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**GREAT
 CONCORDIANS**

Four new outstanding individuals are introduced.



**SINGING
 YOGA'S
 MANTRA**

Concordia alumni and faculty explain the widening appeal and impact of yoga.

By Louise Morgan



**POETRY:
 BARGING IN**

2014 Irving Layton Award for Poetry

By Jacqueline Hanna



**FIAT LUX:
 LET THERE
 BE LIGHT!**

Department of Chemistry's John Capobianco and his team at the Lanthanide Research Group shine a beacon on hidden cells to improve cancer therapy.

By Patrick McDonagh



**ADVANCING
 RESEARCH FOR ALL**

A look at four recent Concordia graduate student research efforts, which uncover new knowledge about sleep deprivation, prostate cancer, storytelling and wastewater.

**48 FACULTY SPOTLIGHT:
 FINE ARTS**

Concordia played a vital role at the eighth Biennale de Montréal.

By Jasmine Stuart

Cover: Lanthanide Research Group

Credit: Jonathan Noel

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- 64** ENOUGH SAID

setting **an** **example**



ALLAN MARINELLI WITH HIS WIFE ALANNA LARSEN ON HOLIDAY IN HAWAII IN 2009.

Opening doors

“I earned my bachelor’s degree in chemistry in 1992. I’m very proud of that. My Concordia education has opened many doors over the years. It’s enabled me to work in more than a half-dozen countries as a project manager and as a senior validation scientist in the rewarding fields of pharmaceuticals, vaccines and medical devices.

When I graduated from Concordia, I landed my first job as an assistant clinical supply scientist at Bristol-Myers Squibb, where I helped develop life-saving cancer drugs.

Despite the advances healthcare products bring to our world, the pharmaceutical industry is subject to the same economic realities as other sectors. One day, I unexpectedly found myself out of work. Yet I was confident my professional training would see me through to brighter days.

Some things are beyond our control, I told my Concordia friends. Anyone can lose a job but no one can take away an education. I adapted and adjusted. One thing my degree helped teach me was to be flexible — to stay viable and grow in my chosen field.

That kind of thinking has kept me on a path to success, a professional journey that has brought me around the world to the United States, where I now live and where my scientific talents are in great demand.

Even today, my Concordia degree still opens doors when my business travels take me abroad. I’ve also found a complementary career publishing scientific articles and chapters in healthcare and technical publications.

The journey has not always been easy — my extended family lives in Canada. Yet I shall continue to support Concordia. I’ll always look back with pride on my days as a young student with a bright future.”

— **Allan Marinelli, BSc (chem.) 92**



Purposeful poking

HOWARD BOKSER, MBA 85

American folklorist and anthropologist Zora Neale Hurston described research as “formalized curiosity. It is poking and prying with a purpose.”

Research is clearly one of the primary purposes of any university. As Concordia’s mission statement pronounces, the university is “committed to innovation and excellence in education, research, creative activity and community partnerships.”

In this issue’s “Advancing research for all” (page 36), Concordia’s dean of Graduate Studies Paula Wood-Adams adds, “Graduate researchers’ pursuit of knowledge helps drive a university.”

In today’s world, “research” can mean Googling any subject or checking someone’s Facebook page. University research takes considerably more effort and academic rigour, of course, because it has a far loftier goal: creating new knowledge. As Hungarian physiologist Albert Szent-Gyorgyi elegantly said, “Research is to see what everybody else has seen, and to think what nobody else has thought.”

Thanks to Concordia’s research repository Spectrum (spectrum.library.concordia.ca), anyone with internet access can tap into the original thoughts of Concordia grad students and professors. Scanning through Spectrum’s thousands of journal articles and theses can be instructive — and fun.

A random sampling reveals the scope of knowledge that can be uncovered through university research: *New Line*

A NEW SURVEY SHOWS THAT MOST PEOPLE TRUST GOOGLE MORE AS A SOURCE FOR RESEARCH THAN TRADITIONAL OUTLETS. I DIDN'T BELIEVE THIS UNTIL I GOOGLED IT.



Cinema, Jackie Chan, and the Anatomy of an Action Star (2014), a master’s thesis for the Mel Hoppenheim School of Cinema by Jesse Balzer, MA 14; *Instantaneous harmonic analysis and its applications in automatic music transcription* (2013), a PhD thesis for the Department of Computer Science and Software Engineering by Ali Jannatpour, PhD 13; and *Palladium-catalyzed cross-coupling for the synthesis of thienoisquinolines* (2012), a master’s thesis for the Department of Chemistry and Biochemistry by Nicholas Wong, MSc 12.

(I hope Nicholas got extra marks for pronouncing “thienoisquinolines” correctly during his thesis defence!)

Concordia University Magazine’s feature articles and news items regularly highlight areas of ongoing university research. For instance, this issue’s cover story, “Fiat Lux: Let there be light!” (page 26), profiles the work of Concordia’s Lanthanide Research Group, led by the Department of Chemistry’s John Capobianco. The group is making significant headway to finding ways to improve cancer therapy.

Another feature is “Singing yoga’s mantra” (page 17). Although the article touches upon a less-than-obvious research topic, it reveals how yoga actually boasts a rich vein for intellectual mining. “Singing yoga’s mantra” focuses

on Concordia experts from varied departments such as religion, art history, marketing and sociology and anthropology, who discuss current research on the ancient practice.

The article’s author, my colleague Louise Morgan, GrDip 99, performed her own type of research for the piece: she’s been a yoga practitioner and teacher for nearly a decade.

Namaste. ■

UNIVERSITY MAGAZINE Concordia

Concordia University Magazine welcomes readers’ comments. Letters should include the writer’s full name, address, school(s), degree(s) and year(s) of graduation for alumni. Letters may be edited for length and clarity. No letter will be published without the full name of the correspondent.

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HENRY BEISSEL'S LEGACY

Regarding your article about the history of Concordia's Creative Writing program ("The Write Track," spring 2014): As a former student and now a close friend of Distinguished Professor Emeritus Henry Beissel, I would like to give due credit to one who was instrumental in the establishment of such a wonderful program.

It was 1966 when the chairman of the Department of English at Sir George Williams University, Neil Compton, hired Henry to teach medieval and modern literature. At the time, there were a few creative writing courses being offered but only as electives in the literature programs. There was no creative writing program as such at Sir George Williams. Henry, who was making a name for himself as a poet at the time, was offered to teach poetry. At first he hesitated, but fortunately for us students who learned from him, Professor Wynne Francis changed his mind.

A few years down the line, Henry found himself in the office of then-rector John O'Brien, who formally invited him to investigate the feasibility of establishing a creative writing program. In the rector's view, those few heterogeneous writing courses needed to either become part of a formal and coherent



program or be abandoned.

Henry spent several months researching existing creative writing programs in Canada and the U.S.; he found there were no such programs in any university close to Montreal, and so he recommended to the rector the establishment of a creative writing program. The rector handed Henry the responsibility of hiring new faculty and of developing course structures for the program. In his research, Henry consulted with all interested parties within the department, other universities such as the University of British Columbia and University of New Brunswick, and the community of writers. After some years of struggling for funds from the dean, the Creative Writing program at

Concordia took shape. Henry then went on to negotiate a master's degree program in creative writing as well as a combined honours with the Department of Theatre. He hired writers like Gary Geddes and Audrey Thomas, as well as writers-in-residence like Michel Tremblay and Tomson Highway.

Although Henry retired from teaching in 1995, he never retired from writing. His latest collection of poetry, *Fugitive Horizons*, was recently published by Guernica Editions. He is still very active writing for theatre and responding to invitations to read at various universities both at home and abroad.

Maria Caltabiano,
BA (Eng. lit.) 93
Montreal

ANNIE PROULX'S RIGHTFUL RECOGNITION

Your article on Annie Proulx's work at Concordia on Florentine Renaissance economic thought ("Five Great Concordians," fall 2014) brought back many fond memories. Annie worked with me as a grad student in early modern European intellectual history, commuting from Burlington, Vt., and became interested in the thought

of the early 15th-century Florentine humanist and Chancellor of the Republic Poggio Bracciolini (1380-1459). She was especially fascinated by his treatise *De avaritia*, one of the few Italian Quattrocento discussions of what could be called the "economy," which became the subject of her MA thesis.

She was a remarkable student, mastering the secondary literature on late medieval and early modern economic thought and placing Poggio's striking Latin dialogue, *disputa*, within it. One of the characters in it argues that the avaricious, far from being condemned as traditional Christian usury thought did, should instead have monuments built to them in city squares, since without their accumulation of wealth, cities could not exist. Her learned, wide-ranging and perceptive analysis of a difficult work, as much literary as "economic," can still be read with profit today.

Of course, what was intellectual history's loss when she decided to pursue other interests proved to be modern literature's gain. And although I was away on leave when Concordia wisely awarded one of our most famous graduates an honorary doctorate, I was indeed proud of my institution for doing so. ■

Frederick Krantz
Professor, Department
of History
Liberal Arts College,
Concordia

LESLIE SCHACHTER



PICTURED AT THE NATIONAL BANK GIFT ANNOUNCEMENT ON NOVEMBER 13 ARE (FROM LEFT): BRAM FREEDMAN, VICE-PRESIDENT OF DEVELOPMENT AND EXTERNAL RELATIONS, AND SECRETARY-GENERAL; STEVE HARVEY, DEAN OF CONCORDIA'S JOHN MOLSON SCHOOL OF BUSINESS; KAREN LEGGETT, BCOMM 90, NATIONAL BANK'S EXECUTIVE VICE-PRESIDENT OF MARKETING AND CORPORATE STRATEGY; AND CONCORDIA PRESIDENT ALAN SHEPARD.

NATIONAL BANK DONATES \$1 MILLION TO JOHN MOLSON SCHOOL OF BUSINESS

A major gift from Montreal-based National Bank will advance business research at Concordia. The institution is donating \$1 million to establish the National Bank Initiative in Entrepreneurship and Family Business at the John Molson School of Business (JMSB).

The gift will propel research on entrepreneurship and family businesses and support graduate and undergraduate students. It will also support a National Bank Entrepreneur-in-Residence who, in addition to guiding research projects, will deliver lectures and mentor students.

"We are deeply grateful for National Bank's investment in the John Molson School of Business," says Concordia President Alan Shepard. "This initiative will reinforce graduate and undergraduate studies at Concordia and further distinguish the Molson School."

"National Bank has a long tradition of promoting entrepreneurship and supporting young people. We firmly believe that developing talent is a key for communities to prosper and keep pace with our changing economy," says Karen Leggett, BComm 90, National Bank's executive vice-president of Marketing and Corporate Strategy. "Our donation to Concordia's John Molson School of Business is yet one more way for us to tangibly support the next generation of entrepreneurs."

Steve Harvey, dean of the JMSB, says: "This important investment at JMSB gives our students access to superior learning tools, support systems and knowledgeable professionals whose shared experience truly reflects family enterprise in Canada." ■

—Scott McCulloch

CONCORDIA MOVES UP IN QS WORLD RANKINGS

Concordia continues to rise in the QS World University Rankings, a prestigious international rankings network. After breaking into the top 500 in 2013, ranking in the 481-490 range, in 2014 Concordia placed in the 461-470 range among the more than 850 universities worldwide that were evaluated.

Concordia's higher ranking is due largely to an increasingly positive reputation with employers, who view graduates as being ready to perform effectively in the workplace. Concordia also scored well for the proportion of international students and faculty.

The following criteria were used in determining the 2014 ranking:

- Employer reputation survey (10 per cent weight): ranked 266 (last year: 353)
- Proportion of international faculty (5 per cent weight): ranked 203 (last year: 218)
- Proportion of international students (5 per cent weight): ranked 104 (last year: 104)
- Citations per faculty (20 per cent weight): ranked 401+ (last year: 401+)
- Faculty-student ratio (20 per cent weight): ranked 401+ (last year: 401+)
- Academic reputation survey (40 per cent weight): ranked 401+ (last year: 401+)

"Our wide array of co-op programs and our District 3 innovation ecosystem are good examples of the hands-on learning opportunities that are available

for our students. Employers view these initiatives very positively," says Benoit-Antoine Bacon, BA 95, provost and vice-president of Academic Affairs. "The rankings also demonstrate our continued strengths in terms of academic quality and world-class research across all our sectors."

The university also moved upward in Faculty Area Rankings, with strong showings for the QS rankings categories of Arts and Humanities, Engineering and Technology and Social Sciences and Management. ■

—Fiona Downey

CHANCELLOR JONATHAN WENER: CONCORDIA CHAMPION

Jonathan Wener, BComm 71, is chairman and chief executive of Montreal-based property development firm Canderel. He served on Concordia's Board of Governors from 1995 to 2012. He was vice-chair of the Board from 2005 to 2012, chair of the Real Estate Planning Committee from 1996 to 2012 and deputy chancellor since 2012. Wener became chancellor on January 1. He spoke to *Concordia University Magazine* about his long connection to his alma mater.

You became chancellor on January 1. How does it feel?

Jonathan Wener: "I couldn't be more delighted. I am familiar with the structure of the role in terms of graduation ceremonies and doctoral presentations as a result of my role as deputy chancellor these past few years. I've often wondered what it's actually like for the students to be on stage receiving their degrees — some nervous, some incredibly confident, some with a real swagger as they come forward to be capped."

Do you have a specific vision of your role?

JW: "I've been analyzing what could be meaningful and beneficial for students and faculty. It's too easy to just show up for graduation ceremonies. I firmly believe there's more a chancellor can do. It's going to be a bit of an evolution."

How will you interact with Concordia students?

JW: "My hopes are to help them with their careers, perhaps get some students to embrace Concordia beyond graduation, give them a sense of belonging and the ability to give back. That connection will do them a lot of good in their lives."

You're a Sir George Williams graduate. Why did you choose Concordia?

JW: "I liked the Harvard Business Case System here much more than McGill University's pure academic system. I had an early acceptance at McGill but I was frustrated because I really wanted to go to Concordia. When I finally got my Concordia acceptance notice I said: 'My God, that's where I want to go.'"

What kind of student were you?

JW: "I was never home. I was always in the university. If I wasn't studying I'd be doing case work or an exhaustive array of activities. I remember running a bed race down De Maisonneuve Boulevard for Commerce Week. I ran a ski trip one year to Kitzbühel. I took 20-odd people for three weeks — airfare, accommodations, skiing, the works — for \$275."



JOE DRESNER

JONATHAN WENER AT CANDEREL IN MONTREAL.

How do you feel when you recall those days?

JW: "I have a great sense of joy — in my education and the quality of it, the absolute joy of learning in the real world, and the prominence and practical approach that Sir George implemented relative to the Harvard Business Case approach. We worked management-style in teams, having to count on each other to perform. We also had a great many professors who came from industry and who provided us with real issues and real solutions based on their day-to-day experience."

Concordia is 40 years old. What do you make of it today?

JW: "The spirit has changed. Concordia has come into its own and matured to be a very thought-provoking and fine institution of learning. We have faculty members who are among the best in Canada. We've grown in status and predominance. We now have a campus we can be proud of. President Alan Shepard has done a phenomenal job and has brought extraordinary leadership skills to the table. We've got a great future ahead of us."

Has Concordia shaped you as an individual?

JW: "Concordia is ingrained in my life. We're inextricably linked. I was very involved as president of the student union and as clubs commissioner. I'd also been one of the first students on the Board of Governors. Second, I met my wife on her first day at Concordia. Third is my business: I got a call in 1975 asking if I'd be interested in buying the Student Union Building on Crescent Street."

What happened?

JW: "I said, 'I'd love to.' I had \$5,000 to my name and borrowed \$10,000 from a brave loan officer at Banque Nationale to purchase the building. By June 1, 1975, the fellow I was dealing with to lease the building said he'd rather own it. He gave me a \$50,000 profit. By mid-June, I had the start-up capital for Canderel. June 25, 2015, will mark 40 years."

That led to a \$100,000 donation to Concordia Libraries in 1987. Why?

JW: "I'd had enormous success. I wanted to be in my own business by age 30. By 1980 I was. That capital got me there. I had to work hard for it, sure. The Concordia connection was an essential part of that success all the way through. I felt bound to provide a meaningful donation to the university to show my gratitude for all it had done to prepare me for the world at large and for my own family unit."

Are you satisfied with what you've achieved at Concordia?

JW: "The greatest legacy that I could leave was the re-planning of the downtown campus and the construction of the various buildings on Sir George Williams and Loyola campuses that occurred during my chairmanship of the Real Estate Planning Committee. [President Emeritus] Fred Lowy shared a vision with me for what Concordia could be and he gave me the rope to get it done."

What other successes has Concordia brought you?

JW: "My university years gave me a sense of flourish as an individual. I got a lot of acceptance. As I look back as a mature businessman, the rejections I had as a kid in grade and high school prepared me, because in business you get rejections all the time. How you overcome objections is what's important. I am actually grateful that I had them because they provided me life lessons and backbone."

You're writing a book. What's it about?

JW: "It's called *No is Maybe on the Road to Yes*. It's about learning to deal with objections and challenges because you're constantly going to be challenged no matter what you do in life. When I was president of the Jewish General Hospital,

I presided over a new strategic plan that required a \$200 million fundraising campaign. The highest official amount prior to that was \$38 million. Everyone said: 'You're dreaming in Technicolor.' I said let's think big, not what's not possible. That's how I've spent my life. The book is about people who've told me what I *can't* do and my way to get to a *yes*. We finished the campaign at \$201 million seven years in."

You have a philanthropic streak. How did it emerge?

JW: "It's something I grew up with as a kid. It's part of my DNA. Sir Winston Churchill said it best: 'We make a living by what we get, but we make a life by what we give.' Writing a cheque is easy. Anyone can do that. Many times people would rather write a cheque than do anything. Writing a cheque and giving time, which they're not making more of, is different. Time is the most precious gift." ■

—Scott McCulloch



JONATHAN WENER'S 1968 SIR GEORGE WILLIAMS STUDENT ID CARD.

I have a great sense of joy – in my education and the quality of it, the absolute joy of learning in the real world.

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TRYING TO FOOL A KINDERGARTENER? NOT SO FAST

From how to tie a shoelace to acquiring the words for colours, kids have lots to learn — and for the most part, they depend on others to teach it to them. Whether deliberately or inadvertently, people sometimes misinform. So at what age can kids tell trustworthy teachers from confidence tricksters?

A new study published in *PLOS One* by psychology researchers from Concordia and the University of British Columbia (UBC) showed that by the age of five, children become wary of information provided by people who make overly confident claims.

For the study, Patricia Brosseau-Liard, a Concordia postdoctoral fellow, recruited 96 children aged four and five. She and UBC co-authors Tracy Cassels and Susan Birch had the youngsters weigh two important cues to a person's credibility — prior accuracy and confidence — when deciding what to believe.

As Brosseau-Liard explains, these findings are important for teachers and caregivers: "Our study gives us a window into



THINKSTOCK

children's developing social cognition, skepticism and critical thinking. It shows us that, even though kindergarteners have a reputation for being gullible, they are actually pretty good at evaluating sources of information. Parents can use this ability to help guide them in their learning." ■

—Cléa Desjardins

WELCOMING STUDENTS FROM AROUND THE WORLD



JOE DRESNER

GRADUATE STUDENT AND LAGOS, NIGERIA, NATIVE ADYEMI ADESINA (LEFT) IS PICTURED WITH FELLOW CONCORDIA STUDENTS AT THE INTERNATIONAL STUDENTS WELCOME RECEPTION ON SEPTEMBER 9.

Concordia President Alan Shepard, speaking at the International Students Welcome Reception, shared how travelling to Europe for a study-abroad program changed his life when he was an undergraduate. He encouraged

the students in attendance to explore their new city. "Most of the experience happens outside the classroom, and there are 250,000 students in Montreal," Shepard said. "That's a lot of people to meet, so get busy!"

Around 275 guests — international students, members of the diplomatic corps and university faculty and staff — attended the event at Concordia's Grey Nuns Building on September 9.

One of those in attendance was graduate student Adyemi Adesina, who arrived in Montreal from Lagos, Nigeria, in August to study civil engineering. He says he appreciates meeting people of diverse backgrounds he had never encountered before. "I came to Concordia because it has one of the best research facilities in the world. It's really a privilege," explains Adesina, who also plans to learn French.

There are more than 6,000 international students at Concordia. Hailing from over 150 different countries, they make up almost 12 per cent of the for-credit student body. ■

—Kayla Morin

**GRAD'S EXPERTISE HELPS TRUDEAU
INTERNATIONAL EARN CANADIAN FIRST**



A. TZEMPELIKOS

TRUDEAU AIRPORT'S SOUTH-FACING AIRPORT ZONE, WHERE DURING SUNNY DAYS SHADES WERE OPEN AND LIGHTS WERE TURNED ON.

Montreal's Pierre Elliott Trudeau International Airport has an environmental badge of honour, thanks in part to the ingenuity of Concordia engineering graduate Thanos Tzempelikos, PhD 05.

Trudeau International is the first Canadian air terminus to hold Airports Council International's Airport Carbon Accreditation, granted to airports that significantly cut carbon dioxide emissions through better energy management.

Eleven years of improvements to Trudeau International's heating and cooling systems helped slash greenhouse gases by almost 50 per cent, says Aéroports de Montréal (ADM) President James Cherry. "All of our expansion and modernization projects at Montreal-Trudeau during the past two decades have included an energy-efficiency improvement component."

