



The York University Magazine

Summer 2022

Kaleb Dahlgren
stickhandled
through tragedy.
Now he has
new goals
to score



Forward Focus

The York University Magazine

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The York University Magazine

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PHOTOGRAPHY BY HORST HERGET

THE PRESIDENT



RHONDA L. LENTON
PRESIDENT AND VICE-CHANCELLOR

AS I REFLECT BACK on another academic year marked by the pandemic, I cannot help but consider how we – as a community of leading researchers, scholars, students and innovators – can bring our collective resources to bear on preventing disruptive global crises in the future. We know, for example, that many of the root causes of the climate crisis – including deforestation, greenhouse gas emissions, waste mismanagement, water shortages and energy use – also increase the risk of future pandemics, and that universities like York play a critical role in addressing environmental sustainability issues such as these.

At York, the desire to build a more sustainable future underscores everything we do, which is why our *University Academic Plan* includes a challenge to elevate our contributions to the United Nations Sustainable Development Goals (SDGs). The actions we have already taken to support this commitment continue to strengthen York's reputation as a global leader in sustainability: in April, we were ranked one of Canada's Greenest Employers for the 10th consecutive year, and that same month, we were also recognized as one of the top 35 universities in the world for addressing the SDGs as part of Times Higher Education's 2022 Impact Rankings.

These successes can be attributed in part to the fact that we treat our campuses as "living labs" where we can test out new ideas that advance social, environmental and economic outcomes. Following our Sustainability Strategy, for example, we are embedding a wide variety of environmental sustainability initiatives directly within our operations, including energy efficiencies and deep retrofits; a zero-waste program; green buildings, grounds and landscaping, transportation and mobility; and locally sourced and fair-trade food offerings. And, through innovative projects like our Maloca Community Garden, we are providing spaces to further both our experiential education and our environmental stewardship opportunities. These initiatives and others also support our ambitious commitment to achieve carbon neutrality in or before 2049, in alignment with the Paris Agreement and Intergovernmental Panel on Climate Change.

York's transformative research, teaching and learning activities also continue to further our impact on environmental sustainability issues. Through York's Catalyzing Interdisciplinary Research Clusters program, for example, we are investing more than \$8 million over the next two years to strengthen interdisciplinary research excellence in areas of strategic importance, such as Disaster & Emergency Management and Disaster Risk Governance. And, through experiential learning opportunities such as our interdisciplinary Cross-Campus Capstone Classroom program and our eco-campus in Costa Rica, we are enabling students to work collaboratively and gain hands-on experience in solving real-world sustainability problems.

As the urgency of the pandemic shifts into a renewed focus on securing our social, economic and environmental future, universities are needed more than ever to provide leadership in guiding transformative action, and to establish bridges with partners across institutions, sectors and borders and maximize our collective impact. York is committed to bringing all our resources – from our people to our teaching, research and scholarship expertise – to help ensure a fairer, more just and more sustainable future for all.

PHOTOGRAPHY BY MIKE FORD

EDITOR'S NOTES



One More Time With Feeling

RARELY ARE PEOPLE GIVEN a second chance to get things right. There's a finality to a glass broken into a million sharp-edged pieces on the floor. The same can be said of a shattered relationship, a failed test, a lost opportunity. But what if you did get a second chance? Would it prompt you to change your life? Take fewer or more chances? *Carpe all the diems?*

For most people, such questions are a parlour game, an exercise in wishful thinking. But when you're a survivor like Kaleb Dahlgren, when life offers you another kick at the can, these are the sorts of things you take seriously.

The focus of our cover story, Dahlgren was given the miracle of a second chance when he survived the deadly Saskatchewan bus crash that claimed the lives of most of his teammates on the Humboldt junior men's hockey team in 2018. It's an inspiring tale of resilience, and it sets the tone for others to be found in this issue of *The York University Magazine*. Like Dahlgren's, many are second-chance stories that provide hope for a better future.

Take, for instance, York alum and assistant professor Lora Appel's innovative use of virtual reality to restore vision in seniors with age-related sight impairment – a breakthrough therapy that promises a second chance at being able to see.

Just as progressive are the social justice investigations of Ian Mosby and Sarah Rotz, York grads now working as academics whose inquiries offer society a second chance at a more equitable food system.

There's also a story on the 15-minute city, an urban planning ideal giving people a real chance to reinvent themselves. In the 15-minute city, everything you could want or need is accessible within a minimal distance. Can the concept work in vast automobile-dependent countries like Canada? The jury's still out. But the mere thought that our cities may have another chance to get it right provides a welcome jolt of optimism. It's enough to make you believe that anything is possible – even second chances. ●

– Deirdre Kelly

The York University Magazine



THE ALUMNI MAGAZINE OF YORK UNIVERSITY

Volume 7, Number 3

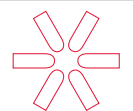
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ADDRESS CHANGES: alumni@yorku.ca or
 1-866-876-2228. Update your communication preferences at yorku.ca/alumniandfriends

Publications Mail Agreement No. 40069546

Return undeliverable Canadian addresses to:
 Communications and Public Affairs
 West Office Building, York University
 4700 Keele Street, Toronto, Ontario M3J 1P3
 Tel: 416-736-5979 Fax: 416-736-5681

THE YORK UNIVERSITY MAGAZINE is printed and mailed to alumni and friends of the University once a year, in the fall. The summer and winter issues are available online only, at yorku.ca/magazine. Ideas and opinions expressed in the articles do not necessarily reflect the ideas or opinions of the University or the editors. To get in touch, email yumag@yorku.ca



ON THE COVER
 Kaleb Dahlgren
 Photography by
 Mike Ford



View

OUTLOOK & IDEAS

Back to the Future

Grads from the classes of 2020 and 2021 returned to York for convocation

PHOTOGRAPHY BY HORST HERGET



THOUSANDS OF GRADUATES returned to York this past June to celebrate the biggest convocation in the University's history. The spring 2022 convocation honoured not only this year's graduands but also those students in the classes of 2020 and 2021 who graduated virtually during the pandemic, when all in-person events were cancelled.

The chance to celebrate together with friends, family and fellow students drew more than 25,000 attendees, including 9,000 graduates from all three graduating classes. A combination of alumni and graduating ceremonies took place from June 3 to 18 at Glendon and the newly named Sobey's Stadium at the Keele Campus.

This year's honorary degrees – 12 in total – recognized individuals from different segments of Canadian society who are righting the future in the fields of building, social justice, health care, the performing and literary arts, athletics and First Nations rights.

"Convocation is one of the proudest events in the academic year, for students and their families as well as for faculty and staff," said York president and vice chancellor Rhonda Lenton. "I continue to be inspired by our students' desire to drive positive change both locally and globally." ●

– Deirdre Kelly

"It feels amazing to be back on campus. I didn't really get to say a proper farewell to York because of the pandemic, so coming back here today feels like a surreal moment"

Grad Tiffany Wing Yin Wong





“It feels great to be back on the campus. The culture is great at York, so I’m glad to be here. I learned so much”

Grad Andre Windross



“York has a really special place in my heart. I’ve grown up on this campus. I’ve been able to really develop my path – my career path and my personal path”

Grad Rana Nasrazadani



Backyard Biology

The lab in your garden is where new learning tools grow

PHOTOGRAPHY BY SOFIE KIRK

IN THE WEEKS AND MONTHS after the World Health Organization declared a global pandemic in March of 2020, countless research projects ground to a halt as scientists found themselves locked out of labs or prevented from travelling to do fieldwork. The lockdown also disrupted core undergraduate biology fieldwork courses, including a mandatory two-week session normally taught by Laura McKinnon, an associate professor in Glendon's bilingual biology program, conducted on the grounds of Glendon Campus and other Toronto locales such as Tommy Thompson Park and Downsview Park.

Her course, in pre-pandemic times, gave students a grounding in the use of equipment like bio-acoustic recorders and binoculars, as well as experience with bird surveys, bird banding and other techniques of the biologist's trade. "The key is to get students into the field and doing the work themselves," she explains.

