

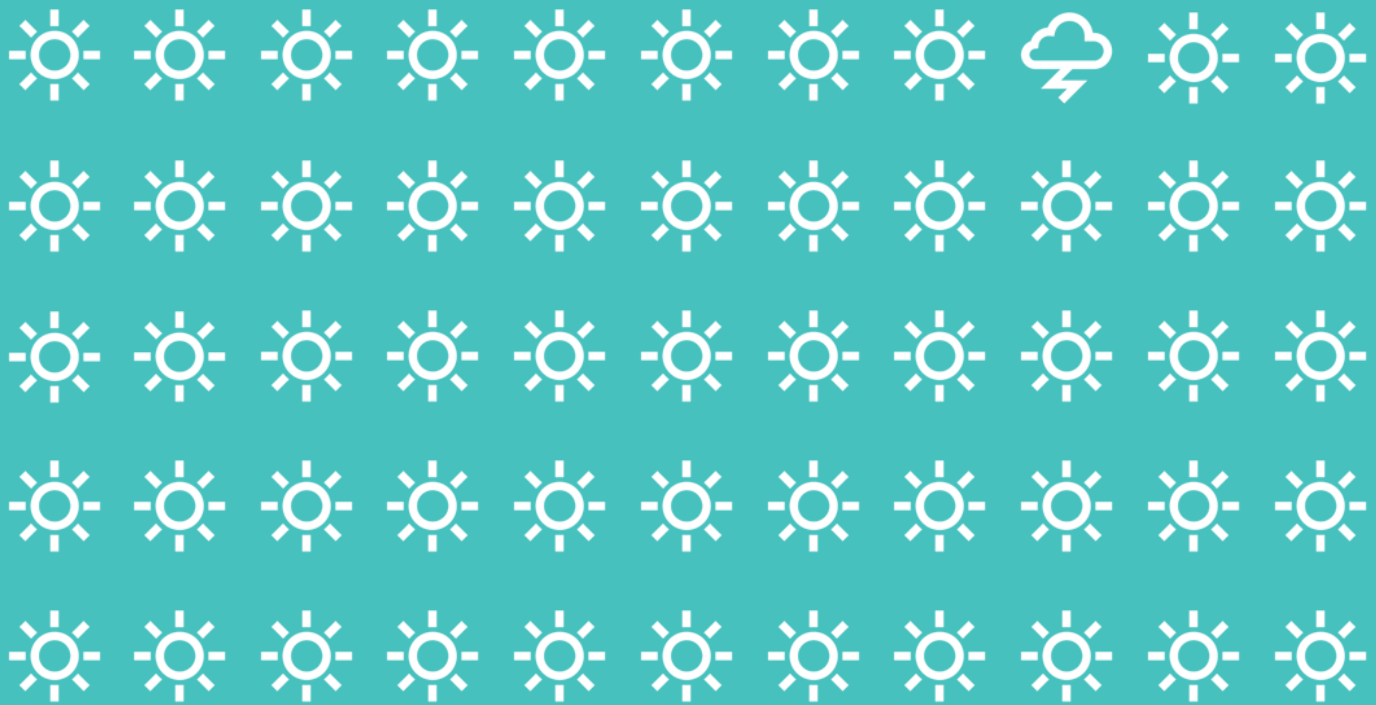
SPRING 2024

WATERLOO MAGAZINE



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HAPPINESS

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ACKNOWLEDGEMENT OF TRADITIONAL TERRITORY

The University of Waterloo acknowledges that much of our work takes place on the traditional territory of the Neutral, Anishinaabeg, and Haudenosaunee peoples. Our main campus is situated on the Haldimand Tract, the land granted to the Six Nations that includes six miles on each side of the Grand River. Our active work reconciliation takes place across our campuses through research, learning, teaching, and community building, and is co-ordinated within the Office of Indigenous Relations.

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THANK YOU, CHANCELLOR BARTON

As chancellor, Dominic Barton has been the honorary head of the University of Waterloo since 2018, presiding over convocations and sharing his thought leadership on global business, geopolitics, corporate sustainability and governance.

