After his competitive career ended, he became head coach of the Golden Bears wrestling team in 1974. Barry led the Bears to six CWUAA team championships. During 11 years, his wrestlers won 46 CWUAA titles, 10 CIAU gold medals and three CAWA championships. In 1978, the CIAU voted him Wrestling Coach of the Year. CAWA appointed him as senior assistant coach for the World Wrestling Championships (1976) and as the Canadian wrestling team's head coach for the Junior Pan Games



John Barry (BPE 1975; MA 1979)

(1978), Canada's Junior World Wrestling Championships (1979), the Canadian National team in a meet with the USA National team in 1980, and the Commonwealth Games team in 1982. His wrestlers won six Commonwealth Games gold medals and a total of 11 gold medals in the Junior Pan Am and the Junior World Games. Barry also filled many local, provincial and coaching roles.

In 2003, Barry was inducted into the Canadian Amateur Wrestling Association Hall of Fame. Barry was also named to Edmonton's Amateur Wrestling Association's Honour Roll (1988), the City of Edmonton's Boxing and Wrestling Hall of Fame (1983), the FILA Gold Star (1983), and he gained Achievement Awards from both Edmonton and the Province of Alberta in 1972, 1973 and 1974.

In addition to his many roles in athletics he has been a builder within the Faculty of Physical Education and Recreation. For over 20 years he served as director, Facility Operations and as project manager during the planning and building of Foote Field, Saville Sports Centre, and the U of A Climbing Wall. In 2008-'09 Barry played a key role in the joint University/ Edmonton bid to host the 2015 Universiade Games.

A great skater and a motivated athlete as a youth, Kevin Primeau attracted attention from scouts of prestigious hockey dynasties but chose to attend the University of Alberta. Primeau played for the Golden Bears hockey team from 1974 to 1978, during which time the Bears won three Canada West Universities Athletic Association (CWUAA) championships and two Canadian Interuniversity Athletic Association (CIAU) championships in 1974-'75 and 1977-'78.

Primeau was named to the Canada West First All-Star team in 1976-'77 and the Second All-Star team in both 1975-'76 and 1977-'78. In his final season Primeau served as team captain, helped win the national championship and was named the national tournament's MVP. Primeau won the Wilson Challenge Trophy that year as most outstanding male athlete. In the 91 games Primeau played as a Golden Bear he compiled a scoring record of 45 goals, 45 assists for a total of 90 points.

Primeau joined the Oilers in 1978, signing a 10-game amateur contract to keep his options open as he desperately wanted to play on Canada's Lake Placid Olympic team in 1980. Putting his professional hockey on hold, Primeau worked hard to win a berth on Canada's Olympic squad.

He captained Team Canada during their 1979 pre-Olympic European tour and he was appointed assistant captain of the group selected to play at both the 1980 Lake Placid Olympics and the World Championships. Following the Olympics Primeau signed a contract with the Vancouver Canucks and in 1983 with the Winnipeg Jets but his playing career was curtailed that season because of a neck injury.

He turned to coaching as a career and joined coach Clare Drake and the Golden Bears in 1985-'86 as assistant



Kevin Primeau (BPE 1979)

coach. After this, he returned to Switzerland where he had won a Swiss championship as a player in Davos (1979). After three years Primeau was recruited to the Edmonton Oilers again and spent six years with the team as an assistant coach.

The team won the Smythe Division championship in his first year and, in his final year with the Oilers they beat the powerful Dallas Stars. His previous European successes and his Oiler experiences brought offers from some of the most prestigious European professional teams. In 1997 Primeau returned to Europe as a head coach, and, for a decade, coached top professional league teams in Germany, Switzerland and Austria. Primeau compiled a record of 101 wins – 11 ties – 38 losses, a proud legacy for the talented coach.

In 1983, Primeau had founded Potential 100 Inc that established hockey development projects, from NHL pre-season conditioning camps to youth development programs. The camps continue to operate and fund Potential 100 scholarships and Golden Bears hockey programs. Primeau maintains a strong volunteer role with many hockey programs and fundraising groups that support amateur hockey.

## Three alumni honoured

The annual Sports Wall of Fame dinner and fundraiser has now become part of the University of Alberta's Alumni Recognition Awards event. Last year, three alumni of the Faculty were inductees to this prestigious institution.

Donald Newton honed his athletic talents in Cardston, Alberta, leading his high school basketball team to the Alberta Senior Boys' Championship in 1949-'50. The Cardston Cougars regularly played American teams, and in Montana Newton first saw players using a new shooting technique – the jump shot. The jump shot became one of his trademark skills and one he brought to the Golden Bears' basketball team.

From 1950 to 1954 Newton, dubbed the "Golden Boy" by local papers, starred as a point guard on the Golden Bears basketball team. During that time, the Bears won four Western Canada Interuniversity Athletic Union (WCIAU) championships.