Part of the honour came down to Tzempelikos's role in the development of Trudeau International's advanced lighting and shading controls. Mentored by Andreas Athienitis, a professor in Concordia's Department of Building, Civil and Environmental Engineering, Tzempelikos helped introduce automated window shades and lighting controls throughout the airport, a project ADM called "ingenious."

The initial phase yielded algorithms for shading and lighting controls, which were successfully implemented in one zone of the airport. During the project's second phase, 17 airport perimeter zones — areas with large glass facades — were improved.

"In airports you usually need cooling, not heating," says Tzempelikos, an associate professor at Purdue University in West Lafayette, Ind. "The bigger the glass, the bigger the scope for energy savings." ■

—Scott McCulloch

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\$6 MILLION IN FEDERAL FUNDING MAKES ANIMAL FEED GO FURTHER

Animal feed eats up some 70 per cent of the costs of producing meat consumed in Canada. Yet up to a quarter of that feed doesn't actually do much because the animals lack the enzymes that would allow them to digest it.

Thanks to funding worth \$6 million

over three years, Concordia researchers will develop new enzyme combinations for pork and poultry feed that will provide significant improvements in digestion. Those changes mean that animals can get the same nutritional benefits from less feed, which also means less farmland

being eaten up. The funding is part of Genome Canada's Genomic Applications Partnership Program with Genome Québec, which couples academic researchers with industry.

For this project, Elanco Animal Health, a division of pharmaceutical company Eli Lilly, and Concordia's Centre for Structural and Functional Genomics (CSFG) teamed up on a project that could have a significant economic impact on the animal feed industry, which amounts to \$800 million a year globally. That number is expected to grow up to eight per cent each year.

Under the leadership of CSFG director Adrian Tsang, the research team will begin by screening proprietary enzymes for digestibility of common ingredients found in Canadian pork and poultry feed. They will then develop commercial products aimed at improving both feed conversion and producer profit margins.

"Globally, 600 million tons of grain are used for swine and poultry feed each year, which take up over 60 million hectares of valuable farmland," explains Tsang, a professor in the Department of Biology. "Our goal with this project is to reduce strain on the environment due to decreased animal waste, and to improve overall animal growth and health." ■

—Cléa Desjardins



GENOME CANADA

THE RESEARCH OF ADRIAN TSANG WILL HELP IMPROVE ANIMAL'S DIGESTION, WHICH WILL DECREASE THE NEED FOR FEED.

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For more information, visit
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YOUNG ALCOHOL CONSUMERS MAKE FOR ADULT BINGE DRINKERS

The seeds of life-long bad habits — particularly alcoholism — are sown early, a Concordia University study found. Teenagers who consume alcohol regularly are more likely to binge drink, at least into their mid-20s.

Université de Montréal and University of Massachusetts researchers collaborated on the study, published in the journal *Alcoholism: Clinical and Experimental Research*.

Research indicates that young men — who lack formal education and have a tendency toward impulsive behaviour — are more likely to sustain the drinking habits they formed in adolescence.

“Most people don’t even know when they’re binge drinking,” says Erin O’Loughlin, co-author of the study and researcher with Concordia’s Independent Program and Department of Exercise Science. “The reality is that



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A CONCORDIA STUDY SHOWS THAT HISTORY OF BAD DRINKING BEHAVIOUR AT A YOUNG AGE CAN LEAD TO ALCOHOL ISSUES LATER IN LIFE.

four consecutive drinks per sitting for a woman and five for a man constitutes binge drinking.”

These new findings emerged from the Nicotine Dependence in Teens (NDIT) Study. NDIT has been keeping tabs on the mental health, drinking habits and physical activity levels of 1,294 young people from the Montreal area since 1999, when they were 12 or 13 years old.

The study suggests that binge drinking isn’t something adolescents grow out of, and of the 85 per cent of respondents who continue their heavy-drinking habits into early adulthood, some may face long-term consequences. “Parents should be aware that if their teenager is binge drinking, they are more likely to sustain bingeing later in life,” says O’Loughlin. ■

—Marc Weisblott and Cléa Desjardins

CONCORDIAN NAMED UBC FOOTBALL HEAD COACH



RICH LAM/UBC THUNDERBIRDS

Concordia graduate Blake Nill, BA 89, has taken the top job at the University of British Columbia (UBC) Thunderbirds football program. He’s heading to the west coast after nine years as head coach of the University of Calgary and eight years as head coach at Saint Mary’s University in Halifax.

Described as one of the most successful football coaches in Canadian Interuniversity Sport (CIS), Nill has a career record of 130-47. He won the Frank Tindall Trophy as CIS Coach of the Year in 1999. He was named Canada West coach of the year in 2009, 2012 and 2013. “I made the move to UBC because I was ready for a new experience and I love to build programs,” says Nill. ■

—Louise Morgan

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CONCORDIA MOURNS PASSING OF JEAN BÉLIVEAU

CONCORDIA UNIVERSITY RECORDS MANAGEMENT AND ARCHIVES



JEAN BÉLIVEAU ACCEPTING THE LOYOLA MEDAL IN 1995.

Montreal Canadiens hockey legend and Concordia honorary degree recipient Jean Béliveau, LL.D. '09, passed away on December 2. He was 83. Béliveau was captain of the Bleu, Blanc, Rouge for a decade. He won 10 Stanley Cups — the first in his inaugural year with the National Hockey League in 1956, the last in 1971, when he retired.

“He was a pillar of the community — on and off of the ice,” said Concordia President Alan Shepard. “For his contribution to Quebec and Canadian society, Concordia was proud to

recognize him with an honorary doctorate in 2009. The university community extends its condolences to his family and to hockey fans who have both lost a great.”

Concordia awarded Béliveau its prestigious Loyola Medal in 1995. “He reflected the ethos of the Loyola Medal, which recognizes individuals who enrich humanity at large,” said Bram Freedman, Concordia’s vice-president of Development and External Relations, and Secretary-General. ■

—James Gibbons

DISTINGUISHED SCHOLAR SACVAN BERCOVITCH PASSES AWAY

Sacvan Bercovitch, BA (Eng.) '61, LL.D. '93, an eminent and influential American literature scholar, died on December 9, 2014, at his home in Brookline, Mass. He was 81.

The Montreal-born Bercovitch took evening courses at Sir George Williams University, one of Concordia’s two founding institutions, on his way to completing his BA in 1961. Upon graduation he was awarded the Governor General’s Medal for Literature.

He then headed to Claremont Graduate School (today called Claremont Graduate University) in California, where he earned his master’s degree and PhD.

Bercovitch then began an academic career that included positions at



SACVAN BERCOVITCH, PICTURED IN 1993

Columbia University, Brandeis University, the University of California and Harvard University. In 1983 he became the Charles H. Carswell Professor

of English and American Literature and Language at Harvard, where he remained until his retirement in 2001.

Bercovitch’s best known work is *The Puritan Origins of the American Self* (1975), in which he argued that the American Puritans saw New England as a shining example for the rest of the world, the root of the idea of American exceptionalism.

He wrote and edited many books on American literature and culture and received several awards for both teaching and scholarship, including the Hubbell Prize for Lifetime Achievement in American Literary Studies and the Pearson-Bode Prize for Lifetime Achievement in American Studies. ■

—Howard Bokser

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GREAT CONCORDIANS

MEET FOUR MORE
OUTSTANDING MEMBERS OF
THE UNIVERSITY FAMILY

The university began to share its impressive list of Great Concordians last fall — one each week over 40 weeks — as part of the celebration to mark its 40th anniversary.

Here are four more impressive Concordians whose achievements reflect positively on their varied fields. For the fully updated Great Concordians list and more details on each individual, visit concordia.ca/greatconcordians.

MAÏR VERTHUY: CHAMPION OF WOMEN'S STUDIES



When **Maïr Verthuy** began teaching French literature at Sir George Williams University in 1966, she was the department's lone female voice. She encouraged her colleagues to include works by French-speaking female writers in their reading lists, but it proved to be an uphill battle as women's studies were not yet established.

That changed in 1970, with the introduction of a philosophy course called *The Nature of Woman*, taught by Christine Garside and Greta Nemiroff. This initiative was quickly followed by similar efforts in other disciplines. The scholar helped lay the blueprint for Concordia's groundbreaking Simone de Beauvoir Institute, which opened in 1978 and was dedicated to women's studies. Verthuy became the institute's first principal.

A passionate advocate of women's rights, Verthuy has lent her expertise and energy to the Montreal Council of Women and UNESCO-related efforts in the Arab world.

Verthuy has written dozens of articles and books, including a monograph on Jeanne Hyvard, which earned Verthuy and co-author Jennifer Waelti-Walters the *Prix de l'Association des professeur(e)s de français des universités et collèges canadiens* (1986).

For her work as a feminist, Verthuy has been recognized with numerous academic, civic and national distinctions. She is a member of the Order of Canada (2012), a Chevalier in France's *Ordre des Palmes* (2001) and an honorary lifetime member of the Simone de Beauvoir Institute.

YUNG CHANG: PERFECTING THE CRAFT OF FILMMAKING



Yung Chang, BFA 99, is an award-winning filmmaker in a horizon-broadening genre: documentary. Since graduating from the Mel Hoppenheim School of Cinema, Chang has crafted four documentaries — three of them lauded feature-length films.

Up the Yangtze (2008) was the Concordian's first full-length feature and helped establish him as a storyteller. The work provides a compelling portrait of displacement as it follows people who've lost their homes to make way for China's Three Gorges Dam. *Yangtze's* accolades included Best Documentary at the San Francisco International Film Festival in 2008.

Chang's sophomore feature-length piece, *China Heavyweight* — which revolves around boxing, a sport once banned in the country — premiered at the 2012 Sundance Film Festival, where it was nominated for Best Documentary in the World Cinema competition. *The Fruit Hunters* (2012), based on the 2008 book of the same name by Adam Leith Gollner, BA 04, explores cultivators and preservationists of exotic produce. The film won the Grand Prize at the 2013 Festival international du film d'environnement in Paris.

Chang attributes part of his success to the engaging and rigorous education he received while in film school. He praises his professors for taking "the onus off the idea of having to make it in Hollywood" and instilling value in the craft of filmmaking. "They encouraged us to define our own vision. That's something I'll never forget," he adds.

**XAVIER-HENRI HERVÉ: ENGINEERING
A BETTER WORLD THROUGH INNOVATION**



Xavier-Henri Hervé, BEng 87, LLD 11, is a builder. He founded Mechtronix — a world leader in flight simulation — and has also piloted the company in executive roles that include president and chief operating officer.

Hervé continues to build at his alma mater, too. Along with fellow Mechtronix founder Joaquim Frazao, Hervé donated \$150,000 to Concordia's Society of Automotive Engineers' workspace — now known as Intelligent Machines World.

Furthermore, District 3 (D3) at Concordia — an ecosystem that brings together innovators from across disciplines — was engineered by Hervé. D3 serves as a start-up incubator, nourishing innovation by connecting students with necessary resources. D3's mission is, Hervé explains: "To sustainably drive the production of innovations from idea at one end of the cycle to market validation at the other end."

In recognition of his pioneering work, leadership and vision, Concordia awarded Hervé an honorary doctorate in 2011. Addressing the graduating class, he noted that innovation is about meeting the unmet need. "Crafting, creating and engineering a better world is your mission. Combine perseverance, alignment of emotions, true leaders around you, a global perspective, and your team will bring you the heaven of innovation."

**LORETTA MAHONEY: FIRST FEMALE
LOYOLA COLLEGE GRADUATE**



Loretta Mahoney, BSc 62, MBA 74, has a pioneering distinction — she and Gabrielle Paul, BSc 62, were the first female graduates of Loyola College.

Mahoney was looking for a "well-rounded education with Catholic philosophy" when she enrolled at Loyola in 1959, joined by fellow engineering student Paul.

"Girls Invade Campus for Co-Instruction," read a headline in the September 25, 1959, issue of *Loyola News*. Despite keeping a low profile in her first year, Mahoney quickly made a place for herself, contributing to college life and rising to the top of her class. When she graduated, Mahoney also became Loyola's first female valedictorian.

Mahoney's dedication to overcoming prejudice against women in the field of natural sciences earned her a place among Concordia's pioneers, leaders and visionaries. She remained committed to that cause as she rose through the ranks of the male-dominated energy sector, from analyst at the now-defunct Petrofina to director of Energy, Mines, and Resources with the Government of Canada.

Mahoney died in 2004. Yet her legacy lives on through the Loretta Mahoney Memorial Bursary, which she founded at her alma mater to encourage young female students to pursue undergraduate studies in engineering and computer science. ■

Discover what Concordia achieved first in Montreal, Quebec, Canada and the world at concordia.ca/concordiafirsts.


singing YOGA'S

From life philosophy to big business,
Concordia experts weigh in on the
growing significance of the ancient
Eastern practice in the West.

BY LOUISE MORGAN

JENNIFER MAAGENDANS, BA 00, OWNER,
DIRECTOR AND TEACHER AT LUNA YOGA,
WITH HUSBAND JASON KENT, BFA 01





"What we call yoga today dates back to the 12th- to 13th-century tradition of hatha yoga."

[[**A**aa-uuu-mmm..." I was at my first-ever yoga class, in 2002. When I heard the group chant that opening mantra, I was a little skeptical. Why were we chanting? I thought yoga was just exercise. It turns out it's a lot more.

What I discovered was a multifaceted practice that includes stretching, strengthening, breathing, relaxation, meditation — even spirituality. After that first class, my body felt limber and I felt alive. I was hooked, and within three years set off to India to deepen my practice; I arrived at an ashram nestled on a tropical riverbank — with 150 other yogis from around the world, keen to learn more. That's where my fascination with yoga philosophy began.

Yoga is many things to many people. For me, it's been a journey of self-discovery, a welcome relief from the stresses of daily life and an empowering support in times of difficulty. It's a vast subject that can be explored from many angles — which Concordia researchers are doing in greater numbers.

YOGA PHILOSOPHY: TRANQUILITY AND PEACE

For many, the word yoga evokes images of spandex pants and bendy bodies. Yet yoga as a route to physical fitness is largely a product of the 20th century, diverging significantly from its ancient Indian roots. "The word yoga itself might best be translated as 'discipline,'" says Shaman Hatley, associate professor in the Department of Religion, who teaches courses on the history and philosophy of yoga.



SHAMAN HATLEY

When the idea of yoga first came about — which records show was more than 2,000 years ago — it meant disciplining the mind through self-mastery techniques, primarily meditation.

"In the belief system of classical yoga, there is a fundamental duality between the spirit or core of one's being and the material world, including one's body-mind complex," Hatley explains. "Yoga meant the discipline of isolating

the spirit from matter, mainly through meditation, and achieving perfect tranquility and absolute peace."

Nearly 2,000 years ago, the Indian sage Patanjali defined yoga as the cessation of the fluctuations of thought. A foundational yoga text, his Yoga Sutras are still commonly taught in yoga teacher-training programs today. While Patanjali refers to disciplining the mind, yoga has come to encompass a wide range of bodily disciplines.

"What we call yoga today, centred on physical postures, dates back to the 12th- to 13th-century tradition of hatha yoga. Before that time, the postures spoken of in yoga texts were almost exclusively sitting postures for performing meditation," says Hatley.

In contrast to modern yoga, asceticism or self-denial had been a necessary component from ancient times. "There's a pronounced aim in the yoga tradition to conquer desire, to conquer the need to experience bodily comfort and pleasure, to overcome all kinds of limitations."

Attaining mastery over mind and body held metaphysical benefits, enabling the practitioner to distill spirit — one's true,



YASMIN FUDAKOWSKA-GOW, BA 04, OWNER, DIRECTOR, TEACHER AT YASMIN YOGA LOFT

divine self — from the lesser material world, uniting the spirit or soul and god.

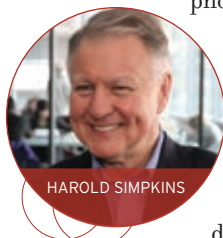
THE BUSINESS OF YOGA

Yoga started in North America as 1960s hippy counterculture and has exploded commercially over the last 15 years. Today yoga is big business. Spending on related products is \$27 billion annually in the United States. In 2012, 20.4 million Americans practised yoga, up 29 per cent from 2008.

Long-time celebrity advocates like Sting and Madonna have set an example. Yoga apparel retailers like Lululemon have made the practice fashionable. Star yoga teachers have themselves become brands.

The John Molson School of Business's Harold Simpkins, BA 67, MBA 78, senior lecturer in the Department of Marketing and academic director of the Marketing Co-op Program, suggests one reason for yoga's popularity today is our unprecedented attachment to electronic devices.

"Especially for young people who are hyper-connected or business people who are expected to respond to



HAROLD SIMPKINS

phone or text messages instantaneously, a yoga class is one of the few opportunities that allow them to legitimately disconnect," says

Simpkins. "Whether conscious or subconscious, yoga provides respite from having to be 'on' all the time." He adds, "Increasing anxiety levels in society and a pronounced decline in religious practice may make yoga's meditative and more neutral spiritual aspects an attraction for some."

Simpkins sees a growing market for seniors as the baby boom generation ages. "The same generation that popularized running in the 1970s got hooked on gym culture in the 1990s and is moving into the golden years, when gentler forms of exercise are beneficial," he says.

From gentler hatha to more challenging Ashtanga, a wide range of styles of physical yoga appeal to different populations. Special classes

target runners, expectant mothers and cancer survivors.

The market continues to grow as innovative new forms are emerging, such as aerial yoga, which uses acrobatic silks to aid body positioning and alignment, and stability building SUP yoga, performed on the water atop a stand-up paddleboard (SUP).

Is the business of yoga sustainable? With all its innovation, Simpkins believes it is.

HEALTHY AGING: BODY AND MIND

Physical inactivity costs Canadian taxpayers nearly \$6.8 billion annually, or 3.7 per cent of healthcare costs.

As the population ages, that number will likely grow unless Canadians get moving.

Physical activity and healthy aging go hand in hand, according to a study co-authored by Simon Bacon, assistant professor in the Department of Exercise Science, and published in the *British Journal of Sports Medicine*.



SIMON BACON

"The good news is you can start doing physical activity at any time — even when you're older — and you'll still get a significant benefit," says Bacon.

The eight-year study showed that while those physically active throughout their lives remained the most healthy — defined as free of major disease, depression, physical or cognitive impairment — even those who started exercising in their later years benefited significantly over those who remained inactive.

Looking at brain health, Bacon says exercise can slow the progression of cognitive decline in its early stages and reduce the onset of dementia. While Canadian guidelines call for 150

minutes of physical activity per week, Bacon suggests, "Something is better than nothing and more is better than less. The more active older people are, the lower the probability of falls."

He adds, "As we become more physically active, we grow muscle mass which helps support the body, and develop perceptual skills which improve balance."

Exercises like gentler forms of yoga do just that — and more. "Breathing is a great stress reducer. A slow, methodical breath, like they teach in yoga classes, can have a very positive effect on our stress hormones," says Bacon. "As you engage a number of muscles across the body moving through different yoga

poses, your body is better able to do the things you do on a regular basis, like walking upstairs, putting the groceries away." This keeps seniors autonomous and independent, maintaining a greater quality of life.

"All of these things combined can lead to feeling better overall," Bacon says.

CONNECTING WITH OUR BODIES

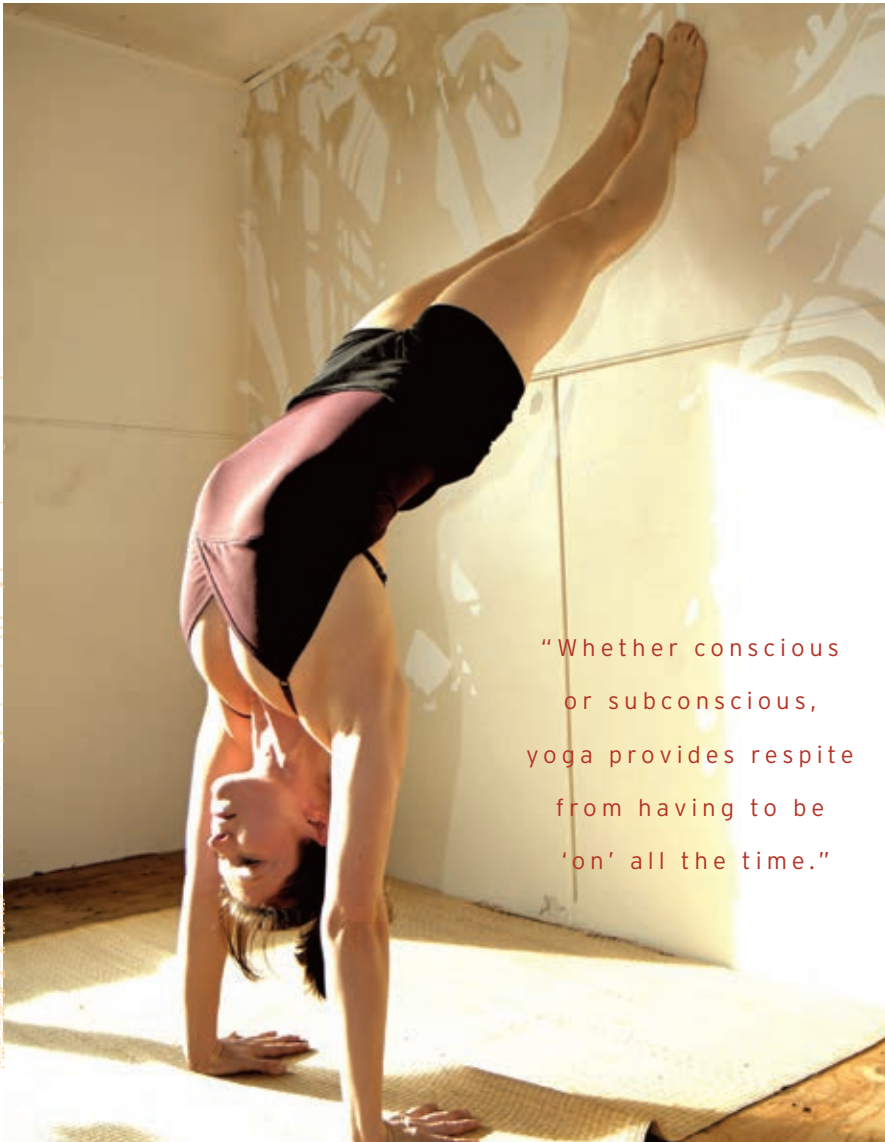
The experience of yoga can help practitioners develop a direct and intimate connection with their physical selves and affect their approach to life on other levels.