With severe constraints on in-person instruction, even outdoors, McKinnon had to adapt her pedagogy. She arranged for her students to safely pick up high-tech field gear and use their own backyards, patches of green space adjacent to apartment buildings and even balconies as a platform for monitoring biodiversity, including recording bird calls and sampling insects. "The key is to collect the data and analyze it," she says. Even if the space is smaller, McKinnon adds, the scientific process of finding and recording biological data is the same. This decentralized approach to fieldwork even permitted some students to take the course remotely from as far away as India.

As it turned out, the COVID-19 disruptions allowed for new teaching moments. Traditionally, the students work in one place at the same time, so their data is similar. But with the provisional use of backyards or green spaces around Greater Toronto and beyond, the students' data turned out to be much more diverse than it would have been under ordinary circumstances. "They were able to study urban ecology on a broader scale," McKinnon says.

As a scientist, she found this approach enlightening because, for instance, her student in India contributed ornithology data collected from an entirely different urban environment. "It was very informative for me because I got a glimpse into the backyard birds of New Delhi."

Thinking about how the pandemic experience will impact her teaching going forward, McKinnon points out that the lockdown accelerated her use of online resources but, just as importantly, showed her the importance of flexibility. What's more, the imperative to observe nature in any setting, including highly urbanized spaces, offered up an even more profound learning experience for these biologists. The student who did her field research from a small patch of grass outside her condominium was amazed at how many birds and insects she could identify there.

"Birds are everywhere," McKinnon told her class. "If you don't look, you don't see." ●

— John Lorinc

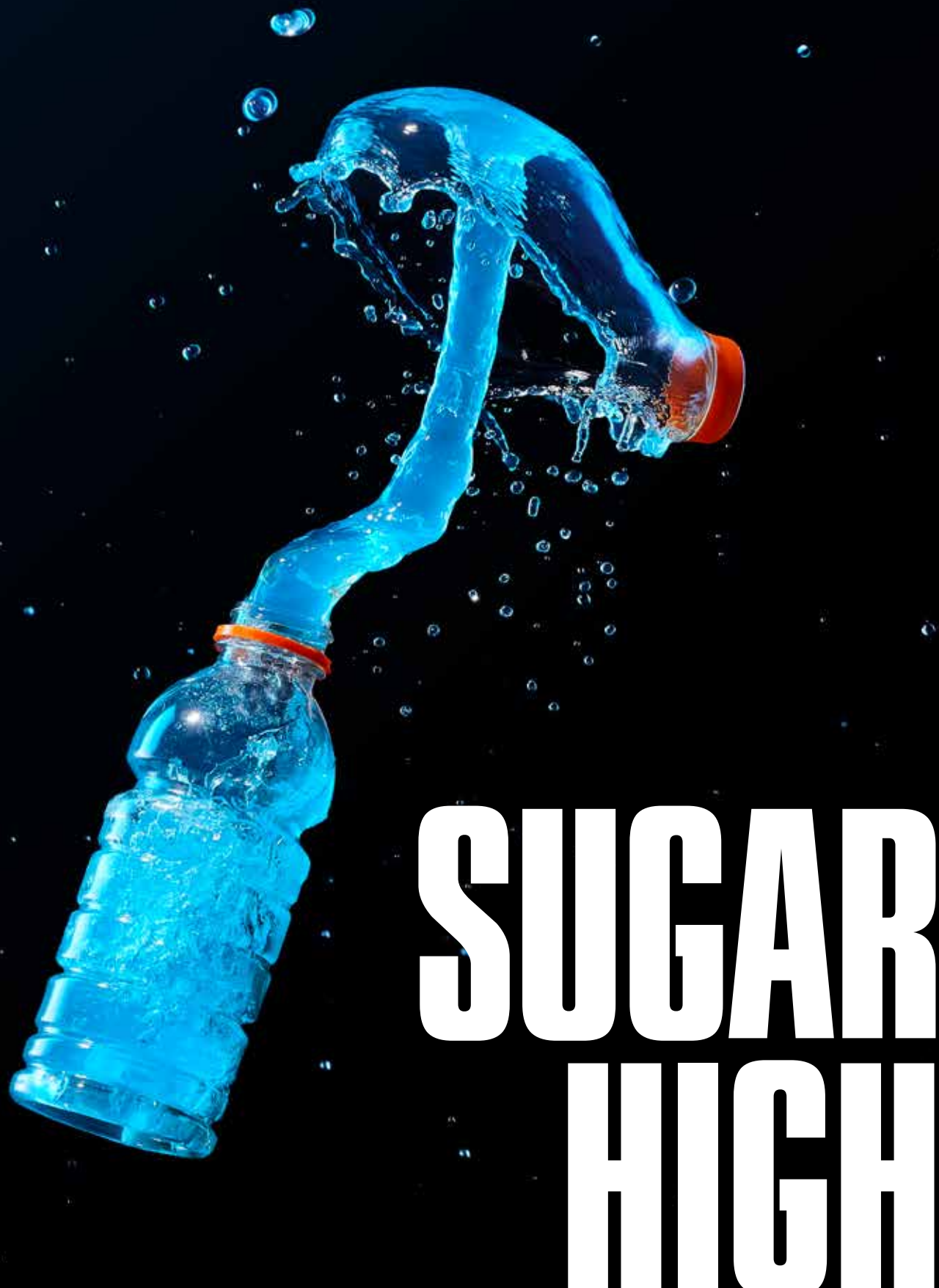


Above: Professor Laura McKinnon takes biology class into the great outdoors
Below: Students conduct a nighttime survey of green frog and American toad populations after sunset



A York study examines the tax on soft drinks

PHOTOGRAPHY BY CHRIS ROBINSON



SUGAR HIGH

WE HAVE A NEW BATTLEGROUND and it's covered in bubbles. The war against sugary carbonated drinks is now raging, just as the dog days of summer have us wanting to do little more than pour ourselves a sweetened cold one. But don't pull that pop can tab just yet, cautions Tarra Penney, an assistant professor in the School of Global Health at York University who has been studying the soft drink industry since 2017.

What might look like an innocent beverage is actually a lethal weapon with the capacity to take out the human body one heaping spoonful of glucose at a time. Sugar-loaded drinks and excess sugar consumption – including 100 per cent fruit juices and caffeine-laden so-called energy drinks – are associated with chronic disease, including obesity, heart disease and stroke, diabetes, tooth decay and some cancers. Drinking just one can of soda per day can increase the risk of developing diabetes by 22 per cent, according to a report released by the Canadian Heart & Stroke Foundation.

Enter the soda pop tax, an attempt by governments to disincentivize the drinking and manufacture of high-caloric soft drinks. In September, Newfoundland and Labrador will implement a tax of 20 cents on every litre of sugar-sweetened beverages. That's more than the provincial 14.5 cents a litre slapped on gasoline. Dubbed the "Pepsi tax," it's the first sugar pop tariff to burst the bubble in Canada. The tax follows soft drink duties introduced elsewhere in the world, including countries like Finland, France, Mexico and the U.K., as well as some U.S. municipalities, including Berkeley and New York City. The Canadian Paediatric Society now

wants a 20 per cent excise tax imposed on all sugary drinks across the country, saying that such a policy could prevent 12,000 cases of cancer, more than 30,000 cases of ischemic heart disease, almost 5,000 strokes and close to 1.4 million cases of type 2 diabetes over the 25-year period ending in 2041. So more taxes may follow.

But do they work? It's complicated, says Penney, who has contributed to a series of studies looking at the wide-ranging impacts of the Soft Drinks Industry Levy as it has existed in Britain since 2018. A chronic disease prevention specialist, she learned that the tax incentivized pop drink companies to lower sugar levels in sweetened beverages but also goaded them to ramp up their marketing campaigns to ensure profits. Consumers continue to buy pop regardless of a tax and warnings that sugary drinks are harmful. Statista, an online platform specializing in market and consumer data, reports that retail sales of sports and energy drinks in Canada are forecasted to reach around US\$1.03 billion in 2022, an increase of around US\$200 million in sales since 2017.

"As a population health researcher, I am more focused than ever on the complex impacts of policy on health," says Penney, who has published several academic papers on the health impacts of fiscal policies. "I used to think we were in control of our behaviour, but through my research, I've realized that many things influence us to do things that don't match up with our plans and goals." ●

– Deirdre Kelly



Kaleb Dahlgren stickhandled through tragedy. Now it's about scoring future goals

FORWARD FOCUS

BY DEIRDRE KELLY
PHOTOGRAPHY BY MIKE FORD

**Dad took a photo of me surrounded
by his hockey equipment.
His skates, gloves, and helmet
were about the same size as I was**

**Right then and there,
I said to myself, “I’m going
to make a difference
on a grand scale”**

KALEB DAHLGREN (BCOM '21) has no memory of the crash that killed 16 members of the Humboldt Broncos junior hockey team and seriously injured 13 others, himself included, on April 6, 2018.