After graduation Newton served as a playing coach on the Lethbridge Green Acres Senior Men's team (1954-'55). Recruited by Dr. Van Vliet for the Edmonton Town Hallers to challenge for the opportunity to represent Canada at the 1956 Olympics, Newton became a key member of this squad and starred in its backcourt. The Town Hallers finished second and after this Newton joined Western Canada High School in Calgary as a teacher. He coached the Western Canada Redmen senior boys' basketball team which won three consecutive Calgary city championships and the Alberta Provincial Championship in 1959. From 1957 to 1959 Newton was an outstanding scorer and defensive stalwart for the Lethbridge Broders, perennial challengers for the Canadian Men's Senior championship.

Newton joined the College of Physical Education at the University of Saskatchewan to become head coach of the Huskies basketball team (1960.) In 1964 the Huskies were Canada West Universities Athletic Association (CWUAA) co-league champions. During his tenure at the U of S, Newton played basketball in the Saskatoon Senior Men's League



Donald Newton (BPE 1954)

and from 1961 to 1965 led the league in scoring. He was named to the all-star team every season.

In 1966 Don joined the School of Physical Education at the University of Calgary, as head coach of the Dinosaurs. From 1966 to 1973, his teams were outstanding league and national contenders. In 1967 the Dinosaurs were named Alberta's representatives for the Quebec City Canadian Winter Games.

Newton has served his sport, province and nation in many other ways. From 1961 - 1962 he was the president of the Saskatchewan Basketball Association and served the Alberta Basketball Association as vice-president from 1970 - 1971. Always a powerful spokesman for Canadian Association for Health Physical Education and Recreation (CAHPER), he filled many executive roles over 20 years, including as president. In 1977, the Alberta Schools Athletic Association (ASAA) awarded him the Robert Routledge Honour Award.

Newton was founding president of the Alberta Fitness Leadership Certification Association (AFLAC) serving from 1984 to 1989. CAHPER awarded him the R. Tait McKenzie Medal for Outstanding Service in 1980 and the Queen's Medal for outstanding Service and Leadership in 1977. He won an Alberta Achievement Award in 1988. [a](#)



*"For ten years, Lorne and I did three major trips every year. We visited every continent, including Antarctica, and took 22 cruises together."*



"I'm still playing tennis socially, although I've retired from competition," Wood smiles. "I play golf once a week in the summer, play bridge in the winter, and garden almost all year round." She spent 15 years in various organizational capacities with the local tennis club, and is currently the activities coordinator for a local Probus group (retired professional and business people), planning monthly outings—such as pub meals and theatre in the winter, or excursions to nearby islands in the spring and fall.

Then there's the travel. Wood takes two or three international trips each year, and works as an outside consultant with a local travel agency. She went to Thailand last November and looks forward to Greece in April.

Like many alumni, Wood traces much of her life's path directly back to her time at the U of A. It reinforced her love of athletics, set her up with a career, and, most significantly, connected her with her husband, Lorne Wood.

Fifty years ago, the physical education faculty was much more intimate place. "I was in a class of 19, so you really got to know your classmates quite well," Wood recalls. "Lorne was in the year ahead of me."

Upon graduating, Wood took a demanding job at St. Mary's High School. "I not only had a full teaching load, I was also expected to coach all of the girls' teams," she recalls. "That meant going right from volleyball, to basketball, to badminton, to track and field. And I was expected to chaperone all of the boys' basketball games.

"I lost a lot of weight, and I didn't weigh very much to begin with!"

After teaching locally for two years, the Woods decided to teach in Australia. They were promised positions before they left, Wood says, "although we had no idea exactly where we would be teaching."

Maybe so, but they had a lot of fun getting there. "We found a 42-day cruise that went via Hawaii and Japan, and Hong Kong, and Manila on the way to Sydney. And, lo and behold, it was the same price as the airfare—\$750."

(Unfortunately, laughs Wood, these days it's harder to find a world cruise for \$18 a day.)

After returning to Edmonton and teaching at St. Joseph High School for two years, Wood stepped away from full-time work to raise their children, Greg and Tracey. For the next seven years, she worked part time as a substitute teacher, took more university courses, supervised student teachers and taught badminton at the U of A. Eventually, she returned to teaching, but this time at the elementary level—physical education and Grade 6—bringing her career teaching total to 20 years.


In 1986, on a trip to Vancouver Island, Judy and Lorne found themselves looking at a property for sale in Qualicum. "We spent seven minutes in the house," recalls Woods, "and went out on the driveway thinking, 'We can't lose out on this.' So, we put an offer in."

They moved to their new home permanently in 1989. An early retiree at age 51, Judy took a part-time position at a travel agency (a job she still holds, working from home.) Until 1995, she also taught tennis lessons and supervised student teachers from Nanaimo's Malaspina College.