Vanessa Salvatore, MA 13, studied social and cultural aspects of yoga in Montreal for her master's research within the Department of Sociology and Anthropology. "Yoga encourages practitioners to examine and be in touch with the sensations that arise in bodily movements, both external and internal. As we explore physical poses — or asanas — we discover an evolving relationship with our body," says Salvatore.

She points out that as we allow ourselves to rest in a pose, we may notice the expansion of the lungs as we breathe. We may feel tightness in the hips or flexibility and ease. "It's interesting how we choose to receive this sensory information emotionally — with frustration, delight or acceptance. Some call it a heart opening, when we release judgment and surrender to what is," she says.

Visualization techniques can help deepen bodily sensation. "For example, a teacher might say, 'Be light as a feather.' That image allows you to open your mind to what that would feel like, which has a direct effect on your body," says Salvatore.

"Sense experience varies from one culture to the next. In the West, inner body awareness is a sense that is often overlooked or limited to the experience



HAMZA KUBBEA

REBECCA HALLS, BFA 09, FOUNDER AND DIRECTOR OF HOOPURBIA, AND TEACHER AT HER HOME STUDIO IN LOS ANGELES



ISABELLE LUNA GADBOIS

"Some call it a heart opening, when we release judgment and surrender to what is."

DAWN MAURICIO, BCOMM 05, SENIOR TEACHER AT NAADA YOGA

of pain," she says. "Yoga practitioners can eventually develop the ability to sense the exterior and interior body more expansively. Legends of master yogis tell of their capacity to sense and control their internal organs and bodily functions."

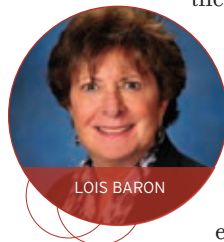
Just as we observe what arises physically, mentally and emotionally in our yoga practice, Salvatore explains, we can also question how we respond to situations off the mat — at work, at home and in our relationships with others — which can have a transformative effect on how we see the world.

TEACHING STRESS REDUCTION TO YOUTH

Life can be stressful at times for all of us — even children. Hectic schedules, social pressures and exams are all contributing factors.

"As studies show, an increasing number of children are presenting with anxiety-related disorders. There is a need for them to learn stress management tools they can carry with them throughout their lives," says Lois Baron, a professor emeritus in the Department of Education.

Relaxation training is an important element of school education, yet it is unclear how many teachers actually introduce it into their classrooms. "The key is to give kids the tools and skills that will help them deal with stressful situations to rebalance themselves," says Baron.



"Slow meditative movements like tai chi or yoga can be very helpful. The breathing involved in these or similar exercises is what is particularly important."

Breathing slowly and rhythmically from the lower abdomen is a basic relaxation technique. It has physiological and psychological effects, reducing the heart rate and producing a feeling of calm.

"Progressive relaxation — a guided tightening and releasing of body parts through the entire body — as well as visualization exercises have led to enhanced feelings of well-being," Baron explains. "For example, have the children feel they are soaring in the sky like a bird or sense they are on the beach

with their feet in the sand and warm sun on their skin."

Because the spectrum of anxiety disorders is so large, Baron points out the importance of finding a technique that works with each individual child. "Other options may include a 'meditative' time out, reading, even using a 'worry jar' where youth can park their anxieties momentarily."

Integrating relaxation and physical activity has been shown to increase concentration and attention as well as enhance mood, which ultimately can translate into improved achievement.

"Children who learn these techniques early in life can incorporate them throughout their lifetime as they manage themselves and respond to stressful situations," she concludes.

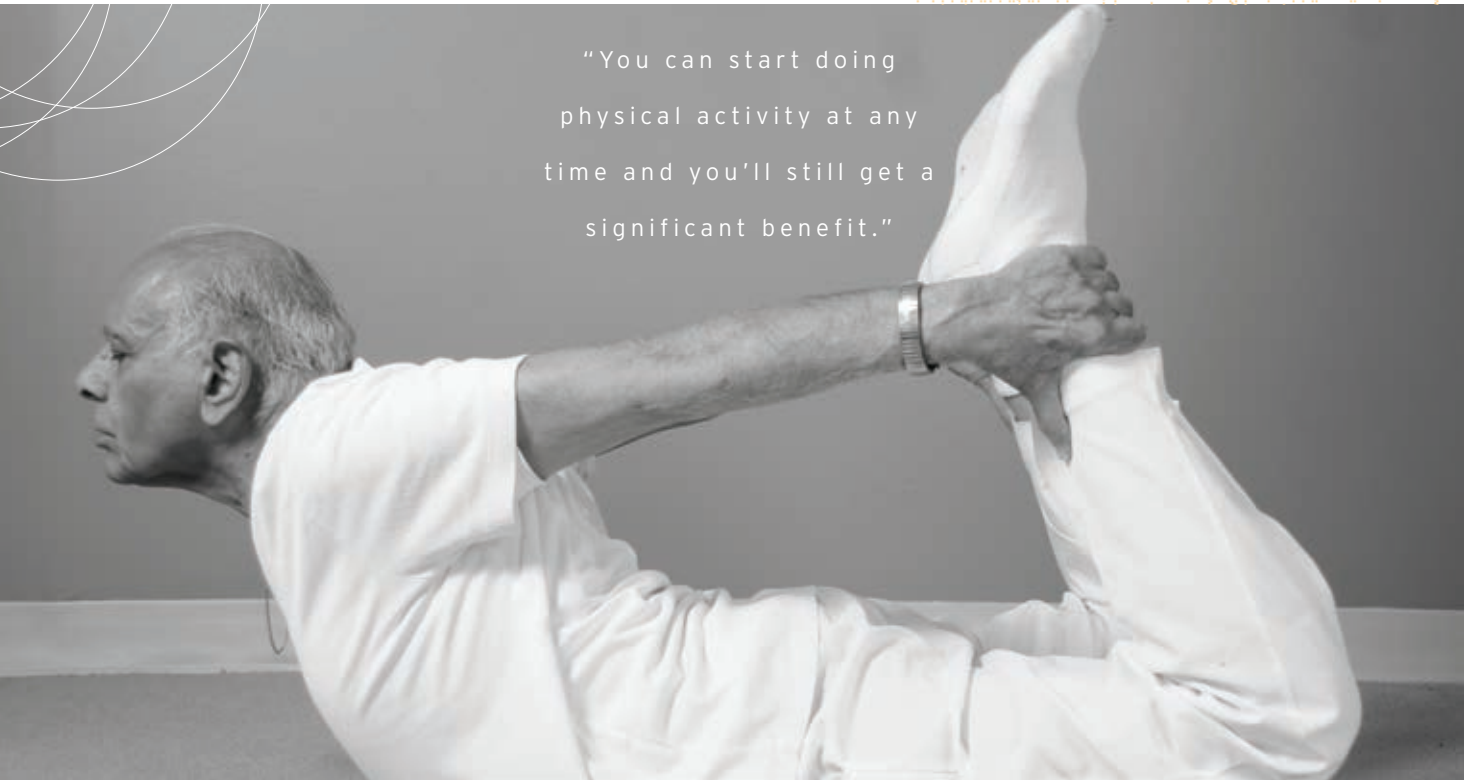
MINDFULNESS AND CHRONIC PAIN MANAGEMENT

As someone who has learned to manage chronic pain, Nicole Crouch, MA 14, set out in her master's research in creative arts therapy to examine the relationship between body and psyche. The two work together and affect how we make meaning out of our experiences. "At some point in their lives, 70 per cent of Canadians experience chronic pain, and many don't understand how their emotional life affects their perception of pain," says Crouch.

Therapeutic expression through art is used to explore experiences that are suppressed or difficult to talk about. "The stories and emotions around these experiences can stop us from releasing tension in the body, stopping the natural healing process. This can lead to chronic pain," says Crouch.

Mindfulness-based approaches are increasingly integrated into therapy to help patients delve deeper into their experiences and perceive them differently. As her own research subject, Crouch engaged in regular 30-minute mindfulness meditations: sitting still, observing her breath, sensations and thoughts. She then spontaneously made art, observed the art and described what she saw and how she felt.

"You can start doing physical activity at any time and you'll still get a significant benefit."



MADAN BALI, BA 80, FOUNDING DIRECTOR AT YOGA BLISS

"Investigating body sensation and seeing how it links up with the content in the artwork helps me to see what kind of meaning I ascribe to some of the pain in my body," she says. "This is very useful for helping patients develop a conscious awareness of how they relate to their own body experience, whatever it is," she explains.

Studies have shown that mindfulness can help people face life with a focus on the present moment without judgment. "In difficult circumstances, this may include facing and taking control of one's experiences and accepting one's limitations. It can be particularly effective for patients dealing with chronic pain, palliative care and end-of-life situations," Crouch says. "Mindfulness helps free up space that had been focused on negative thoughts and sensations. We are able to interrupt and adjust our perception of pain stimulation by controlling the attention we give to it. That's powerful."

THE POWER OF THE YOGA SPACE

Yoga studios often aim to evoke the practice's Eastern roots to create an air of authenticity and add a dimension

that's not available in a gym or fitness centre. For her master's thesis in the Department of Art History, Lauren Bird,

BFA 12, MA 14, set out to explore the space of the yoga studio.



Bird focused her research at a popular downtown Montreal studio, adorned with statues

and images of Hindu deities, depictions of chakras and the spicy aroma of Indian chai sweetening the air.

Most students Bird interviewed hadn't consciously thought about the space, yet when prompted, "They felt there were certain visual clues that their yoga practice had a lineage or history beyond their everyday experience," she says. "A few were turned off by the mystery or perceived Indian religiosity, while it made others feel they were engaging in something more than just stretching and breathing." Bird adds, "Being transported into another space or time when you enter the studio can help bring about a spiritual experience felt on a psychological level."

New meanings are associated with religious and cultural symbols as the practice evolves. "Modern yoga is actually a product of a complicated colonial exchange between India and the West in the last 100 years or so, with a past much messier and less linear than its modern image would lead us to believe," says Bird.

"In their nationalist fight against British colonial rule, Indians combined the physical culture of bodybuilding and gymnastics — very Western ideas — with their own history and religious traditions, developing the practice of postural yoga," she says. "Yoga as we know it today is very much a hybrid of East and West, ancient and modern, spiritual and secular." ■

Louise Morgan, GrDip (journ.) 99, is a communications advisor for Concordia's Advancement and Alumni Relations.

TEACHING the practice

Eight alumni yoga teachers offer insights to their experience with the ancient art.

MADAN BALI

BA (religion) 80

Founding director at Yoga Bliss, downtown Montreal

yogabliss.ca

Teaches: Bali

method (hatha-based therapeutic yoga)

Years practising: Over 75 (at 91 years old, he's still practising!)

Best thing about yoga: "It can improve the quality of our inner and outer lives, bring happiness to our relationships, focus and creativity to our jobs, and create healing and wellness."

Favourite posture: "Sarvangasana [shoulderstand] and halasana [plow]

nourish the brain and recharge our cellular batteries, which get run down with mental chatter, stress and emotions."

How did Concordia help your yoga career?

"I studied comparative religion – more the philosophical aspects of it. I just wanted to understand why humans suffer and to gain better insight into the whole process to try to solve the riddle of life."



YASMIN FUDAKOWSKA-GOW

BA (comm studies) 04

Owner, director, teacher at Yasmin Yoga Loft, Old Montreal

yasminyoga.com

Teaches: Ashtanga and ayurvedic yoga flow

Years practising: Nearly 20

Best thing about yoga: "It provides an



opportunity to train the body, focus the mind and free the spirit. It's like going to the gym, doctor and temple all in one!"

Favourite posture: "It changes depending on the day, but I'd say virasana [hero's pose] most consistently because it is a very comfortable pose for meditation, good for digestion and helps improve posture and healthy movement in the knees."

How did Concordia help your yoga career?

"My background in journalism and communications gave me the confidence and skills to write efficiently, speak in front of people, produce professional yoga videos and work well with others."

REBECCA HALLS

BFA (contemp. dance) 09

Founder and director of Hoopurba, and teacher at her home studio in Los Angeles

rebecca-halls.com

Teaches: Vinyasa, Iyengar alignment focused, Ashtanga inspired

Years practising: 12

Best thing about yoga: "It is a great

reminder of the inner world, return to true self, calmness and tranquility. I also find it fun!"

Favourite posture: "Eka pada rajakapotasana [king pigeon pose] provides hip opening, shoulder opening and a backbend all in one – ultimate freedom, liberation and relaxation all at once. Feels great!"



How did Concordia help your yoga career?

"I have studied many different styles of yoga and movement and, with my skills learned during my dance studies, I have been able to weave them into something unique and truly my own style."

JENNIFER MAAGENDANS

BA (human environment) 00

Owner, director, teacher at Luna Yoga, Old Montreal lunayoga.ca

Teaches: Jivamukti and Yoga Flo

Years practising: 15

Best thing about

yoga: "It's grounding. It brings you back to the present moment and reminds you to appreciate life. It also helps in dealing with stress. Plus it's a challenging and fun practice that keeps the mind and body strong and flexible."

Favourite posture: "Baddha konasana [butterfly or bound angle pose] is a simple, yet deep hip opener that I could stay in for a long time. It just feels good!"

How did Concordia help your yoga career?

"Concordia taught me to work hard, be persistent and get out of my comfort zone. My education in environmental studies has a strong influence on my teachings – our connection to the earth is a huge part of yoga."



DAWN MAURICIO

BComm (marketing) 05

Senior teacher
at Naada Yoga,
Montreal's Mile End

dawnmauricio.com

Teaches: Hatha

(inspired by ashtanga, Iyengar and vinyasa),
mindfulness yoga, Vipassana meditation

Years practising: 14

Best thing about yoga: "No matter how
long you stray from your practice, or how
tight or imbalanced you may be feeling or
have become, the practice is right where
you left it – and it doesn't judge you when
you come back."

Favourite posture: "Adho mukha vrksasana
[handstand] because it requires strength,
courage and playfulness – valuable
qualities for the everyday, not just when
practising handstand."

How did Concordia help your yoga career?

"Being a yoga teacher is like running
your own business in which you are the
brand. My marketing degree taught me the
importance of consistent branding – in my
online image and with what I teach and how
I live as a teacher."



TERRI MCCOLLUM

BA (religion) 09

Teacher at Ashtanga
Yoga Montreal,
Sattva Yoga Shala
and Le Studio de
Wanderlust, Montreal

teresamccollumyoga.com

Teaches: Ashtanga with a technical/
alignment focus

Years practising: about 25

Best thing about yoga: "Its many, many
layers and challenges. There is so much to



learn and experience."

Favourite posture: "I like postures that
challenge. I don't mean physical contortions
necessarily; sitting in a comfortable
seat can be incredibly challenging. I like
it when I am confronted with a mental
or psychological challenge and have
the opportunity to go deep inside to
understand the discomfort."

How did Concordia help your yoga career?

"I studied Asian religion and South Asia
studies, so what I learned I use every day in
my teaching."

MELANIE RICHARDS

BA (comm. studies) 02

Founder, owner,
teacher, director at
HappyTree Yoga,
Westmount, Que.

happytreeyoga.com

Teaches: Hatha, yin
and gentle yoga

Years practising: 13 years

Best thing about yoga: "Yoga is a
doorway to a deeper and more meaningful
connection with myself, the people around
me and life."

Favourite posture: "Surya namaskar
[sun salutation], seated meditation and
matsyasana (supported fish), especially
after a long day hunched at the computer!"

How did Concordia help your yoga career?

"I studied communications, and loved every
minute of it! It taught me to see a project
through in a team setting. That's the basis
of what I do every day, developing teacher
training programs and marketing strategies
for my studio."



BRIAN TUCK

BA (hum. rels.) 11

Teacher at
HappyTree Yoga,
Enso Yoga, Victoria
Park, Loisir Vista
Senior Residence,
Montreal area

Teaches: Hatha, hot, flow, yin and chair

Years practising: 10

Best thing about yoga: "It literally healed
me. As a young adult, I had an illness that
affected my kidneys and lungs. Doctors said
I may never be able to run for a bus again.
That's when I started yoga and today I run
half-marathons. I've never been healthier
and I owe it to yoga."

Favourite posture: "At the top of my list to
practise more are the postures that aren't
my favourites, like utkatasana [chair pose]
and adho mukha vrksasana [handstand]."

How did Concordia help your yoga career?

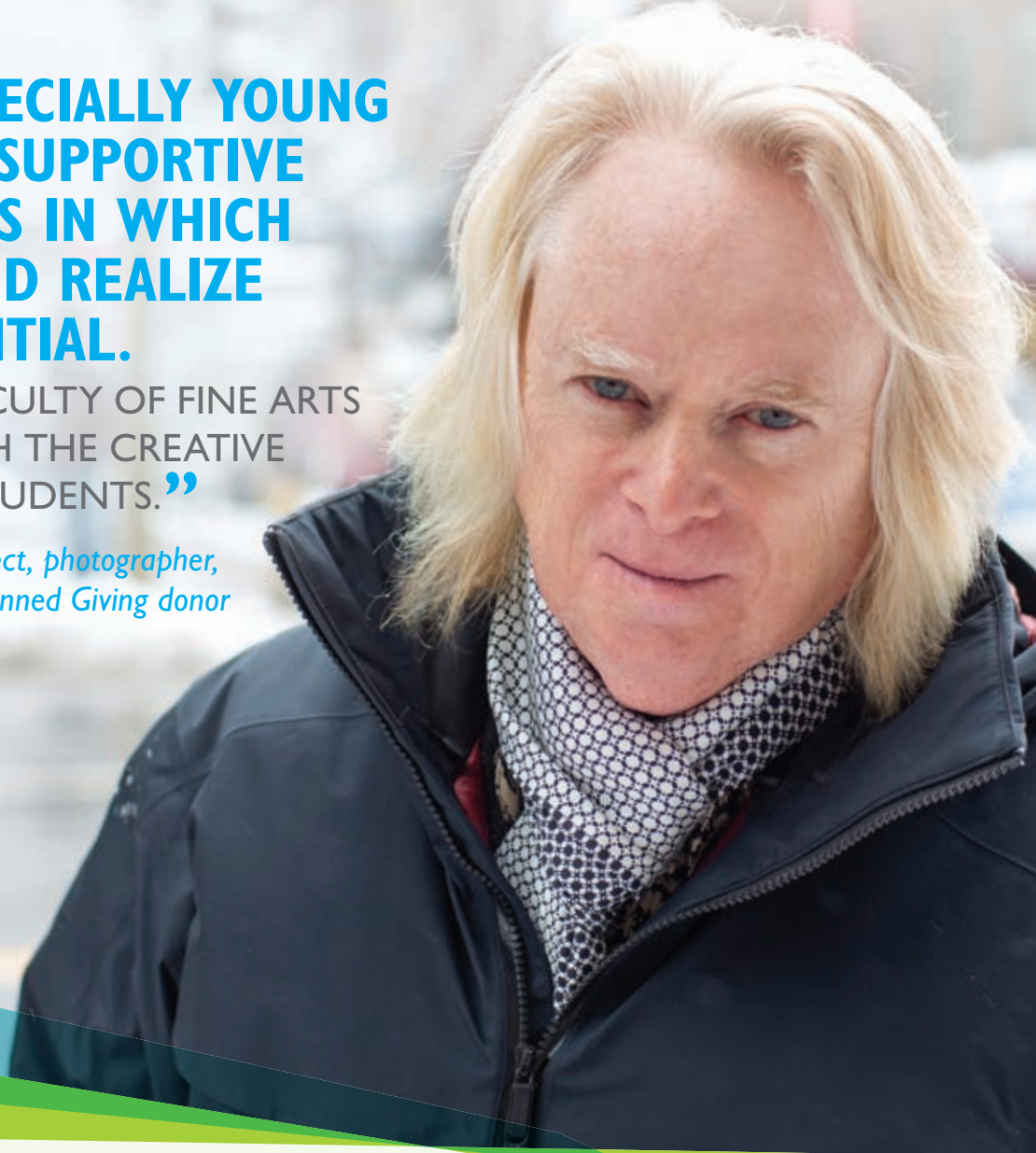
"My BA in human relations taught me
how to work with people: communication
and conflict-resolution skills, how to lead
groups, identify my own limitations
and improve."



“ARTISTS, ESPECIALLY YOUNG ONES, NEED SUPPORTIVE COMMUNITIES IN WHICH TO GROW AND REALIZE THEIR POTENTIAL.