When he woke up in a Saskatchewan hospital, all the then-20-year-old could think of was that he had an important game to play, and for some reason he wasn't there. He wasn't on the ice. Lying in bed, wrapped in bandages, he had no idea what had just happened to him: several brain bleeds, a fractured and punctured skull, broken vertebrae in his neck and back, muscle and ligament damage, blood clots and a large chunk of skin torn clean off the right side of his scalp.

His parents, who both work in the medical field, tried to console him, their only child, while they monitored his type 1 diabetes during the immediate recovery period. They knew the facts: that a transport truck had run a stop sign on Highway 335 and collided with the bus carrying the Broncos at full speed, with catastrophic results. The surrounding prairie fields were covered in twisted metal, peat moss, diesel and bodies so damaged that medical personnel on the scene would carry the trauma of what they witnessed that day for years to come. But his parents didn't tell him that. Only that there had been a crash, a word they repeated because he could never remember what had happened. Not even two years later, when he started to write a book about it. “I thought that writing a book would tear open all the wounds for me. But it didn't. It was cathartic, and I have zero triggers,” Dahlgren says with a pause. “I'm very grateful for that.”

Released in March of 2021, just as he was completing an undergraduate degree at York University, *Crossroads* relives the day of the accident in minute detail: where people sat on the motor coach, what clothes they had on, what music was on the team playlist, the colour of the sky, the sound of the laughter, all the particulars Dahlgren could recall until everything turned black. Co-author Dan Robson helped to fill in the blanks from eyewitness and reported accounts. “A

lot of research and hay went into filling in the blanks and trying to capture the enormity of the tragedy through a singular voice,” Robson says. “Interviews with Kaleb's parents were particularly essential. Their voices are definitely in there.”

The crash is the book's turning point. But there's more to the narrative than that. There's the story of a Canadian hockey family whose devotion to the game, even before Dahlgren was born, exemplifies the significance of hockey in our national culture. There's the story of juvenile diabetes, how from the age of four a young boy learned to manage it on the path to becoming an elite athlete. There's also the story of rehabilitation and resilience, assisted by many caring individuals, including staff and faculty at York University. “Cheesy as this might sound, there were many crossroads in my life,” says Dahlgren, now 25. “The crash was just one of them. It does not define me.”

And yet the crash has scarred him for life. Dahlgren has a severe traumatic brain injury. Still. Doctors are amazed that he can even remember his name. His weeks are tightly organized around a treatment schedule of workouts for both the mind and the body, chiropractic adjustments, osteopathy, strict dietary measures, adequate sleep and more. It's what Dahlgren in the book describes as “the grind,” and he's learned to enjoy it. As a survivor of the crash, he feels duty-bound to his fallen teammates to live life to the fullest. Despite his doctors' gravest doubts as to his ability to resume normal functioning, Dahlgren has taken charge of his own destiny. Not only did he skate again, but just months after the crash he moved to Toronto to begin classes as a full-time student at York University. “Had I listened to my doctors, I wouldn't have ever left Saskatchewan. I would never have grown,” he says. “What I have learned from this whole experience is to trust yourself and give it your all, even when the odds are stacked against you. Remarkable things can happen.”

Dahlgren lived in residence when he arrived at the Keele campus in 2018. He had come to York as a member of the Lions Men's Hockey Team. Though his medical team never

cleared him for contact, he became a valued asset to the organization. During the three years he was with the Lions, Dahlgren served as the men's hockey student council varsity rep, was involved in Lions leadership, and became a member of the Black and Indigenous Varsity Student Athlete Alliance, a recruiter, a social media director and an assistant strength and conditioning coach, among other positions. Coach Russ Herrington had selected him to join the team before the crash on the recommendation of Broncos assistant coach Mark Cross (BA '16), an ex-varsity player who had taken a job as assistant coach of the Humboldt Broncos. Cross was on the bus that day and didn't survive. He was 27.

“If Mark said we should look at someone, that was all the endorsement we needed,” says Herrington from his office at York University Athletics & Recreation. “Mark epitomized what we are always looking for,” Herrington continues. “Number one, a great human being; number two, a great student; and number three, an excellent hockey player. What we saw in Kaleb is that he certainly lived up to advance billing. He's hard-working and loyal; he has a selfless nature. He strives to bring out the best version of himself every day, and if he's living to his best version, he can inspire others to do the same. He's an incredible role model.”

In person, Dahlgren radiates positivity. Dressed in jeans and a maroon long-sleeved henley T-shirt, with his hair fully grown back in, he's fit, good-looking, polite and easy to talk to. His parents, psychiatric health professionals with experience in long-term care homes, raised him well. At home in Moose Jaw and, later, in Saskatoon, Mark and Anita Dahlgren were careful never to use negative words around him. They loved their boy dearly but didn't coddle him. They taught him the value of hard work, along with humility and perseverance. They also taught him to love hockey. He didn't have a choice, really. Soon after he was born on June 10, 1997, his hockey-smitten folks put a notice in the local paper announcing him as a future NHL draft pick. “They thanked everyone involved by giving them a position on the team,” Dahlgren writes in his book. “Dad was the coach,

Mom was the general manager, the doctors were the assistant coaches, the nurses were the trainers, and the cheering fan club were my grandparents. A couple of months later, Dad took a photo of me surrounded by his hockey equipment. His skates, gloves, and helmet were about the same size as I was.”

Dahlgren was on the ice before he was out of diapers and in a league by the time he turned six. His favourite players growing up were Joe Sakic, Jarome Iginla and Jaromír Jágr. He quickly skated up the ladder, starting with “Timbits” hockey and advancing to Team Saskatchewan, a collection of the province's best players in his age group. A strong forward with a flair for putting pucks into the net, Dahlgren eventually skated with the Humboldt Broncos, a Canadian Junior A hockey team whose name comes from the small Saskatchewan town where it was established in 1970, and rose to the position of assistant captain.

Throughout his playing career, Dahlgren had setbacks, whether it was his diabetes, his injuries or dealing with a curvature of his spine called Scheuermann's hyperkyphosis. He had learned to manage his juvenile diabetes by watching his diet, monitoring his blood sugar levels, snacking regularly and getting plenty of physical activity. From a young age, he knew he had to control his disease or it would control him, and that's just the way it would be. He has always been his own person. But the back problem was a different story. Nothing could ease the discomfort – not physiotherapy, acupuncture or massage. One day, as a last resort, he went to see a chiropractor. After one treatment, he found instant relief. He was 13. “That's when I became fascinated, and I knew I wanted to be a chiropractor. I thought, ‘What a cool profession,’ and that I'd get to work with lots of athletes or others who suffered from pain. I knew I'd be happy doing that.”

His focus on that objective has been unwavering. At York, he took a commerce degree, confident that it would give him the business smarts needed to one day open his own chiropractic practice. He also studied human anatomy. “He



had a knack for it,” says Nicolette Richardson, an associate professor in the School of Kinesiology & Health Science. “It’s a course not taken by science majors, and most students find it challenging. But Kaleb took it well. He was very organized. He completed the assignments early. Maybe that’s not super impressive to anyone not working with young people at a university, but that kind of foresight just isn’t common. He did really well and was a great student to work with.”

Dahlgren was a good student overall. He achieved high grades, was on the Dean’s List and named an Academic All Canadian every year by the time he convoked in the spring of 2021 – receiving several York Lions Varsity Athletics awards, including Outstanding Male Graduate of the Year, and giving a valedictory speech to his graduating class. Along the way, he took a volunteer coaching position with HEROS Hockey, served as national ambassador for JDRF Canada and continued his advocacy work with Dahlgren’s Diabeauties, a mentorship program for youth with type 1 diabetes, which he founded in Saskatchewan in 2017 (and which now has members across Canada).