And, as always, there was the travel. "For ten years, Lorne and I did three major trips every year. We visited every continent, including Antarctica, and took 22 cruises together."

Sadly, in 2004 Lorne died suddenly of a ruptured brain aneurism. "He only had the pleasure of being a grandparent for six months," observes Wood. Since then, she has continued to travel regularly, although it's a bit trickier. "Because I like to travel with a companion, it takes some advance planning."

But, as much as Wood still loves to travel, home is a very special place to her. "Right now I'm sitting and looking out at the ocean. I just came back from a walk down to the beach. I regularly see seals, sea lions, bald eagles, deer and raccoons, and I love the colourful year-round flowers and greenery.

"It's a wonderful place to live." 

# Inveterate Voyager

Love of travel takes Judy Wood on incredible journeys

by Scott Rollans

Judy Wood (BPE '59, BEd '67, Admin. Dip. '82) has always been a woman in motion—an athlete, an avid traveller, a busy mother and a sometimes overworked educator. These days she's technically semi-retired, in Vancouver Island's picturesque Qualicum Beach, but she's still definitely on the move.







# Impressario

Kyle McNeil balances varied interests in entrepreneurial ventures

by Scott Rollans

*"I realized, when I can communicate with someone else, and they can communicate with me, there's nothing we can't solve."*

Don't tell Kyle McNeil (BPE '06) to get a job—he already has about 20 of them.

He's the Canadian sales rep for Cyber PR, a New York-based service that promotes independent musicians. He's setting up a joint venture with a company in Montreal, to help them find a way to re-engage their database of 16,000 music fans. He's blogging with the aim of eventually publishing a book. He's collaborating with local realtors, interior designers, restaurants, event promoters and others, to market their businesses and increase their profits. And that's just a sample.

In short, McNeil is one connected guy.

He's also one more example of how a physical education or recreation degree can take you anywhere. "I was always pretty sure that I wasn't going to come out of the program as a teacher, or even go on to further studies and research," McNeil says. "I was drawn to marketing, business and meeting people."

McNeil started his post-secondary education at Red Deer College, with plans to become a personal trainer. But, when he met the college's athletic director, Allan Ferchuk, McNeil found himself pulled towards organizing events, from basketball tournaments to paintball. "Outside of my dad, and my hockey coaches, Allan was my first real male mentor," he observes.

Two years later, McNeil moved on to the U of A, where Ferchuk recommended him for a job with Athletics. "I got to know some of the people in Athletics at the U of A—building relationships and improving myself."

McNeil also made a close personal connection with the PERCS student council president of the time, Tim Francis. Before long, McNeil was serving on council and building his relationship with Francis—a friendship that remains central to McNeil's social and business life today. "Tim has a vision, and he carves a path," McNeil says. "He's the epitome of an entrepreneur."

McNeil capped his U of A program with a practicum at Rugby Canada—"a dream assignment"—helping coordinate two major international events: the Barclay's Churchill Cup men's friendly and the Women's World Cup. It felt like fate, says McNeil. "I had a practicum interview with the Edmonton Oilers, and I'm a huge Oilers fan. But, I totally dropped the ball. I missed the interview. And I never miss things like that. So I thought, I guess that one wasn't for me."

After Rugby Canada, McNeil braced himself for instant success. "I thought, 'Kyle, you've lived your dream project. Now, the world is going to hand you everything you've ever wanted,' he chuckles. "It didn't exactly work out like that."

McNeil found himself short of cash and without a clue what he would do next. He landed a job with the Lung Association. It paid the bills, and fostered new friendships, but McNeil found true inspiration from a different source: his university buddy Tim Francis.

"Tim said that he was in a band, and asked me if I wanted to help out," McNeil recalls. "I never said yes or no—it just kind of happened."

Throughout 2007 and well into 2008, McNeil worked part-time as promotions manager for the band Smoothride. "The guys would hit the road, and I'd stay at home generating radio exposure and newspaper coverage," he explains.

Smoothride began to get more gigs, and McNeil found himself increasingly excited about working in the music industry. He even decided to leave his Lung Association day job. Then, in October 2008, the band packed it in. "That shattered me," says McNeil, "because I thought maybe that would be my thing."

Once again, he found himself casting about for a new direction. Then, early in 2009, he and Tim attended a three-day personal development course presented by the Satvatove Institute. "It was a really significant time for me," he insists. "I realized, when I can communicate with someone else, and they can communicate with me, there's nothing we can't solve."

Satvatove inspired McNeil to speak openly with his ailing father, about the love and gratitude he felt (his father passed away in February). It also prompted him to take charge of his professional life. "I've found so much joy, and challenge, in figuring out, how do I connect with somebody?"

McNeil has come to believe that his future lies in building and maintaining those connections.