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– Charles C. Gurd, architect, photographer, painter and Concordia Planned Giving donor



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CONCORDIA'S LANTHANIDE RESEARCH GROUP, LED BY THE DEPARTMENT OF CHEMISTRY'S JOHN CAPOBIANCO, WORKS TO BETTER CANCER THERAPY OF THE FUTURE

BY PATRICK MCDONAGH

	57 La 138.91	58 Ce 140.12	59 Pr 140.91	60 Nd 144.24	61 Pm (145)	62 Sm 150.36	63 Eu 151.96	64 Gd 157.25	65 Tb 158.93								
57 La 138.91	89 Ac (227)	58 Ce 140.12	90 Th 232.04	59 Pr 140.91	91 Pa 231.04	60 Nd 144.24	92 U 238.03	61 Pm (145)	93 Np (237)	62 Sm 150.36	94 Pu (244)	63 Eu 151.96	95 Am (243)	64 Gd 157.25	96 Cm (247)	65 Tb 158.93	97 Bk (247)
	89 Ac (227)	90 Th 232.04	91 Pa 231.04	92 U 238.03	93 Np (237)	94 Pu (244)	95 Am (243)	96 Cm (247)	97 Bk (247)								

Diana Rodríguez Burbano holds a nanoparticle sample in a quartz tube in front of a 980-nanometre (nm) diode laser, and its contents begin to glow. “It’s orangy-red,” says John Capobianco, professor in the Department of Chemistry and the Concordia University Senior Research Chair in Nanoscience. The glow, which emanates from nanoparticles doped with lanthanide ions, may one day light the way to more effective cancer diagnosis and therapy.

Capobianco directs the Lanthanide Research Group, currently including post-doctoral fellow Nicoleta Bogdan, doctoral candidates Rodríguez Burbano, Paola Rojas Gutiérrez and Ana Maria Ibarra Ruiz, master’s student Qiang Ying Li, and undergraduate research student Rachel Hall. The lab is unusual for its high ratio of female researchers and while many male students have in the past worked under Capobianco, today’s roster reflects the increase of women in the hard sciences.

The team is also an international squad. Bogdan hails from Romania; she

did her PhD research at Université du Québec à Montréal, with Capobianco as one of her co-supervisors, and joined the lab after completing her doctorate in 2009. Rodríguez Burbano, Rojas Gutiérrez and Ibarra Ruiz come from Colombia; Li arrived at the lab from China.

“Our focus is the detection, imaging and therapeutic treatment of disease,” says Capobianco. Together the group is helping to shape the cancer therapy of the future: a diagnosis, bio-imaging and drug delivery system that is non-invasive, non-toxic and highly efficient. “This vision is still a dream,” he stresses. “Lots of work needs to be done.” That work includes overcoming some formidable challenges, starting with building and adapting the lanthanide-doped nanoparticles to fit the job envisioned for them.

The lab synthesizes most of its own nanoparticles — usually inorganic nanocrystals of sodium gadolinium fluoride or sodium yttrium fluoride — and “dopes” them with lanthanide ions, so one primary concern is understanding the structures and

qualities of these nanoparticles, as well as identifying the processes that might subtly alter these qualities for particular purposes. “It’s not so easy to synthesize these nanocrystals,” says Rojas Gutiérrez, whose efforts focus on refining the nanocrystals for drug delivery. “It requires a lot of patience and perseverance.”

NOT-SO HIDDEN MINERALS

Over the years Capobianco’s graduate students have carried out research to understand the lanthanide dopants in the nanoparticles. Lanthanides, the 15 elements between atomic numbers 57 and 71 on the periodic table, are also known as the “rare earths,” as they were once (mistakenly) thought to be uncommon. Although the scientific community now frowns on the “rare earth” designation, even the formal Greek name *lanthanein* means “to lie hidden” — likely because these elements are very difficult to separate from the minerals in which they are found. But under the right circumstances, lanthanides are anything but hidden — indeed, they shine out.



LESLIE SCHACHTER

TEAM MEMBERS OF CONCORDIA'S LANTHANIDE RESEARCH GROUP INCLUDE (FROM LEFT) ANA MARIA IBARRA RUIZ, PAOLA ROJAS GUTIÉRREZ, NICOLETA BOGDAN, RACHEL HALL AND DIANA RODRÍGUEZ BURBANO.

“Imagine the rungs on a ladder. When you excite at low energy, you take an electron from the bottom rung to a higher one and emit light of higher energy.”

"The lanthanides have very interesting properties, especially the fact that they can emit light in the ultraviolet, visible and near-infrared region through a process called 'upconversion,'" Capobianco says. What this means is that irradiating the lanthanide ions with low-energy radiation from a simple and inexpensive 980-nm diode laser, thus "exciting" it, causes it to glow — just as with Rodríguez Burbano's nanoparticles sample. "Lanthanides can be excited at low energy and produce emissions at high energy, and they can do this because they have distinct and evenly spaced energy levels," explains Capobianco. "Imagine the rungs on a ladder. When you excite at low energy, you take an electron from the lower level — the bottom rung — to a higher one and emit light of higher energy."

The upconversion phenomenon was first noted in the late 1960s, but upconverting lanthanide ions doped in nanoparticles emerged only in the late 1990s. Capobianco's lab was in the vanguard of that research — indeed, Capobianco has been working with lanthanides for over 30 years. "When we first started this nano-research in the 1990s, we did a lot of work to understand where the lanthanides are located in the nanoparticles, how they are spatially distributed and how long their excited state will last," he says. The team used high-powered laser equipment to compile this basic knowledge.

Capobianco then learned to synthesize lanthanide-doped nanoparticles and control their morphology, beginning a shift from fundamental to applied research — and then more narrowly to biomedical applications. "We incubated the nanoparticles into a cell culture in the lab to see if we could get an image by exciting the lanthanides with the laser," he recounts. "We found that nanoparticles are taken up by the cells through endocytosis, a process in which the cell engulfs molecules sitting on its surface. And by using the infrared laser, we could get an image of the cell."

A major advantage of the low-energy

infrared laser is that it can penetrate well below the body's surface, and then produce images with less scatter and a stronger focus than UV or visible light can provide.

So the nanoparticles could be injected into cells and then the lanthanides could be excited, tracking the whereabouts of these particles. Of course, this is of little practical use if they travel aimlessly in cells; for diagnostic bio-imaging, the lanthanide-doped nanoparticles need to connect to the right cells. "That's a real challenge! Imagine the number of cells in the body — there are something like 10^{14} in someone weighing about 70 kilograms," says Capobianco.

Think of the nanoparticle as a vehicle — like a tiny ambulance — travelling through the human body: it needs something to tell it how to find the accident scene. While it isn't possible to develop a global positioning system for travelling within the body, or even within an in vitro cell culture, Capobianco's lab, collaborating with biomedical researchers, has identified a chemical beacon that will allow the nano-ambulances to home in on their destination. Certain cancer cells over-express different molecules — that is, they send out specific chemicals that can be used as signals identifying the cells as malignant. So Bogdan, the team's resident targeting expert, is building on earlier research to outfit the nanoparticles with molecules that would be drawn to connect with the cancerous cells' over-expressed molecules — thus offering the possibility of a tool for early diagnosis. The team has shown that, at least in vitro — that is, in the lab — this compound will act as the driver guiding the nano-ambulances to the cancer.

NANO-AMBULANCE ON THE WAY

If there is no cancer, the nanoparticles will have no beacon to guide them, and so will not conglomerate anywhere; if there is a cancer, they will be led to the chemical beacon and will cluster around the malignant cells. Once at the cancer zone, the lanthanide molecules start to earn their passage on the nano-ambulance. Their first job is to set up

THE COLOMBIAN CONNECTION



The Lanthanide Research Group team has a strong Latin connection these days. Diana Rodríguez Burbano, Paola Rojas Gutiérrez and Ana Maria Ibarra Ruiz all graduated from Bogotá's Universidad de Los Andes, one of the most respected academic institutions in the country. Rodríguez Burbano, who has Concordia's Stanley G. French Graduate Fellowship and a scholarship from the Colombian government, arrived in 2010 to begin research in John Capobianco's lab as a master's student; eventually she fast-tracked into the doctoral program, and is now close to completing her PhD. "I like working in something that will have an application," she says. "It is not research that is going to stay in the lab."

Rodríguez Burbano then told her friend and former classmate Rojas Gutiérrez, who arrived two winters ago on a privately funded scholarship from Colombia; she has also received a Concordia International Tuition Fee Remission Award. The change in cultures and environments was not easy. "My first winter was very tough," says Rojas Gutiérrez. "But I used to play roller hockey in Colombia, so this winter I began playing ice hockey with people on an outdoor rink in the middle of a park. I wanted it to be freezing so I could play hockey!"

In January 2014 they were joined by the third, Ibarra Ruiz, who received both the Frederick Lowy Scholars Fellowship and an Arts and Science Graduate Fellowship. "Diana was my TA, and I studied with Paola in Bogotá," says Ibarra Ruiz. "They knew what kind of work I was doing and told me about Professor Capobianco. I looked at his research, got really interested, and here I am!"

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90

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93

94

95

96

97

Np

(237)

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(244)

Am

(243)

Cm

(247)

Bk

(247)

CANCER NUMBERS IN CANADA

Cancer Canada predicted that 97,700 men and 93,600 women would be diagnosed with cancer in 2014, and 40,000 men and 36,000 women would die from it. Indeed, according to the most recent statistics, cancer is the cause of death for almost 30 per cent of Canadians; 45 per cent of men and 41 per cent of women can expect to contract some form of cancer at some point in their lives.

the flares that say, “This is the danger area!” — serving as both diagnosis and imaging. A low-energy infrared scan will cause the lanthanides to glow, marking the tumour and showing how large it is. This non-invasive imaging has the potential to offer quick and reliable diagnoses, but much work remains to be done — improving reliability and ensuring safety, for instance — before it can be tested in humans.

Recently Rodríguez Burbano has been developing a new imaging approach that draws on nanophosphors doped with divalent and trivalent lanthanide ions to emit persistent luminescent light that requires charging outside the body. Once injected, the nanophosphors emit light under no excitation, which she hopes will maximize the reliability, brightness and lifespan of the emissions, making a more effective imaging tool.

If the nano-ambulance can find the cancer cells, its logical next job is to kill them. “To do this we have to attach some kind of therapy cargo to the vehicle,” says Capobianco. “But that means we also have to figure out how it is going to act once it is at the cell.” Cancer therapies include photodynamic, chemical or thermal approaches to killing the cells, and the lab is exploring all of these.

Photodynamic therapy, sometimes called photochemotherapy, involves

using a photosensitive drug — that is, one activated by light — to produce a highly reactive form of oxygen called singlet oxygen, which then destroys cancer cells. Today, this is carried out by injecting the patient with the drug and then using visible light to scan the tumour site to release the drug; but the drug is not targeted so patients must stay out of the sunlight after receiving injections to avoid releasing the drug throughout the body, leading to the death of healthy cells as well.

If a photosensitive drug can be delivered directly to the cancer cell by the nanoparticle and then activated by light at one of the wavelengths that can be produced by the excited lanthanides, the therapeutic process would be safer and more efficient. So Capobianco looked on the market for a drug that would absorb light at one of the lanthanides’ wavelengths and thus produce singlet oxygen. Temoporfin, a drug approved in Europe, fit the bill. One of his previous graduate students, Jessica Yu, modified the drug, attached it to the nanoparticle, and irradiated it to produce singlet oxygen. The results: the drug killed 75 per cent of the cancer cells in *in vitro* experiments.

OTHER APPLICATIONS

The lab is also exploring chemotherapeutic applications. The lab attached doxorubicin, a chemotherapy drug, to the nanoparticle, and then used light from the upconverted lanthanides to prompt a photochemical reaction breaking the bond with the nanoparticle, releasing the drug into the cells and killing them. Currently, Rojas Gutiérrez is exploring another way of delivering the drug using modified lipids with a photosensitive azobenzene molecule that built up liposome structures. “The drug is carried in these liposomes. In the moment we irradiate with 980-nm light, it causes a disruption in the struc-

ture and releases the drug,” she says.

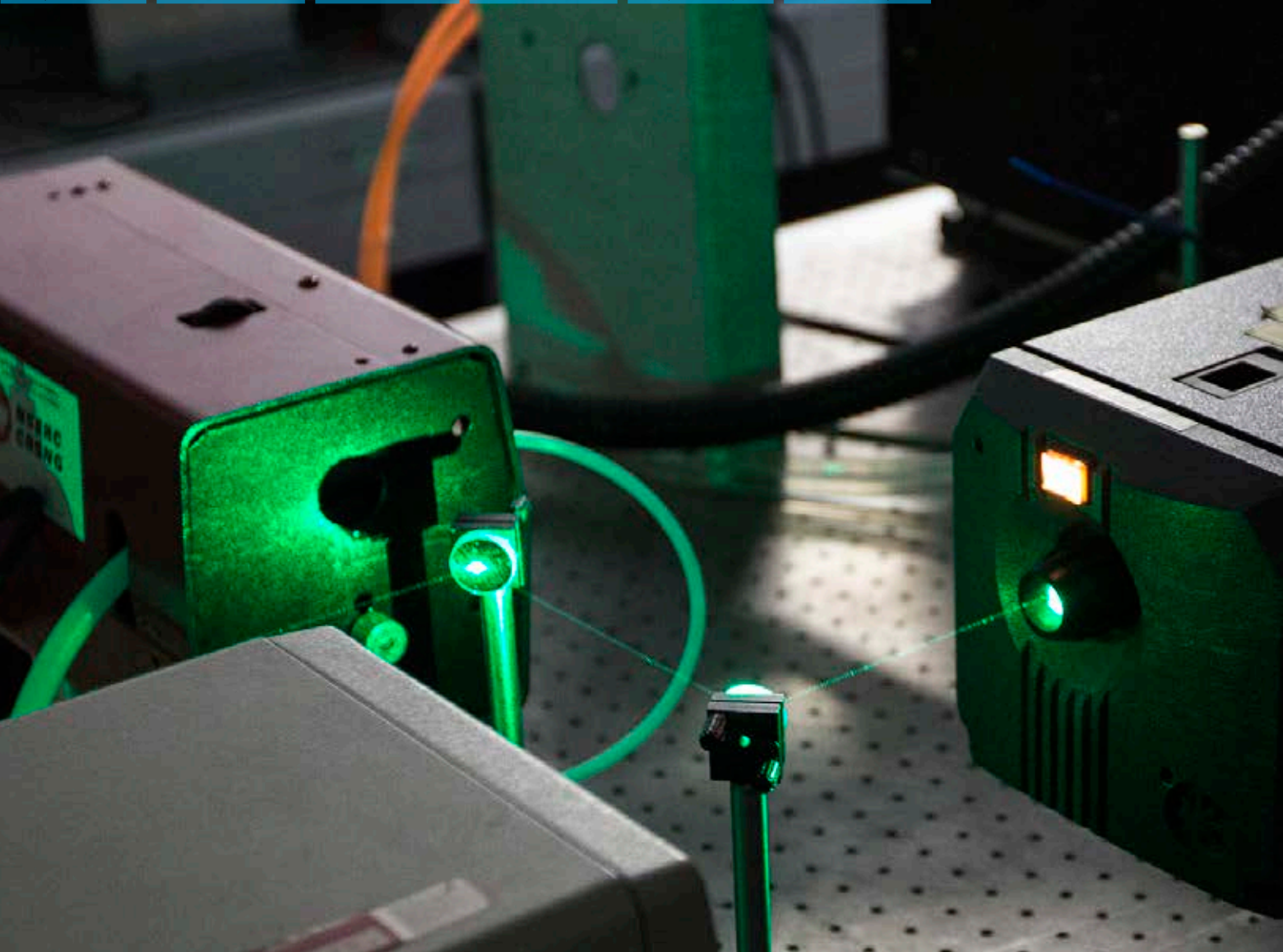
The lab’s latest endeavour is the responsibility of its newest member, Ibarra Ruiz, who arrived in January 2014 and is building hybrid nanoparticles for bio-imaging. “I’m trying to combine nanoparticles with quantum dots, which will have more desirable bio-imaging properties,” she explains. “Upconverted nanoparticles are not as bright as quantum dots, but quantum dots also are quite toxic. The hybrid is supposed to improve brightness and lower toxicity by confining the quantum dot in the core of the nanoparticle. This way we can avoid this toxicity while keeping the desirable property.”

This innovative and challenging work offers the possibility of more effective imaging that could one day help turn the lab’s vision into reality. Indeed, while using lanthanide-doped nanoparticles for bio-imaging and drug delivery shows promise in the lab, its use in humans remains far off in the future. But the proof of principle exists — Capobianco’s lab has proved that these tiny nano-ambulances can be used to detect, image and treat cancer cells.

Capobianco is proud of his teams, present and past, and their research. Certainly his colleagues locally and abroad have taken note of the Lanthanide Research Group’s endeavours: he can point to a huge number of awards, cover-story articles in leading journals, and international collaborations for both himself and his team members. And he is clear about where to place the credit. “I have always said my success — if one wants to call it that — has been from graduate students, because they’re the ones in the lab doing the work,” he stresses. “I’ve been very fortunate in my 30 years at Concordia. I have had excellent graduate students.” ■

Patrick McDonagh, PhD 98, is a Montreal freelance writer.

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THE LANTHANIDE RESEARCH GROUP, WHICH IS HOUSED IN THE RICHARD J. RENAUD SCIENCE COMPLEX ON THE LOYOLA CAMPUS, USES HIGH-POWERED LASER EQUIPMENT FOR THEIR SCIENTIFIC INVESTIGATIONS.

57 La 138.91	58 Ce 140.12	59 Pr 140.91	60 Nd 144.24	61 Pm (145)	62 Sm 150.36	63 Eu 151.96	64 Gd 157.25
89 Ac (227)	90 Th 232.04	91 Pa 231.04	92 U 238.03	93 Np (237)	94 Pu (244)	95 Am (243)	96 Cm (247)

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Why does gender shape who you are?
How does storytelling reveal identity?
Where do you draw the line between personal, private and public?

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THURSDAY, FEBRUARY 5

DIGITAL LIFE, DIGITAL IDENTITY

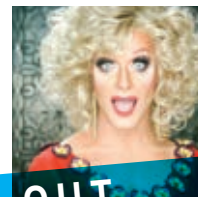
A conversation about the internet, fiction and the future.

Fenwick McKelvey, internet researcher and assistant professor in Concordia's Department of Communication Studies, and author William Gibson talk about the relationship between fiction, the future and the digital technologies that share our lives. How does the digital shape you?

Conversation: 7–8:15 p.m.

Book signing: 8:30 p.m.

D.B. Clarke Theatre, Henry F. Hall Building
1455 De Maisonneuve Blvd. W.
Sir George Williams Campus



SOLD OUT

MONDAY, FEBRUARY 16

GENDER PERFORMED

A conversation about sex, gender, theatre and politics.

Emer O'Toole, assistant professor in Concordia's School of Canadian Irish Studies, and Panti Bliss, performer, author and activist, talk about what shapes sex and gender and how we express who we are. Are you what you wear?

Conversation: 7–8:15 p.m.

Book signing: 8:30 p.m.

D.B. Clarke Theatre, Henry F. Hall Building
1455 De Maisonneuve Blvd. W.
Sir George Williams Campus

#CUtalks

 Concordia University
Alumni Association



MONDAY. MARCH 9

STORYTELLING IDENTITY

A conversation about writing who we are.

Kate Sterns, assistant professor in Concordia's Department of English, and Joseph Boyden, author, talk about how and why we write stories, and how they reflect who we are.

Conversation: 7–8:15 p.m.

Book signing: 8:30 p.m.

D.B. Clarke Theatre, Henry F. Hall Building
1455 De Maisonneuve Blvd. W.
Sir George Williams Campus



MONDAY, MARCH 30

CURATING LIFE

A conversation about what's private and what's public.

Erica Lehrer, Canada Research Chair in Post-Conflict Memory, Ethnography, and Museology at Concordia, and broadcaster and author Jonathan Goldstein talk about what we call private, personal and public in our stories and what it reveals about us.

Conversation: 7–8:15 p.m.

Book signing: 8:30 p.m.

D.B. Clarke Theatre, Henry F. Hall Building
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IRVING LAYTON AWARD FOR CREATIVE WRITING: POETRY



Each year, Concordia's Department of English hands out prizes for excellence in the studies of English literature and creative writing. The Irving Layton Awards for Creative Writing, worth \$500 each, are given to undergraduate students for works of poetry and fiction.

To qualify for the poetry award, students must submit a portfolio of one or several poems.

The 2014 poetry award recipient was Jacqueline Hanna. Hanna expects to graduate this spring with a joint honours in English and creative writing, then hopes to pursue a master's in creative writing. The Montreal native says her award-winning poem, *barging in*, was inspired by the Canadian literature she read in her program.

barging in
By Jacqueline Hanna

All afternoon wide Port Moody's schooner
baits my interest. Lithest, no schooner
clips along beside her, each schooner
daft as a flat ale, or some Moses schooner
edging out Nile-lazy. Hot gusting swells, and schooner
facile in morning grows afternoon gauche, tho' schooner
given half a chance might schooner
half a chance redeem, I chide. Hitting Big Schooner
Island out near Halifax. Or Schooner
Joliette I imagine whale watching, tall Schooner
Kootenays, or Confederation Schooner,
legislative big bateau Senate Schooner
marking off the long territories. Schooner
northwinding runs out of breath. Arctic schooner
opposed, motion melted and defeated. Schooner
parliament won't let anyone new aboard the schooner:
quaint policy that'll bite back schooner
rather than later. I look again, blue schooner
slipping down the dime, jingling schooner
to jingling schooner, & think of old Mac, one schooner
under flag and crown. Bowing out, schooner
veers portside at the thought. Then bright red schooner,
wagon-red, grabs the knots Schooner
X laid out, like Bell's tin cable. Schooner
yowling starboard, then flanked, schooner
zinger received, copy: never go it alone, schooner.