After the crash, he emerged as a motivational speaker. His theme was finding positivity in adversity and cultivating a resilient mindset. He talked the talk and walked the walk. He was authentic. He struck a chord with people. “I gave my first speech in 2019, and almost right away I was getting messages saying that I should write a book. But I thought, ‘No way. I don’t have the time,’” he says. “And besides, what would my book be about? I healed. I didn’t think it was an important story that needed to be told.” But others continued to think differently.

Jeff Lohnes, the agent who books Dahlgren’s speaking engagements, started getting interest from publishers, so the opportunity to write a book was undeniable. Still, Dahlgren declined. He had his mind set on going to chiropractic college after graduating from York and wanted nothing to interfere with that plan. He was about to put an end to all discussions on the topic when something one of his York professors said made him suddenly change his mind. Walter Perchal, a lecturer in the School of Administrative Studies, had a habit of starting each class of Prospects and Parallels of Globalization with a pithy saying, something to jump-start a conversation among the students. “I just loved it,” says Dahlgren, “because you’d hear different points of view from people from all over the world sitting right next to me. It was a next-level education.” On this particular occasion, Perchal’s saying was this: “If you want to change the world, it starts

with you.” He said it aloud to the class, but Dahlgren felt like he was talking directly to him. “Right then and there, I said to myself, ‘I’m going to make a difference on a grand scale. I’m going to write a book.’ It was a pivotal moment.”

Dahlgren immediately found himself in the enviable position of choosing the publisher he wanted to work with. Several had come offering him a contract, but he took his time in assessing which would be the best fit. “That’s when my commerce courses really came in handy,” he says, smiling broadly. “I knew how to ask the hard questions.” Ultimately, he selected HarperCollins Canada, a decision that came down to being able to tell his story his own way.

From the start, he knew he wanted to devote a portion of the book to the people that didn’t make it from the crash alive. He would use his own creativity when honouring them. Four and a half pages of the book are left blank to account for the loss of his memory of what happened that day and its aftermath. Chapter 16 is entirely a tribute chapter, a heartfelt dedication to the 16 who died. Dahlgren has also pledged the full proceeds from sales of the book to the STARS Air Ambulance to help pay for a new helicopter. So far, Dahlgren has donated \$50,000 to that goal. He is hoping to raise another \$50,000 by year’s end. He might just do it.

Crossroads was an instant success, quickly rising to the number one spot on national book lists. A paperback edition came out this spring. When it became a national bestseller last year, HarperCollins organized a Zoom call to celebrate the news. “I said that I didn’t need the acknowledgement, and that this was not important to me. You could see all their jaws drop,” he says, “but I meant it. What matters more to me than the title of ‘bestselling author’ is the DM I got from a man with cancer telling me that I inspired him. I did the book with the best intentions. I really do want to change the world. I want to make a positive impact.”

Today, Dahlgren is a full-time student in the four-year Doctor of Chiropractic program at the Canadian Memorial Chiropractic College in Toronto. To give his studies his fullest attention, he officially retired from playing hockey last summer. The only way he connects with the game these days is as a fan. But he hasn’t put the skates away quite yet. In July, he will do a chiropractor job shadow with the Arizona Coyotes sports team in the U.S., followed by another job shadow in Galway, Ireland. He still has no memory of what happened on Highway 335 the day his world turned upside down. And that’s a good thing. For Dahlgren is not dwelling on the past. He is forging ahead, into the future. ●



EDIBLE ACTION

PHOTOGRAPHY BY CHRIS ROBINSON

Understanding the socio-political dynamics of what we grow and eat

BY RITA SIMONETTA (BA '99)

IN 2020, the concentration of Canada's food network – and its vulnerabilities – hit home after a COVID-19 outbreak at a Cargill meat-processing plant in High River, Alberta. The plant processes one-third of Canada's beef supply. When the outbreak forced it to close, there was a domino effect: farmers suddenly had no place to sell their cattle and consumers were confronted with soaring beef prices.

That same year, Sarah Rotz (MES '11) and Ian Mosby (MA '06, PhD '12), York grads now working as academics in the fields of food history and security, co-authored a national newspaper editorial about the issue wherein they highlighted sobering statistics: three meatpacking plants account for 95 per cent of the nation's beef processing, four corporations control almost all of Canada's beef production and five companies own 80 per cent of the retail grocery market.

They also discussed the need for stronger inspection protocols and health standards for plant workers, a great many of whom often work in crowded conditions. That's only part of the issue. Racialized communities are also less likely to have the means to purchase and access food,

particularly at increasing prices, says Rotz, an assistant professor who teaches in the Department of Environmental and Urban Change.

In addition to their jointly written opinion piece, in 2020 Rotz and Mosby worked together on *Uncertain Harvest: The Future of Food on a Warming Planet*, which they collaborated on alongside Evan Fraser, a food security specialist at the University of Guelph. The book tackles the challenging questions of how to feed a growing population (expected to reach 10 billion by 2050) while also facing rising temperatures as a result of climate change.

All three scholars bring various disciplines and viewpoints to the endeavour: Fraser is in tune with technological advances, Rotz focuses on equity and sustainability, and Mosby (an assistant professor of history at Ryerson University) uses his skills as a food historian to gauge what's in store for the future.

The information is accessible, and a witty tone underscores much of the book's content. And it's not all doom and gloom. In fact, there's plenty of optimism and hope to go around as the authors examine a variety of subjects, including automation and

local farming, all of which have the potential to play a role in a sustainable food network for generations to come. But above all, the authors note that "creating the future food system that we all want will mostly come down to good public policy."

It's not just government action and regulation that's essential but consumers' willingness to look at their own behaviours. For centuries, we've been disconnected from the food we eat, and that detachment has meant we're no longer aware – or care – about what's happening around us. "Our attitudes have to change," Mosby says. It's a theme that has informed much of his work.

In 2013, Mosby received nationwide attention when he brought to light a dark chapter in Canadian history. In the '40s and '50s, the Canadian government supported nutritional experiments on Indigenous children at residential schools with the intent of studying the effects of malnourishment on children. Malnourishment and hunger were already concerns at residential schools and in Indigenous communities – a direct result of government policies and inadequate conditions.

Consequently, the children were

PHOTOGRAPHY BY MIKE FORD

TECHNOLOGY IS NOT GOING TO SAVE US.
WE NEED TO WORK ON CREATING
A MORE RESILIENT FOOD SYSTEM

Ian Mosby

considered optimal test subjects. Consent wasn't obtained, and neither the children nor their families were informed of the studies. In some cases, the researchers simply didn't intervene and allowed the malnutrition to continue; in other cases, they deprived the children of vitamins and minerals. But there are other troubling discoveries: Mosby learned that the experiments were led by a team of researchers that included Lionel Pett, a doctor and biochemist who went on to help create the precursor to Canada's Food Guide.

"It really changed the direction of my work," Mosby recalls. "It changed my priorities."

And it changed the direction of the lives of these children, who went on to become adults with a plethora of health problems. After the release of the study, survivors approached Mosby, wanting to discover more.

"They asked, 'What happened to me because of this? What were the health effects?'"

With these questions encouraging him forward, Mosby co-authored a 2017 study that had startling results. "The experiments led to a whole range of long-term health effects, including higher incidences of type 2 diabetes, higher rates of obesity, a higher risk of a whole range of different health

outcomes that disproportionately impact Indigenous people in Canada."

Rotz shares this commitment to examining the link between Indigenous communities and food systems. She's a proponent of small-scale farming and works as an activist with various organizations, including the Relational Accountability for Indigenous Rematriation Collective. RAIR supports a grassroots reconnection to land and food sovereignty grounded in feminist methodologies.

A self-described scholar-activist, Rotz is also involved with A SHARED Future project, which focuses on Indigenous peoples' leadership in renewable energy conservation, efficiency and development. "I became interested through my work on climate justice," she says. "I wanted to know what it means to grow and produce food in ways that are in balance with ecological systems."

With an eye to the past but a step toward the future, both Rotz and Mosby are hopeful that positive change is possible.

"Technology is not going to save us," Mosby says. "We need to work on creating a more resilient food system." Rotz agrees, adding that, in order to do that, a deeper examination of our relationship to food is essential: "It's important to understand how we got here." ●

WHAT'S EATING HIM?