"As I connect with more and more people, it feels like we're building a team for some bigger purpose." **a**

*Kyle invites fellow alumni and friends to get in touch. Follow his blog at <http://kylemcneil.com> or email him at [kyle@kylemcneil.com](mailto:kyle@kylemcneil.com).*



# You're Invited

# Reunion 2009

## Upcoming Alumni Events

**Saturday, May 15, 13h00 (1 p.m.)**

### GOLF ON VANCOUVER ISLAND!

Duncan Meadows Golf Course

6507 North Road, Duncan B.C.

Cost: \$100 - Includes 18 holes, power cart, dinner and prizes

Contact Jocelyne Lambert at 780-492-3893 or  
jocelyne.lambert@ualberta.ca

**September 22 – 26, 2010**

### ALUMNI WEEKEND

Wednesday, September 22

Alumni Association and Sports Wall of Fame Awards

Winspear Centre

9720 102 Avenue NW, Edmonton

For information on the event go to:

[www.alumni.ualberta.ca/Celebrate/AlumniAwards.aspx](http://www.alumni.ualberta.ca/Celebrate/AlumniAwards.aspx)

**Friday, September 24**

### GOLDEN BEARS FOOTBALL GAME AND ALUMNI RECEPTION

Foote Field

11601, 68 Street NW, Edmonton

Times TBA

**Saturday, September 25, 0830-1000**

### THE DEAN'S BREAKFAST FOR 25 AND 50 YEAR GRADS (GRADUATES FROM 1985 AND 1960)

Royal Mayfair Golf and Country Club

9450 Groat Road, Edmonton

*For more information about any Alumni Weekend events  
please contact Jocelyne Lambert at (780)492-3893 or  
email [jocelyne.lambert@ualberta.ca](mailto:jocelyne.lambert@ualberta.ca)*

**Register for events at [www.ualberta.ca/alumni](http://www.ualberta.ca/alumni)**

**WE HOPE TO SEE YOU AT ALUMNI WEEKEND 2010!**





*"I see something every single day that I've never seen before. So you have to be a problem solver."*



Lisa Yates (BSc Kinesiology '06) has arrived five minutes early for her meeting at the university Tim Hortons. Some might take advantage of this break to simply sip tea and daydream, but Yates unzips her backpack, covers the table with textbooks and notes, and squeezes in a few precious minutes of extra studying. "I'm definitely a keener," she laughs. "I love what I do."

All that studying is about to come in handy. Nearing the end of a two-year residency in prosthetics, Yates faces her national certification exam this summer, and she's bracing herself for a demanding ordeal. "There's a six-hour written portion, and six-hours of oral exams, and six hours of practical exams. So it's a difficult exam."

Maybe so, but you can't escape the feeling that Yates is up for the challenge. When she talks about prosthetics, she leans forward in her chair, eyes ablaze, and the words tumble forth. This is a woman who has found her true calling.

Like many people, though, Yates found her destiny only through a long series of close calls and happy coincidences. She traces her fate back to a summer job as a swimming instructor when she was 17, right before starting university.

"I was originally signed up in the Faculty of Science," Yates recalls. "But a girl I worked with was in kinesiology, and she told me about the program." A week before classes started, Yates switched faculties.

Physical Education and Recreation proved a natural fit. "I'm a real people person, and I liked the idea of going into a small faculty, where you actually recognize people in your classes—which is not science!"

Yates loved her program, even though she wasn't quite sure where it would lead. "My sister was in pharmacy, so people would say, 'Oh, you're going to be a pharmacist!' But, when you say you're in kinesiology, nobody knows what that is." With no clear picture, Yates began to form one for herself. "I started saying that I was going to teach people how to walk again. I didn't know what, or how, but that's what I decided in my head that I wanted to do."

Yates gained particular inspiration from a course on human motor control, taught by Dave Collins. She ended up working for Collins in her spare time, and later for her practicum. "He loved coming to work so much every day," Yates marvels. "I knew that I wanted to find something that I loved to do, as much he loved the nervous system. I had to find something that I was completely passionate about."


Then, in the summer before her fourth year, Yates had an epiphany. "I worked as a waitress at a private golf club—Belvedere, near Sherwood Park. It just so happened that the club champion was an amputee. One day, he and I had a long conversation about his prostheses, and it was so interesting. So, I went and volunteered with his prosthetist. I remember leaving the prosthetist's office, and calling my mom, and saying, 'I found my career!'"

After graduating, Yates enrolled in the two-year prosthetics program at the British Columbia Institute of Technology (BCIT). "There were 11 people in my class, from all across Western Canada. We'd be at school for 12 hours a day, and then hang out together after school. I really made lifelong friends."

One of her BCIT instructors hooked Yates up with a summer job in Edmonton, at Northern Alberta Prosthetic and Orthotic Services. "Numerous times over the summer, they kept telling me, 'We're not hiring anyone, so don't get your hopes up.' But the following Christmas, before I finished my program, I went in and said, 'I really, really love working here. I don't know where I'll go if you don't hire me.' They hired me a couple of days later."

