

A black and white portrait of actress Tamara Daly, looking slightly to the right with a subtle smile. She has long, dark hair and is wearing a dark top and a necklace made of interlocking metal rings.

The York University Magazine

New Agers

Tamara Daly – getting old could be so much better

PLUS

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Fluoride's dirty little secret

Fall 2015

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The
York University
Magazine

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THE PRESIDENT



MAMDOUH SHOUKRI
PRESIDENT AND VICE-CHANCELLOR

I AM VERY PLEASED TO SHARE WITH YOU our newly relaunched publication, *The York University Magazine*. We have revamped the look and feel of this award-winning magazine to better serve you, our alumni, and to deepen your connections with your alma mater. Connecting and building relationships with our alumni is critical to the success of the University, so I hope this magazine will continue to enrich your ties to York for years to come.

As alumni, you play an important part in the life of the University. Indeed, we measure the success of York in large part through the success of our graduates. And by all measures, our York grads are succeeding and making a tremendous impact in all fields of human endeavour, both locally and globally. With 285,000 York graduates living all over the world, our alumni network is strong, vast and influential.

Over the last number of years, I have had the pleasure of meeting thousands of York's remarkable alumni here in Toronto, across Canada and around the globe, and they have inspired me through their achievements and their support of York.

Nearly 80 per cent of York's donors are alumni who, in addition to making the University stronger through the work they do, also contribute millions of dollars each year to support our students, Faculties and programs. Without your help, we would not be able to deliver the best possible learning environment.

Our students and our alumni continually challenge us to work harder to make the University better. We are dedicated to creating an environment at York that will foster the future generations of global citizens – generations that will build stronger communities, pursue big ideas and change the world through new ways of thinking.

It has been an exciting few months for the University. In addition to hosting the Pan Am/Parapan Am Games in our new stadium this summer, we were delighted to learn in May that the Province of Ontario has approved a new York University campus in York Region's Markham Centre. We have many students who come to York from the area, and 50,000 of our alumni call York Region home, so we are looking forward to developing this new campus and welcoming even more students in the years to come.

I hope you enjoy York's new alumni magazine and think of it as yours. It is in these pages that we celebrate your accomplishments – big and small – and share your stories with the alumni community. Please get in touch at yumag@yorku.ca to tell us what you think and share your stories with us.

We look forward to continuing to celebrate you, your achievements and all the ways you connect with York University.

A handwritten signature in black ink, appearing to read 'M Shoukri', written in a cursive style.

The York University Magazine



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EDITOR'S NOTES

Stories that Stick

WELCOME TO THE YORK UNIVERSITY MAGAZINE. For the past
year, we've been busy behind the scenes crafting and honing a new
approach for getting the word out about York's accomplishments.
Times change, editorial tastes change and the way we present those
tastes change. It all adds up to a need to evolve the University's
alumni magazine in directions that are refreshing and surprising, but
not wholly unfamiliar.

You will notice that the front section of the magazine is now called
"View," which deals with things that are York related in terms of
outlook and ideas, because that's what it does – it gives you, the
reader, a behind-the-scenes view of how the campus is changing
physically, whether that be through new buildings or because of
engaging campus art (see "Let There Be Light," page 8). The View
section is also designed to give readers a glimpse into the kinds of
research York professors are pursuing, and how that work could
inform the ways we see and interpret the world – and even the
universe – around us (see "Galactic Appetite," page 10).

In the features section, you'll discover a different take on York
stories. The articles are longer, more thoughtful and more in-depth
than in the past. You'll notice too that the design gives more
breathing room to the images and the text. And at the back of the
magazine, you'll find an enhanced Alumni section. We hope it all
makes for a more rewarding reading experience.

No magazine can be all things to all people, but if we manage to
impart a sense of wonder about where York is – and where it's going
– then we'll have done our job. – **MICHAEL TODD**



ON THE COVER

Tamara Daly photographed by Mckenzie James

View

OUTLOOK & IDEAS

*Why walking differently
could help slow
osteoarthritis
for those at risk*

Watch Your Step

PHOTOGRAPHY BY MCKENZIE JAMES

IT'S ALWAYS GOOD TO find drug-free solutions to the myriad of problems associated with general health and aging. York University PhD candidate Brian Street and his colleagues have found a surprising antidote that could help slow the progression of osteoarthritis – in some cases, even delaying the need for surgery. And it doesn't require a prescription.

Knee osteoarthritis, which is usually very painful and can decrease quality of life, affects roughly one in five adults over age 45.

The York study comprised 15 healthy male participants. Their strides were analyzed using special cameras and sensors that measure the forces developed in the joints of our legs as we walk. These state-of-the-art tools gave Street a unique 3-D perspective of each participant's movements as they demonstrated three different gait conditions: regular, toe-out and narrow (that is, narrower than normal). A complete movement picture was captured, for both the "dominant" limbs, favoured for propulsion, and the non-dominant, stabilizing limbs.

The study's results showed that the narrow gait significantly reduced the early stance phase external knee adduction moment (EKAM), which occurs just as our foot first hits the ground, by approximately 50 per cent. EKAM is the movement of the upper portion of the leg relative to the lower portion. The EKAM causes the lower portion of the leg to be pulled inward, creating a kind of bow-legged position, resulting in forces created during walking to be concentrated on the inner portion of the knee – not good if you suffer from knee osteoarthritis.

Knee surgery has been shown to reduce EKAM by 30 to 40 per cent compared to narrow gait's 50 per cent. However, Street notes that while narrow gait may be suitable for some people, it can also increase the risk of falling for other individuals. Bottom line? "Narrow gait may work, but people should use it judiciously." ●

PHOTOGRAPHY BY MCKENZIE JAMES



Something in the Water

Does adding fluoride put you at risk?

FLUORIDE. IT'S IN OUR TOOTHPASTE. It's applied to our teeth during regular dental checkups. And, sometimes, it's added to our tap water. About 30 per cent of Canadians receive fluoride through their public water supply. We think it benign, but how safe is it?

Although fluoride can be found naturally in the environment, most of what is in our tap water is the artificial form – a byproduct of fertilizer production, derived from one of three chemicals: hydrofluorosilicic acid (the most common), sodium fluorosilicate and sodium fluoride.

Recent studies, including one by York University clinical psychology PhD candidate Ashley Malin and psychology Professor Christine Till, are uncovering a number of possible health problems with fluoride use. The York researchers looked at the potential link between fluoridation in the United States public water supply and increasing rates of attention deficit hyperactivity disorder (ADHD). They found that as the percentage of fluoridated public drinking water increased, so too did rates of ADHD in children aged four to 17.

"Our findings showed that artificial fluoridation prevalence in 1992 predicted ADHD prevalence in 2003, 2007 and 2011 among children and adolescents in the United States," says Malin.

This research raises huge questions, says Till. "We should be asking whether it is safe for many cities in Canada, including Toronto, to continue to fluoridate the water we consume." ●

THERE'S NOTHING LIKE letting a little light into your life – or, in this case, your artwork. Renowned Canadian artist Sarah Hall has done just that. Hall's sculpture *Leaves of Light* is an intriguing glasswork that incorporates natural daylight into its structure and stores it using photovoltaic cells. Then, at dusk, the whole installation comes alive as it glows, backlit from within the work's text and design elements that are etched and painted on the several layers of glass that make up the work.

Leaves of Light is one of the most recent additions to the many notable pieces on York's Keele campus by sculptors such as Alexander Calder, Enzo Cucchi and Hugh LeRoy. It graces the northwest corner of York's new Life Sciences Building, located just east of the Tait McKenzie Centre.

Leaves of Light consists of one glass panel with painted imagery, four interconnected solar panels and an interior layer of light-emitting diodes (LEDs). The embedded, custom-designed, blue-grey solar cells were made in Germany and are a perfect match for the innovative, sculptural facade of the building itself. The sculpture's design elements consist of text from a poem by Johann Wolfgang von Goethe about ginkgo biloba trees and images of the tree's leaves.

In 1859, Charles Darwin referred to the ginkgo biloba as a living fossil. Indeed, it is one of the world's oldest living tree species, whose existence can be traced back more than 250 million years. There are a number of ginkgo trees planted on York's Keele campus, and a ginkgo motif is also used in the entranceway and ground floor of York's Chemistry Building.

Going with the theme, Hall decided to incorporate visual references to the tree in her work. "The Life Sciences Building was in construction when I first met with the team to design the project," says Hall. "The cool, blue/grey/white palette helped me decide on the silvery colour for the east-facing solar cells and the dichroic glass. The warm, golden colour of the painted panel is a direct counterpoint to the building, and it gave strength to our idea of welcoming



staff and students at night. The imagery was inspired by the golden section and the remarkable ginkgo tree."

The west-facing painted layer of *Leaves of Light* is a combination of hand painting, digital painting and screen printing on glass. The artwork includes Goethe's poem "Ginkgo Biloba" in the original German, as well as in Spanish, English, French, Dutch, Italian, Portuguese and Japanese. The word "ginkgo" is written in Chinese, Greek, Arabic,

Hindi, Persian, Hebrew, Thai, Russian, Bengali and Korean to acknowledge the multicultural character of York.

"As a glass artist working in architectural installations, the idea to bring solar into my work came from a few sources, which all converged within a couple of years," says Hall. "First, my mentor, Professor Ursula Franklin at the University of Toronto's Massey College, encouraged me to explore connections to solar. Her physics colleagues in Santa Barbara had created a wonderful video, *Power of the Sun*, which she gave me. Second, I had seen many beautiful buildings in Europe created in a technique called building-integrated photovoltaic (BIPV) and I was convinced it was a great direction for solar. Third, I made connections in Canada, the U.S. and Europe with architects and engineers working in the field of BIPV. Fourth, the studio in Germany where my work is produced made a prototype of art glass with embedded solar cells and encouraged me to create solar work. Fifth, and of great importance, I received a Chalmers Arts Fellowship from the Ontario Arts Council, which gave me the time and resources to experiment with the integration of solar collection into my art glass projects. I am interested in using solar primarily as an environmental advocacy/educational tool."