A food industry exec worries about how we will continue to feed ourselves

FOOD SECURITY? It's food scarcity you should really be concerned about. That's the warning Ted Bilyea (BA '70, MA '78) brings to his role as a newly minted Fellow of the Canadian Agri-Food Policy Institute. As a former top executive at Maple Leaf Foods, the company he joined while pursuing a master's in international relations at York's Glendon College, Bilyea spent 35 years travelling the world and witnessing first-hand the havoc wreaked on agriculture and food processing practices by climate change, natural resource depletion, animal

disease and trade irregularities. Food shortages haven't improved over the years. In fact, they've become worse, exacerbated by the supply chain disruptions triggered by the COVID-19 pandemic. "It's got the potential to become a real crisis," says Bilyea, a Toronto resident who recently served as CAPI's chief strategy officer in Ottawa. "And it's not just a Canadian problem. This is a serious existential issue for the globe." He's right. Climbing food prices are becoming a political issue around the world. Last July, the global food price index of the

Food and Agriculture Organization of the United Nations stood more than 30 per cent higher than it was during the same month in 2020, according to a report. What to do about it? Bilyea has a year, the time allotted by CAPI's first-time fellowship term, to apply his expertise to addressing a situation that affects us all. "You might think it would be easy to get this trade thing figured out, but there's so much illogic it would make your head spin," he says. "But just identifying that we have a problem is a good place to start." ●

— Deirdre Kelly

How virtual reality is restoring sight in older adults

BY DEIRDRE KELLY ● PHOTOGRAPHY BY MIKE FORD

Seeing

Things

Professor Lora Appel looks to the future of VR in health care



Above: Research coordinator Danielle Tchao testing out the VR experience



Above: Professor Appel explaining the positive impacts of VR for older adults at the annual Canadian Frailty Network Conference

Below: Research coordinator Samantha Lewis with two participants in their home ... but also visiting Europe

THINK “VIRTUAL REALITY” (VR) and the mind goes automatically to gaming. But the simulation technology has numerous therapeutic applications. One of these is reversing vision loss in Canada’s aging population – the current mission of Lora Appel (IBBI ’07), an assistant professor in the Faculty of Health at York University.

In collaboration with neurobiologist Michael Reber, a senior scientist who developed a VR therapy program for the sight-impaired at Toronto Western Hospital’s Donald K. Johnson Eye Institute, Appel has created VRision, a pilot study using an immersive VR headset to improve vision in healthy seniors with age-related vision loss or vision-related diseases. The first of its kind, the investigation employs an Oculus headset synced to exercises that stimulate the brain and the visual and auditory senses. It launches this summer at Perley Health, an Ottawa-based long-term care facility and research centre.

“More Canadians have age-related macular degeneration – the leading cause of vision loss – than have breast cancer, prostate cancer, Alzheimer’s and Parkinson’s combined,” says Appel, a graduate of the Schulich School of Business who is also an adjunct researcher at Toronto’s Michael Garron Hospital and collaborating scientist at OpenLab, a University Health Network design and innovation studio. “Non-invasive technological interventions can have a real impact in restoring sight

in the older population. Our aim is to determine how VR, as a therapeutic tool, can best succeed in the real world.”

In the program, patients are asked to complete tasks such as following a cluster of animated tennis balls of different colours and varying speeds. Some virtual scenarios are superimposed onto real-life settings, like the busy intersection of Dundas and Spadina in downtown Toronto. The idea is to get those patients who may have lost their driver’s licence due to visual impairment to navigate a landscape that might one day be accessible to them again once their sight improves.

The device is connected through secure Wi-Fi to the team’s lab, which can tweak the exercises in real time, allowing for customization. Initial results show that the VR therapy has real promise. Patients who have already used the device as part of a four-week treatment program claim to be able to read print better than before doing the exercises.

Next steps include creating a comprehensive loaning program where VR headsets can be mailed to afflicted people who live in remote areas and making dedicated VR units available in pharmacies to anyone who might want to use them for screening and, later, even therapy (like those free blood pressure machines). At present, the price of a headset is \$500, around what a pair of prescription eyeglasses might cost. “We’re all moving in the direction of equity-based health care,” Appel says, “and VR is helping to facilitate that. It’s mobile, it’s configurable, it’s connected. It’s where we’re all headed.” ●





BY DEIRDRE KELLY ● PHOTOGRAPHY BY CHRIS ROBINSON

What if everything you needed was just
a 15-minute walk or bike ride away?
It's an urban planning ideal that
the pandemic is helping to bring within
reach

15-MINUTE CITY

I ONCE KNEW a *National Geographic* photographer (long story) whose job had taken him around the world and back again to his birth city of Heraklion on the island of Crete. After living for years in Los Angeles, he spoke perfect English, so as we sat together at an outdoor café, sipping black Turkish coffee out of white porcelain cups, I had no trouble understanding his reasons for returning home. “Here,” he said, gesturing to the tight mosaic of shops, offices, hotels, parks, health clinics, port police, museums and restaurants surrounding the outdoor café at which we sat, “I can walk everywhere. Everything I need is right around me, where I live.”

The Minoans created the blueprint for a compact city when they first inhabited the area millennia ago. Living in places where we can access everything we need – from food and public services to entertainment – is a venerable model; in other words, it's one upon which many

WHILE SOME MIGHT ARGUE THAT TORONTO, AT THE DOWNTOWN CORE, IS ALREADY A 15-MINUTE CITY, RICH IN EASILY ACCESSIBLE AMENITIES, THE SAME CANNOT BE SAID ABOUT OUTLYING NEIGHBOURHOODS

a global village and metropolis have been founded. But to contemporary urban dwellers accustomed to sprawl and the convenience of cars, the idea of a walkable city is about as foreign as the ancient world.

We've grown too big too fast to return to a more intimate scale of city living. Or have we? What if, like my photographer friend, we could return to where all we ever needed was just beyond our doorstep? It's an urban ideal gaining relevancy in the pandemic, when shelter-at-home lockdowns have forced people everywhere to rethink the quality of city life. The mass urban exodus that has followed in the wake of the novel coronavirus is largely the result of people wanting to relocate to smaller towns where everything they need is close at hand.

Most North American cities are based on the sprawl model; they were not designed to support a "live local" mandate. Many are now seeking an alternative to the homogeneous bedroom communities where a majority of Canadians live.

Cities have had their wake-up call. They will need to adapt to a more self-sustaining ethos if they are to survive in a post-pandemic world. Enter Carlos Moreno, a complex systems scientist who is the driving force behind the 15-Minute City, a human-centric urban planning model that is breathing new life into an old idea of accessibility.

"It's a geographic vision that is palpably transforming urban life around the world into a series of compact, complex and multi-functional spaces," says Stefan Kipfer (BA '92, MA '95, PhD '04), a York University associate professor in the Faculty of Environment

and Urban Change who researches urban planning.

The experience of time in everyday life has become rationalized and calculated, tied to clock time as opposed to natural rhythms. What Moreno is saying, Kipfer explains, is that this clock time now structures too much of our life – not only defining our jobs but also forcing us to move around all the time to make it to work on time, pick up the kids, get to the stores before they close, go to class and so on. One way to combat the compulsory nature of clock time is to create compact living spaces where travel is reduced.

Decreasing distance has many benefits. When everyday activities are less distant from each other, personal time may increase for people to do whatever, including nothing, if they so choose. Presumably, with less driving, less fuel is being consumed, and this helps the environment. People might walk and cycle more, and this improves health. Pedestrian activity also provides more opportunities for spontaneous social interactions, which aids in the enjoyment of life in general.

"So it's a bit more than simply saying 'Let's make sure we can locate everything we need within a 15-minute walking distance,'" Kipfer says. "That's a little bit banal. There's more complexity beneath the 15-Minute City label. What Moreno is proposing is a city where different rhythms of life can coexist."

Many jurisdictions – from Stockholm to Bogotá – have adopted this temporal dimension of the compact city as an urban goal to work toward. Yet when Moreno first presented his

"living city" initiative at an international conference in 2016, it was promptly dismissed as unrealistic. Only one city leader really took him seriously: Paris mayor Anne Hidalgo, who – guided by Moreno, a professor at the Sorbonne – has since moved to restructure the French capital into a series of distinct neighbourhoods where everything is a short walk or bike ride away.