We are grateful for his leadership and support over the past six years. As our 11th chancellor, he has been a pillar of knowledge and stability during a challenging period, including a global pandemic.

He has inspired our students and our University community while never ceasing to promote the institution across Canada and around the world. As Barton himself famously says, "The world needs more Waterloo." But as an institution, we can attest that the world needs more Dominic Barton.

His enthusiasm and commitment to rallying support for the University's initiatives and priorities around the vision for Waterloo at 100 have helped fuel and inspire Waterloo's community of entrepreneurial leaders and problem solvers.

As his term ends, his legacy lives on thanks to his \$1 million commitment to support the next generation of talent at Waterloo. The gift supports scholarships for Indigenous undergraduate students, an international study program that focuses on business centres in South Asia, the School of Accounting and Finance and the growth of Velocity at its new home in the Innovation Arena.

THANK YOU, DOMINIC BARTON, FOR YOUR EXCEPTIONAL LEADERSHIP AS AN AMBASSADOR FOR WATERLOO.

Listen to *Global Futures in Focus with Dominic Barton*, now available for streaming on your favourite podcast platform



LISTEN NOW



FOR INDIVIDUALS AND COMMUNITIES, HAPPIER MEANS HEALTHIER

In tumultuous times, finding happiness in our work and personal lives can be difficult. Society is in the midst of major challenges from health and economic inequalities to climate change and political polarization. While happiness is widely recognized as a fundamental human goal, not everyone is able to discover it in their lives.

Those of us fortunate to maintain a connection to the University of Waterloo benefit from exposure to new ideas and the enthusiasm of our community in striving to make the world a better place. In this issue of Waterloo Magazine, we explore how our community is creating happiness and a sense of well-being.

As our institution works toward our Waterloo at 100 goals to help build a better future for humanity and our planet, we also create more opportunities for happiness and well-being in our communities.

In my research, I have sought to understand the connection between life satisfaction and health outcomes. In longitudinal studies, my colleagues and I found that social belonging and increased life satisfaction are consistently associated with better health outcomes – happier individuals and communities are healthier individuals and communities. Across our faculties, researchers are investigating ways to answer similar questions. Hopefully, a better understanding of happiness helps us all lead healthier and more satisfying lives.

Who we are as an institution starts with our people – our alumni, students, staff, faculty and partners. As Waterloo's history attests, when we listen, collaborate and act, we achieve great things. Together, we won't stop seeking ways to create a happier and healthier world.

Vivek Goel, CM
President and Vice-Chancellor





Waterloo names triple alum Dr. Jagdeep Singh Bachher as new chancellor

The University of Waterloo welcomes Dr. Jagdeep Singh Bachher (BASC '93, MASC '94, PhD '00) as our 12th chancellor. Bachher is chief investment officer and vice-president of investments at the 10-campus University of California, overseeing an investment portfolio of \$164 billion. The University of Waterloo's Senate elected him to a three-year term that begins on July 1, 2024.

Breaking ground on the Waterloo Eye Institute

Thanks to support from the optometry profession, alumni and donors across Canada, the University of Waterloo is slated to begin construction this year on the Waterloo Eye Institute (WEI), a state-of-the-art facility supporting advances in vision research, optometric education and patient care. With 67,000 square feet of new and renovated space, the facility will push the boundaries of eye and vision care, clinical education and research to benefit patients in the Waterloo region and across the country.

Scan to learn more about the WEI and offer your support



New 500-bed residence to prioritize Indigenous design principles

Waterloo will break ground this July on a new residence building set to open in 2026. In collaboration with Indigenous-owned architecture firm Two Row, and alongside the Office of Indigenous Relations, the design will prioritize Indigenous engagement and principles.

The building will feature a community healing garden, where sacred and traditional medicine plants can be cultivated, accessible room options and wellness and sensory spaces. It will also be home to gathering spaces equipped for smudging, cleansing ceremonies and meetings with live-in Elders.