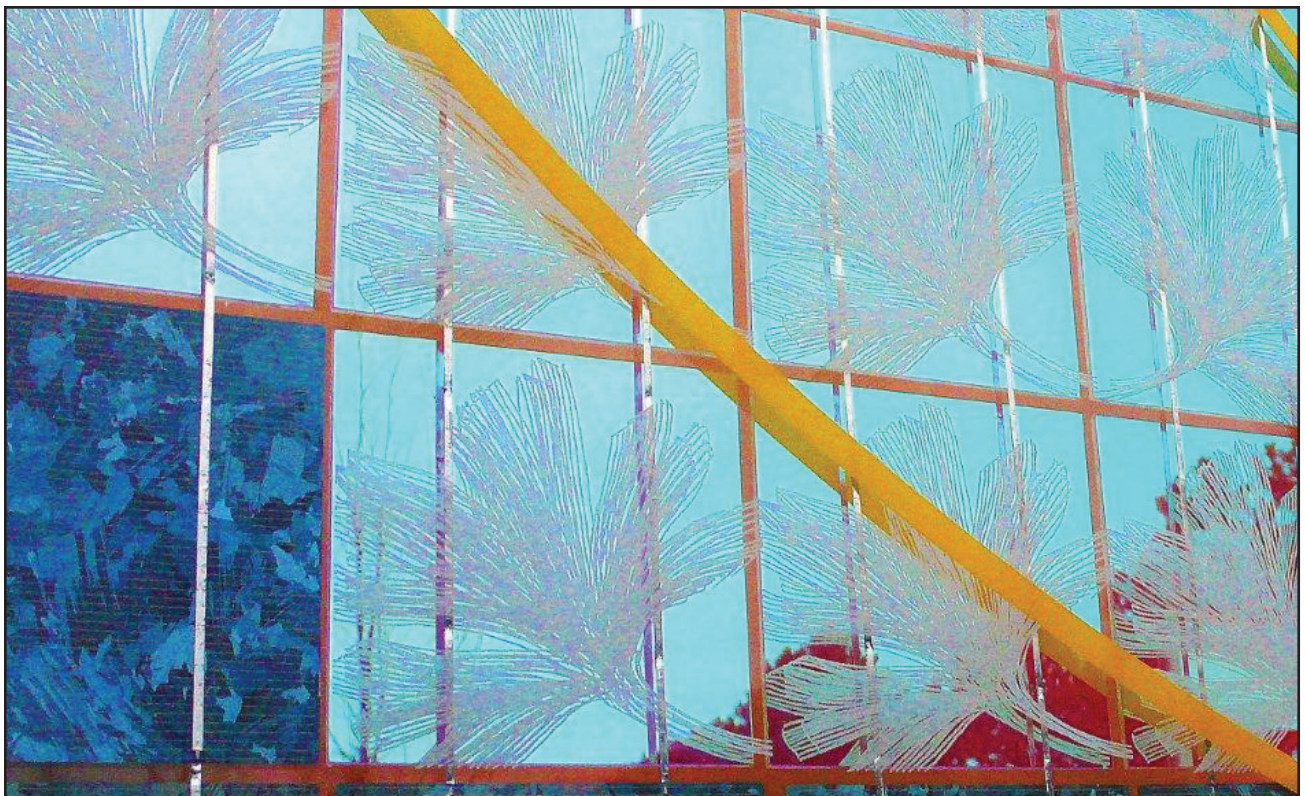
Hall admits she likes to build a story into her installations so that her works are, in and of themselves, a kind of story. So what was the story she wanted to convey with *Leaves of Light*?

"I wanted to make a connection to the ginkgo trees on campus, explore the golden section, look at languages overlapping with images and make solar look beautiful." ●



Let There Be Light

York's newest campus sculpture celebrates daylight ... all night



PHOTOGRAPHY COURTESY OF SARAH HALL

Galactic Appetite

York researchers discover gas-eating black holes

PHOTOGRAPHY BY MCKENZIE JAMES

A **TEAM OF RESEARCHERS** led by York University Associate Professor Patrick Hall has discovered some strange behaviour occurring in distant galaxies. Specifically, they noted several instances of gas that appears to be falling into black holes at a high velocity.

“Matter falling into black holes may not sound surprising,” says Hall, “but what we found was quite mysterious and was

not predicted by current theories.”

Astronomers have known for more than a decade that every large galaxy has a supermassive black hole at its centre, with a mass from millions to billions of times larger than that of the sun. Matter around these black holes forms a disc bigger than the Earth’s orbit around the sun and hotter than the surface of the sun. These discs of hot gas, called quasars, generate enough light to be seen across the observable universe.

Using data from two components of a large survey of

the night sky, known as the Sloan Digital Sky Survey, Hall and his colleagues found a new type of quasar in which gas seems to be heading away from Earth, and possibly towards the quasar’s black hole.

“The gas in the disc must eventually fall into the black hole to power the quasar, but it’s difficult to confirm that gas is actually inflowing through the disc,” says Hall. “What is often seen instead is gas blown away from the black hole by the heat and light of the quasar, heading toward us at

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velocities up to 20 per cent of the speed of light. These winds can affect the galaxy surrounding the quasar, and are an active topic of current research in astronomy, including my own.”

Study co-author Niel Brandt, Distinguished Research Professor at Penn State University, explains further: “Just like you can use the Doppler shift for sound to tell if an airplane is moving away from you or toward you, we use the Doppler shift for light to tell whether the gas in quasars is moving away from us or toward us. In these objects, some gas is doing both, though most of it is moving away from us.”

Quasars like these were not predicted by models of quasar winds, and astronomers weren’t on the lookout for them. “No one realized what these objects were until one day, while looking for something else, I spotted one which could only be explained as having gas around the quasar moving away from us at very high velocity,” says Hall.

Such infalling gas is believed to occur in only about one out of 10,000 quasars, and only 17 cases are known. This discovery is detailed in a peer-reviewed paper in the journal *Monthly Notices of the Royal Astronomical Society*, published by Oxford University Press.

Given the strong gravity of black holes, and the fact that there is nothing else unusual about these particular quasars, why isn’t gas falling into more of them?

“It could be that the gas moving away from us is not [actually] falling into the black hole but is orbiting around it, just above the disc of hot gas, and is very gradually being pushed away from the black hole,” explains Hall. “A wind like that will show gas moving both toward us and away from us.”

Due to this discovery, models of quasars and their winds need to be revised to account for these rare cases, he says. To help understand what revisions are required, Hall, his students and his colleagues are continuing to observe these quasars further, using the Canadian and American access to the Gemini North telescope in Hawaii. ●

Worried about retirement? Don’t be

A CENTURY AGO, the average Canadian lifespan was 60 years. Today, most of us can expect to live at least 20 years longer. In addition, the baby boom generation, comprising 30 per cent of the Canadian population, is now entering retirement age – causing many to worry about the potential ramifications. But no two people retire the same, suggests Thomas Klassen, a professor in York University’s Department of Political Science and School of Public Policy & Administration. As the arc of our individual and collective lives continues to change, he says, so too will the experience of retirement.



Klassen has written extensively on retirement and income security for older Canadians. In his latest book, *Retirement in Canada*, he tackles a myriad of myths and misconceptions about retirement and offers insights into how retirement is changing as the baby boom generation ages – for individuals, families, employers, policy-makers and Canadian society at large.

“I wanted to counter the various doomsday scenarios that are being put forward,” says Klassen, “including that the retiring baby boomers are causing the implosion of public health care and pensions, and taking jobs away from young people. A more balanced account seemed important, rather than the sensational journalistic stories or those from financial advisors, which too often scare readers.” What does Klassen hope the takeaway will ultimately be? “That readers understand that retirement, both for individuals and for society, is a gradual process.” ●

New Agers

Why being old shouldn't mean being forgotten

BY MICHAEL TODD
PHOTOGRAPHY BY MCKENZIE JAMES



I THOUGHT I WAS IMMORTAL. That is, until my tooth cracked. Then my reading glasses weren't strong enough. Next came foot problems. The signs were irrefutable. I was aging, my chimeric immortality disappearing faster than a snow cone at the CNE.

BUT I'M NOT ALONE. There are lots of people just like me – in fact, all of humankind. In 2006, almost 500 million people worldwide were 65 and older. By 2030, that total is projected to skyrocket to one billion – that's one in every eight people. In 2050, the number of those 65 and older is expected to top out at about 1.5 billion. That will represent 16 per cent of the world's population. The planet will soon have more old people than children.



TAMARA DALY: People should be protected at the end of life

Population aging will have dramatic effects on social entitlement programs, labour supply, trade and savings around the globe, and may demand new fiscal approaches to accommodate a changing world. So what does it mean to grow old? Ask various experts who study aging – as we did for this article – and you’ll get just as many different answers. We all have our own take on what it means to age with dignity. But one thing is clear: As the baby boom generation retires, Canada is quickly heading towards becoming a blue-rinse nation. By 2050, 31 per cent of all Canadians will be 60 or older. That’s nearly a third of the country’s present population.

There are many myths and misconceptions about what aging is and what it means to grow old. One is that the baby

ONE OF THE BIGGEST MYTHS ABOUT THE INCREASING NUMBER OF OLDER ADULTS IS THAT THEY ARE GOING TO BANKRUPT THE SYSTEM

boomers, and the elderly in general, are going to place an incredible burden on the economy when they retire. But the journal *PLOS ONE* suggests otherwise in a case study on aging populations in Germany.

While people will live longer, they’ll also stay healthier longer. According to the study, the average German man in 2050 will spend 80 per cent of his life in good health, compared to 63 per cent today. There will also be more old people with higher levels of education than in our parents’ time. This could help offset any decline in the labour force. As well, boomers will be inheriting their parents’ wealth, which will help them fund their retirement without relying as heavily on government support. Quality of life levels are also expected to rise in the next decades, with leisure time increasing on average. This will not only benefit the elderly, but also the generations behind them.

While the most developed countries have the oldest population profiles, less-developed countries have the most rapidly

aging populations. What’s driving this demographic trend? Declines in fertility and improvements in longevity are two major factors. Between 2010 and 2050, the number of older people in less developed countries is projected to increase by more than 250 per cent, compared to 71 per cent in developed countries. In China, the world’s most populous country, those aged 65 and over is predicted to swell from 110 million today to 330 million by 2050. By the middle of the century there could be 100 million Chinese people over the age of 80.

Experts predict that on a global level, the number of people aged 85 and over will increase by 351 per cent in the next 35 years. The global number of centenarians is projected to increase tenfold by 2050. This dramatic increase in life expectancy is one of the 20th century’s greatest achievements but also one of its major challenges in terms of social and economic policy.