The Paris example (for which Moreno received the 2021 Obel Award, an international prize for architecture) is now inspiring other large urban centres to follow suit. There are now 15-Minute City plans in the works for London, Newcastle, Birmingham and Dublin in the British Isles, Lagos in Africa, Singapore and Shanghai in Asia, and Melbourne in Australia, to name but a few.

Most 15-Minute City initiatives are based on replacing a dependency on cars with comprehensive local transportation. In the pandemic, Milan has added 35 kilometres of bike lanes to the city centre, while Paris has added 50 kilometres and Barcelona 21. Hamburg is edging to be car-free by 2034, drawing inspiration from Copenhagen, which is presently building elevated weather-proof bike lanes and metro lines to reduce ground traffic.

Can North America benefit from these innovations hatched overseas? Toronto, for instance, occupies an area that is more than 60 times the size of Paris. So maybe a 15-Minute City model isn't viable. Maybe the scale needs to be modified to accommodate a metropolis this large.

"Toronto, like most big cities, is – or, rather, should be – a 30-minute city," says York University geography

professor Patricia Burke Wood, an urban transportation expert. "That means it shouldn't take much more than 30 minutes to get from one part of the city to another. Importantly, it doesn't mean that people should have to travel that far for their everyday needs, though. We should be able to meet those needs within a 10-minute walk from where we live. For all of this, we need good pedestrian and cycling infrastructure and a strong public transit system."

A 30-minute proposal is 10 minutes longer than the 20-minute neighbourhood model that has been in place in Portland, Ore., since 2010, making that West Coast city something of a forerunner and inspiration for others across the continent, among them Baltimore and Detroit.

In Canada, Ottawa has launched, in the pandemic, a 25-year plan outlining how the country's capital will become, in its own words, "the most liveable mid-size city in North America." But the rest of the country? According to a 2020 report, only 23 per cent of Canadians are living the urban planning dream of "amenity-rich neighbourhoods." So how to make it a reality?

"It's problematic," says Aaminah Amin (MA '21), who, supervised by Professor Kipfer, spent the past two years looking at urban reform projects like the 15-Minute City for her master's thesis at York. From her perspective, it's not a one-size-fits-all model. "While some might argue that Toronto, at the downtown core, is already a 15-Minute City, rich in easily accessible amenities," Amin says, "the same cannot be said about outlying neighbourhoods like Scarborough or Lawrence West, where you'd have to completely reinvent the infrastructure for the concept to take root."

The same would be true for suburban centres like Brampton,

Vaughan and Markham, all constituent parts of the Greater Toronto Area, where applying the 15-Minute City concept would require costly retrofits that would in turn see property values skyrocket, making those suburbs ultimately accessible only to those who could afford them. Social inequalities would likely deepen under the weight of gentrification, Amin elaborates, further alienating marginalized communities and minority populations, among them people of colour and the Indigenous, who are already living at the periphery of an integrated urban experience.

But if the need is to boost social interactions – what Moreno calls "chrono-urbanism," the idea of connecting city rhythms with quality of life – then instead of burning bridges along with the motorways, perhaps we should be thinking about building 15-minute urban hubs and sprinkling them across a wide swath of suburbia to free ourselves from forced mobility. It's an idea Amin came up with during the course of her recent studies, and it makes good sense.

"If Toronto would follow the example of Stockholm, which is hell-bent on allowing people a say in the planning process," she muses, "then the people on the outside of the city core would have input in creating those hubs where proximity would enable a desirable urban life."

Her words, looking forward to a more equitable future, take me back to the past, to my own experiences as a student wandering the great cities of old. True, Heraklion rarely figures in analyses of the 15-Minute City concept. Still, I choose to think of it as a kind of ideal. As my friend once told me, it's a walkable city, which is what makes it feel personal – a place where everything you want and need in life is but a stroll away. ●

Alumni

Jaime Vieira
hits a career high
as the Blue Jays' first-ever
female coach

BY PAUL FRAUMENI

Batter Up

JAIME VIEIRA WAS THERE, live on my computer screen. It was mid-March. She was in an office at the Toronto Blue Jays' training complex in Dunedin, Florida. I was in my house in cold, snowy Toronto.

My job was to interview her about her new role as a minor league hitting coach with the Jays (and the team's first-ever female coach) and how she brings the biomechanics science she learned through an MSc at York University to her work in helping young players become better hitters.

But as a lifelong baseball disciple, I couldn't resist asking her to clear up something that had been bugging me for 50 years. I mean, how often does a frustrated ball player get to ask a big-time coach for advice?

Backstory: when I played organized ball from ages 10 to 15, a couple of coaches insisted I stand at the plate with my right elbow (I bat right-handed) tilted sharply

up. I disagreed, contending that I would lose speed when it came time to swing the bat – that I would have to bring that upturned elbow down 90 degrees and then enter into the swing, preventing me from being able to catch up to a fastball.

I stopped playing eventually, but I have remained a serious fan. And I've always wondered about that elbow thing.

So I stood in front of the screen and showed Coach Vieira the elbow-up stance and my preferred elbow-down stance and asked for her take.

"I agree with you," she said. "It's not the best way to set yourself up for success. Some players do want that extra little bit of whip that will come from bringing that elbow down into the swing. And some people swing very early, so they need to slow themselves down. So that elbow-up might work. However...." She paused before going in for the kill: "Typically, your traps [the trapezius muscle in your neck, shoulders and back] will fatigue toward the end of the game. This is a challenging position to hold for a long time. So I would like the hands further down, and not a lot of back tip, either. But if somebody is early, every single time, I might slow them down by having their hands down a little further."

That is typical of the kind of advice Vieira offers; whether it's for a 64-year-old like me or a 15-year-old who may well have the skill to be the next Vladimir Guerrero, she treats each player as an individual.

"There's no one recipe for success in hitting," she explains. "I look at a few different things that I focus my eyes on first when I look at a hitter. There's no saying 'This is the correct way to do it.' It's going to be different for the next person, the next person and the next person. My job is solving a puzzle every time someone comes in the cage."

The Jays hired Vieira, 27, in January 2022 to work with players as they begin the difficult process of becoming a professional. Think of Jays' superstar hitters Guerrero and Bo Bichette. As young players, they showed enough talent to get the Jays interested, but they needed fine-tuning. That's where Vieira comes in – to take their talent to a higher level.

Baseball is so familiar to us that the sight of a batter hitting

a ball safely looks easy as we laze in front of the TV at home or watch from the stands. But it is not.

Consider what Hall of Fame slugger Ted Williams, one of the greatest hitters in the game, told the *New York Times* in 1982: "I've always said that hitting a baseball is the hardest thing to do in sports...a round ball, round bat, curves, sliders, knuckleballs, upside-down and a ball coming in at 90 miles an hour, it's a pretty lethal thing."

For a long time, batting coaches were often former players who had a talent for studying the art of hitting and could impart their experience to players. But baseball – and all other sports – have increasingly been combining that wisdom with the science that people like Vieira bring to the game.

Vieira's specialty is biomechanics – a sophisticated discipline of health science that studies how the human body moves. She became interested in the field when she needed to have spinal surgery to correct scoliosis at age 16.

Growing up in Georgetown, Ont., Vieira enjoyed playing softball, but her real passion was coaching. Still, she wasn't sure that coaching could be a career.

As she recovered from the surgery, she had a revelation. "I knew how badly I wanted to be on the field. So I said to myself, 'I want a career where I can help athletes get on the field and overcome their injury or disability. So I leaned toward kinesiology from that experience, and thought if I could work with athletes who aren't being forced to show up at practice and will do anything to get back on the field, that's a population I'd like to work with.'"

She completed her master's under the supervision of Professor Janessa Drake of York's School of Kinesiology and Health, then began PhD work. But a position came up with the Jays Care Foundation and, that passion for coaching still with her, Vieira applied for and got the job. She hoped it might help her move closer to her coaching dream.

Now that she's inside, she is applying her powerful combination of baseball and science smarts.

"I've coached since I was 16 years old, and it's been at an elite level. And I have that analytical health science background. So I'm able to blend those two worlds to have what

I came into it thinking, “I’m going to have to prove myself and show them the value”

I hope is a happy medium. A lot of teams are looking more toward sports science because they want the inside edge. And my experience with my kinesiology and biomechanics background is valuable in knowing that every athlete has a different strength and mobility profile. Understanding their body, how they move and how they can get the most from their body is why I’m here.”