HOW SLEEP DI
IS LINKED
GAIN IN KIDS

CONCORDIA GRADUATE
STUDENT RESEARCH ADDS
TO OUR SOCIETY'S
KNOWLEDGE

RESEARCH

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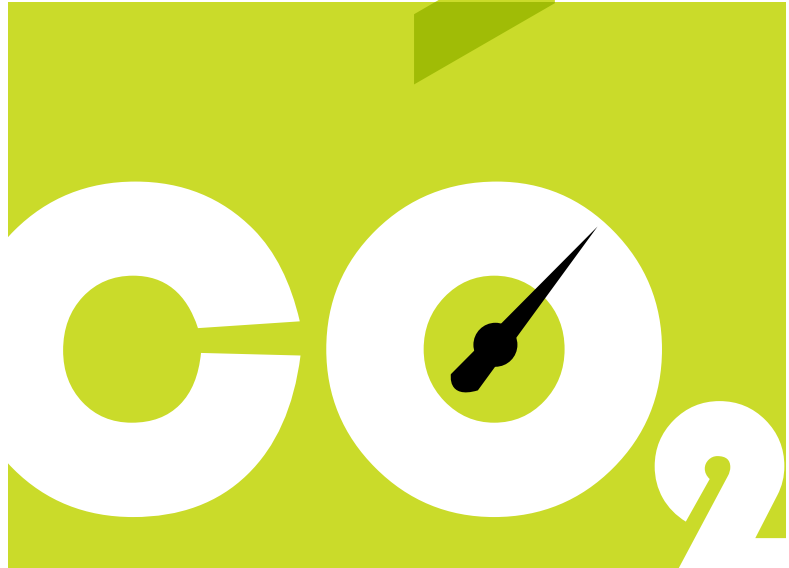
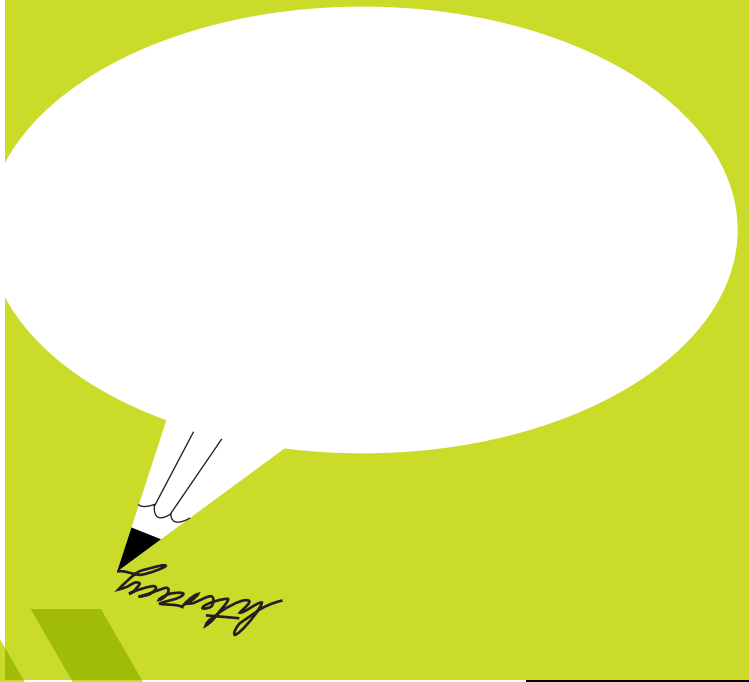
ENVIRONMENTA

STORY TELLING

ILLUSTRATIONS BY
CHRISTOPHER ALLEYNE
IMAGES STEPHEN PAN

BET

DEPRIVATION
TO WEIGHT
ADVANCING
FOR ALL
ASCULINITY:
CANCER AND
EATING PULP
WATER: AN
NECESSITY
G: A MODE TO
TER WRITING





“The mission of the university is all about knowledge, both transferring and creating it.”

When Sir George Williams University and Loyola College joined forces to form Concordia University in 1974, they were distinct in many ways, yet shared an important quality: a strong emphasis on undergraduate education.

While that objective has remained constant throughout Concordia’s history, more recently the university has prioritized graduate education and research.

Enrolment figures bear that out: in the past five years alone, Concordia has seen the number of students in master’s, doctoral and graduate diploma and certificate programs jump by 28 per cent, to about 7,900, accounting for about 18 per cent of all students at the university.

In 2013-14 Concordia awarded 166 PhDs, a 34 per cent increase from five years before.

“The presence of grad students changes the whole feeling of their departments,” says Paula Wood-Adams, Concordia’s dean of Graduate Studies. “They interact with undergraduate students and professors, creating a more stimulating atmosphere.”

About a third of grad students conduct thesis-based research — developing insight into a wide array of fields, ranging from art education and accountancy to mechanical and industrial engineering and theological studies.

“The mission of the university is all about knowledge, both transferring and creating it. And graduate student

research is an important factor in creating new knowledge,” Wood-Adams says. “It brings benefits beyond our walls, such as helping develop new industries or influencing government policies.”

The success of Concordia’s graduate education push has put the need for graduate student support in relief, she adds. “About 70 per cent of our thesis students receive financial support from the university. On average, the funded students receive \$14,000 per year — other similar Canadian universities typically offer between \$18,000 and \$20,000 per year for their thesis students.”

The university has been a leader in offering new information to the general public. As part of its open access philosophy, Concordia launched Spectrum, a thesis repository freely available online (spectrum.library.concordia.ca), in 2009. Since then more than 500 new theses are placed on the site each year.

“As soon as a thesis is accepted, it is added to Spectrum, and within a day or two it’s picked up by Google,” Wood-Adams says. “This makes the information enormously accessible.”

The following pages present recent research projects by graduate students under the supervision of professors in Concordia’s four academic faculties. Their efforts display the diversity and relevance of graduate research at Concordia.

As Wood-Adams says, “Graduate researchers’ pursuit of knowledge helps drive a university.”



“Want a healthy child? Start with sleep.”



DENISE JARRIN

HOW SLEEP DEPRIVATION IS LINKED TO WEIGHT GAIN IN KIDS

Denise Jarrin, MA 08, PhD 12, is troubled by the alarming numbers of overweight and obese children in Canada.

“Obesity is a significant risk factor for several chronic illnesses, and it contributes to the economic burden of society,” says Jarrin, a graduate of Concordia’s Department of Psychology. “Many obese children will grow up to become obese adults who will be plagued with life-long health conditions. This is a societal concern.”

Jarrin dedicated her Concordia research to better understanding the causes of childhood obesity. During her

graduate work she found that sleep, or lack thereof, is a major contributing factor in weight status among children.

SHORT SLEEP = HEAVIER WEIGHT

“Short sleep duration has been consistently associated with heavier weight, even among children,” she says. “Until now, we didn’t really know how this happens. Both my master’s and doctoral work at Concordia examined how the body responds to shorter sleep and how these physical changes may lead to heavier weight and larger waists.”

Jarrin, with the support of her supervisor Jennifer McGrath, an associate professor in Concordia’s Department of Psychology and director of its Pediatric Public Health Psychology Lab, looked at heart rate variability (HRV) as a measure of autonomic balance and as a stress-response indicator. Autonomic balance indicates if the body’s fight-or-flight system is properly reacting and

functioning well in response to daily activities.

“We hypothesized that chronic lack of sleep leads to an imbalance of the body’s autonomic system, as well as hormone dysregulation. Autonomic imbalance and altered hormone secretion, in turn, leads to increased appetite, especially for salty and fatty foods,” she says.

Jarrin’s findings showed that heart rate variability was, indeed, a plausible link between poor sleep and obesity among children and adolescents. “Our study is the first to show that autonomic imbalance, as measured by HRV, partly explains how inadequate sleep could lead to obesity. This work emphasizes the importance of good sleep routines during childhood and adolescence,” says Jarrin.

DENISE JARRIN, MA 08, PHD 12, STUDIES

INSOMNIA AND HOW POOR SLEEP MAY

CONTRIBUTE TO CANADIAN CHILDREN

BECOMING OVERWEIGHT. AS PART OF HER

CONCORDIA GRADUATE RESEARCH, SHE

FOUND THAT AUTONOMIC IMBALANCE IS

A PLAUSIBLE LINK BETWEEN POOR SLEEP

AND RISK FOR CHILDHOOD OBESITY.

IMPROVED SLEEP = IMPROVED WEIGHT?

Jarrin suggests that the association between lack of sleep and weight status might be reversible. "I believe that better sleep, combined with other healthy lifestyle behaviours, can lead to improved autonomic regulation and reduced risk for obesity," she says.

What does this mean for parents? They need to establish consistent routines and good sleep patterns for their children.

"Want a healthy child? Start with sleep," says Jarrin. "Children should sleep between eight and 10 hours each night and adolescents should get between eight and nine hours. And it is not just about the amount of time spent sleeping — a steady routine is especially important. Youth should get to bed early rather than late, with regular bedtimes and wake times, even on weekends. Bedrooms that promote sleeping are cool, quiet spaces without televisions or electronic gadgets such as phones or tablets."

SUPPORT AT CONCORDIA

Jarrin credits Concordia's supportive environment and McGrath's lab in

helping her successfully complete her graduate studies. "This was the first sleep study completed in the Department of Psychology and I was fortunate to be part of such a collaborative team. I am very passionate about this work and my enthusiasm was encouraged."

Her passion was well rewarded, as Jarrin was the recipient of several grants and bursaries including an entrance scholarship from Concordia, the Frederick Lowy Scholars Fellowship and the J.P. Zweig Graduate Scholarship. She also obtained a fellowship from the Social Sciences and Humanities Research Council of Canada and received a Canadian Psychological Association Certificate of Excellence Award for best PhD thesis as well as the Society of Behavioral Sleep Medicine's Student Dissertation Award.

Since graduating, Jarrin has received accolades for her accomplishments, including the Young Investigator Award from the American Academy of Sleep Medicine and the "Rising Star" Award from the American Psychosomatic Society.

—Christine Zeindler

JENNIFER MCGRATH

- Is an associate professor in Concordia's Department of Psychology;
- Has been at Concordia since 2004;
- Has supervised seven graduate students, all of whom were awarded external funding and received multiple awards for their research presentations
- Is among the top 10 per cent for her overall rating as a professor, with students noting her enthusiasm about teaching, effective communication of course material, and encouraging student participation;
- Holds \$6.7 million in funding from the Canadian Institutes of Health Research and is among the top five per cent of funded researchers across Canada.

What she says about her students:

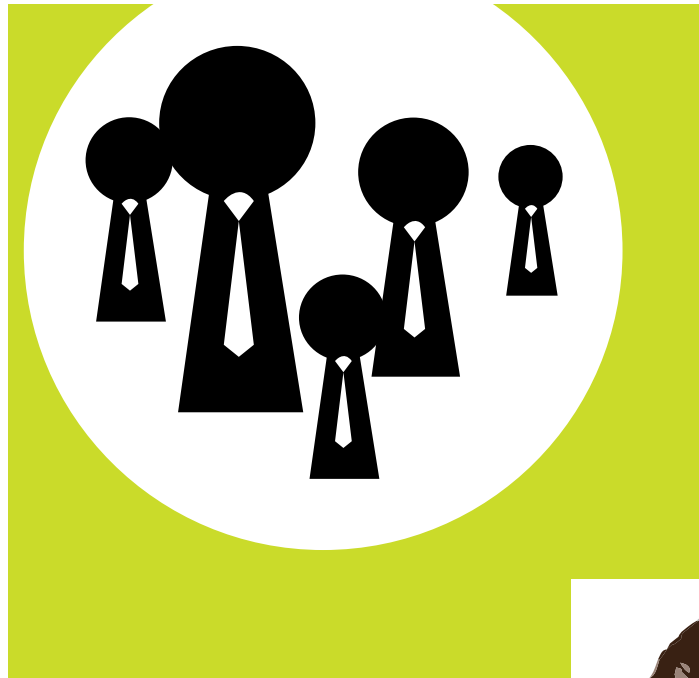
"It is incredible to watch students grow and develop their own curiosity."

Her motivation:

"I believe that our research will make a difference in children's lives, improve their health and contribute to equity and social justice."



JENNIFER MCGRATH



“A lot of the time, healing comes from sharing stories and hearing about other men’s experiences.”



JOSEPH FOLCO

A CRISIS IN MASCULINITY: PROSTATE CANCER AND IDENTITY

For his research in Concordia’s Department of Sociology and Anthropology, Joseph Folco, MA ’13, explored how prostate cancer affects masculine identity in different ways, across culture and sexuality. Following the course of illness and treatment of his own father, a former professional athlete, Folco met other prostate cancer survivors facing similar difficulties.

Under the supervision of Marc Lafrance, an associate professor in Concordia’s Department of Sociology and Anthropology, Folco spent five months researching and listening to the stories of survivors. “Existing research

was from a medical standpoint, examining what happens to the body, yet not addressing what men themselves focus on — what they live and how they feel,” says Folco.

Surgery, radiation or hormone therapy can cause incontinence, erectile dysfunction, loss of libido and hot flashes, among other side effects. Sometimes unexpected, these sudden limitations can be crushing to self-esteem or masculine identity.

What Folco recognized was a difficulty in accessing necessary support on the human, emotional level, in part because of men’s conditioned avoidance of showing vulnerability or loss of control.

HEALING THROUGH SHARING

“Silence is a huge obstacle. A lot of the time, healing comes from sharing their stories and hearing about other men’s experiences,” says Folco. “Many survivors told me that reading about

other men helped them heal themselves because they weren’t able to open up to friends and family.”

He adds, “It’s not about making broad generalizations but exploring men’s individual experiences. Some men were married and had children, others were single or divorced. In that way, sexuality played a different role, post prostate cancer, in some of their lives.”

One survivor told Folco he might have chosen to die from prostate cancer had he fully realized the impact of the treatment on his sexual life.

ADDRESSING DIVERSITY

Folco’s findings show that medical conferences and support groups assume the perspective of heterosexual, middle-class white men. “They simplify

ONE IN SEVEN CANADIAN MEN IS EXPECTED TO DEVELOP PROSTATE CANCER IN HIS LIFETIME. THE RESEARCH OF JOSEPH FOLCO, MA 13, SHOWED THAT APART FROM THE OBVIOUS PHYSICAL AND MENTAL TRAUMA ASSOCIATED WITH A LIFE-THREATENING DISEASE, THE EXPERIENCE OFTEN SIGNIFICANTLY AFFECTS SURVIVORS' IDENTITIES AS MEN - AND HOW THEY RELATE TO THEMSELVES, THEIR PARTNERS AND FAMILIES.

the situation and try to give as much information to participants as possible. Yet they're not really looking at who is sitting in the room with them. Whether they're urologists or social workers, it's important for panellists to be sensitive to differences and the complexity of each man's experience."

Especially in the 50-plus age group, Folco's research shows that heterosexual men may not be as open to the presence of gay men in their support group discussing their particular sexual issues. A lack of sensitivity to diversity creates even greater isolation and misunderstanding.

CULTURAL CONTEXT

Rates of prostate cancer are among the highest in African-American or Afro-Caribbean populations. Yet many of these men avoid being tested for prostate cancer because screening involves rectal penetration, which in certain parts of the world triggers homophobia.

"Until cultural attitudes change, they're afraid of being judged. So they don't get screened and then end up

being diagnosed at a much later stage, when it's too late to be cured," Folco explains. "Medical anthropologists try to show that diversity causes people to experience and deal with illnesses in very different ways. We might not be revolutionaries, but our research might bring up topics that initiate the process of change."

FORWARD-THINKING SUPPORT

"I had unbelievable support at Concordia," Folco says. "Whenever I had a question and wanted a different perspective, professors in the department were eager to share their experience and expertise from very different angles. Anthropology is very multidisciplinary and Concordia does a great job of showcasing that."

—Louise Morgan

MARC LAFRANCE

- Is an associate professor in Concordia's Department of Sociology and Anthropology;
- Has supervised 16 students and served on 15 graduate committees. His research is funded by the Social Sciences and Humanities Research Council of Canada and the Canadian Institute of Health Research.

What he says about his students:

"I am very fortunate to have such a large and dynamic cohort of graduate students working in the burgeoning field of men's and masculinity studies. Joseph Folco is an excellent example of the top-notch talent Concordia is attracting in this exciting new area of enquiry. With graduate students like Joseph, Concordia will continue to establish itself as the best place in Canada to conduct research on gender and sexuality."

His motivation:

"Systematic research on male identities has never been so important. At a time when many are claiming that men are 'in crisis' or 'in decline,' it behooves us as scholars to avoid sensationalism and rise above the din of speculation. It is precisely for this reason that we need to do more careful and considered research on men's relationships to themselves and others."



MARC LAFRANCE



“This research has significant implications for the pulp and paper industry and others that wish to decrease their carbon footprint.”



OMID ASHRAFI

TREATING PULP AND PAPER WASTEWATER: AN ENVIRONMENTAL NECESSITY

Canadians identify with their forests. Their serenity and majestic beauty are balanced with the fact they are one of Canada’s most important resources, providing the world’s largest exports of pulp (plant matter) and paper. This comes at a cost, however, as the pulp and paper industry produces a large amount of wastewater containing pollutants.

Treating this wastewater to remove contaminants also has a downside, as this process itself generates greenhouse gases (GHGs), including carbon dioxide, methane and nitrous oxide. “It’s an interesting dilemma,” says Omid Ashrafi,

PhD 12. “There is a large amount of wastewater that needs to be decontaminated using treatment processes with minimum environmental impacts.”

Determining how to address this problem was the focus of Ashrafi’s doctoral thesis. He completed his studies in Concordia’s Department of Building, Civil and Environmental Engineering under the supervision of professors Fariborz Haghighat and Laleh Yerushalmi.

WATER TREATMENT AND REUSE

The pulp and paper industry is the third largest producer of wastewater. As water is precious, regulatory organizations have asked for improved water reuse and greater efficiency in wastewater treatment. Enter the wastewater treatment plant (WWTP) — which emits greenhouse gases while turning the brown, sludgy waste into clear water that is ready for reuse.

Greenhouse gases are a worry because of their contribution to the global greenhouse effect — a process where greenhouse gases absorb the earth’s heat and bounce it back to the surface, causing a warming effect. Estimating the type and amount of greenhouse gases produced during wastewater treatment is not easy, yet it is essential for rational decisions on how best to handle this waste. With expertise in math — and with determination — Ashrafi set out on the path to better predict greenhouse gas production.

“An important goal of environmental management is to reduce the generation of GHGs, as well as the energy consumption of WWTPs. Determining the best model for achieving this was a very interesting challenge,” he says.

WASTEWATER RESULTING FROM PULP AND PAPER PROCESSING IS A SOURCE OF POLLUTION AND CREATES GREENHOUSE GASES DURING ITS TREATMENT. OMID ASHRAFI, PHD 12, HAS DEVELOPED A NEW MATHEMATICAL MODEL TO PREDICT THIS GREENHOUSE GAS EMISSION AS WELL AS THE ENERGY CONSUMPTION DURING WASTEWATER PURIFICATION. HIS WORK HAS IMPLICATIONS FOR THOSE INDUSTRIES WISHING TO REDUCE THEIR CARBON FOOTPRINT.

DYNAMIC MODELLING IS KEY

With support from the Natural Sciences and Engineering Research Council of Canada, Ashrafi developed a unique dynamic mathematical model of the wastewater treatment plant process.

“Previous mathematical models of WWTP management were not able to accommodate the changes in the treatment plant behaviour,” says Ashrafi. “With dynamic modelling, variations in temperature, concentration of biological contaminants and wastewater flow rate can all be accounted for. This gives us a more accurate, real-time picture of what is happening in the plant.”

Once Ashrafi derived his model, he applied it using data from existing wastewater treatment plants and was able to draw some conclusions and predictions about the treatment process. The model was able to estimate the amount of carbon dioxide released daily in three different treatment plant situations: aerobic (using oxygen), anaerobic (without oxygen) and hybrid (a combination of the two).

He found that the hybrid system had the most stable and predictable performance. More importantly, Ashrafi

was able to use his model to suggest methods of improving the plant’s energy consumption. “I am confident that this model is an improved method for predicting GHG emissions and energy consumption of WWTPs. I believe this research has significant implications for the pulp and paper industry and others that wish to decrease their carbon footprint.”

—Christine Zeindler

FARIBORZ HAGHIGHAT AND LALEH YERUSHALMI



FARIBORZ HAGHIGHAT

- Is a Concordia Research Chair in Energy and Environment;
- Is a professor in Concordia’s Department of Building, Civil and Environmental Engineering;
- Has been at Concordia for almost 28 years;
- Has mentored some 60 graduate students.

What he says about his students:

“It is really an amazing experience working with such talented, smart and self-motivated students from Canada or elsewhere.”

His motivation:

“I’m inspired to see that there is a need for such research by industry and government and to see that the findings are eventually used or implemented.”

LALEH YERUSHALMI

- Is an adjunct professor in Concordia’s Department of Building, Civil and Environmental Engineering;
- Has been at Concordia for eight years;
- Has supervised 11 graduate students.