At Risk

AS WE GET OLD, are we completely at the mercy of the calendar or can we go gently – and with dignity and comfort – into that good night? The short answer is maybe we can, but perhaps not in Canada. If you want to be assured you’ll have quality care provided by the state, you’d be better off in Nordic countries like Sweden, according to Professor Tamara Daly, who is among the roughly two dozen researchers doing aging-related work as part of the York University Centre for Aging Research & Education (YU-CARE), housed in the Faculty of Health.

In terms of caring for the oldest old, Canada lags far behind many of the more progressive European nations, says Daly, a Canadian Institutes for Health Research (CIHR) Chair in Gender, Work and Health, whose research focuses on health-care work, aging and long-term care policy, as well as gender, ethnicity and health policy.

According to Daly, Canada trails behind countries such as Sweden, Norway, Germany and the Netherlands in overall elder care. The Global AgeWatch Index (2013) corroborates this observation, noting that Canada placed fifth on the list behind those countries. However, the index also shows that, in terms of income security, Canada places 26th on the list



GARY TURNER: Do our brains age like bodies?

WILLIAM GAGE: What we mean by "aging" is deceptively complex



of countries studied, due to an old-age poverty rate of 4.4 per cent.

“One of the biggest myths about the increasing number of older adults is that they are going to bankrupt the system,” says Daly. “That hasn’t happened in Sweden, where 20 per cent of the population is considered among the oldest old (that is, people over 85). It’s one of the oldest countries in the world and they do a very good job of housing older adults. They don’t warehouse them, they wrap care around them.”

Daly says that if she were a woman of 85 in Ontario today, she’d be nervous about going into long-term care. “We haven’t put enough resources in place to ensure facilities are safe and secure. They are also not stimulating environments. I personally don’t believe I would eat healthily enough, be stimulated enough or be safe enough. In Ontario alone, there have been 29 homicides in long-term care facilities between 2002 and 2012. And the most recent Canadian Institutes for Health Research data we have suggests that nearly 50 per cent of residents who live in Ontario’s long-term care facilities are classed either as aggressive or very aggressive.”

It isn’t just the old who are at risk in such facilities. It’s the staff, too. Daly also studies work issues around institutional care, including the lot of front-line caregivers. “These are workers that tend to be the lowest paid and work in conditions that are more challenging than those of most other health-care workers,” she says. “The end of life is a time people should be protected, and I don’t think we’re doing a very good job in Canada of either protecting the workers or the residents.”

Daly says current health-care policies

for the old in Ontario expect a great deal from families and people’s own networks of friends and acquaintances. “Right now, I think our long-term care system is premised on this notion of individual responsibility instead of sharing risk.”

Brain Behaviour

GARY TURNER IS A Faculty of Health professor, psychologist and member of YU-CARE whose research focuses on cognitive aging, stroke and stroke recovery. Turner’s angle on graceful aging is trying to understand how the brain changes as we get older and how these changes impact our cognitive abilities. There are two main ways of thinking about that, he says. One is to look at the brain at work and the other is to look at the actual structure of the brain itself.

Turner says researchers know the brain naturally loses volume as we get older. “It sounds negative, but it is a biological fact. It’s a natural progression but it isn’t even – that is, not all parts of the brain change at the same rate.”

Although the brain does gradually lose volume, that doesn’t always mean a change in cognitive function. Researchers like Turner have found the brain has a natural capacity to adapt. Areas not normally associated with a specific function can take on new jobs if other parts of the brain become damaged by disease or weakened through the natural aging processes. Turner is intrigued by what’s called “executive function” (EF), our brain’s more complex cognitive functioning processes which involve things like planning. In young brains, says Turner, EF is necessary to deal with the continuous parade of novel experiences that are

part of young adulthood. At that age, there is a relatively limited repertoire of stored knowledge, so younger brains naturally have to problem solve more often and more rapidly. Not so for older brains. As you age, you naturally build up a store of experiences and knowledge that you can draw from, so relying on EF is not as much of a priority. You become more likely to act and think in comfortable, or predictable, ways. The brain’s networks that are involved in EF are not as taxed, meaning those networks are also not exercised as much as they were when we were young. Turner says, in terms of brain function, it’s a case of “if you don’t use it, you lose it.” If your behaviour is guided by a

TURNER’S ANGLE ON GRACEFUL AGING IS TRYING TO UNDERSTAND HOW THE BRAIN CHANGES AS WE GET OLDER

treasure trove of stored knowledge, it’s very efficient. Think, for example, about the effort involved in shopping in a grocery store you know well versus one you don’t.

But there are tradeoffs. As we age, EF naturally falls off, even in healthy aging brains. We come to rely more on our stored knowledge and experiences. “That scenario is fine as long as your environment remains predictable,” says Turner, “but when things change and you have to go back to problem solving, it’s a little more challenging.”

Turner's work is all about understanding how this idea of stored knowledge and experience interacts with executive functioning as we get older – and how the brain regions supporting these interactions are impacted by aging.

So how can we keep our brains fit as we get older? Turner, who is studying the brain function of both young and old

IF YOU START TALKING ON YOUR CELL PHONE, YOU'RE MORE LIKELY TO STOP WALKING IF YOU'RE OVER 65. THAT IS REALLY A FUNCTION OF AGING

people, suggests a need for balance, relying on your banked experience and also pushing yourself out of your comfort zone occasionally to get those EF networks fired up.

“This is something we’re looking at, both in terms of how the brain changes as we age and the behavioural impacts of those changes. My sense is that the more you’re able to continue to exercise problem-solving abilities and to flexibly work with the reservoir of stored knowledge as you age, the more you will be able to make optimal choices.”

Don't Fall

WILLIAM GAGE, a Faculty of Health professor who is also the associate vice-president teaching and learning at York, a research scientist with the Toronto Rehabilitation Institute and founding director of YU-CARE, says what we mean by “aging” is deceptively complex. “What we talk about within YU-CARE is a whole bunch of different ways of thinking about aging itself, as opposed to just being ‘old.’ We’re interested in thinking about aging from a lifespan perspective. We’re looking at the whole aging picture, from molecular levels through to behavioural and on into societal systems.”

Gage's area of expertise is neuromuscular control and the biomechanics of postural control and joint stability. “I am interested in neuroscience – the role of joint mechanoreceptors

such as those which are found in our knees,” he says. “Those receptors tell us how we are standing and walking, and they work in parallel with our vestibular system and vision. I was looking in an experimental way at people who did not have joint receptors that were working. What happens when people's receptors aren't working? Does it look like they behave differently due to their absence? Answering such questions led me to look at not only older people, but those with knee replacements and knee arthritis, and how they recover balance. Because of joint disease, this is a group that's at an even greater risk of falling than the elderly in general.”

Gage is particularly interested in mobility issues, and why the elderly fall more than young people. “In my lab, we're looking at how people maintain their balance and how they recover if they are knocked off balance. We examine how the limbs move to recover balance – how you take a step or reach out to grab something solid – by activating different muscles. We look at how quickly the response occurs. It slows down as you age. Walking and talking simultaneously gradually becomes more difficult as you age. For example, if you start talking on your cell phone, you're more likely to stop walking if you're over 65. That is really a function of aging.”

Falling and balance issues for the elderly are of particular concern because one in three people over the age of 65 falls each year – often with devastating results. Gage says that, contrary to popular belief, walking is not an automatic function. “It is something we do naturally, but it requires constant involvement of and monitoring by the brain. The brain is involved all along in making conscious decisions about what tasks to support and how much.” In old age, that ability to multitask becomes less flexible. If the brain is asked to do one task, it may have to sacrifice something else because it is less efficient at processing. According to Gage, this could be one cause of the elderly being more prone to falling.

Gage believes that aging is really a state of mind. He says there is no doubt that there are people who age better and enjoy a higher quality of life. “I think it's worth pointing out that an individual's quality of life may not be so dependent on the amount of money they have, but on the enjoyment they can derive from life. Having said that, there is a statistical relationship between access to resources, such as money, and health-related quality of life, regardless of your age. Physically, these people are old, but mentally and spiritually they sure don't seem old. On the other hand, we've all met persons who aren't old but definitely present themselves that way.” ●

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York grad Berkeley Poole has designs on New York City

GRAPHIC CONTENT



HER RESUME READS like the plot points of a Lauren Weisberger novel – think “Canadian design up-and-comer takes New York City’s creative scene by storm.” And as is the case for literature’s most beloved heroines, the journey to career success for York grad Berkeley Poole (BDes ’10), albeit swift, wasn’t entirely without its obstacles. “I went to a lot of portfolio reviews where directors of design studios told me my work was too creative and I shouldn’t be in design,” she says.

But that didn’t discourage her. Poole continued to follow her instincts, and it soon paid off. At just 27 years old, a mere five years after graduation, she is now the art director at high-end department store Barneys New York, working under the tutelage of design industry heavyweight Edward Leida, who has left his mark on magazines such as *W*, *Details* and *Town & Country*.

The Toronto native’s enviable CV also includes stints at MTV Canada; *V*, *Visionaire* and *V Man* magazines; and New York ad agency Laird + Partners, where she handled design and branding for fashion icon Karl Lagerfeld.

While attending high school at Richview Collegiate Institute in Etobicoke, Ont., known for grooming successful business types, Poole initially envisioned herself pursuing a career in marketing. It was ultimately her mother’s subtle nudges that led her to consider the switch to design and art direction. “She obviously knew better in terms of it being a combination of the things I’m interested in, passionate about and good at.”

Selecting the York University/Sheridan College Joint Program in Design for her postsecondary studies was a no-brainer, says Poole. “After visiting York and seeing how intense and enthusiastic the professors were, my heart was dead set on going there.”

Poole lived in residence for two years and spent her third year at the Bauhaus University in Weimar, Germany as part of a study abroad program – a decision that would prove to

influence her esthetic for years to come. “The Bauhaus is very conceptual and process-driven,” she says. “I brought that back with me and it still informs what I do now.”

Her eventual move to the Big Apple was more happenstance than strategy. A chance introduction to a former *V* staffer led to several rounds of interviews, test projects, a job offer and two weeks to pack up her life in Toronto. It wasn’t long before a head-hunter came calling, bringing her to Laird + Partners, after which she was soon poached again by Barneys. She hadn’t planned to move from job to job so quickly but, she says, “To be able to work with [Leida] was a huge, fantastic opportunity that I couldn’t pass up.”