The Happiness Project explores new ways to improve student well-being

Last fall, Waterloo students gathered in the Dana Porter Library to explore their peers' mental health and develop new solutions to improve well-being on campus. The Happiness Project – the fall 2023 iteration of the Velocity Foundations program – was an extracurricular opportunity for students to build an innovation mindset while delving into a real problem happening in their community.

It's no secret that mental health has declined in the past few years. In 2021, more than one-third of students said they experienced poor mental health. Rachel Figueiredo (BA '10), entrepreneurship librarian and one of the program's instructors, believes that the topic and setting helped to make this one of Velocity's more diverse entrepreneurial programs.

"We were focusing on the Happiness Project because we wanted to help our students feel like, regardless of whether they currently saw themselves as entrepreneurs, they could have some stake in this game. They can validate their own experiences and make improvements on campus, even if they're small."

Compared to other Velocity programs, Foundations participants are more likely to identify as female and more likely to study in the Faculty of Arts. As a result, participants can work with students they may not have otherwise met and learn from their perspectives.

Participants spoke with stakeholders, including students and staff working on tackling these challenges, to gain first-hand knowledge of the mental health challenges on campus. They also explored current psychology research before identifying root causes and new approaches to solve the problem, then pitched their solutions in an informal, low-pressure setting.

Whether or not students go on to pursue entrepreneurial projects, Figueiredo is confident they'll use the skills they developed in the program. "This is an opportunity for our students to take their learning outside the classroom, work on something that's of direct interest, feel like they have some ownership and then see how they can make an impact."

The program welcomes new students every term with new problems to tackle.



WARRIORS WIN FIRST-EVER OUA HOCKEY CHAMPIONSHIP

The Warriors women's hockey team experienced the biggest moment in their 22-year history with a 2-1 overtime win against the Toronto Varsity Blues.





**“THAT’S ULTIMATELY
WHAT HAPPINESS
IS TO ME – HAVING
THE ABILITY TO BE
UNAPOLOGETICALLY
ONESELF.”**

- Zain Bandali (BES '20)

MEHNDI BOY: THE COURAGE TO BE YOUR TRUE SELF

Zain Bandali publishes an early-reader chapter book that explores gender norms and sense of belonging in a community

By Angelica Marie Sanchez (BA '21)

When Zain Bandali (BES '20) was growing up, he discovered a love for mehndi, the ancient living art form of henna tattoo. The tradition is popular in South Asia but was considered something only women and girls could do.

Despite encountering discouragement early on, Bandali, an Ismaili Muslim Queer artist of Indo-Tanzanian heritage, became the only boy at his local Jamatkhana (the place of worship and community centre for Ismaili Muslims) doing mehndi for the elders and kids in his community.

That's where the idea to write his book, *Mehndi Boy*, came to life.

“With this book, I wanted to celebrate creativity and celebrate a little boy just being themselves. A little boy having the possibility to dream of what they want to do and what they want to express. That's ultimately what happiness is to me – having the ability to be unapologetically oneself,” Bandali said.

What started as an idea scribbled in his notebook years ago, *Mehndi Boy* is about Tehzeeb, a young boy who explores his passion for mehndi. The story, published by Annick Press, closely resembles Bandali's childhood experience.

While everyone seems to celebrate Tehzeeb's journey of expressing his true self, his favourite Ayaz Uncle, on the other

hand, struggles to understand his nephew and his passion for mehndi. Tehzeeb battles with self-doubt and wonders, “Was he not a boy? Or not the right kind of boy?” as he navigates the expected gender norms of his culture.

“There is so much innate happiness when we see young kids. They're so inquisitive – they just want to experiment and try their best,” Bandali said. “There's such a willingness to be creative, and sometimes we stifle our kids ... when they should just get a choice at the end of the day to see what's really possible.”

Through *Mehndi Boy*, Bandali pushes gender norms in a simple way so kids can feel inspired and have the courage to accept their true selves at a young age. He also wanted other little boys to see mehndi as an art form rather than something that's strictly gendered.