After nearly two years of residency, Yates still finds herself constantly challenged—and loving it. "I see something every single day that I've never seen before. So you have to be a problem solver."

Best of all, Yates knows she and her colleagues make a difference. "When a first-time amputee comes to us, they've had a series of bad things happen in their life. And then, when they see us, it's, 'Okay, now they're going to do something to make my life better.'

"Every day, I get to go to work and help people do what they want to do." 

*Lisa Yates changes amputees' lives with custom prosthetics*

# "Keener" finds her calling

*by Scott Rollans*





*"This was so logical, so simple, so brilliant and so outside the box that I had to defend its merits across the whole military and convince senior leadership,"*

*Wayne S. Lee (l) receiving his long service award from Major-General Kells.*



*Wayne, now happily retired, spending time with family in Orlando. Wayne's wife Anne (far left), daughter Yvette and her husband, Dan (back) and grandkids Ciara, Carina and Justin.*

# Setting the Standard

Wayne Lee tailored Canadian Forces and NATO's fitness training to soldiers' real-life requirements

*By Gail Gravelines*

**H**e entered the military an 18-year old high school drop out, retired 45 years later with a PhD, served as the Canadian Forces Director of Human Performance and Health, challenged, and changed, the military's approach to physical fitness and set the standard for fitness training that is used by Canada and NATO today.

Wayne S. Lee (M.Sc. '83; PhD 1992) says he couldn't have done it without the University of Alberta.

"The Canadian military and I have a lot to thank the University of Alberta for. I've had lots of professional accolades in my life and all have a tie to the University of Alberta. If it wasn't for the U of A I would never have been able to accomplish what I did," says Lee from his Ottawa home.

What he did was rethink the former military view that testing physical motor skills was the best way to test performance ability to do physically-motivated tasks. Lee proposed the military look at what soldiers actually did on duty, examine the common tasks, measure them and then develop standards and programs to help soldiers get better at doing those tasks.

"We looked at the common tasks, specific to the environment. It's what you do in sports training -- train for the specific skill. In the military, soldiers carry load and march a certain distance in a certain time. We measured that and developed programs to get better," says Lee. "We matched the fitness standards to the job on a scientific basis."

As with any breakthrough, Lee says coming to these conclusions and selling the idea in the military hierarchy was challenging.

"This was so logical, so simple, so brilliant and so outside the box that I had to defend its merits across the whole military and convince senior leadership," says Lee who completed high school at 26, his bachelor of science at 30, then, as a physical education officer posted in Edmonton, pursued his master's degree at the University of Alberta.

That's when he shared his vision with Gerry Glassford, then dean of the Faculty of Physical Education and Recreation.

"I told him I thought the military could do better with technically and academically competent fitness standards and programs. Back then we were doing activities based on personal experience. If you were trained by someone who liked running, you ran, by someone interested in weight lifting, you lifted weights. Dr. Glassford listened, made suggestions and said, 'Wayne, do it!' He provided me with intellectual support and the resources of the U of A. He opened up my mind on how to think and how to move forward."

The first in the military to complete a master's degree in exercise science and the only PhD in exercise science in the history of the Canadian Forces, Lee began working on establishing military physical fitness standards and supporting training programs.

Lee says Art Quinney, deputy provost and professor in the Faculty of Physical Education and Recreation and Mohan Singh, professor of exercise physiology, also supported him.

"I was 44 when I got my PhD. The U of A stimulated me and grew me. They didn't make it easy and they pushed me to the wall. But they helped me be the best I could be," says Lee.

The U of A academic and scientific community also helped Lee convince the military to adopt the more scientific approach to fitness standards. Those standards, developed by Lee between 1988 and 1990, continue to be in force today.

"Dr. Glassford described our work as an ecologically valid PhD -- we took a real life problem, and came up with a response that is used by the Canadian military and NATO. The University of Alberta helped develop the standard and also hosted the NATO study group that introduced this to all of NATO."

What was his biggest challenge?

"Convincing people to give me what they didn't have, to do what they weren't interested in. When we developed the army physical fitness standard, we asked for a lot of money. I had to convince the military of the benefits of investing in people's performance as well as their equipment."

His greatest accomplishment?

"We gave people the tools to be the best they can be in the service of their country. The Canadian Forces and I are deeply indebted for the significant contribution of the University of Alberta," says Lee. [a](#)





# Tall in the Saddle

Danielle Campbell was the first woman to become a police dog handler and forensic polygraph examiner in the Edmonton Police Service. Now, she's the only female superintendent in the force.

By Caitlin Crawshaw

*"I thought to myself, 'You're kidding me! You get paid to play hide-and-seek – and your partner's a dog?'"*

Danielle Campbell (BPE 1988) never planned to go to university – at least, not at first. She fully intended to leave the small military community of Cold Lake, Alta., for Australia. But Campbell's mother – "a very strong woman who believed in education," – put the kibosh on her globetrotting aspirations. "Even though she only had a Grade 8 education, she was emphatic that her daughters and son go to school," she says.