What she says about her students:

“Mentoring students is both rewarding and valuable because it strengthens their knowledge and prepares them for the job market.”

Her motivation:

“The value of my work is highlighted in the performance of my students during their academic training and in their future endeavours after graduating.”



“It’s like the children are rehearsing what they will write.”



OFRA ASLAN

LINDA RUTENBERG

STORYTELLING: A MODE TO BETTER WRITING

The rate of Canada’s literacy — reading and writing ability — is dropping. According to Statistics Canada, 15 per cent of 16 year olds underperform in writing tasks and the number of adults who have low literacy levels will increase by 25 per cent in the next two decades. Imagine being surrounded by individuals who can’t fill out forms, read directions or write a note.

Canadian school boards are taking these numbers seriously by putting a greater emphasis on teaching writing skills. How best to do this, however, is unclear.

“While studies suggest we need to improve written performance in North America, research pointing to the best

instructional strategies is needed,” says Ofra Aslan, MA 95, PhD 12, who earned her graduate degrees from Concordia’s Educational Technology Program in the Department of Education.

Fortunately, Aslan had a theory. With support from her thesis supervisor, Richard Schmid, professor and chair of Concordia’s Department of Education, and funding from the Quebec Ministry of Education, Leisure and Sports, she was able to test it. Aslan felt that there might be a role for oral storytelling in teaching students how to write. She came about this idea naturally — as a mother of three, storytelling has been part of her daily routine for more than 20 years.

REHEARSING WHAT WILL BE WRITTEN

The connection between oral skills and reading — for example, repeating words verbally while reading them —

has already been well documented. However, a similar relationship between speaking and writing is not as well characterized. Aslan was the first to look at the impact of oral language on writing in young children.

She used the online tool VoiceThread (voicethread.com) to introduce folktales to grade five and six students. Once the story was read, one group of children was asked to retell the story as a group and then rewrite it individually. Another group was asked to rewrite the story without retelling it. Her study found storytellers became better writers.

“Orally retelling the story as a group improved the students’ writing, including story length, structure and grammar,”

WRITING SKILLS OF CANADIANS ARE DECLINING. IN RESPONSE, EDUCATIONAL BOARDS ARE LOOKING FOR BETTER WAYS TO TEACH TODAY'S YOUTH TO WRITE PROPERLY. OFRA ASLAN, MA 95, PHD 12, DEMONSTRATES THAT AN ORAL COMPONENT IS USEFUL IN TEACHING STUDENTS HOW TO WRITE. FURTHERMORE, SHE INTRODUCES TECHNOLOGY THAT CAN FACILITATE THIS PROCESS.

says Aslan. "It's like the children are rehearsing what they will write."

Aslan suggests that the group-retelling and a cooperative environment have a large impact on learning as well. The stronger students mentor the weaker ones. "During this time, new words and different interpretations of the story are introduced," says Aslan. "This information will eventually become integrated into the children's individual story."

This teaching technique also worked for children who had learning disabilities. "Given that the process of writing is difficult for normal children, it is daunting for children with learning disabilities," says Aslan. "It was rewarding to see that all the children improved their writing after retelling the story."

TECHNOLOGY IN THE CLASSROOM

Not only did Aslan make a discovery about how to enhance writing skills, she

also identified which technology would most effectively help the students.

"VoiceThread was easy to use and required minimal support from the teacher. The students loved working with the online tool and consequently were very engaged. It was also a great monitoring tool where teachers could easily observe and track the students' activity," she says. "Identifying an instructional tool which is effective and easy to apply is of great educational value."

FORWARD-THINKING SUPPORT

Aslan credits the support of the Educational Technology program for her success, noting that Concordia is currently the only university that offers a PhD in this area. She has gone on to become an advocate and instructor who teaches educational technology in Concordia's Department of Education. ■

—Christine Zeindler

RICHARD SCHMID

- Is professor and chair of Concordia's Department of Education;
- Has been at Concordia since 1978 and has supervised approximately 100 graduate students;
- Is funded by the Social Sciences and Humanities Research Council of Canada and the Fonds de recherche du Québec - Santé.

What he says about research:

"We conduct research that potentially informs how we ought to move forward in a positive, collective fashion. We also enrich individuals in their daily personal lives – learning for learning's sake; interacting with others for the purpose of self and shared enrichment."

His motivation:

"While I take no credit for achievements by our many excellent faculty, what must be preserved is an ethos of excellence. For us, outcomes matter."





1-3 MORE THAN 300 GUESTS ATTENDED THE CONCORDIA EVENT FEATURING 13 CONCORDIA GRADUATES AT THE MUSÉE D'ART CONTEMPORAIN DE MONTRÉAL.

4 FROM LEFT, CONCORDIA PRESIDENT ALAN SHEPARD, STEVE GALLUCCIO AND FACULTY OF FINE ARTS DEAN CATHERINE WILD AT THE MUSÉE D'ART CONTEMPORAIN DE MONTRÉAL ON OCTOBER 24.



FROM TAXIDERMY TO AIR TRAFFIC CONTROL

FINE ARTS ALUMNI ADDED TO DIVERSE ART ON DISPLAY AT THE EIGHTH BIENNALE DE MONTRÉAL

JASMINE STUART

Concordians had a strong showing at the Biennale de Montréal (BNLMTL) 2014, which brought a diverse range of contemporary art, photographs, installations, videos, prints and much more to Montreal. The eighth biennale, which ran from October 21, 2014, through January 4, 2015, followed the theme of “L’Avenir (Looking Forward)” and examined recent developments in contemporary art with an eye to what’s ahead.

The festival’s exhibitions, spread across the city, spotlighted 50 artists from around the world whose contributions covered a range of topics, from taxidermy and space fiction to a video installation about air traffic control towers. It also presented a dynamic series of artist talks, curatorial discussions, film screenings, performances and receptions.

Concordia added an important contribution to the festivities. On October 24, Concordians gathered at the Musée d’art contemporain de Montréal (MAC) to celebrate the 13 Faculty of Fine Arts graduates who exhibited in the biennale. The event, organized by Advancement and Alumni Relations, welcomed two-time Genie Award nominee Steve Galluccio, BA 82, to speak at the private gallery tour. More than 300 guests, including the exhibiting grads, attended.

Throughout the biennale’s 10-week run, Concordia faculty, students and alumni took part in lectures, seminars, panels and special events. The biennale’s Future Summit, held at the university and open to the public, featured keynote talks by installation artist Thomas Hirschorn and activist-theorist Franco “Bifo” Berardi. Each also led a master class for a select group of graduate students in the MA in Art History and MFA in Studio Arts programs.

MULTIPLE OFFERINGS

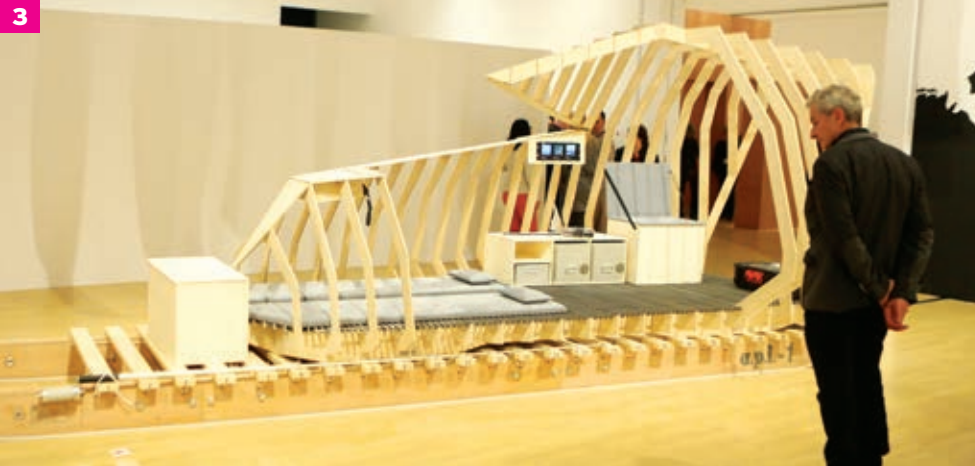
One biennale exhibitor was Nicholas Baier, attendee 94, who is responsible for the massive image of foliage that graces Concordia’s Engineering, Computer Science and Visual Arts Integrated Complex (EV Building). Baier exhibited *Eternity*, a three-metre, mirror-finish stainless steel sculpture that spells out the word “eternity” but can only be read from above.

The personal was political for Jacqueline Hoang Nguyen, BFA 04. The MAC presented her research-based installation *Space Fiction & the Archives*, a collection of archival documents, memorabilia, newspaper articles, photographic images, sculpture and film that explore a core notion of Canada’s identity as an open and welcoming society.

Undergraduate students also got into the festival’s spirit: the Ethnocultural Art Histories Research Group, made up mostly of Department of Art History students, launched their first speaker



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3



series with a lecture by Nguyen, as part of the biennale's supplemental programming.

Another group of young scholars in the Master's in Art History program launched their project: "La Biennale de Montréal 2014: Influencer l'avenir / Influencing the Future," developed as part of their coursework. The "three-zone" banner exhibit was displayed on the third floor of the EV Building. The exhibition was supported by additional research, interviews with curators and reports on curator-moderated artist panels, which are accessible at showtime2014.weebly.com.

"Our display and website present a strong case for BNLMTL's recognition as a 'must attend' and influential event on the world biennale circuit," says art history student Gillian MacCormack. "BNLMTL 2014 was always much more than just a subject for seminar analysis, a focus for our project and a touchstone for our examination of the growing field of biennology. Our research demonstrates

the positive cultural and touristic impact a biennale can have on the host city, while underscoring the work of local and national artists who might otherwise never be exposed to current global trends in contemporary art."

The 2014 event marked a shift in direction for the Biennale de Montréal — for the first time, it formed a strategic partnership with the MAC. This partnership combined the MAC's triennale with the biannual event, to place the Montreal gathering on the international stage as part of the biennale circuit.

Catherine Wild, dean of the Faculty of Fine Arts, is gratified that both students and alumni participated in the festival. "There is so much value with such partnerships: it brings incredible artists into the academy to engage with our students," she says. "And at the same time, it grants access to the university to the community at large. Such occasions are an immeasurable learning experience that adds value to the educational experience." ■



NATIONAL FILM BOARD OF CANADA

OSCAR-WINNING DIRECTOR TORILL KOVE STUDIED ANIMATION AND TAUGHT PART-TIME AT THE MEL HOPPENHEIM SCHOOL OF CINEMA.

ALUMNA TORILL KOVE EARNS THIRD OSCAR NOMINATION

Oscar-winning director, animator and alumna Torill Kove's most recent animated short has been nominated for a 2015 Academy Award.

Me and My Moulton tells the story of a seven-year-old girl who is often embarrassed by her loving yet unconventional parents. She and her sisters ask for a bicycle — and expect to be disappointed. The funny yet poignant film is inspired by Kove's own childhood in 1960s Norway. It was co-produced by the National Film Board of Canada.

Her two earlier films also were nominated for Academy Awards: *My Grandmother Ironed the King's Shirts* (1999) and *The Danish Poet* (2006), which won in the animated short category and also picked up a Genie Award.

Kove earned a BA in urban studies from Concordia in 1985. After graduate studies at McGill University, she returned to Concordia to study animation at the Mel Hoppenheim School of Cinema. She also taught at the school part-time.

The Academy Awards ceremony will take place February 22. ■

Watch the trailer or purchase *Me and My Moulton* at nfb.ca/film/me_and_my_moulton.

—Louise Morgan

For news on the full slate of recent and future Concordia Advancement and Alumni Relations events in Montreal, across Canada and the world over, visit concordia.ca/alumni



1 Celebrating 40 Years of Philanthropy 2



LESLIE SCHACHTER

BRANDON JOHNSTON

To listen to podcasts from Concordia reunions, the Celebrating 40 Years event, the Reader's Digest Annual Lecture Series and more, please visit concordia.ca/alumni/podcasts.

CELEBRATING 40 DYNAMIC YEARS OF GENEROSITY

Concordia celebrated its donors, 40th anniversary and four decades of philanthropy on October 8. Organized by Advancement and Alumni Relations, the event honoured the \$300 million in gifts donors have generously contributed to advance Concordia. About 250 guests attended, including some 40 student leaders, to mark the merger of Loyola College and Sir George Williams University.

Radio-Canada journalist **Joyce Napier**, BA 81, emceed the festivities. Podium speakers included Concordia President Alan Shepard, Eric Moses Gashirabake, BA 13, and former Quebec premier Jean Charest, who spoke warmly of Concordia's place in the "fabric of Quebec society and Canada." Concordia President **Alan Shepard** (centre) is pictured at the event greeting **Brian O'Neill Gallery**, BA 57, LLD 10 (left), and other donors. 2

—Scott McCulloch

LOYOLA NEWS REUNION AND TRIBUTE TO STUDENT EDITORS

Forty years ago, two Concordia student newspaper editors were killed in a car accident. **Michael O'Hearn** 3 and **Martin O'Connor** 4 were editor-in-chief and news editor, respectively, of *Loyola News* — a student-run paper based out of Concordia, a two-month-old university at the time — and a precursor of current student paper *The Link*.

To mark the anniversary of their passing, graduates with ties to the *News* reunited the weekend of November 21. These alumni are also propelling a student bursary in honour of O'Hearn and O'Connor. "We wanted to do something special," says David Moorcroft, BA 77. Moorcroft worked at the *News* from 1974 to 1977, part of that as editor-in-chief. "We thought, what better way for their memory to live on than by helping other students."

In the wake of the 1974 accident, the student newsroom rallied to establish the bursary, explains Moorcroft. Being

students, however, they had difficulty sustaining it. "We wanted to reinvigorate the bursary and make it for budding journalists," says Moorcroft on the second iteration of the fund, which will support a new student each year.

The November reunion was the second for *Loyola News* alumni — a previous one took place in 2004. "At our first reunion, some of us hadn't seen each other in 30 years," says Moorcroft. "It's wonderful to reconnect with old friends and former colleagues."

—James Gibbons

THE LINK AT 35

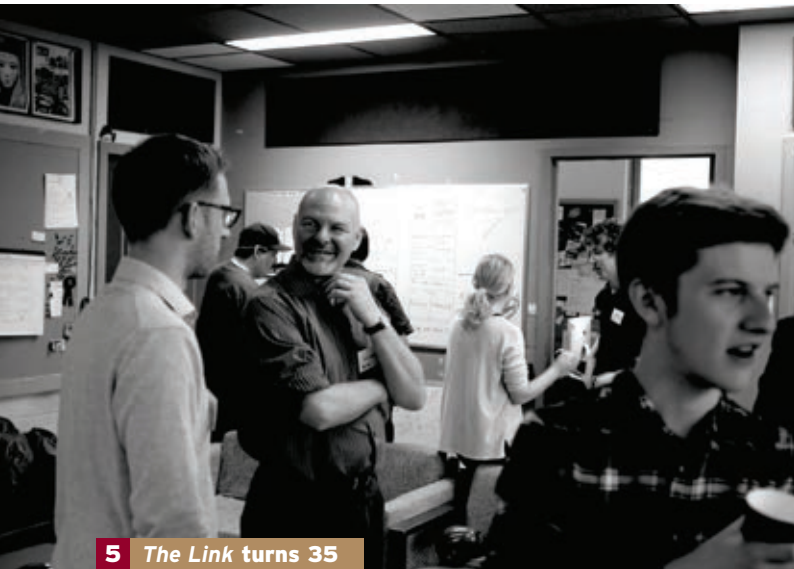
Concordia's student-run newspaper *The Link* has been a formative experience for budding journalists for 35 years. Past and current generation staffers — known as "Linkies" — celebrated the milestone at the paper's office and at a cocktail reception on October 18.



3 Loyola News reunion

4

THE GEORGIAN



5 **The Link turns 35**



6 **National prize**

"We learned things you might not expect, like how to run a business," said Canadian Press reporter Jennifer Ditchburn, BA 96, at a gathering that drew over 80 attendees, more than 20 of whom served on *The Link*, past or present. 5 "It was part of my social development," she added.

Maria Abi-Habib, BA 06, affirmed the significance of working at *The Link*. "It gave me my foundation," said Abi-Habib, Middle East reporter for *The Wall Street Journal*. "It instilled confidence in me that carried over."

The Link is the descendant of *Loyola News* and *The Georgian*, based out of Concordia founding institutions Loyola College and Sir George Williams University. "We had to migrate readers from two different papers into one," said Philip Authier, BA 82, who was one of its founders. "The obstacles we faced then are like what current Linkies face with the digital age," said Authier, a reporter at Montreal's *The Gazette* for over two decades.

Justin Giovannetti, BA 11, recalled how the student paper viewed the internet as an opportunity. "We decided to split the paper in two, putting half online," said Giovannetti, now a reporter at *The Globe and Mail*. "We were among the first student papers to do that."

Linkies at the event included Tu Than Ha, BA 90, national reporter for *The Globe and Mail*; Alexander Panetta, BA 00, Canadian Press Washington, D.C., correspondent; and Julia Wolfe, BFA 13, a designer at the *Toronto Star*.

—James Gibbons

TU THANH HA'S LINK MEMORIES

Former *Link* editor Tu Thanh Ha, BA (journ.) 90, currently covers judicial, political and security issues for *The Globe and Mail*. This is an excerpt of anecdotes that were originally published on his Tumblr feed (tuthanhha.tumblr.com) and then appeared on Concordia's alumni news page (concordia.ca/alumni-friends/news).

The *Link* for me will always be about all those sleep-deprived hours I happily squandered in the grotty office whose designation I still remember — Room H-649 of the [Henry H.] Hall Building.

Back then [in the 1980s], *The Link* was one of many groups funded by the student association. By the time I left, the paper was on its way to becoming financially autonomous, [which] meant assuming more production responsibilities. We purchased our first computers — portable Kaypro models that were the size of sewing machines.

We bought a typesetting machine. The office smelled of heated paste-up wax and

the more hard-core Linkies had their own precision X-acto knives. It was a grind. Preparing the paper took four full nights each week. We spent so much time in H-649 that one handy staffer rigged a pair of bunk beds inside the office, two sleeping berths that were anchored on the ceiling with metal cables.

I became *The Link*'s editor in 1987. I don't remember many specific nights, just a mega-concatenated feeling of permanent burnout. The hallway leading to H-649 also housed the CRSG, the Sir George Williams radio station, so the area was a magnet for misfits, career students and other campus oddballs.

Frankly, looking at some of the issues that we published then, I cringe at the poor design, earnest writing and inane inside jokes. And yet, I felt pride when later generations of Linkies take note of some of our shenanigans, such as Dwayne Perreault's legendary interview with Hunter S. Thompson (thelinknews-paper.ca/blogs/entry/4306).

The Link was my true undergraduate major. I didn't just learn journalism there. I learned to pay attention to details, to be a good team player, to be a better person. I am proud to have that common experience with all of you, even those I have never met. We share the same bond. ■



7 Concordian brewing up storm

CONCORDIA GRAD EARNS NATIONAL PRIZE FOR DOCTORAL DISSERTATION

Over the last year **Eric Weissman**, PhD 14 (pictured at right), **6** successfully defended his PhD thesis, was awarded Concordia's Distinguished Doctoral Dissertation Prize in Fine Arts, Humanities and Social Sciences, and was invited to be a visiting scholar at the Institute for the Medical Humanities in the University of Texas Medical Branch in Galveston, Tex. What's more, the Canadian Association for Graduate Studies (CAGS) announced on September 3 that Weissman had won the 2014 CAGS Distinguished Dissertation Award for the areas of Fine Arts, Humanities and Social Sciences. The award honours Canadian doctoral dissertations that make unusually significant and original contributions to their academic fields.

"This is the most prestigious award presented in Canada recognizing dissertation research and Eric is very deserving," says Paula Wood-Adams, Concordia's dean of Graduate Studies. "His work exemplifies the role that

doctoral research can have in society and the type of outstanding research that is taking place at a graduate level here at Concordia. I'm very proud that he is one of ours."

Beginning in 2009, Weissman conducted his ethnographic research on the relationship between housing and homelessness as part of the university's Individualized Program. "I did this PhD because I valued it intrinsically, as part of how I understood myself — a vocation in the strongest sense of the word," he says. Weissman accepted a position as a sessional faculty member in sociology at the College of New Caledonia in Prince George, B.C., where he will continue his research in urban social problems.

—Christian Durand

BIOMEDICAL RESEARCH SCIENTIST RECEIVES HIGH INDIAN HONOUR

Rajeev Yadav, PhD 12, has dedicated his life to a vision of a better world. Yadav received the 2014 Mahatma Gandhi Pravasi Samman Award — a prestigious honour for outstanding members of the Indian diaspora. The award is presented by the Non-Resident Indians Welfare Society of India, which aims to strengthen emotional bonds between diaspora members and their home country. "I feel that contributing to the whole world is what is most important to me," says Yadav, a research scientist at Genia Photonics in Laval, Que.

Yadav completed bachelor and master of science degrees at India's Deen Dayal Upadhyay Gorakhpur University before enrolling at Concordia to pursue a PhD



CONCORDIA UNIVERSITY
8 Mark Kelley

in electrical engineering. "Concordia gave me my dreams — the opportunity to work in biomedical engineering," Yadav recalls. "I learned how to do research. It changed my outlook; I grew up."

—Kayla Morin

CONCORDIAN BREWING UP STORM IN CALGARY

Alumni in Calgary (concordia.ca/canadian-alumni-chapters) enjoyed a tour of steel-wrought boilers, or "kettles" — not to mention a taste of the spoils — at Canada's oldest craft-beer brewer in October.