This year is off to a terrific start for Poole, who was named one of *Flare* magazine’s 30 Under 30 Canadian women who are changing the world and earned a mention in the *New York Times* for her passion project, *Adult* – the magazine of “contemporary erotics” she co-founded in 2013 with fellow Canadian Sarah Nicole Prickett. This year also marked what she considers the high point of her career to date, getting to work on Barneys New York’s first print publication, *The Window*.

Poole credits much of this early success to what she calls her “insane work ethic.” She has gotten ahead by teaching herself new skills, familiarizing herself with emerging software programs and keeping busy with countless side projects. Burning the midnight oil has served her well, but this classic over-achiever recently started acknowledging the necessity of downtime. “More and more I’m realizing how important it is to go to galleries and make time for exercise and vacation.” That new outlook on work-life balance is what led her to make the difficult decision to step away from *Adult* after its second issue.

Proof that unconventional thinking and good old-fashioned hard work can take you far, this York alumna is in no hurry to map out her future. “Whenever I say I’m moving back [to Toronto] soon, I end up moving on to another path or adventure, so we’ll see,” she says. “I’m leaving it open-ended for now.” ●

*How a low-budget film by two York grads
became an indie darling*

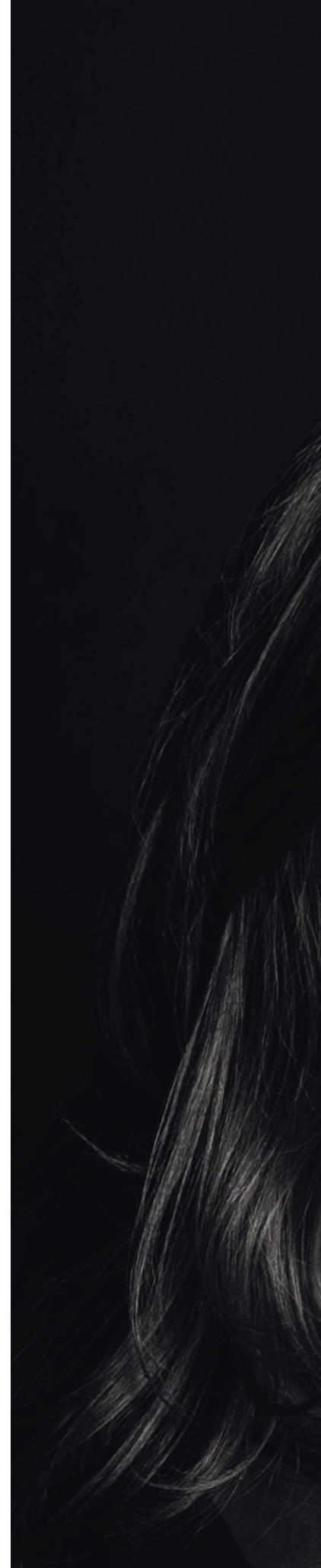
movies & shakers

O **NLY A FORTUNATE FEW** have childhood friendships that last a lifetime. For York University film grads Albert Shin (BFA '06) and Pearl Ball-Harding (BFA '08), luckier still, the bond they formed at Newmarket High School in ninth grade has not only withstood the test of time, but it has blossomed into a professional partnership that's helping to put Canadian cinema on the map.

The strength of this pair couldn't be better exemplified than by their latest project, the Korean-language film *In Her Place* that they co-wrote, which had its world premiere at the 2014 Toronto International Film Festival and has since garnered critical acclaim worldwide. Shin also directed the film and co-produced it with another fellow York grad, Igor Drljaca (BFA '07, MFA '11).

Their independent feature, called "exquisite" by renowned Canadian moviemaker Atom Egoyan, has won numerous awards, including the Child Protection Award for Best Film at the 2014 Abu Dhabi Film Festival and the Special Jury Prize at the 2015 Taipei Film Festival's International New Talent Competition. And it surprised everyone when it picked up an impressive seven nominations at this year's Canadian Screen Awards. "It's really cool that this little film was able to cut through some

BY LINDSAY MACADAM
PHOTOGRAPHY BY MCKENZIE JAMES





noise and stand out a bit,” says Shin, who is attracting attention in his own right, recently winning the Scotia-bank Jay Scott Prize for an emerging artist at the 2014 Toronto Film Critics Association Awards.

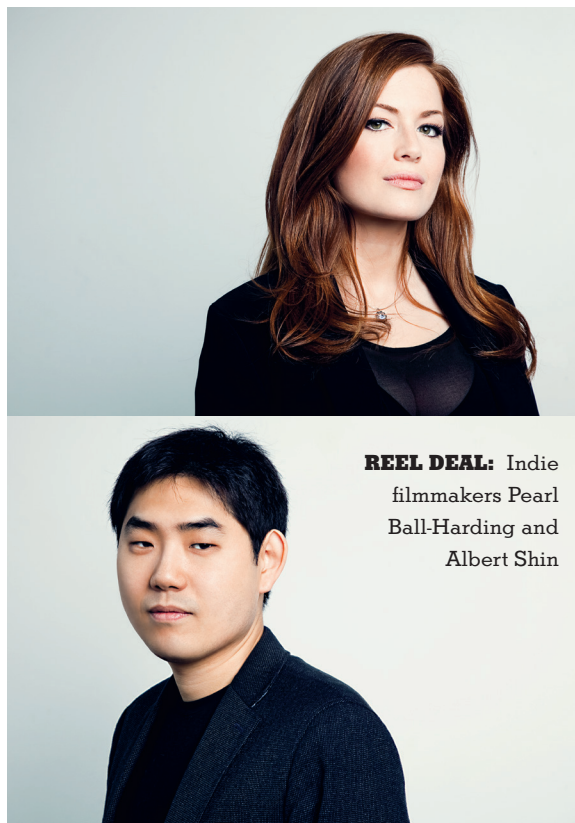
A longtime movie buff with big-screen aspirations, Shin began honing his craft in his teens, bringing Ball-Harding on board whenever he needed a hand. She dabbled in commercial acting as a child, and getting a glimpse into Shin’s behind-the-scenes world sparked her interest in the other side of the business.

To avoid Ontario’s double cohort year, Shin fast-tracked through high school and went straight on to university. This allowed Ball-Harding to get a taste of York’s film program through Shin’s eyes before deciding to join him two years later. And it was a decision she doesn’t regret for a second.

As for Shin, many of his former York classmates have become his real-world collaborators. “We forged amazing bonds, both personally and professionally, so we were able to take what we learned in school and continue to evolve and grow together.”

Being a second-generation Korean Canadian, Shin had his heart set on making a movie in his homeland someday. And he had just the place – his aunt and uncle’s abandoned dairy farm in the Korean countryside, about 150 kilometres from Seoul. All he needed was the right story.

He found it while on a brainstorming trip to Korea after graduation. Shin overheard a heated family debate at



REEL DEAL: Indie filmmakers Pearl Ball-Harding and Albert Shin

a restaurant about whether a family member was actually pregnant or faking it, planning to illegally adopt and claim the baby as her biological child. Surprisingly, this wasn’t a new concept to Shin. Suspicions of hush-hush adoptions are not uncommon in the Korean community. “There’s one in every family, or at least rumours of one,” he says.

The secrecy stems from the stigma attached to adoption, teen pregnancy and abortion in Korea. There are a lot of unwanted babies and people not able to have babies, but still needing to maintain their family lineage, says Shin. “All of these things create this kind of messy perfect storm.” Or, as he realized that day, the stuff of movie magic.

Shin knew this topic needed to be explored through film, but decided to scale it down to one story – three women brought together through a secret adoption scheme – to serve as

a “microcosm of the bigger picture.” He felt Ball-Harding could bring a creative element to the project that he was lacking, as well as a female perspective. “It was basically tailor-made to my sensibilities,” she says. “Culturally it speaks to him, but it speaks to me as a woman.”

The pair spent a month in Korea together – drawing inspiration from the evocative landscape, figuring out the skeleton of the film and walking through scenes. With Ball-Harding back in Canada, they continued fleshing out the storyline, sending notes back and forth until the screenplay was finally completed three years later.

The prep work, which included translating the English script into Korean, took about a year. Then Shin spent 24 days shooting with his all-Korean cast and crew, and post-production was handled in Toronto.

“I look back now at the original screenplay we wrote on yellow legal pad and it makes me smile, the differences,” says Ball-Harding. “But for the most part, the bones are there, the idea is there, the thrills are there. So that’s exciting for me.”

Though they’re both exploring different projects at the moment, this powerhouse film duo is confident they’ll be working together in an “official capacity” again soon. “In some ways, Pearl is always involved,” says Shin. “We have a collaborative friendship,” adds Ball-Harding with a laugh. ●

In Her Place is available to rent or buy on iTunes and Google Play.