Campbell acquiesced – but only after trying a third option first. Since meeting her sister's husband, a RCMP police dog handler, two years prior, Campbell had become enamored with the profession: "I thought to myself, 'You're kidding me! You get paid to play hide-and-seek – and your partner's a dog?'" But when the dog-lover applied for the RCMP after high school, she was told she was too young and needed post-secondary education.

Flipping through the University of Alberta calendar half-heartedly, she had no particular program in mind. "The only thing that really interested me was the Faculty of Physical Education and Recreation because I enjoyed sports. I never excelled in them but I loved playing on teams and playing sports of all kinds," says Campbell. She was also drawn to the courses about anatomy, biomechanics and kinesiology.

So Campbell began what would quickly become "the best experience of my life." She even wrote a letter thanking her Mom for the push. "For a snot-nosed adolescent at that age to admit to a parent she's right is unheard of. So, I ate crow."

Meanwhile her interest in working for the RCMP had waned, so she researched the Edmonton Police Service (EPS). "The only thing I was looking for was if they had a dog unit," she says. They did.

In 1988, EPS received about 2,000 applicants for a few dozen positions: Campbell was one of the lucky ones. After graduating, she began downtown patrols and spent her days off working as a quarry: a volunteer in the dog unit. She rode around with dog handlers and their dogs and helped with the dog training.


Those who make it through the quarry program are given a puppy to raise, usually a German Shepherd. "The

key thing is socializing your pup to every single surface, sound; expose it to everything so it literally fears nothing," she says. The next step is basic police service dog training once the dog is mature which takes about four months. To graduate, rigorous training and fitness standards must be met.

In 1994, Campbell became the first woman in the dog unit after going through the program with her partner, Echo. Remarkably, there hasn't been another woman since. Campbell was so committed to the work that she refused to back down when faced with a barrage of sexist attacks. In one instance, she received a box with a naked Barbie doll inside, a string around its neck like a noose. Another time, the head of human resources called her into the office to encourage her to find a more "ladylike" vocation within EPS. "It didn't stop me. I just kept going," says Campbell.

In fact, nothing has stopped Campbell at any stage of her journey. On her first patrol as a rookie, she and a field training officer were called to two bloody crime scenes in a single day: a gory, drunken slaying (in which the perpetrator was asleep on the couch when police arrived), and an incident in which a mentally ill man broke into a walk-up apartment, stole a knife from a kitchen and walked through the building threatening residents – before severing his arm and scalping himself. Campbell admits most rookies arrest shoplifters on their first night out.

Despite facing sexism at different stages of her career, Campbell has progressed swiftly through the ranks of EPS. Campbell was also the first woman to become a forensic polygraph examiner. This January, she became superintendent of the criminal investigation division, becoming one of only 10 superintendents in the force and the only woman.

After witnessing so much violence and cruelty throughout her career, she's maintained her faith in people – "I believe there's more good in the world than bad," she says – and in policing as a noble profession. Campbell's pride – at being a policewoman and a member of EPS – is palpable. "I can't believe I get paid for what I do," she says. 



A man with a beard and glasses, wearing a tan jacket over a red shirt and blue jeans, stands in a snowy landscape. He is surrounded by bare trees with some red berries. The background shows a snow-covered path and a building.

Sustaining the environment is everyone's responsibility says environmental sociologist Randy Haluza-DeLay.

By Gail Gravelines

# Environmental Advocate

It was a typical Grade Four assignment.

Explain where coal is found. Its use. Benefits. The usual resource-specific view students cut their teeth on in elementary school.

Randy Haluza-DeLay (MA 1996) saw his son's assignment differently.

A King's University College sociology professor teaching courses in environmental sociology, environmental studies, Canadian society, multicultural and aboriginal relations, anti-racism, and recreation and leisure, Haluza-DeLay says, "Ethan's report had no mention about the environmental impact of using this fossil fuel because the school textbook didn't include that. I had to convince him to add that. I said, 'I write books about our environmental impact on the environment. It's okay to include it,'"

Ethan added the environmental perspective.

That event further validated Haluza-DeLay's experience that our culture too often sees environmental sustainability as separate from our daily lives and distinct from social justice issues.

Haluza-DeLay had pondered the concept years earlier as a Montana wilderness guide. Did wilderness experiences impact people's environmental awareness and actions?

"I'd take people mountain climbing, hiking, canoeing and wonder what they took from the experience. Did their wilderness experience enhance their awareness of, and commitment to, environmental sustainability?"

So when the Ohio-born wilderness enthusiast, who attributes his love of the outdoors to his Boy Scout experiences, was accepted by the University of Alberta to do his master's degree, he chose to examine that issue. He took eight 16-year-olds on a 12-day environmental awareness wilderness trip to Mt. Assiniboine Provincial Park. When he followed up with the youths weeks later he found little change in their environmental perspective.