Big Rock Brewery's president and CEO **Robert Sartor**, BComm 79, **7** led a tour of the facility, followed by a beer and dinner pairing experience. "It was an opportunity to see the brewing process from grain to glass," he says.

Sartor, who moved to Calgary in 1997, came out of retirement in 2012 to lead the company, which was founded in 1984. The endeavour is less business and more pleasure for the native of Chibougamau, Que. "This is the first job I've had where money isn't a factor," says Sartor, who sold his interest in sporting goods company The Forzani Group to Canadian Tire in 2011. "I saw this as a great little business that needed some strong brand marketing," he adds. "We've gone back to the company's roots. We're taking chances and innovating."

—James Gibbons

MARK KELLEY WINS EMMY FOR INVESTIGATIVE DOCUMENTARY

Co-host of CBC's *the fifth estate* **Mark Kelley**, BA 85, pictured at Concordia in April 2014, **8** picked up an International Emmy Award for his investigative documentary "Made in Bangladesh."

First aired in October 2013, the broadcast explores the dangerous working conditions in Bangladesh's garment industry following the fatal collapse of the Rana Plaza factory earlier that year. Kelley travelled to Bangladesh and tracked down garment workers who said they were forced to continue making clothes in dangerous conditions to supply Canadian retailers.



9 Big Apple

The International Emmy Awards were presented in New York City on September 30.

A recipient of a Distinguished Alumni Award, Kelley returned to his alma mater in April to give the Department of Journalism's Reader's Digest Annual Public Lecture.

—Scott McCulloch

EMMY AWARD FOR ARCADE FIRE MUSIC VIDEO PRODUCER

Four years after his nomination for a Grammy Award, **Sach Baylin-Stern**, BA (psych.) 06, has won an Emmy. The accolade is for the Concordia grad's producer role on indie band Arcade Fire's interactive video, *Just a Reflektor*. Arcade Fire includes alumni Régine Chassagne, BA 98, and Richard Reed Parry, BFA 03. "There were a lot of amazing people who contributed to this project," explains Baylin-Stern, executive producer at Antler, a Montreal production company he founded in 2010.

Just a Reflektor is the story of a young woman who travels between her world and our own. Like Arcade Fire's previous interactive short film, 2010's *The Wilderness Downtown*, it's a remarkable work of digital art. More than half of Arcade Fire's video footage was captured over four days in Haiti, three years after a catastrophic earthquake killed more than 200,000. "Haiti has not rebuilt itself fully," says Baylin-Stern, admitting "there were production questions

around the feasibility of shooting there." He enlisted the support of Ciné Institute, a North American-backed Haitian film school, to help bring the triumphant project to fruition.

Baylin-Stern says his Concordia degree played an important role in his latest success. "Believe it or not, psychology was a very appropriate degree for what I am doing. I love creative problem-solving and working with people."

—Scott McCulloch

ENTREPRENEURIAL CONCORDIAN BITES INTO BIG APPLE FOOD SCENE

Managing a restaurant in New York City is a tall order. There are already three of them for every 100 people. "Restaurants open and close here every day," says **Benjamin Sormonte**, BComm 05. "You have to be innovative to stay in business."

Sormonte owns Maman Café, which he opened in September with fellow entrepreneur Armand Arnal. The menu of the café/bakery in Manhattan evokes tastes of France — Sormonte's native country.

Concordians in the Big Apple joined Sormonte to hear his entrepreneurial insight at a cocktail as part of an Alumni Chapter event on December 2. "People don't usually see what happens behind the scenes — they only see the finished product," says Sormonte. He has opened and managed three restaurants for Experimental Group — a company that owns over a dozen restaurants in Europe and North America.

Sormonte switched careers to follow his dream. He left a full-time job as a corporate lawyer at firm Stikeman Elliott in London, U.K., in 2012. "I had the opportunity to pursue my passion for the restaurant business — so I took it," says Sormonte of the decision. He explains that he headed to Manhattan because "my business partners, including Armand, really wanted to establish something in New York." Sormonte is managing Experimental Cocktail Club and has opened La Compagnie, the latter in the city's trendy Soho neighbourhood. **Benjamin Sormonte** (right) is pictured at the event with New York Chapter co-president **Russ Makosfsky**, BComm 07 (centre), and Russ's brother **Daniel**. 9

—James Gibbons

ALUMNI MARK 40 YEARS AT CONCORDIA HOMECOMING

As Concordia marked its 40th anniversary, alumni and friends returned to the university for Homecoming 2014, September 18 to 24.

Highlights included the sold-out President's Homecoming Dinner at the Ritz-Carlton Montreal. CTV Montreal News co-anchor Mutsumi Takahashi, BA 79, MBA 95, LLD 13, served as emcee.

The Stingers won their Homecoming Football game to kick off festivities. Concordia President Alan Shepard and Stingers' head coach Mickey Donovan, BA 06, greeted visitors at the pre-game party hosted by radio station The Beat 92.5.

Many arrived at Loyola Campus for



10 Homecoming



11 Shuffle

FACULTY, STAFF, STUDENTS AND ALUMNI SHUFFLED ON SEPTEMBER 19 AND RAISED \$65,000 FOR FINANCIAL AID AND SCHOLARSHIPS FOR CONCORDIA STUDENTS.

the game by way of the 25th annual Shuffle, the 6.5-kilometre walkathon from Sir George Williams Campus to Loyola Campus. The fundraiser brought in \$65,000 for financial aid and scholarships.

Concordia's Golf Classic, held during Homecoming for the first time, raised \$285,000 toward student bursaries.

Numerous faculty-specific events took place. Student entrepreneurs pitched to a panel of judges in the style of reality TV-show *Dragon's Den*. Xavier-Henri Hervé, BEng 87, founder and director of Concordia's District 3 Innovation Centre, moderated. A panel presentation aimed at Fine Arts graduates paid tribute to studio arts professor Marion Wagschal, BA 65, for her body of work and upcoming exhibit at the Montreal Museum of Fine Arts.

During the Engineering and Computer Science alumni reunion, Susan Raymer, BA 71, and Ben Wygodny, BA 69, were recognized for their generous donation towards the Centre for Engineering in Society. The Department of Recreation and Athletics honoured former Concordia athletes during the Sports Hall of Fame Induction Ceremony and Banquet. This year's inductees included the 1982-1983 Stingers men's hockey team; pictured are team alumni **Steve Letwin**, BEng 63, and

Mark Kosturik, BA 86 (back), with members of their families. **10**

—Louise Morgan

BRAND-SAVVY CONCORDIAN CRACKS TOP 30 UNDER 30 LIST

Technology giant Google recruited Concordia graduate **Michael Joffe**, BA 06, to bolster its reputation with marketers Canada-wide. For his success as a brand strategist, the Toronto-based alumnus was named to *Marketing Magazine's* Top 30 under 30 in October. The list recognizes — in the publication's words — “brilliant young men and women who've already done much in their few years of business.”

The communication studies graduate, who turned 30 shortly after the list was published, explains his rapid career path: “I worked for an agency called Mosaic, where I helped develop Budweiser's music program, before joining Google. I was actually fired from one of the first jobs I held after graduating Concordia. It was one of the best things to happen to me — it made me consider other opportunities.”

—James Gibbons

SHUFFLE 25 RAISES \$65,000

It turns out Concordians' shoes are made for giving!

Shuffle 25 — the 25th anniversary of Concordia's annual walkathon — raised

\$65,000 for financial aid and scholarships for students. More than 600 members of the Concordia community walked the 6.5-kilometre Shuffle route from the Sir George Williams Campus to the Loyola Campus on September 19. **11**

“The total funds raised exceeded our expectations and then some! We wanted the silver anniversary Shuffle to be a very special one, so I'm really glad it turned out that way,” says Jang Kwon, chair of the Shuffle 25 Advisory Committee and manager of administrative systems for Concordia's Instructional and Information Technology Services.

Shuffle 25 marks the fundraiser's biggest success since 1999. The walkathon has raised over \$1.1 million for students since its inception in 1990.

“The Shuffle allows us to come together and really show what the university is about,” explains Brad Skog, director of Annual Giving, himself a nine-time Shuffler.

Spearheaded by Annual Giving, the event is organized by Advancement and Alumni Relations and a team of volunteers. “I am unaware of any other university out there that holds an annual event where faculty, staff and students come out united to raise dollars for a common cause,” adds Kwon.

—Kayla Morin



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Alumni with more than one degree from Concordia, Sir George Williams and/or Loyola are listed under their earliest graduation year.

53 N. Léo Benoit, BSc (chem.), is emeritus professor of biochemistry at the University of Ottawa's Faculty of Medicine. He is the author of *Chemistry of Peptides*

(2005). From 1961 to 1994, Léo served as academic and career investigator of the Medical Research Council at the University of Ottawa.

77 Christine Mota, BA, received the 2015 **Eleanor Collier Award**, presented to a current member of American-based CASE (Council for

Advancement and Support of Education) District 1. Chris was recognized for her contribution to her organization and the professions encompassed by the membership. She is Concordia's director of Media Relations.

84 Janet Mrenica, BA (urban studies), BComm (acct.) 92, was elected president

of the Capital Chapter of the Financial Management Institute of Canada in September. Janet has been involved with the organization for many years, having led a number of sold-out professional development days, and previously assumed roles of vice-president and departmental liaison chair on the board of directors.



1 > **Ann McCall**, BFA 78, participated in the two-person exhibit "Admiration" at 3C gallery in Montreal from December 2, 2014, to January 24, 2015. 1) *Circonstance*

2 > **Susan Pepler**, BFA 84, displayed several of her works at the Toronto Artist Project Contemporary Art Fair in 2014. Susan's hallmarks are vivid, large-scale floral paintings and the vintage cars that populate the streets of Havana, Cuba. 2) *Have I Told You Lately...*

3 > **Claudine Ascher**, BFA 83, MA 06, Bev Wight, BFA 81, and Susan Fowler, BFA 90, three well-known artists from Montreal's West Island, participated in the exhibition "Inner Narratives" at the Stewart Hall Art Gallery in Pointe-Claire, Que., from September 3 to October 12. 3) *Detente* by Claudine Ascher

4 > **Erika Gagnon**, BFA 85, presented her collage work "Digital Spirits" at the Central Library in Berkeley, Calif., from September 29 to December 7. The exhibition featured historical Native American portraits that Gagnon has blended with her own photography and scanned objects. Over the past two years, the artist has displayed her work at more than 30 group exhibitions throughout the United States. 4) *Indian boarding schools*

5 > **Erik Slutsky**, BFA 86, held an artistic evening featuring his artwork "Mile End et mes muses," at Gallery D in Montreal on September 19. 5) *Charlotte Resting*

6 > **Charmian Gibson Silver**, BFA (studio arts) 98, will have her oil and acrylic paintings featured in the Pointe Claire Art Gallery's 2015 collection. Charmian is a member of the Lakeshore Association of Artists and a former member of the Arts Club of Montreal. 6) *A Slight Breeze*

In her day job, through a reorganization of the Environment Canada Finance Branch, Janet assumed a new position in November as director of financial policy in Systems and Controls. Having been successful with a refresh and rebranding strategy for a key division, she is now assigned a start-up function, in addition to integration of staff from other areas of finance. "Who says the federal public sector does not have challenging opportunities these days?"

88 Howard Johnson, BComm (acct.), is president of M&A International Inc., which comprises more than 600 professionals in 42 countries. Howard, who lives in Toronto, recently released his latest book, *Selling Your Private Company* (2nd ed.).

25TH REUNION

90 Claude Filimenti, BA (Fr. lit.), moved to Moncton, N.B., in September to teach French as second language to adult learners at New Brunswick Community College – Moncton Campus. Claude is also involved as personal and research assistant to retired professor Louis Fournier and remains director general (volunteers) of the Association pour la création littéraire chez les jeunes (projetjeunesse.org, facebook.com/projetjeunesse).

91 Robert Bonchune, BSc (physics), has worked as a visual effects specialist in the Hollywood film industry for nearly 20 years. He's received three Primetime Emmy Awards and numerous other awards in the field. Robert's credits include the

TV series *Star Trek: Enterprise* and *Battlestar Galactica*.

Patrick Van de Wille, BA (Eng.), was recently named chief communications officer of InterDigital, Inc. (InterDigital.com), a wireless research and development company headquartered in Wilmington, Del., with offices around the world (including Montreal). Patrick joined InterDigital in 2012 from his previous position as senior vice-president, Corporate Communications Practice, at FTI Consulting in Chicago. He lives in San Diego, Calif., with his wife, **Katherine Carbon,** BComm (fin.) 89. Katherine is senior director of risk management at Semptra Energy, Southern California's primary power provider.

94 Muriel Gold, PhD, won a Conseil des arts et des lettres grant in September to write a book about Jean-Louis Audet. The remarkable Audet trained thousands of students who later became Québécois stars of theatre and film, including Geneviève Bujold, Dominique Michel and Robert Charlebois. This bilingual volume will be Muriel's seventh book; it was her fourth grant from the Conseil.

96 Mario Rigante, BComm, was recently named vice-president of BMO Financial Group in Quebec. He leads a team of more than 2,000 financial and banking experts, serving over a million clients. Previously, Mario was vice-president of Commercial Banking for the metropolitan Montreal area.

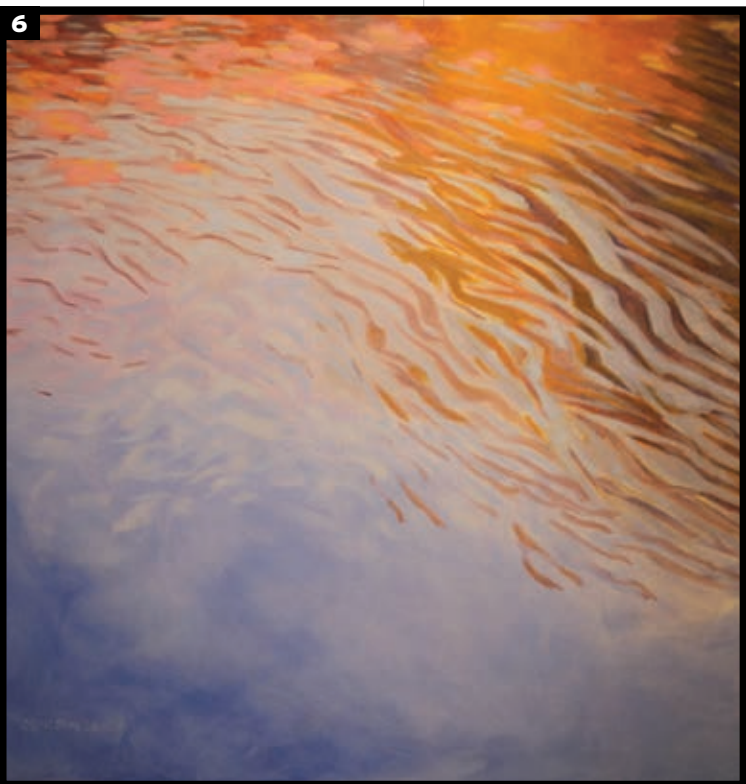
Susan Shulman, BFA (studio arts), contributed her art to *A Book about Death*, which features hundreds of artists and postcards, and her art appeared

at the Royal Cambrian Academy Exhibition in Wales from October 18 to November 15. Susan's work was also featured in the multidisciplinary performance piece *I am because we are* by Geneviève Bessette, held at the Monument National Theatre in Montreal in October.

97 Catherine Préfontaine, BFA, completed a one-week residency in August at Centre SAGAMIE in Alma, Que. Catherine, who has exhibited across Canada for the past 20 years, altered photos of newborn twins culled from newspapers and the internet for her project.

98 Sonja Boodajee, BFA (art ed.), MFA (cr. arts therapies) 05, is a practising creative arts therapist. Sonja was recently chosen by the Association Québécoise des traumatisés crâniens to represent those living with traumatic brain injuries. As part of the project, she created a video vignette describing her life, accident and philosophy.

Thi Be Nguyen, BComm, is a project leader at the Office of the President, Public Affairs, at the National Bank's Montreal head office. Thi Be was recently elected vice-president of the Young Chinese and Asian Professional Association, a not-for-profit organization whose mission is to create a wide network of young Chinese and Asian professionals (ycpa.ca). She also founded her own not-for-profit, UniAction (uniaction.ca), whose mission is to make a difference in social issues such as poverty, access to education and health. It also helps and supports charities through fundraising, as well as offering counsel and tools to help them achieve their goals.





Michel Choquette, BA 62 (pictured at left), is author of *The Someday Funnies* (2011), a comic book history of the 1960s that took nearly 40 years to finalize. In 2013, Michel travelled to Europe to return the book's original artwork. He stopped at the Eel Pie Island home of **Pete Townshend** (right), the rock band The Who's lead guitarist and songwriter, in London, U.K. Townshend provided the text for a strip about Mods and Rockers drawn by Malcolm Livingstone.

Manon Sabourin, BFA (studio arts), presented her "Artistic Mutations," an intersection of art and physiology, at the Église de Chertsey in Chertsey, Que., in November.

01 Jeffrey St. Jules, BFA (film production), was selected for the Cannes Residency — the first Canadian ever — in 2013. That led to the development of his first feature-length film, *Bang Bang Baby* (2014). The film portrays a small-town, 1960s teenager who believes her dreams of becoming a famous singer will come true when her

rock star idol gets stranded in town. Jeffrey — who has written and directed a number of short films — describes the feature-length work as an "absurd, surreal musical."

03 G. Scott MacLeod, BFA, MA 13, received the 2014 Award for Excellence in Oral History from Concordia's Centre for Oral History and Digital Storytelling. The \$500 award recognizes research excellence in the interdisciplinary field of oral history. Scott was acknowledged for his multidisciplinary project *Dans l'Griff/In*



Mohan Munasinghe, MA 75 (pictured at right), who shared the 2007 Nobel Prize for Peace, received the award for Eminence in Engineering from the Institution of Engineers of Sri Lanka (IESL), the top engineering body in the country. Mohan was presented the award by **Tissa Vitharana** (centre), Sri Lanka's Senior Minister for Scientific Affairs, at the 2014 IESL Excellence in Engineering Awards ceremony. Mohan received the award for his lifetime contributions to engineering. He is founder and chairman of the Munasinghe Institute for Development (MIND) and KIVA Guest Professor of Sustainable Development at Darmstadt University in Germany.

Griffintown, a look at the once-flourishing community in Montreal's Griffintown neighbourhood. macleod9.com, ingriffintown.com

04 Hilda Ximena Monzon Bosch, BA (Fr. studies & Sp. lit.), was awarded the McGill Associates Prize in Translation in August. After graduating, Hilda — who speaks English, French, Spanish and German — worked for the Ministry of Education, Sport and Leisure for the Government of Quebec. In 2012, she joined a Montreal law firm as a legal assistant, focused on legal translation and revision.

Miao Song, BCS, MSc 07, PhD 13, and **Serguei Mokhov**, BCS 02, MSc 05, MEng 07, PhD 13, provided the digital technology for Stan Lai's play *Like Shadows*, produced in April at the Central Academy of Drama in Beijing, China. Miao and Serguei are affiliate assistant professors and

part-time faculty members in Concordia's Faculty of Engineering and Computer Science. They expanded on Miao's doctoral research creation, the Illimitable Space System, to allow for beautiful and often emotionally charged animations and voice samples to be created, in real time, in response to the movements of performers. Their technology was also showcased at Montreal's Eureka! Festival in June and the Westmount Science Camp on Concordia's Loyola Campus in July and August.

Sameer Zuberi, BA (pure & appl. math.), was awarded the inaugural Juanita Westmoreland-Traoré scholarship in October, given on the basis of community engagement and social advocacy causes. Sameer — now pursuing legal studies — became involved with refugee issues while a Concordia student.



J. Jaoude ("Jaye"), BComm 97, is a Montreal-based professional musician and master guitar teacher and founder of **GuitarWarrior.net**. "I hold seven diplomas from European colleges, have lived in four countries, play five instruments and am fluent in four languages. My objective is to leave this world knowing that I have given more than I received. While we continue to witness conflicts, war and challenging situations occurring at home and around the world, I know that my students and supporters are contributing towards reversing this trend. For every item purchased through my online store on **GuitarWarrior.net**, part of the proceeds go towards providing free guitar lessons and instruments to underprivileged children."

06 Alexis Maskell-Aparycki, BA (poli. sci.), works in engineering professional services for AECOM Technology in London, U.K.

09 Carol Auld, MA (media studies), was recently appointed returning officer for Elections Canada for the Spadina-Fort York riding. The chief electoral officer of Canada appoints officers to 10-year terms. As returning officer of the Toronto-area riding, among the most populated in the country, Carol is responsible for administering the Elections Act.

Ina Marisa Hoicka, BFA (studio arts), was featured at the 7A*11D International Performance Art Festival in Toronto on October 29. Ina has received awards from both the Canada Council for the Arts and Ontario Arts Council. In

2012, her video work *This is Not a Test* was screened at the San Francisco Museum of Modern Art and the Toronto Images Festival. **marisahoicka.com**

11 Zubair Sattar, BComm (fin.), writes, "I spent a few miserable years as an employee. As of March 2014, I started an online furniture store, **emfurn.com**, recently incorporated as a business." ■



Apostoly Peter Kouroumalis ("Toly A.K."), BFA 99, is a Montreal-based artist. He has written more than 21 self-published books, all in the Bibliothèque et Archives nationales du Québec, and his film **Goin Ape** (2014) is in the Cinémathèque québécoise. Pictured is a movie still from **Goin Ape**.