The messages in *Mehndi Boy* are not just for children – they allow parents, grandparents and other caregivers to learn from their kids as they explore the similarities and differences of their generational experiences together. →



The pursuit of happiness while navigating grief

Many people would describe finding happiness as a constant journey of ebbs and flows in life. For Bandali, 2023 has been one of those years. Five months before his book *Mehndi Boy* was published, Bandali's father passed away unexpectedly, and his life changed forever.

“The thing about happiness, and as corny as it is, it's truly a pursuit,” Bandali said. “With what's happening in the world and what's happening in my personal life – there is immense grief. Life is just this constant struggle, and you just have to put your best foot forward. There are going to be moments of happiness and there are also going to be moments when I don't necessarily feel the happiest.”

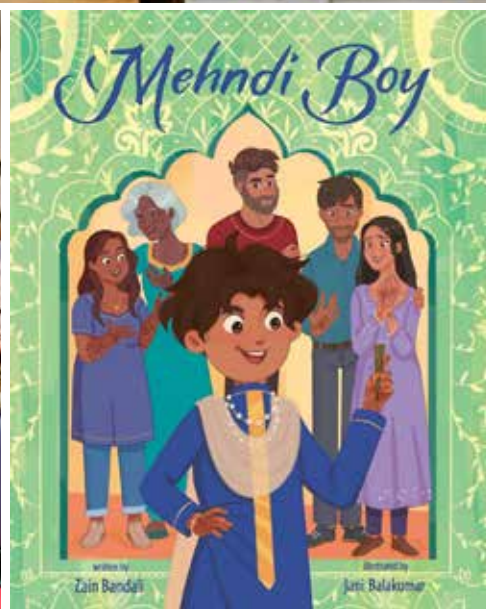
Bandali recalled navigating the first few months after his father passed away as a challenging experience. During this time, he would find himself striving to attend events such as the Toronto Pride Parade and a Muslim Pride event over the summer months.

Despite being in a state of grief, he still had the courage to speak about what was important to him while celebrating his identity with others in the 2SLGBTQIA+ community. Bandali said he knew his dad would have been excited and proud to see him stand up for his beliefs.

In October 2023, when Bandali launched *Mehndi Boy*, he was both surprised and blessed to see his extended family attend to share their support. Although they weren't as vocal with their allyship in his Queerness in the past, he was happy they held a safe space for him during his moments of grief.

“I'm also glad my dad got to see an advanced review copy of *Mehndi Boy*, and my mom read it to him – so that is my happiness.”

Bandali continues to put his best foot forward by holding onto the memories and the important values his dad instilled within him, carrying his father's legacy in all parts of his life. ♥



CAN WE CHAT?

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**WATERLOO
ALUMNI**



THE SCIENCE OF HAPPINESS

First-year students hone more than their research skills by exploring what it means to be happy

By Wendy Philpott

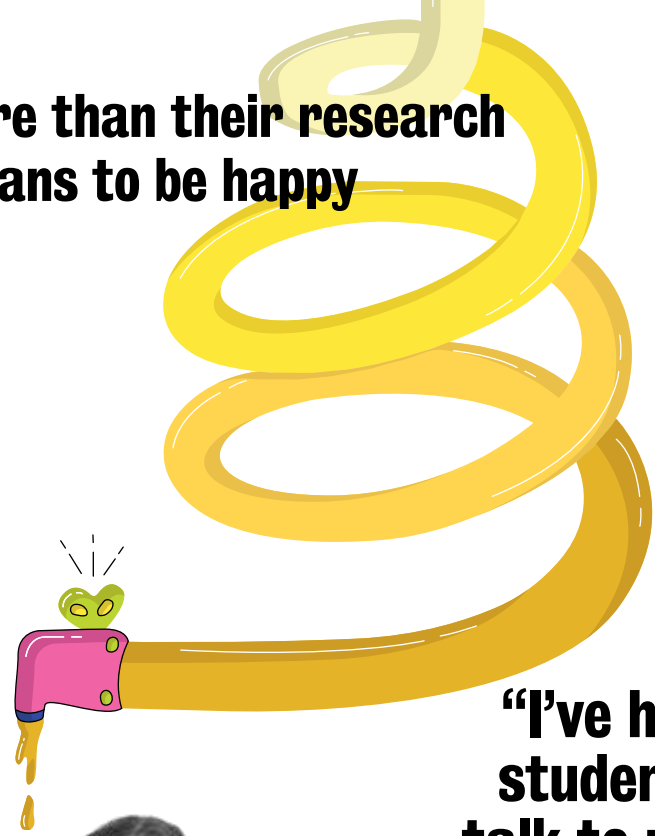
What is happiness, and why do we strive for it? Can we become happier? Should we? Is happiness a good thing?