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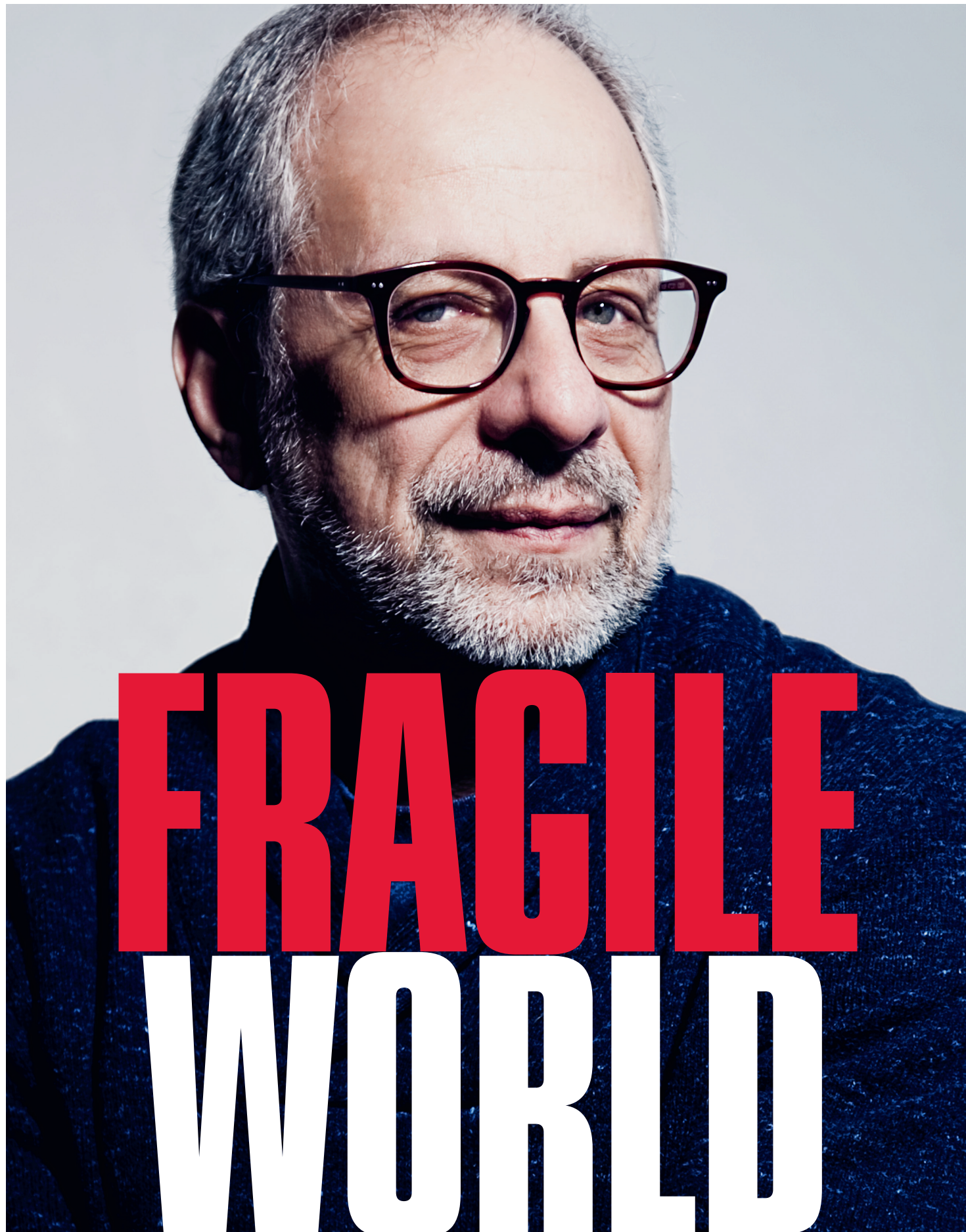


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*On the sublimity of sewage,
Toronto's indigenous history
and the fate of Ontario lakes*

BY MICHAEL TODD
PHOTOGRAPHY BY MCKENZIE JAMES



SPEAKING UP: Lewis Molot (left), Jon Johnson (right)

WHEN YOU'RE an expert, people listen. And when you're a thought leader on environmental education, even better. *The Magazine* caught up with three York professors who recently gave public talks on the theme "Our Fragile Planet" for the Toronto Public Library (TPL). They discussed Toronto's hidden aboriginal history, the city's amazing sewage and the fate of our, so far, (still) Great Lakes.

On Sewage and the Sublime

MICHAEL MCMAHON, a doctoral fellow in York's Faculty of Environmental Studies (FES), deals with at least one area in his research that most people might prefer to ignore (if not forget about entirely) – and that's sewage. In his recent TPL talk, "Sewage and the Sublime: The R.C. Harris and Ashbridges Bay Water and Wastewater Treatment Plants," he explored Toronto's environmental history through the lens of its water-side treatment plants and citizen concerns about the city's waterfront.

"Funnily enough, I didn't envision 'Sewage and the Sublime' as being the title of my talk," says McMahon,

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And, like our
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purification and
putrefaction**

who is intent on marrying two sub-categories in the academy – urban environmental history with urban political ecology. "That came partly out of my dissertation topic on sewage and the sublime and the political ecologies of Great Lakes water. The head of public programming at TPL loved the title and thought it might very well intrigue people."

So, how exactly did McMahon become interested in the whole realm of human excrement and its treatment? "Well, I was wondering where the sublime might be found in this subject matter," he says. "In the traditional sense, we look to the heavens for the sublime, but might it not also be found – perhaps newer 'sublimes' – in a return to earth and, more specifically, in our own bodies and their relationships with the bacterial swarm that's in our midst?"

For McMahon, beauty is where you choose to find it – even bacteria that can kill us, can also aid us. The apotheosis of that is the modern sewage treatment plant whose antecedents stretch back into both the creation of sewers and methods for treating effluent and providing safe drinking water that date back to the mid-1800s. Today's sewage plant is what McMahon calls the "organic machine." "We are literally embracing the muck here," he says. "They are the equivalent of the human digestive tract. And, like our body systems, it is a delicate balance between purification and putrefaction. We need chlorine, which kills bacteria, to produce safe drinking water, but we need the bacteria that can potentially cause disease to aid in breaking down human waste."

The germ theory of disease came to be accepted in the late 19th century in the wake of Louis Pasteur's discoveries. It was suddenly realized that while germs can make us sick, they are also our friends. "Cheese, wine, fermentation ... we've been living with bacteria for centuries," says McMahon. "It is this wondrous, invisible realm, and eventually we came to enlist bacteria in our water and sewage treatment."

Chlorine and bacteria live in an uneasy truce in our society, he notes. "Our individual health continues to be shaped by the health of the wider environment of which we are a part. Our urban environmental history is one that has seen substantial public

improvements in the quality of water. On the other hand, given the amount of chlorine put into our water supplies to combat disease, we are no longer likely to die of typhoid, yet we are more than ever likely to contract some form of cancer due to the amount of so-called 'organochlorines' dumped in the Great Lakes environment."

McMahon is also interested in the inputs and outputs from our cities, which have been shaped not only by the engineers of our water and wastewater systems, but also by public health professionals and, indeed, members of the wider public. Remember the "Sewage Sisters" who battled for changes to the Ashbridges Bay sewage treatment processes in the 1990s?

R. C. Harris, Toronto's commissioner of public works from 1912-45, was considered somewhat radical for his time in that he believed in technology for solving the problem of pollution and moving away from the 19th century idea that the best "solution to pollution was dilution." The result was the first large-scale rapid sand filtration plant in North America and the first superchlorination process.

"The point was and is today to use bio-mechanical and chemical engineering to insulate us from our polluted environment, rather than cleaning up the environment itself," notes McMahon. "Unlike New York City, we never had a large and natural, upstream source

**Originally,
Toronto's water
came from
the inner harbour,
but that was
so polluted that
it was deemed
too much
of a risk**



of water to draw on, so we've had to use lake water and treat it with chlorine. Originally, Toronto's water came from the inner harbour, but that was so polluted that it was deemed too much of a risk."

Along with technological change for treating waste and water were concomitant collective east-end neighbourhood uprisings against plants like Ashbridges Bay, which historically received all the waste from Toronto's more affluent neighbourhoods. Once in Toronto's east end, it was processed and burned. Aside from air quality issues, there is also a history of collateral natural disasters. Ashbridges Bay, filled in for industries now gone and a sewage megaplant that continues to be built and rebuilt, used to be one of Lake Ontario's largest premier wetlands. Only a remnant remains.

As for what our sewage can tell us about our cities and the ways we live in them, McMahon says first and foremost we can find nature in the city if we think of a few related things: one is that our bodies are largely made up of bacteria; another is that, going by percentage of weight, we are comprised largely of water so, in a sense, many of us "come from" the Great Lakes. Our bodies are that part of nature which we directly inhabit, he says. "We get to a wider nature through our water and sewage treatment systems, and we live in a symbiotic relationship with bacteria. We need to nurture our relation with non-human life forms and bring them in line with the more conflicted elements of our urban political ecology."

McMahon's background includes a master's degree from the University of London's Bartlett School of Architecture & Planning and work as the curator of exhibits at the former Metro Archives in Toronto. His talk was based on two essays: "We All Live Downstream," which appeared in the Coach House Press book *HTO: Toronto's Water from Lake Iroquois to Lost Rivers to Low-flow Toilets*; and "Toronto's Organic Machines," which appeared in *Urban Explorations, Environmental Histories of the Greater Toronto Area*. The latter collection of essays was prepared under the editorial direction of York Professor Anders Sandberg.

Toronto's Indigenous History

IF YOU'RE A Toronto resident, you may not realize that there's a rich indigenous history right under your feet – or maybe even in your own backyard. According to York PhD candidate Jon Johnson, if you're a fan of strolling up Spadina Avenue, along Davenport Road or up Yonge Street, you're walking in the footsteps of established native trails that could date back 11,000 years. In fact, the city's name is derived from the Mohawk term "tkaronto."

Johnson's research focuses on First Nations cultural traditions and the connections among cultural integrity, environmental integrity and health for native groups living in both reserve and urban communities. His TPL talk centred around the indigenous environmental history of Toronto, based on work he conducted in collaboration with the city's aboriginal community.

Johnson is also involved with First Story Toronto tours based out of the Native Canadian Centre of Toronto at 16 Spadina Rd. (the road's name itself comes from the indigenous word "ishspadeena," Ojibwa for hill). "Because of my involvement with the tours, I learned a great deal about Toronto's native heritage, including the stories about all the places across the [Greater Toronto Area] that featured indigenous history, and I eventually began leading many of the tours myself," he says.

Some of the well-documented aboriginal burial sites in Toronto include Baby Point and Tabor Hill Park in

Scarborough. Johnson points out that Davenport Road follows an important portage trail east and west along the

**To know
your ancestors
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deep thing**



bluffs (the prehistoric shoreline of Lake Ontario) from Spadina, connecting to a native trail that roughly followed the Don River (in the east) and the Humber River (in the west).

"Baby Point was the site of a prominent indigenous settlement," he says. "It was a Seneca village that was established during the 17th century to take advantage of the burgeoning fur trade in the area. Toronto was really unique in that respect – many of the major rivers and their mouths were important routes in the development of the fur trade. Before the Seneca, routes like the Carrying Place were used by the Wendat for travel and trade, and they predate European arrival."

Johnson's talk was held at 10 Spadina Rd., just south of the Native Canadian

Centre. Why there? "The Native Canadian Centre is a great place to stop and it's certainly the heart of the city's contemporary indigenous community," he says. "Indigenous people began migrating back to the city beginning in the first half of the 20th century, after being pushed out. After a critical mass of native peoples returned to the city in the post-war years, the centre, along with other native initiatives, developed.