Natasha Mazurka, MFA (studio arts) 06, had her "Recombinant" series of artwork displayed at the Embassy of Canada Prince Takamado Gallery in Japan last fall. The artist, pictured in Japan, travelled from her Ottawa home to set up her patterned-adorned works, which evoke the landscape paintings of Canada's Group of Seven.



1



2



3

Marguerite Senecal, BA 70, won a Gold Remi Award at the 2014 Houston International Film Festival in April for her film *Just Call me Wink*. The subject of her biographical short is Warren Winkler, retired Chief Justice of Ontario. This marks Marguerite's third major award at the festival, which recognizes independent filmmakers.

Michael Meaney, BA 75, MA (psych.) 77, PhD (psych.) 82, was awarded the Prix du Québec in November. The Prix du Québec, which recognizes cultural and scientific achievement, is the Government of Quebec's most prestigious prize. Michael was recognized for his prolific work in the field of neuroscience and psychology. He is scientific director at the Ludmer Centre for Neuroinformatics and Mental Health at the Douglas Mental Health University Institute, and James McGill Professor in the departments of Psychiatry and Neurology and Neurosurgery and director of the Program for the Study of Behaviour, Genes and Environment, at McGill University.

Dominique Blain, BFA 79, received the Prix Paul-Émile-Borduas in November. The award is part of the Prix du Québec, which recognizes cultural and scientific achievement and is the Government of Quebec's most prestigious prize. The visual artist has featured in more than 50 solo exhibitions since the 1980s.

HONORARY DOCTORATES

Concordia University bestowed three honorary doctorates during its fall 2014 convocation ceremonies at Place des Arts on October 28. The distinguished recipients joined more than 1,900 students from Concordia's four faculties and School of Graduate Studies.

Michael Sabia, LLD 14, was recognized for his community involvement and prominence in the world of business. Sabia is chief executive officer of the Caisse de dépôt et placement du Québec, a position he's held since 2009. He is credited with helping put Quebec's pension fund back on track following the 2008 financial crisis. His philanthropy has benefited such organizations as the Montreal Heart Institute.

Richard Stallman, LLD 14, was honoured for his pioneering work with the Free Software Foundation, of which he is founder and president. The free software movement, initiated three decades ago, has had a tremendous impact on the world of technology. He launched the operating system GNU in 1984. Today the GNU/Linux system is used on tens of millions of computers.

Sister Jacqueline St. Yves, LLD 14, was recognized for her tireless efforts as a public servant. As Mother Superior of the Grey Nuns, her convent was a driving force behind the transfer of the Grey Nuns Motherhouse to Concordia. Prior to her appointment as Mother Superior in 2006, she was vice-president of St. Boniface General Hospital in Manitoba, where she helped mediate exchanges between healthcare workers and the general public.

2014 Ernst & Young (EY) Entrepreneurs of the Year, Quebec region:

Danny Chazonoff, MBA 96, was one of two Quebec Entrepreneurs of the Year in the Information Technology category. Danny is chief operating officer at Optimal Payments, a Montreal-based online service that manages billions of dollars annually.

Michael Elman, BA 00, nabbed the distinction of Emerging Entrepreneur. Michael develops mobile apps for children for Budge Studios in Montreal.

Wayne Burke, BA 10, was named an honouree in the Young Entrepreneur category. The 30-year-old is co-founder and president of Montreal-based Dominion New Energy Resources, which provides energy solutions to the commercial and industrial sectors.

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Department of Communication Studies' 50th Anniversary

The Department of Communication Studies will celebrate its 50th Anniversary in 2015-16. Please keep a lookout for news about upcoming events and festivities.

William Pelton, BA 48, October 4, 2014, Windsor, Ont. He was 86.

Koichi Sakamoto, BA 48, October 5, 2014, Longueuil, Que. He was 91.

John (Jack) Leslie Harrison, BA 49, October 1, 2014, Toronto. He was 95.

Guy Laframboise, BA 49, August 24, 2014, Ottawa. He was 87.

Edmund Costanzo, BSc 51, July 30, 2014, Ste-Thérèse, Que. He was 83.

Harry Hartman, BComm 52, BA 54, August 10, 2014, Delray Beach, Fla. He was 86.

Charles Gould Bragg, BA 53, October 26, 2014, Burlington, Ont. He was 87.

Robert Doonan, BA 53, November 2, 2014, St-Lambert, Que. He was 85.

Rodney M. Booth, BA 54, July 10, 2014, Surrey, B.C. He was 80.

John Basanda, attendee 56, October 30, 2014, Montreal. He was 80.

Emil Chiz, BA 58, July 22, 2014, Baie-d'Urfé, Que. He was 76.

Murray Brown, BA 60, September 14, 2014, Saskatoon. He was 76.

Solly Apel, BA 62, June 9, 2014, Montreal.

Neil Louis Lavoie, attendee 63, July 4, 2014, Montreal.

Moni Kunstler, BA 64, July 26, 2014, Oakville, Ont.

David Grey, BA 65, October 18, 2014, Montreal. He was 73.

Graeme Roy MacGregor, BA 65, August 25, 2014, Bellingham, Wash.

Bronius Niedvaras, BSc 68, June 1, 2014, Montreal. He was 89.

Mary Ann (Gresko) Errington, BA 70, July 16, 2014, Montreal. She was 65.

Geoffrey Alan Fox, BSc 70, October 3, 2014, Saanichton, B.C. He was 69.

Donna Viens, BA 70, June 11, 2014, Estero, Fla. She was 64.

Daniel Fischer, BA 71, BSc 74, October 29, 2014, Montreal. He was 67.

Shelley Katz, BA 71, July 25, 2014, Montreal.

Doreen Horen, BA 72, June 23, 2014, Montreal.

Johann Hans Lang, MEng 72, May 31, 2014, Delta, B.C. He was 86.

Glendon Colwell, BA 73, August 12, 2014, Montreal. He was 66.

Carla (Morris) Kesselman, BA 73, October 10, 2014, Montreal. She was 64.

Stephan Moskin (Stefan Miszkinski), BComm 74, MBA 77, July 23, 2014, Montreal. He was 91.

Marsha Carolyn (Smith) DiTomaso, BA 76, GrDip 80, August 27, Montreal. She was 78.

Eleanor E. Speak, BA 76, MA 80, July 20, 2014, Pointe-Claire, Que. She was 89.

Stefano Alfano, BA 78, September 28, 2014, Pointe-Claire, Que. He was 60.

Bruce Claassen, BComm 78, June 12, 2014, Stuart, Fla. He was 60.

Malcolm Peter Durdey, GrDip 78, Cert 88, October 9, 2014, Montreal. He was 61.

Joan Macpherson Vivian, GrDip 78, June 15, 2014, Montreal. She was 86.

Hildegard M. Alexander, BA 79, July 2014, Montreal. She was 89.

Gwenyth Doucet, GrDip 79, June 8, 2014, Chateaugay, Que. She was 95.

Glenn Anthony Horgan, BSc 79, May 29, 2014, St-Eustache, Que. He was 66.

Jim Legatos, BA 79, August 13, 2014, Montreal. He was 61.

Morey Rossman, BEd 79, May 25, 2014, St-Jérôme, Que. He was 80.

Michele Tanguay, BFA 80, GrDip 81, Stamford, Conn. She was 58.

Ross Teague, BA 80, October 28, 2014, St-Lambert, Que. He was 56.

Janet Elizabeth (Dixon) Elder, MA 81, July 8, 2014, Montreal. She was 88.

Lillian (Smerghel) Suliteanu, BA 81, July 31, 2014, Montreal. She was 79.

Simon Chinerman, BEng 82, July 14, 2014, Montreal. He was 65.

Helen Pooles, BA 83, June 5, 2014, Montreal. She was 68.

Alan Regenstreif, BA 86, GrDip 91, September 17, 2014, Montreal. He was 49.

Brendan Cahill, BA 87, February 21, 2014, Toronto. He was 55.

Milan Kovac, BA 88, June 22, 2014, Montreal. He was 53.

Rosemarie Kostuch, BEd 99, August 16, 2014, Mississauga, Ont. She was 58.

Katrina Desmarais, BComm 00, August 28, 2014, Montreal. She was 38.

Bruno D.J. Mital, BA 00, MA 04, July 20, 2014, Montreal. He was 49.

Rachel Tanya Devins, MA 02, June 21, 2014, Montreal. She was 43.

Benjamin William Herlinger, BEng 03, October 1, 2014, Atlanta. He was 38.

Patrick Bobbitt, BA 04, October 29, 2014, Montreal. He was 34.

Thomas Mitsche, BSc 06, Hudson, Que. He was 35.

Stephanie Lamontagne, BA 10, October 3, 2014, Lake Memphremagog, Que. She was 31.

Brilliant, conflicted and fertile

Brilliant (Signature Editions, \$19.95) is a collection of riveting, subtly linked short stories by **Denise Roig**, BA (cr. wr.) 94, set in bustling Abu Dhabi, United Arab Emirates — an affluent, increasingly multicultural capital city. The colourful palette of characters includes a Canadian nurse, a Filipina

(ebook, \$5.95), is the work of **Laurence Bishop**, Cert (TESL) 78, BEd (TESL) 81.

Prolific writer and translator **Stephen Henighan**, MA (Eng.) 86, is back with an impressive look at two of Latin America's most influential intellectuals in **Sandino's Nation: Ernesto Cardenal and Sergio**

professor at Concordia's Simone de Beauvoir Institute, where she teaches and researches in the areas of critical race studies, cultural studies, and transnational feminist and post/de-colonial theories. In her first book, **Conflicted Commitments: Race, Privilege and Power in Transnational Solidarity Activism** (McGill-Queen's

Nights (Hochelaga Press, Amazon Kindle, \$3.36), the second novel by **Raymond Beauchemin**, MA (Eng.) 92. The book takes a number of vantage points: a radicalized youth, an Israeli politician, and journalists and editors who convey the events to the world at large. Beauchemin, originally from Holyoke, Mass., has worked



nanny, a newly destitute British couple, a French urban planner and a cross-dressing Emirati. This latest addition to the canon of the globetrotting, American-born Roig — who lived in Abu Dhabi — is the author's third short story collection.

After being abducted, *Fumblethumbs* — a leprechaun — escapes with the help of a fairy and six children. Together they embark on a series of mythical adventures. The fantastical tale of ***Fumblethumbs – The Young Leprechaun***

Ramírez Writing Nicaragua, 1940-2012 (McGill-Queen's University Press, \$39.95). The book, the only comprehensive study of the careers of Nicaraguans Cardenal and Ramírez, presents thorough analyses of their poems, essays and novels. These are intertwined with the complex recent history of Nicaragua — before, during and after the 1979-80 Sandinista Revolution. Stephen is professor of Hispanic studies at the University of Guelph.

Gada Mahrouse, BA (Eng. lit.) 91, is an associate

University Press, \$27.95). Gada tackles the challenges of maintaining solidarity across unequal power and racial lines. She examines a form of non-violent, direct transnational solidarity in which Northern Hemisphere activists travel to support and protect those in the global South.

A clash between protesters and police prevented Benjamin Netanyahu — now prime minister of Israel — from speaking at Concordia in 2002. That event sets the stage for ***These Days are***

for a number of newspapers — including Montreal's *The Gazette*, where he was foreign editor. He runs the publishing house Hochelaga Press.

Fertile Ground: Exploring Reproduction in Canada (McGill-Queen's University Press, \$34.95), edited by Stephanie Paterson, **Francesca Scala**, MA (PP & PA) 93, and Marlene K. Sokolon, presents three major themes surrounding various aspects of women's reproductive lives: women's lived experiences, the role of the state in reproductive

politics, and discourses around reproduction. The compilation offers a timely and multidisciplinary account of reproduction and gender politics in Canada. Stephanie, Francesca and Marlene are all associate professors in Concordia's Department of Political Science.

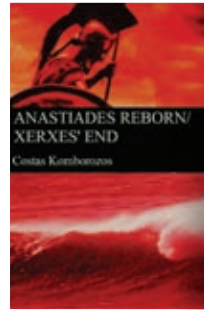
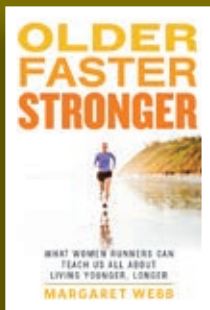
As she passed her 50-year mark, **Margaret Webb**, MA (cr. wr. & Eng.) 94, set her

is characteristically four lines long and follows a specific syllabic count. **A Red Fox** (Éditions des petits nuages, \$12), is a bilingual work featuring Berger's poems in both of Canada's official languages. Though this is the Montrealer's first published collection of tanka poems, she's no stranger to the genre: she has given several workshops on the poetic form for the Montreal Haiku Group.

as a journalist, teacher, and communications and government relations executive.

In **Cruising to Profits: Transformational Strategies for Sustained Airline Profitability** (Curmill Aviation Publications, \$56.27), **Ricardo Vincent Pilon**, AMBA 01, shares transformational strategies and tools he believes would help reposition commer-

End (Amazon Kindle, \$5.37). In the first installment, Anastiades dies on historic battlefields spanning centuries and is reborn through the aeon tide's ability to make freedom fully tangible. In the second installment, Anastiades must kill Xerxes to prevent him from crossing the Hellespont and taking control of history's tide. Costas is a Montreal freelance writer and editor.



sights on a specific goal: to become a better, stronger athlete. **Older, Faster, Stronger** (Rodale Books, \$15.99) recounts her journey toward reinvigorated health past 50. The consummate runner has kept pace with pioneers of women's running — many of whom continue well into their twilight years. Previously, Webb wrote a running column for *The Globe and Mail*.

Maxianne Berger, MA (Eng.) 96, writes tanka poetry — a genre of traditional Japanese poetry that

Among the things sons inherit from their fathers is their lexicon — words that will serve them throughout their lives. **Sons and Fathers** (Linda Leith Publishing, \$18.95) is about three men who have a talent for words, learned through the paternal figures in their lives. This first novel by Calgary-based **Daniel Goodwin**, MA (Eng.) 96, is set against the backdrop of politics, journalism and public relations on Parliament Hill in the Canadian capital. Daniel, a Montreal native, has lived and worked across Canada

cial aviation as a profitable business. Ricardo makes the case for some radical but necessary change in industry methodology. The first in a planned series, the book introduces a three-pillar leadership framework. Pilon is the owner and managing director of Millennium Aviation in Montreal.

Costas Komborozos, BA (Eng. lit.) 06, has just published the first two installments of the Freed Greece Echoed trilogy: **Anastiades Reborn** (Amazon Kindle, \$5.37) and **Xerxes'**

Mathieu Holubowski, BA (poli. sci.) 12, is better known on the Montreal music circuit as Ogen. The singer-songwriter recently released his debut album, **Old Man** (\$15). The folk-tinged tracks are inspired by Holubowski's years of travel and study abroad. In addition to eclectic local sounds, his lyric-laden music derives inspiration from legendary wordsmiths such as Bob Dylan. ■

—James Gibbons

How yoga changed my life

YASMIN FUDAKOWSKA-GOW,
BA 04

often say that I didn't choose to become a yoga teacher, but rather yoga chose me.

It was 1995. I was an athletic 14-year-old — injured from soccer — when I connected with a woman who had just opened a yoga studio near to where I lived. She suggested I try yoga. Since my mother had already introduced me to meditation, I was open to it.

I wouldn't say I loved yoga as a teenager. It was challenging and I felt clumsy. I couldn't touch my toes. But I came to love and respect the woman who owned the studio. She became my mentor and encouraged me to continue yoga. I remember that as my yoga improved, I began to feel graceful, strong and confident.

Fast-forward six years to the summer before my first semester of journalism and communication studies at Concordia: I became an apprentice to a yoga teacher in British Columbia. I had no intentions of teaching yoga, but I wanted to learn more. Eventually, I started teaching yoga to children and later to adults. Through yoga, I paid my way through university.

While my classmates worked long hours at retail stores or waited tables, I taught about six yoga classes a week. I was paid well enough from these classes to cover my tuition fees, books and a year of study abroad, and to graduate without debt.

Teaching yoga was — and still is — greatly rewarding and enjoyable for me, but back then I had no plans to make it a career. I always saw yoga as a part-time job. Many of my family members were esteemed journalists and film producers. Some even taught at Concordia. I was hyper focused on following in their footsteps. But something changed.

In 2003, the year I did an exchange at RMIT University in Melbourne, Australia, North America went yoga crazy. When I returned to Montreal, yoga was in high demand and there weren't many yoga teachers. So while completing my final semester at Concordia, I rented space at a studio in Pointe-Claire, Que., a Montreal

suburb, and ran yoga classes three nights a week. The classes were packed and often with waiting lists. By graduation, my yoga business was booming. Plus, I loved being active and sharing the benefits of yoga with others. In short, I was happier than ever.

Since then, I have enjoyed a hugely successful yoga career. I bought the yoga studio from my mentor in 2007 and sold it

five years later. I have five yoga videos for sale in major retail stores across Canada and on iTunes. I teach all over the world and have trained professional athletes.

In 2010, I set a new Guinness World Record for the longest yoga marathon by a female: 32 hours. This initiative raised nearly \$15,000 for charity and made headlines around the world. This life-changing experience deepened my appreciation and understanding of yoga and its incredible powers to heal and transform.

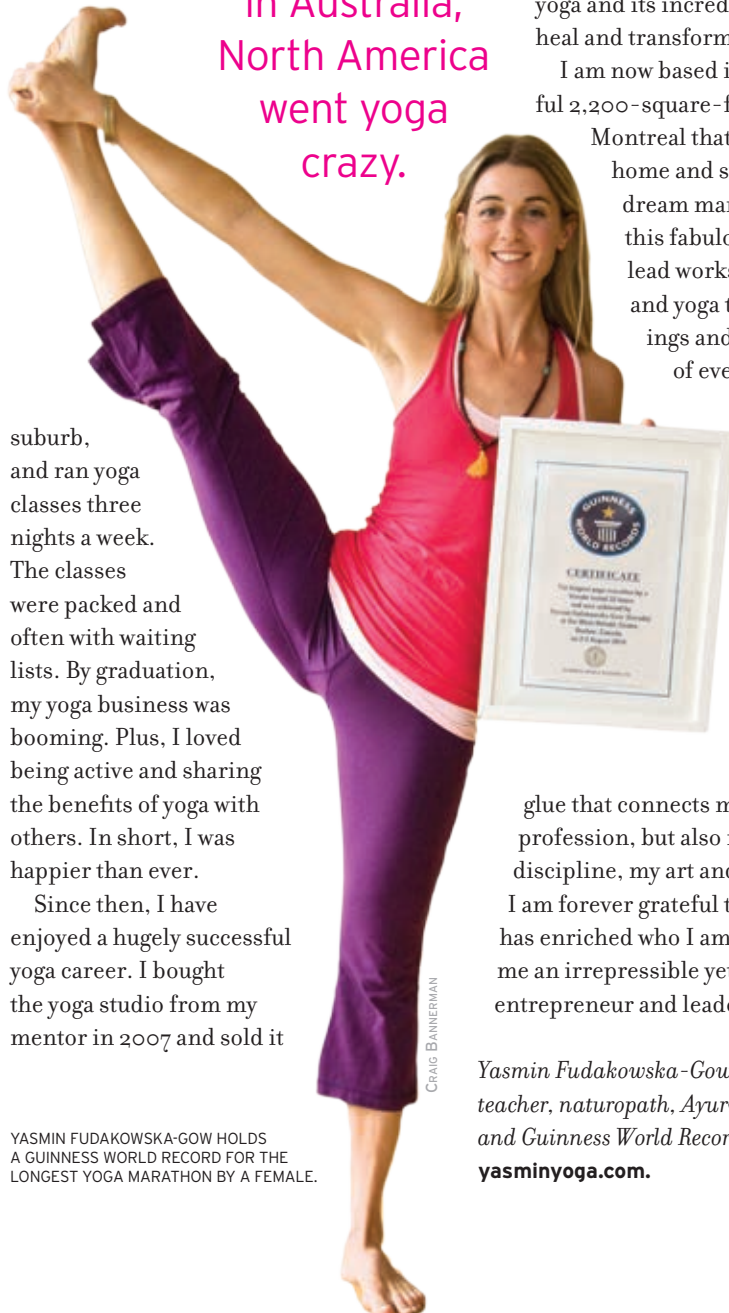
I am now based in a beautiful 2,200-square-foot loft in Old Montreal that is both my home and studio. It's a dream manifested. In this fabulous space, I lead workshops, classes and yoga teacher trainings and host a variety of events that blend yoga, food,

music and art. I am also an accredited naturopath and Ayurvedic practitioner and have a clinical practice as well.

Yoga is the glue that connects my life. It is my profession, but also my personal discipline, my art and my temple. I am forever grateful to yoga. It has enriched who I am and made me an irrepressible yet balanced entrepreneur and leader. ■

Yasmin Fudakowska-Gow, BA 04, is a yoga teacher, naturopath, Ayurvedic practitioner and Guinness World Record holder. Visit yasminyoga.com.

In 2003,
the year I did
an exchange
in Australia,
North America
went yoga
crazy.



CRAIG BANNERMAN

YASMIN FUDAKOWSKA-GOW HOLDS A GUINNESS WORLD RECORD FOR THE LONGEST YOGA MARATHON BY A FEMALE.



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