These are the questions Dr. Megan McCarthy (PhD '16) asks her first-year students as they explore the meaning and concept of happiness. ARTS 140, The Science of Happiness is among many topics offered in the Arts First courses, designed to develop students' critical thinking, communication and information analysis skills in their first year of university.

"ARTS 140 is really focused on becoming critical consumers of information and learning how to organize evidence to make a compelling argument," McCarthy said.

But why happiness? "Because it's a fundamental human concern," said McCarthy, a social psychologist in Waterloo's Department of Psychology. "Most people say they want to be happy, and many actively and intentionally pursue happiness. This means there's this endless supply of information and claims out there about how to find happiness, but it's not always the most reliable information."

McCarthy designed the course to challenge students to think about their beliefs and understanding of happiness, research and test various perspectives on happiness and critically evaluate claims about it.



"I've had students talk to me about how the course has transformed their personal lives."

- Dr. Megan McCarthy (PhD '16)



But can students – or anyone – separate their personal and intuitive feelings about happiness to examine it critically?

“I first ask the students to try to write their own definition of happiness,” McCarthy said. “And then they look at different definitions over different eras, fields and in different parts of the world. I get them to reflect on how their definition compares to other conceptions. And then we talk about the roles of empiricism, critical thinking and how looking at data can shape our understanding.”

Having taught the course every term since 2021, McCarthy has found that, because students often come from different backgrounds, they engage in rich comparative discussions with classmates about their own beliefs and how their experiences led to those beliefs. Through these interactions, the students become “much more accepting of different ways of looking at the subject because they’re exposed to different experiences. And they have a lot of fun.”

As a practice-based course, the students are encouraged to test happiness-boosting claims and then reflect, discuss and evaluate them. In their main project, they even developed their own methods to increase happiness in the community, drawing from their primary research sources and interpretation of evidence.

Student happiness projects included cooking dinner with their family to improve bonding, making and delivering care packages for unhoused people in the area and organizing a sharing circle in their university residence to reduce stress and enhance social connections.

One student designed a happiness plan for their workplace after noticing employees weren’t working effectively as a team. They developed a method to strengthen the co-worker community and increase well-being. The student reported that their manager was planning to implement the changes in the workplace in the future.

“I’ve had students tell me that the assignments have made them fall in love with research,” McCarthy said.

“They get really excited about the process – how to come up with a research question, collect the data and think critically about it.”

McCarthy sets specific learning outcomes for the course, which include being able to reflect critically on their own cultural experiences that shape how they feel. “I think that one is important because that can be applied across disciplines where they’re learning to engage with the ideas and beliefs of others and understand their own assumptions. And I think that can support good relationships and community.”

Becoming a better researcher is not the only positive outcome of the course. “I hear about it impacting emotional or social well-being,” McCarthy reflected. “I’ve had students talk to me about how the course has transformed their personal lives. That it has made them happier people, that it has made them think differently about the way they’re engaging with and relating to other people. And that’s tremendously powerful for me.” ♥

ADAPTING WITH INTENT



Three key stages
to navigating
retirement

By Jordan Flemming

Adapt with Intent identifies three key stages individuals and organizations must think about when navigating retirement:

1

SHIFT YOUR PERSPECTIVE

Reframing retirement shifts the focus from financial-only considerations to emotional preparedness. Mapping out post-retirement plans, identifying sources of meaning and building a supportive community can help people transition effectively.