"I think [these stories of Toronto's aboriginal history] are more important than ever for many different reasons. Historically, there's the notion that somehow native people don't belong in the city. So part of my academic and personal mission is to make people aware of Toronto's indigenous heritage and that there's a vibrant, contemporary native community in the city that has continued that tradition."

Johnson says that more awareness of First Nations people's history in and around Toronto is also very healing for the community itself. "To know your ancestors have been here from the ice age to the present is a very deep thing," he says. "You know, I continually hear people in the city say they've never seen a native person in Toronto. I guess they think native people should be walking around in buckskins and feathers. They don't realize they probably see native people every day in their neighbourhoods, workplaces and on the subway. There's a lot of evidence of First Nations people's long presence still extant on the land and in the historical record, and it's time to reconnect to that."

Many of our family members attended York, which has been very important to our intellectual and creative work.

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— **Barbara Crow** (BA '84, MA '86, PhD '94)
and **Michael Longford** (BFA '88)

Barbara is the dean of the Faculty of Graduate Studies and Michael is an associate professor in the Digital Media Program. The couple is providing a legacy gift of life insurance through estate planning to create a better tomorrow for York. To learn more, contact Marisa Barlas at 416-650-8221 or legacy@yorku.ca

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Stressed Out? So are Ontario's Lakes

FES PROFESSOR Lewis Molot doesn't take the health of Ontario's lakes for granted and neither should we, he says. Molot received his bachelor's and master's degrees from the University of Toronto and his PhD in oceanography from the University of Alaska in 1981.

He has been an FES professor at York for the past 24 years, and during that time, Molot has conducted long-term studies on the effects of eutrophication (enrichment with fertilizers), acidification, climate change and ultraviolet radiation on lakes in Ontario. His recent research focuses on how ferrous iron and phosphorus promote blooms of nuisance cyanobacteria – a type of algae that is often toxic in fresh waters. Molot is a member of the Provincial Lake Simcoe Science Committee and chair of the Ontario EcoSchools program, specializing in energy conservation, waste minimization and school yard naturalization in public schools across Ontario.

"There are about three million lakes in Canada and about 250,000 of those are in Ontario," says Molot. "Of those, nearly 4,000 in Ontario are greater than three square kilometres in area. Most are small and the majority are situated on the Precambrian Shield, which runs in a line from Port Severn on southern Georgian Bay to Carleton Place in eastern Ontario, north to the Hudson Bay/James Bay region."

While the majority of Ontario lakes

**Some have
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the shoreline
– not a good idea**



in this region are remote, many also have small populations nearby and are heavily "cottaged." Some may be compromised by nearby resource extraction, including mining and forestry. But even remoteness does not guarantee lakes are protected from environmental stress caused by either human visitors or airborne deposition of chemicals. Molot cites a number of common threats to water quality of inland lakes, including acid rain, invasive species (introduced by boaters or fishermen), phosphorus enrichment (a byproduct of cottage septic systems and lawn runoff) and climate change, which has shortened the ice-covered season.

York has collaborated with scientists at the Ontario government's Dorset Environmental Science Centre (DESC) on a study of eight small lakes and 20 streams that have now been monitored for more than 30 years. The lakes being studied vary in type, says Molot. "Some have no development, while others have up to 100 cottages

with lawns right down to the shoreline – not a good idea, by the way."

The good news is that the development around most lakes in central Ontario has not yet had a negative impact. Molot says that although cottagers' introduction of more phosphorus into lakes has not yet caused problems, there are signs that increasing numbers of lakes are being affected. Phosphorus causes blooms of blue-green algae that can, but do not always, produce liver and nerve toxins. "The need for controlled cottage development is still important if we're going to protect water quality and property values."

One body of water that has not fared as well as neighbouring smaller lakes is Lake Simcoe. "There are multiple stresses affecting Simcoe," says Molot, citing invasive species (zebra mussels), climate change stressors (such as long-term changes in air temperature and seasonal precipitation patterns) and more urbanization in its watershed. "The annual warming trend near Lake Simcoe has been about 1.5 degrees C in the past 30 years."

Luckily, there is now a comprehensive long-term plan to protect and restore Lake Simcoe's ecological health. How will other, smaller lakes fare in the long run? "It all depends on the type of lake – for example, deep versus shallow – and the magnitude of the threat," says Molot. "And there isn't just one threat, there are multiple ones. Our lakes' health is something that has to be managed on all fronts." ●

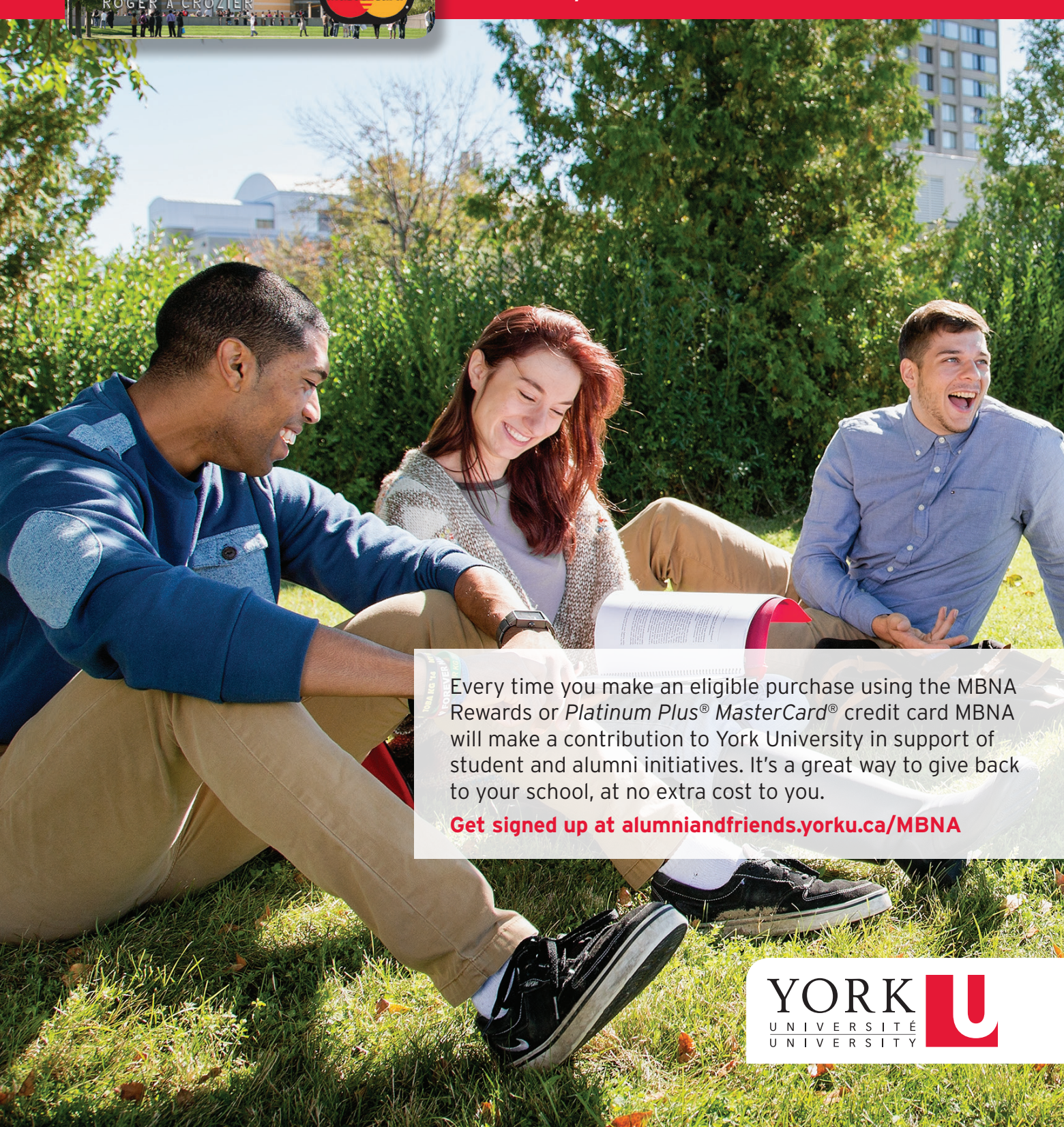
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Games Kids Play

How Grade 6 students learned valuable life skills in an online world

I F YOU ASKED SAMANTHA ASAD at the beginning of the year what video games she liked to play, the Grade 6 student from Forest Manor Public School in Toronto would have given you a blank stare. That's because, contrary to popular belief that nearly every kid in North America plays them, Asad had never touched a video game console.

That changed recently when Asad's class got a taste of what it's like to not only play video games, but to build them through Kids Get Game, a York University initiative generously funded by Motorola Solutions Foundation and led by Jennifer Jenson, a pedagogy and technology professor in York University's Faculty of Education and director of York's Institute for Research & Digital Learning. In two years, the unique in-school project has provided opportunities for about 200 students like Asad to develop necessary skills to successfully live and work in the 21st century.

"In a video game age, many kids play, but fewer of them make games," says Jenson. "So we revamped the curriculum this year to explicitly make use of coding and focus on computer programming.

While the odds are that most parents don't think about creativity, collaboration, critical thinking and communication when it comes to their kids playing video games, Jenson says they should. A survey her group did with kids who took part in the project last year found that participants became more confident in using computers and about their abilities in general.

"Their attitude toward computers and computer programming has improved," she says. "It changed who they are overall."

Building on the project's more than seven years of success providing after-school and summertime digital game develop-

ment and programming clubs, Motorola's support has allowed Jenson to target girls and underprivileged youth who might have otherwise been left out of science, technology, engineering and mathematics education early on due to economics.

"Girls are often the last to get access to a machine in a one-computer household," says Jenson.

The so-called "digital divide" is something York education PhD candidate Kelly Bergstrom is examining as part of her dissertation. "Essentially, the question I'm asking is, if we are moving toward a game-based curriculum, how do you engage a non-gamer?" Bergstrom says.

Matt Blakely, executive director of Motorola Solutions Foundation, applauds Kids Get Game for providing students with the opportunity to not only become users of technology, but also creators of it.

"Our engineers design new products all the time, and companies like Motorola Solutions are hungry to hire talented, creative people," he says. "We believe these students can become the engineers of tomorrow that the world needs."

For newbies like Asad, the first experience with a video game is a lot to take in. "I learned a lot," she says. "It was very interesting and I think it has helped me with school."