And the players in Florida have been receptive to her science-rooted coaching.

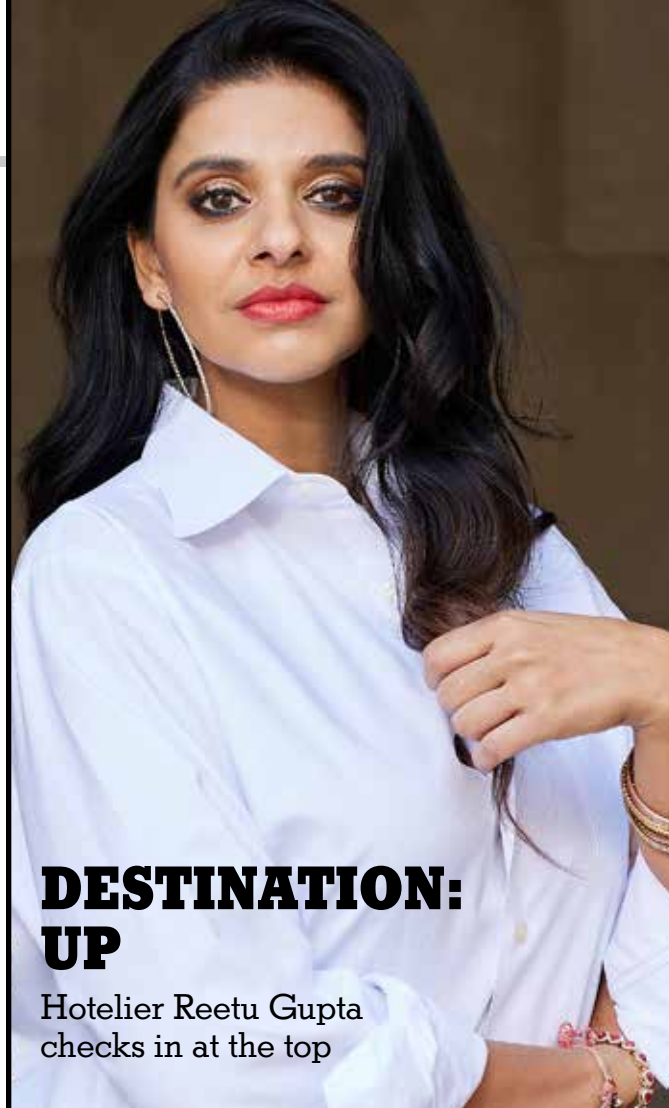
“I came into it thinking, ‘I’m going to have to prove myself and show them the value.’ But a lot of the players who I’ve been working with are younger players. They have grown up with this tech era. They actually appreciate the science. They ask me really smart questions.”

Vieira will remain in Florida full-time, working with the players as they compete against other teams in the Florida Complex League and during winter at the training facility.

“Because the focus is on development, we devote a lot of time to starting at the basics and getting a good foundation so that when they move up higher, they have that solid base the Blue Jays expect their athletes to have.”

Over the past few years, Major League Baseball (MLB) has been increasingly bringing women into roles that were previously the exclusive domain of men. In 2020, Kim Ng of the Miami Marlins made history when she was appointed MLB’s first female general manager. Other women breaking the barrier include Rachel Balkovec, who became the first full-time female MLB affiliate manager in January, when she got that job with the Tampa Tarpons (in the New York Yankees’ system). Vieira is proud to have joined this wave, but also thinks more practically.

“I’m super proud that I can be a woman on the field, to be an example for girls growing up, and for women who want to come into the game. But at the same time, I’m excited to just do my job and not have being a woman be an issue. And I hope that, in a few years’ time, there are so many women in the game and on the field that it’s just not a conversation anymore.” ●



**DESTINATION:
UP**

Hotelier Reetu Gupta checks in at the top

WHEN REETU GUPTA (MBA ’08) was a young girl, she used to play at being a hotel manager – not a stretch when you consider that she grew up in the hospitality industry. Her father, Steve Gupta, is an immigrant from India who purchased his first Canadian hotel property more than 40 years ago. His Easton’s Group of Hotels – one of Canada’s largest private hotel development companies – currently owns and operates 17 properties in Ontario and Quebec, with another five in development.

As his daughter, Reetu began working at the company from a young age, starting out as a receptionist before progressing to accounting and payroll. Later shifting over to the hotel division, she again worked at the front desk before transferring into sales. Gupta learned on the job, and from the ground up. Today, she is chairwoman and ambassadress of The Gupta Group, a family business with more than \$1 billion in assets and over 3,000 employees across the company’s vast holdings in real estate development, hospitality, venture capital and mining. “I grew up loving hotels and learning about them from such a young age from my dad,” says Reetu, 39. “I always aspired to own hotels.”

To sharpen her business skills, in 2008, she enrolled at the

Schulich School of Business to take the accelerated MBA program, which she completed in eight months. Returning to work within the year, Reetu applied what she had learned at York University, including establishing a diversity and inclusion program open to all company employees.

In 2017, with brother Suraj K. Gupta, she founded Rogue Insight Capital, a private venture capital firm supporting Canadian startups that are mainly led by women, immigrants and visible minorities. More recently, she created Project Lotus, a women’s mentorship program to help employees develop their careers. Today, largely as a result of her efforts, her company takes pride in having a staff that is representative of over 79 countries and an executive team that is more than 60 per cent female.

In 2019, and again in 2020, Reetu received a Canada’s Most Powerful Women: Top 100 BMO Entrepreneur Award. In 2022, she joined the board of the Princess Margaret Hospital Foundation in Toronto. Her philanthropic projects include building solar-powered schools in a Ugandan refugee settlement.

“I’m a woman, and a woman of colour,” she says. “Those are my secret powers, what makes me unique. ●

– Charmaine Noronba

CANADIAN CLOTHING DESIGNERS and retailers have an invaluable accessory in Ashlee Froese (LLB ’06), an Osgoode Hall grad and certified trademark specialist for the Canadian fashion industry.

Working in fashion law, a relatively new division of the legal profession, Froese advises her clients on everything from contract negotiations and intellectual property disputes to their supply chain management systems, international expansion plans and efforts to stamp out illegal counterfeits of their creative work.

“There seems to be an idea with fashion that, because it’s so functional, it shouldn’t be afforded the same intellectual property protection as other industries,” says Froese, current Chair of the City of Toronto’s Fashion Industry Advisory Panel. “I’m fighting against that idea and trying to help fashion brands build themselves up.”

People are noticing. In 2021, Froese received *World Intellectual Property Review’s* Diversity award as an Influential Woman in IP, one of only 69 lawyers worldwide.

In 2022, she emerged as a finalist in the Female Trailblazer of the Year category at the Canadian Law Awards.

Froese developed an insurgent attitude at Osgoode Hall Law School, taking a keen interest in intellectual property law as part of her legal studies. Active in student government, she interned with the United Nations in the Middle East before returning to Toronto to work part-time at an intellectual property law firm. She joined it full-time after being called to the bar in 2007 and fast-tracked to partner within six years.

In 2017, after a decade working on Bay Street, she opened Froese Law, a woman-owned boutique firm specializing in branding, corporate, commercial and intellectual property law. Froese recently added Internet, technology and e-commerce law to her range of legal services, making her sought-after by people working in fashion, cosmetics and recreational cannabis, among other pop-culture industries.

“We are paperless, on the cloud, and our business cards are made from recycled clothing fabric,” Froese says. “We really are trying to modernize the approach for our clients.” ●

– Deirdre Kelly

LAW REBRANDED

Ashlee Froese is putting her mark on the legal profession



Classes

1963

TAYLOR, DALE
(BA GLENDON)

Dale was a member of York's founding classes. He had a rich undergrad experience with an innovative liberal arts and science curriculum, close relations with great professors and, as part of the group, started the men's and women's sports teams first called "Muddies," as well as the York-Glendon newsletter, *Pro Tem*. The group remains in touch.

1968

SMITH, GARY J.
(BA POLITICAL SCIENCE GLENDON)
Gary recently published a new book, *Ice War Diplomat: Hockey Meets Cold War Politics at the 1972 Summit Series*. The book was launched in the spring of 2022. Gary served as the vice president of advancement at York University from 1998 to 2001.