"This flipped my whole view of environmental education. Our cultural view is that people see themselves as apart from nature, not as a part of nature," he says.

His thesis was the foundation for four peer-reviewed journal articles, two book chapters and a magazine article called "Remystifying the City" published in *Green Teacher* in 1997,

has been reprinted three times and translated into French and Spanish. The article looked at how to connect urban youth to the presence of the natural world in the city to foster their sense of environmental awareness toward their own place.

After completing his master's degree, Haluza-DeLay ran an outdoor education centre near Lac Ste. Anne, Alberta, then joined Lakehead University in Thunder Bay as an outdoor recreation faculty member. There he researched racism and race relations in the northwestern Ontario city. His findings reinforced his conviction that environmental sustainability and social justice issues are entwined.

"We live with great disparities. Look at the national reaction to the Walkerton crisis with e-coli in the water in 2000. Yet there are 600 or so Aboriginal reserves in Canada that have been living with 'boil water' advisories for the past ten years."

He is co-editor of "Speaking For Ourselves: Environmental Justice in Canada" (UBC Press, 2009), a book that shows some groups face more environmental hazards (pollution, poor drinking water, environmental toxins) than others. Haluza-DeLay argues that achieving an environmentally sustainable society isn't possible if some people are worse off. He calls for environmentalists and social activists to work together to build a more socially just and environmentally sustainable world.

"Our access to the natural environment is defined by who we are and how often we enjoy the wilderness. Yet, we know that our experience of nature is essential to our sense of well-being and to the healthy development of our children."

Which is why Haluza-DeLay was asked by Environment Canada to research how Canadians value nature. The objective? To look beyond the fiscal measures of the country's national parks system.

"We are a culturally diverse nation that values nature in a variety of ways. We value nearby natural places as well as those far away. Nature has psychological value, aesthetic value and spiritual value.

"We are, after all, a part of creation, not apart from creation."

Haluza-DeLay is also an adjunct professor in the Faculty of Agriculture, Environmental and Life Sciences at the U of A, and works with students in environmental sociology. He recently contributed to a report on the ethics of nuclear power and is working on a book about Alberta's environmental politics. He's also involved with several Edmonton social and environmental activist groups. [a](#)

*"Our cultural view is that people see themselves as apart from nature, not as a part of nature."*





*"I found working in another country creates real awareness of global issues; you become more aware when you step outside of Canada."*

It's one thing to talk about helping others. It's another to actually do it. Doctoral student Son Truong (MA 2007) would definitely fall into the latter category! Truong's years of in-the-trenches devotion as a volunteer and researcher to the well-being of children and youths through play has earned him extraordinary recognition.

Last year, the Canadian Bureau of International Education presented him with its student leadership award for internationalization. Truong says he has long been interested in the positive role play and recreation can play in the lives of children, and in their physical and emotional well-being, as well as the contribution of sport and play to international development.

After completing a BSc in therapeutic recreation at Dalhousie University he applied for a six-month CIDA (Canadian International Development Agency) internship in Egypt. There he worked with an NGO called the Ma'an Group, run by Sudanese refugees and displaced people from Sudan, and mandated to aid Sudanese refugees in Cairo.

Truong, who planned health education workshops for children and youth, was drawn to the community-based organization, the Sudanese Children's Sport Association. "It was run by former Sudanese athletes. They saw that many refugee children and youth might not be going to school, were displaced, living in congested areas or had little to do during the day. They started a network of sport groups to bring children together to play," says Truong, who was impressed by the positive role models the athletes were for children, and how they worked to re-establish generational connections through play and sport.

"This was the first time I had been able to combine what I had studied with my other areas of interest. I found working in another country creates real awareness of global issues; you become more aware when you step outside of Canada," says Truong.

When he began his master's degree at the University of Alberta, he says, "I had an interest in looking broadly at the field of sport and for development and peace, stemming from the UN's charter to promote the child's right to play and also to incorporate sport as a way of contributing toward international development goals."

Since 2005, when he first went to Thailand with Play Around the World (PAW), Truong's prior experience came in handy in helping other students adjust and learn. Professor Jane Vallentyne one of PAW's co-founders, quickly recognized Truong's value to the team. "Son's background in community development and his process of mindful leadership was instrumental to the effectiveness of the Chiang Mai team's work and acceptance by the local communities," she says. "I remain grateful to him for advancing the PAW project and enhancing the quality of education and global experience of other team members."

He led a student team to Thailand in 2006 and remains active in the program as its senior programs advisor working with volunteers, the advisory committee and program management committee.

Truong says he's struck by the potential for Play Around the World to be a transformative learning experience for undergraduate students. "As part of my research, I interviewed all of the students who went that year, and being there with them, I was able to experience it with them.