For her classmate Michaela Green-Murray, who isn't a stranger to playing video games, after-school playtime these days may just include playing an original game she created with a partner. The game, *Across the Town*, was one of several featured at the Kids Get Game school showcase in the spring.

Asked what it was like to make her own video game, Green-Murray answers, "It's fun. We spent four days building it and we made the music as well. It's not that hard." ●



BY TIFFANY HSIEH
PHOTOGRAPH BY SOFIE KIRK



Alumni

A man with a shaved head, wearing a dark suit, light blue shirt, and patterned tie, stands in front of a large window. The window looks out onto a city skyline with several tall buildings. The man is looking directly at the camera with a slight smile.

London Bridges

Carving out capital careers
in England's capital

BY CHRISTINE WARD
PHOTOGRAPHY BY DARREN BLACK

TODAY, MORE THAN 300 YORK ALUMNI CALL LONDON HOME – and refuse to allow the distance to dampen their ties to their alma mater. At a reception at London's Canada House in June, York graduates gathered to reminisce and celebrate their years on campus. We caught up with three of those alumni to explore what took them across the pond, why they stay and how their York education equips them for success in a leading global city.

London Bridges

Gambling Man

Robert Brant gets down to business

WHEN IT COMES TO career planning, McCarthy Tétrault Managing Director Robert Brant (LLB '91) might well be his own worst enemy. At age 19, the Kingston, Ont., native set out for Western University in London, Ont., to complete an undergraduate degree in economics.

"I was going to do an MBA," he remembers, "but the law school admission test came up before the GMAT (Graduate Management Admission Test). I decided to do it just in case." Brant's unplanned foray into law left him wanting more, and he soon found himself applying to York's Osgoode Hall Law School. It was 1988.

"I never did get around to writing the GMAT," he laughs.

At Osgoode, Brant established a new goal – to practise aboriginal law. Half Mohawk and a descendent of Joseph Brant, the Mohawk chief who led an aboriginal-Loyalist band against the rebels during the American Revolution, Brant figured he had a unique perspective to offer. A summer job at McCarthy Tétrault working on an aboriginal land claim file was supposed to give him a taste of what he was seeking. And then he started what he thought would be his least favourite rotation: corporate securities law.

"On my very first day as a summer student, I went with a litigator to an enforcement proceeding. Over lunch, he asked me if I wanted to take the next witness. I learned later that he didn't think I'd say yes."

But he did.

A quarter-century later and Brant has never left. Now managing partner of McCarthy's London, England, office, he is ranked as one of the top corporate mergers and acquisitions practitioners in Canada and the U.K., according to Chambers Global, a legal directory of international business lawyers published by London, England-based Chambers & Partners. Brant made the move from Toronto in 1998 when

one of the firm's corporate clients asked him to help with their U.K. portfolio. "The plan was to go to London for one or two years and then return to Canada," he explains. The decision to relocate his career and family – Brant and his wife, Joline, had two children at the time, aged three and five – didn't come easily.

"It was tough at that time to be out of the [Canadian] market, even for a short time. Colleagues thought I had it made working in a great city like London, but there were no promises. It really was a gamble."

If you ask him today, Brant will tell you the gamble has paid off. Under his leadership, McCarthy's U.K. office has grown from three to 25, and the firm regularly sends lawyers to London to gain international experience.

Brant is also past president of the Canada-United Kingdom Chamber of Commerce, a hub for Canadian-U.K. business interests and a platform for a long and impressive list of high-profile politicians and business leaders. During Brant's tenure as president between 2012 and 2015, the chamber hosted Prime Minister Stephen Harper; Prince Andrew, the Duke of York; Governor General David Johnston; and the chief economists of Canada's top five banks, among many others.

Twenty-seven years after taking his first career detour, Brant has no immediate plans to return to Canada. "Professionally, it feels like the whole world is here doing business," he says of his adopted city. "There are large businesses competing from every corner of the globe. It's a fascinating place to be."

He tells his own children and the young lawyers he mentors to take a page from his career book and seek out unexpected opportunities that come their way. "It's not just about good schools and good grades; everyone should put themselves outside their comfort zone once in a while."

TANIA BUCKRELL POS (BFA '93) sounds awfully chipper for someone who just spent a whirlwind workday flying to and from Basel, Switzerland, and escorting a client on a private VIP showing of an international art fair.

"You have to be the first through the door at an art fair," Pos insists. "I never stay for the public opening; by that time it's already old hat."

So goes the high-stakes world of international art advising in which Pos is widely known as a heavyweight. Since graduating from York University in 1993 and relocating to London, England, in 1997, the globetrotting art adviser has carved a niche as an expert who knows where, when and how to find the precise pieces her clients want.

She credits York Professor Emeritus Eugenio Tellez in particular with giving her what it takes to succeed. "Eugenio taught me how to look at art. In this business, we call it the 'golden eye.' You can know the whole history of art, but if you don't have the ability to look critically at a work of art, there is no sense being in the art world."

At Christie's auction house in 2008, Pos proved to the world exactly why she has every right to be in this business. Working on behalf of an anonymous client, a relatively new collector who she says "was on a bit of a buying spree," Pos entered into a fast-paced bidding war for a rare, three-by-six foot Monet. When the gavel dropped, Pos's client was the proud owner of *Le Bassin aux Nymphéas*. The final ticket price? A cool US\$80 million, making it the most expensive public art purchase ever made.

That record has been smashed several times since – in May, a Pablo Picasso painting sold at auction for US\$179.4 million – but Pos is still recognized as the person to call if you have a penchant for art, and money to spend.

After graduating from York, Pos set her sights on London or New York, but it was her husband, Michael, who sealed the deal. Then a vice-president with RBC Royal Bank, he was offered a posting in London. They jumped at the oppor-

tunity, and Pos completed her master's degree at Sotheby's Institute of Art before working at an online art magazine and then as a curator and writer. She published a book entitled *Tea & Taste: The Visual Language of Tea* in 2004.

Still, Pos knew she hadn't quite found her calling. "I recognized there was an emerging role for art advisers that didn't exist a generation ago because art collectors were advised by dealers," she says. "I knew I wanted to consult, but I needed to take a few more steps first."

She began a slow transition into advising with the launch of Arts & Management International (AMI) in 2003. By the time of the Christie's auction five years later, Pos was firmly entrenched in the art consulting world with what she describes as a "loyal client base of serious collectors."

"My work is all about relationships – having a quick bite to eat and seeing a show," she explains. "I'm practically a psychologist. I need to get into the heads of my clients in order to understand their esthetic."

Mining her contacts and certification by the prestigious Royal Institute of Chartered Surveyors, Pos finds and purchases artwork by auction, through dealers or by private treaty sale between collectors. For all the attention she gained with the Monet purchase, though, it's the private negotiations that often give her the greatest satisfaction. She cites the sale of two Andy Warhol paintings between a British lord and a Chinese collector among her most rewarding moments, along with her work in the "emerging art markets" of China and the Middle East, where she is supporting the opening of a Dubai centre aimed at promoting cross-cultural understanding through art.

"Eighteen years later and London is still our home, but I still feel very Canadian," says Pos, who regularly travels to Toronto with her husband and seven- and nine-year-old sons. During a visit to York last year, she agreed to help the University sell four Marc Chagall paintings it received from a donor.

"It gives me great pride," she says. "York is an exceptional university and it's rewarding to give back in whatever way I can."



London Bridges

Midas Touch

There's an art to selling Monets



London Bridges

A Double Life

Will the real Linda please stand up?

DEPENDING WHOM YOU ASK, psychologist Linda Papadopoulos (BA '93) is either a respected research scientist and practising psychologist or a high-profile media personality with ties to the popular British TV series "My Naked Secret" and luxury fashion house Dior.

Which is the "real" Linda? Well, both. The York psychology graduate has carved out a successful career in both worlds. "As an academic, I've always been one to feel strongly that the ivory tower stuff is important, but it's equally important to disseminate what we know in ways that are more accessible," she explains. "My media and corporate work are part of that."

In the 18 years since earning her PhD, Papadopoulos has built a successful clinical practice; published widely in the fields of psychodermatology (think healthy mind, healthy skin), body image, counselling and medical psychology; founded the counselling psychology program at London Metropolitan University; and led a 2010 U.K. commission on the effects of sexualization on young people, which has informed government policy.

She's also one of the most recognized faces on British television. Her expert opinions have been featured on a number of prominent news programs, on Discovery Channel and in the pages of *Cosmopolitan* magazine's U.K. edition. She also regularly consults with Dior, Speedo and Renault about consumer behaviour.

"My psychodermatology research is published and that's great, but working with Dior on how stress impacts acne or how women feel about aging, to inform a TV program or an ad campaign, that's important too and we shouldn't shy away from it."

It's an ambitious blending of two worlds for someone who never even intended to study psychology or to live abroad. Born in Canada, Papadopoulos moved to the Mediterranean

island of Cyprus with her family when she was 11. At 17, she returned to Toronto to pursue an undergraduate degree at York.

"I wanted to become a journalist," she says.

Her general first-year arts program included a psychology class taught by an "infectious and compassionate" professor. "He had no idea there was a 17-year-old completely besotted with him," she laughs. Papadopoulos chose to major in psychology, later studying with Professor Suzanne MacDonald, whom she describes as "a complete role model."

After graduating in 1993, Papadopoulos was preparing to relocate south of the border to continue her studies at the University of California when her boyfriend invited her to move with him to London, England. "I went and it rained non-stop for two weeks." Still, she stayed, completing her PhD dissertation on the mind and the immune system five years later at City University London – and eventually marrying the boyfriend, Teddy Pitsillides, an investment banker with whom she now has a 12-year-old daughter.

Papadopoulos is now touring and promoting her latest book, *Whose Life Is It Anyway? Living through your 20s on your own terms*, about our "appearance-oriented culture" and its impact on the expectations young women have about themselves and their lives. She admits to having drawn "a bit" on her own 20-something years, which began during her undergraduate studies at York.

"The idea of establishing an identity and finding yourself hasn't changed. In other ways, though, today's 20s experience is very different. The whole ubiquity of success – if you want it bad enough, you can have it – didn't exist when I was young."

Papadopoulos remembers her own transition into young adulthood at York as some of the "best years ever."