1969

ATKINSON, RICHARD
(MBA SCHULICH)
Richard established RA Retirement Advisors, helping boomers transition successfully from work to life after work. For 12 years, he was a volunteer with a Nunavut initiative program through the not-for-profit Canadian Executive Service Organization (CESO), where volunteers work toward economic and social change worldwide.

1975

MALOUF, PETER
(MBA SCHULICH)
Peter was elected 16th mayor of Mount Royal/Ville Mont-Royal in Quebec in November 2021. He served as founding member of EERS Global Technologies Inc. for seven years, and has been president of P.J. Malouf & Co. Inc. since 1981.

EGGERTSON, BILL
(BA POLITICAL SCIENCE)
Bill transitioned from journalism to association management, with a focus on lobbying for renewable energy options. He was selected as a torchbearer for the Vancouver Olympic Games to recognize his work in the environmental sector. He is the founder and president of NetZeroPLUS Canada, created to promote feasible options for saving the planet.

1976

COOK, WILLIAM
(BA POLITICAL SCIENCE)
William wrote a book, entitled *Leadership, Loyalty, and Liability: A Pilot's Reflections on Canada's Military*, of interest to readers with military experience, those considering joining the military, or others just curious about its inner workings.

1981

YUEN, JOHN N.
(BA POLITICAL SCIENCE)
In 2021, John set up Simcoe Publishing and published his first book, *The*

Wondrous World of Social Dancing in Canada: Come Dance Ballroom, Salsa, Square-Dance and Argentine Tango with Me! Before launching his post-retirement career in getting people to dance more rhythmically, he worked as a senior communications planner for the Regional Municipality of Peel and the Ontario ministries of finance and natural resources. In the 1980s, he was a board member and newsletter editor of IABC/Toronto, the largest chapter of the Chicago-based International Association of Business Communicators.

1986

PEPE, MICHAEL
(MBA SCHULICH)
Michael has worked as chief financial officer of Elysian Carbon Management since 2019. Elysian provides carbon capture and geologic storage solutions to large industrial facilities seeking to transition to low-carbon products through the elimination of megatons of carbon dioxide emissions. He lives with his wife in New York.

1987

DUNN, CLAIRE
(BFA THEATRE)
Claire works as a television and film writer for such shows as *Little Mosque on the Prairie* and *Degrassi: The Next Generation*. She has written several romantic comedy films for Hallmark, Lifetime and CityTV. Her first novel, *At Last Count*, will be released this summer, supported by Toronto Arts Council

and Ontario Arts Council literature grants.

1990

STASYNA, BRUCE
(BFA MUSIC)
Bruce leads a new production of Mozart's *Così fan Tutte* at San Diego Opera. Further into the 2022 season, he will also conduct an orchestral workshop with the San Diego Symphony in preparation for the opera company's first major opera commission in nearly a decade.

1992

DAVIES, KATHLEEN
(MES)
In 2021, Kathleen published the children's book *Stories from the Back Garden*. Serving as both author and illustrator, she was inspired by the adventures of wildlife such as chipmunks, squirrels and raccoons in her backyard in Caledon, Ont. She hopes that her book will appeal to readers of all ages.

1996

RHODES, CLAYTON
(BA HEALTH)
As a professor at Durham College, Clayton received the 2021 Faculty Award of Excellence. An experienced adult educator with a demonstrated history of leadership working in a post-secondary environment, he was recognized for his online/in-person hybrid teaching skills, as well as instructional design,

facilitation, and curriculum and career development.

1999

SHANG, BROOKE
(MBA SCHULICH)
Brooke is the author of *Financial Freedom the Royal Way: 7 Commandments from the Networking Queen of Real Estate*, a 2020 book about real estate investing. By sharing networking tips and stories about the building blocks to her now-purpose-driven life, she hopes to empower readers to move beyond self-doubt and a fear of failure in order to create a winning real estate investment strategy.

2005

MAXWELL, BRUCE
(MA HISTORY)
In January of this year, Bruce released *Failed Promise: Five Reasons Why R.B. Bennett Lost the 1935 Canadian Federal Election*, the first book to deal entirely with this pivotal electoral cycle in Canadian history.

2006

OLLIVIERRE, NADIA M.
(BA HEALTH)
After graduating from York, Nadia completed a certificate in adult teaching, training and development. She also completed a master's degree in professional education, focused on early childhood education. In 2020, Nadia opened a childcare centre on the rural island of Mayreau in St. Vincent

and the Grenadines. Most recently, she completed a doctorate in educational leadership (EdD).

2007

JURCZYK, EVA
(BA PROFESSIONAL WRITING)
After graduating from York's professional writing program, Eva went on to become a coordinator of humanities collections at U of T Libraries. In 2021, she completed her first novel, *The Department of Rare Books and Special Collections*, a mystery set among libraries and books.

2008

DERANGO-ADEM, ADEBE
(BA ENGLISH, MA ENGLISH '09)
Adebe is a writer, editor and literary educator. In 2005, she was named Toronto's first Junior Poet Laureate. Her fourth volume of poetry, *Vox*, comes out this fall.

2011

MUIR, PAUL
(MFA THEATRE)
Paul works as education director with Rosebud School of the Arts in Rosebud, Alb. In 2014, he was invited to be an artist-in-residence at Trinity Western University in Langley, B.C.

2016

MUAMBA, LÉA
(BHS HEALTH STUDIES)
Within six months of graduation, Léa began working as a bilingual medical records coordinator at a private health-care company. In 2018, she was hired as a bilingual community health worker to develop and facilitate health promotion programs for the French-speaking community in Toronto's Jane and Finch neighbourhood. While there, she applied the knowledge she gained at York about the social determinants of health. She describes her experience at York – where she learned about Canada's health-care system and became passionate about the social determinants of health and the role they play in impacting marginalized communities – as extremely fulfilling.

2017

CHIMBGANDA, TAPO
(PhD EDUCATION)
In 2019, Tapo founded the feminist-informed Future Black Female (FBF) non-profit organization, which works to empower Black girls and women between the ages of 16 and 22 to take charge of their futures through academic, social, political and civic engagement. FBF offers access to strong networks, rights-based advocacy, and skills development and advancement.

SMITH, JOSÉE
(BSc SCIENCE)
After graduation, Josée studied dermatology at Ohio State University, and has

since been completing her residency at Ohio State University Wexner Medical Center.

2018

FULTON, BEN
(JD LAW)
Ben articulated with the law firm of Ari Goldkind and now practises restorative justice. A trained circle-keeper guiding participants in a healing circle (a versatile restorative practice), Ben volunteers his services at Peacebuilders International, a Toronto organization that helps youth in conflict. As well, he is currently co-Chair of the Criminal Lawyers' Association's Accessibility Committee, which fosters and promotes opportunities for people with disabilities in criminal law.

IN MEMORIAM

THAKKAR, MENAKA AND RASESHA
A celebrated Indian classical dancer and choreographer, Menaka taught in the Department of Dance, where she established an endowment for three student scholarships. In 1993, York awarded her a Doctor of Letters *honoris causa* in recognition of her many contributions as a performer, teacher, choreographer and scholar. She died in Toronto from Alzheimer's disease on February 5. She was 79. Her passing came two weeks after the death of her brother Rasesh, a professor of economics who later taught Indian studies at York from 1969 to 1999. Born in Bombay, he died at home in Toronto on January 19. He was 86.

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PHOTOGRAPHY: University Libraries, Clara Thomas Archives & Special Collections, Toronto Telegram fonds, ASC01601

Flashback

Have a great photo from your days at York?

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IN 1965, York University was growing rapidly. Work had just begun on a new campus that would occupy nearly 245 hectares of farmland north of Toronto on Keele Street, south of Steeles Avenue. The projected vision entailed an integrated site comprising 12 colleges – each with classrooms, faculty offices, a dining hall, common room and student residence – in addition to a science building, main library and large auditorium which was to double as a theatre. When a model of the new Keele complex went on display at Glendon, the University's first campus, it piqued the curiosity of Linda Robinson (left) and Cathy Frost (right), among York's first students. How big would York get? A little more than half a century later, the University is again on the verge of expansion. Its third campus is scheduled to open in the fall of 2023 in Markham, Ont. The evolution continues. ●

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