"That led to a focus on global citizenship education – another potential area for Play Around the World to continue to move towards. It's not just about student mobility, but about student engagement and being reflective and trying to learn more about global issues and being aware of them," he says.

Currently in Thailand for six to eight months to gather data for his doctoral research, Truong is working with that country's Foundation of Child Development, based in Bangkok, on its Play for Life project. "Through this project they try to advocate and provide safe play spaces for children and for families to come together and interact. They are using play as a tool to focus on holistic child development."

Truong says he's excited by the opportunity but aware of the need to be respectful of others' cultures. "Play varies across cultures as a form of cultural expression," he says. "At the same time, there are elements that are similar. Play is something you can create through a language of movement, play or sport as ways to navigate around language barriers.

"But we have to be careful about the 'cultural imperialism' of play - imposing our own ideas of what play is or should be. It's about respectfully sharing and learning together." [a](#)

# Play Promoter

Humanitarian  
Son Truong stands up for kids' right to play

By Jane Hurly







# Cancer Crusader

Jeff Vallance is finding ways to help cancer patients be more physically active

By Caitlin Crawshaw

*"We're not talking about marathon running or other high-endurance activities. We're gearing it toward the survivor who is not as familiar with physical activity."*

The pace of modern life makes it hard for anyone to maintain a healthy work-life balance. But for Jeff Vallance (PhD 2007), healthy living is as much a research interest as a personal commitment.

While most of us are still pressing the snooze button, Vallance heads out for an early-morning run. After, he picks up coffee for himself and his wife, Lorian, (a PhD student in the PER faculty at U of A) and drives back to his Medicine Hat home.

But this is where any semblance of a typical professional's workday ends: after pulling into the driveway, Vallance is at work.

An assistant professor with the Centre for Nursing and Health Studies at Athabasca University (AU), Vallance conducts his teaching and research work from his home office. As Canada's first – and largest – distance university, AU is primarily a virtual campus and faculty and students communicate online. It's an ideal lifestyle for a professional with a young family (he has a toddler and a newborn). "I see my family every day," he says.

But even after successfully resisting the rat race, Vallance's career is on the fast track. Last year, he was awarded a seven-year, \$1-million grant from Alberta Innovates for his research aimed at finding ways to help cancer survivors become more physically active. It's one of the most prestigious prizes ever awarded at AU. Vallance also received a New Investigator Award from the Canadian Institutes of Health Research (CIHR) for his research.

Vallance became interested in physical activity and cancer survivors as a master's student studying sports psychology under John Dunn. "I took a graduate course in exercise and cancer and I was hooked," says Vallance, who, for his doctoral degree, worked with Kerry Courneya, a Canada Research Chair in Physical Activity and Cancer, and one of Canada's foremost researchers in the field. "Both John and Kerry provided me with superb training environments and so many valuable research opportunities, all which have shaped my research program."

For decades doctors have advised patients to take it easy and rest while they recovered from cancer and cancer treatments. Only in the last decade have researchers discovered that staying active during and after treatment is far more beneficial, helping survivors improve their quality

of life and fight fatigue in particular, which can be very debilitating. Research shows that being active during and after cancer treatment is associated with a reduced risk of a cancer recurrence. "With all this exciting evidence, my research program aims to find ways to help cancer survivors become more physically active," says Vallance.

On May 1 Vallance kicks off the PROACTIVE Trial to explore ways to help women newly diagnosed with breast cancer and beginning chemotherapy, to become or stay physically active while undergoing treatment. Participants will receive a breast cancer-specific physical activity resource kit with physical activity and walking guidebooks, a physical activity logbook, and a step pedometer. "In our previous research we found that simple tools like printed resources and step pedometers are effective at helping breast cancer survivors get active," says Vallance.

"We're not talking about marathon running or other high-endurance activities. We're gearing it toward the survivor who is not as familiar with physical activity." That's why walking is the activity of choice – anyone can do it.

Patients will be recruited from the Medicine Hat Cancer Centre, the Lethbridge Cancer Centre and Calgary's Tom Baker Cancer Centre. To Vallance's knowledge, this is the first time breast cancer survivors in the southernmost part of Alberta have had a chance to participate in a physical activity-related project like this; it's also the first to target rural women with the disease.

Vallance says, "My AU position along with living in Medicine Hat has really given me a first-hand perspective of the health-related issues and challenges facing the rural regions."

Other exciting developments in Vallance's career are upcoming collaborations on some new studies at the University of Queensland. Vallance is involved in one study led by two leading experts in physical activity promotion in the cancer context, Drs. Alison Marshall and Liz Eakin. This study will explore the role of the Internet in helping rural breast cancer survivors stay active. To that end, Vallance and his young family will head to Brisbane, Australia for six months this September.

"It's another one of the perks of working from a home office – your home office can be anywhere!" [a](#)



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