"It was such a seminal time in my life." ●

Classes

1974

FRASER, MARION (BA Glendon) has authored her first book, *Ten Decades in the Life of my Dad*. The collection of lessons Marion learned from her father was published by Friesen Press.

1976

MARTINO, MAURO (BA Glendon) has published poems in Canadian periodicals and magazines and has authored four novels. He has worked as an actor, as well as in film production management and as a jury member for film festivals. His book *POEMS* is a collection of poetry he has written in the past 40 years. In the book, the poet talks to someone who acts as a guide and the reader finds that the student and teacher cannot be separated; the reader becomes the poet for his own self-discovery. The poems lend to a psychology that understands the soul.

1984

KHAN, FAREED (BA Hons. McLaughlin) is a public affairs, government

relations and stakeholder relations professional who has dealt with a broad range of public affairs and advocacy challenges with all levels of government during his 20-plus-year career. He is now the national manager, advocacy and stakeholder relations for the Canadian Association of Radiologists. He was married to York alumna **ROBYNNE NEUGEBAUER** (BA '82, PhD '96), who passed away suddenly in September 2007.

1985



MULLEN, CAROLANN (BA Spec. Hons. Winters) won a Fulbright U.S. Scholarship to China for summer 2015, and has been awarded an MA and PhD by the Ontario Institute for Studies in Education of the University of Toronto. She has authored and edited 20 scholarly books, and more than 200 peer-reviewed journal articles and book chapters. She is president of the National Council of Professors of

Educational Administration and serves on the Kappa Delta Pi Presidential Commission as chapter founder/executive director.

1988



SHAW, JOANNE (BA Hons. Atkinson) is author of *Financial Self-Defence for Canadian Women*, which

covers basic financial security and fundamentals.

1989



SHARPE, GLEN (BA Hons. Stong), an instructor and researcher with the Schulich Faculty of Education at

Nipissing University, won Nipissing University's Distinguished Alumni

Award and the Aboriginal Circle of Educators Researcher & Curriculum Development Award. He serves on the Board of Directors of the First Nations Technical Institute, and was recently nominated for the Indspire Award in Education.

1996

SANKER, SUNITA (BA Hons. Founders) is a yoga instructor and author. She has written her first children's yoga book and will be hosting yoga storytelling events at Toronto-area Chapters stores.

2002

SONG, HYOUNG (BA Hons. Calumet) has been appointed senior manager, sales and marketing in the Digital Appliances Division at the Samsung Electronics headquarters in Korea. He has been in Shanghai, China for a year and has participated in the Samsung Group's Regional Specialty Education program.



CHRISTINE STOCK (BEd '06) is a book reviewer and English teacher who connects teens with high-quality, newly released young adult books. Her blog, greatreads4teens.com, provides curriculum connections to high school course subjects and identifies books by topics of interest. She has written numerous articles on teen reading for *Huffington Post Canada* and works closely with several school librarians. She has taught English and creative writing for nearly 10 years, in both public and private schools. She lives in Toronto with her husband and tween daughter.

2004

SARTOR, LORI (MBA) is vice-president of residential solutions and marketing at First Canadian Title, and was named on *Canadian Mortgage Professional* magazine's 2015 Hot List.

2009

JAWED, KASHIF (MBA) founded CareerPal, a marketplace that helps

students and job seekers boost their career marketability and networking skills with industry professionals.

2010

BANDEIRA, KENNETH (BA Hons. Founders) obtained his juris doctor degree from the University of Windsor's Faculty of Law and was called to the Bar of Ontario. He is now an associate lawyer at Grossi Law Office in Vaughan, Ont.



REBECCA THEODORE (BA '03, Vanier) is a political analyst and producer for the CBC's *The Fifth* and *The National*.



JOSEPH BEERNINK (BSc Spec. Hons. '94, Bethune) is married with two children and lives in Washington State, where he works as a software developer. He has written his first novel, titled *Nowhere Wild*, a young adult thriller published by HarperCollins in both Canada and the United States. Visit joebeernink.com to read his blog.

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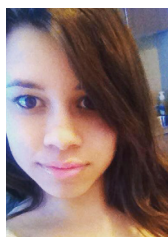
Classes



YEGANEGI, MONA (BA Bethune) is an internationally certified child specialist who has held postgraduate

clinical positions at Yale University, Yale-New Haven Hospital and Saint Barnabas Medical Center in New York. She carried medals for the 2012 Summer Olympics in London and was a member of the ceremonies team for the Toronto 2015 Pan Am/Parapan Am Games.

2013



TILLNER, VANESSA (BA Hons. McLaughlin) works at Ernst & Young. She volunteers for the McLaughlin

College Council Alumni Chapter as the communications director and acts as event coordinator for Happy Birthday Toronto. She is attending Seneca College to obtain her law clerk diploma.

2014



MEHMOOD, SHAHBAZ (LLM) works at Bahmadi Law in Markham, Ont.

Noteworthy

The Kol Nidre's Mystical Magic

THE "KOL NIDRE" – the haunting opening Hebrew prayer recited on the eve of Yom Kippur – has exerted a powerful religious and musical influence for centuries over Jews and non-Jews alike. Glendon College and Osgoode Hall Law School graduate Harold Levy (BA '64, LLB '68) is the producer of the unique Kol Nidre Project, devoted to exploring, producing and sharing interpretations of the "Kol Nidre" through the hearts, souls and instruments of musicians from around the world. Two of those musicians happen to be York professors, while a third – Nicolas Jolliet – has reinterpreted the prayer on the sitar. All of the versions can be found at kolnidre.org, including flamenco guitarist and music Professor Roger Scannura's "Todos Los Votos: The Scannura Kol Nidre," erhu player and music Professor Patty Chan's "Redemption: The Patty Chan Kol Nidre," and Jolliet's "The Jolliet Kol Nidre Goes East." ●



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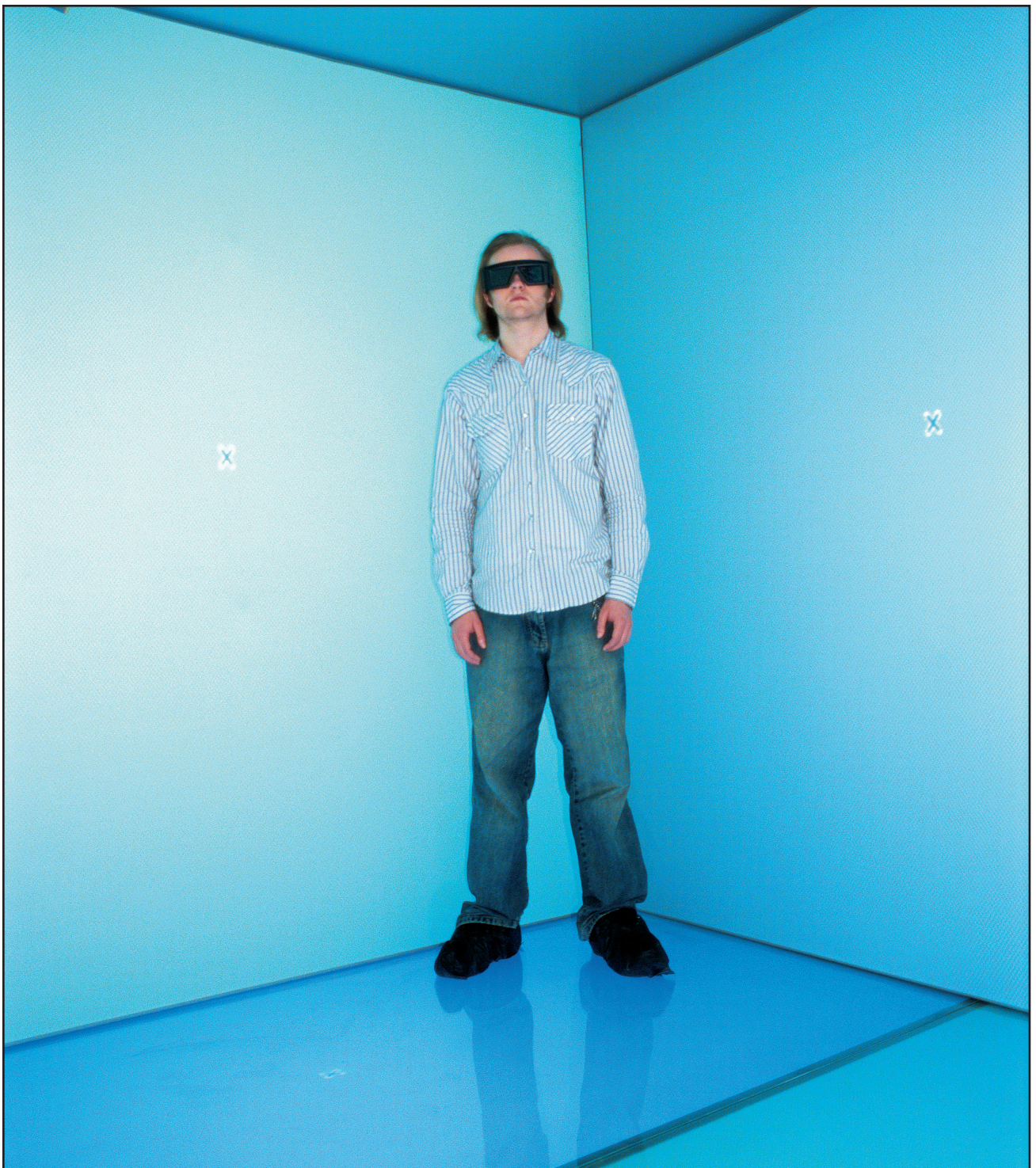


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By **LiBerty**
development



Flashback

**Have a great photo from
your days at York?**

Email us at magnotes@yorku.ca

TEN YEARS AGO, student Cameron Browning (BDes '05) donned glasses in York's Virtual Reality & Perception Lab. Today, the just-married Browning is the web development manager at New York City's Solomon R. Guggenheim Museum. "We were testing out the computer science department's new CAVE environment," he says. "It was like watching a 3D movie, except that you were locked in a cube where all six sides are screens, like the holodeck in *Star Trek: The Next Generation*. Since graduating, I've built a career out of designing experiences and inventing systems that bend visitors' perceptions of their physical and digital realities in similar ways." ●

Jasmine Kong, Post-degree Certificate in Human Resources Management

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earns BA

launches HR career

switches major

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