2

CHALLENGE YOUR ASSUMPTIONS

Rethinking retirement helps leadership teams and individuals consider how these needs might affect them in the next chapter of their lives. Embracing a positive view of aging – backed by studies demonstrating its correlation with an extended lifespan – encourages a flexible and optimistic reconsideration of retirement.

Simon Chan (BA '98) spent years as a financial executive helping people plan and save enough to retire comfortably. But his exploration of the non-financial aspects of retirement revealed a gap in industry conversations and services, especially when addressing how people are living much longer lives.

He discovered that those approaching or already in retirement were concerned not just about financial security but also about finding purpose, creating meaningful connections and maintaining a sense of fulfillment.

This realization prompted Chan to take a personal gap year, during which he left his executive role to spend more time with his family. He later joined Communitech, Waterloo's regional innovation centre, where he focused on talent development and the future of work. This experience fueled his passion for addressing the evolving needs of people in mid-life and retirement, leading him to delve into the intersection of technology, workplace trends and the global demographic shift toward longer lifespans.

Chan launched Adapt with Intent in 2022, a consulting firm that works with leaders, educators and

organizations to reframe their thinking and redesign new ways of working across life stages. His colleague Kyra Jones (BSc '09, PhD '14), came on board as chief design officer in 2023.

Adapt with Intent helps institutions, workplaces and communities comprehend the implications of longer lives and aging populations.

"As people live healthier and longer lives, the traditional retirement model needs a paradigm shift," Chan said. "More than 60 per cent of people see retirement as a new chapter in life, an opportunity for exploration and growth. We need to build structures that support individuals in transitioning from their primary careers to a stage of life where they can explore new opportunities."

Adapt with Intent conducts workshops with companies and individuals to navigate three key stages: reframing, rethinking and reimagining retirement. Collaborating with organizations, these workshops guide individuals and leadership teams through stages, preparing for challenges and opportunities in an aging workforce. Chan aims to

unlock untapped potential in older adults, fostering a future where all ages contribute collaboratively to meaningful endeavours.

"In today's workplaces, a big trend is the presence of five generations working together," Chan said. "The crucial question is, how can younger individuals, like traditional-age students, gain experience collaborating with other generations in this multi-generational environment?"

This presented an opportunity for Adapt with Intent to work with Co-operative and Experiential Education (CEE) at Waterloo. Together, they developed a pilot program bringing older adults and students together to solve problems by participating in a design sprint, a time-constrained, collaborative process. Teams address and solve complex problems through ideation, prototyping and testing.

The initiative combines virtual and in-person formats, bringing people 50-plus and traditional-age students together in workshops to foster skill sharing. The pilot addresses food insecurity, demonstrating innovative approaches for diverse age groups to tackle broader societal issues collaboratively. ♥

3

REDESIGN THE FUTURE

Reimagining retirement emphasizes cultivating an innovative and adaptive mindset. Engaging in hypothesis-driven exploration, experimenting with new ideas and maintaining a beginner's mindset is crucial for designing the next chapter in life.



UNLOCKING HUMAN POTENTIAL THROUGH A UNIVERSAL BASIC INCOME



Floyd Marinescu launched UBI Works to reframe the debate about basic income – and his message is catching on

By Robin Morden

Growing up in a family where money was scarce, Floyd Marinescu (BMath '02) saw firsthand the impacts of working class of poverty. “Money was a source of a lot of conflict in my house,” he said. “I knew that if there was financial security, it would have been a lot better for my family.”

A fan of Star Trek, Marinescu yearned for the egalitarian, poverty-less society depicted on the show, often wondering, “How do we get to that future?”

When he heard about basic income, he felt he had discovered a key piece of the answer. “I was amazed that you could have a market system without poverty,” he recalled.

The more he read about basic income, the more passionate he became. In 2019, he launched UBI Works, a non-profit that shares knowledge and mobilizes support for the cause. He hopes to convince voters that basic income will not only reduce poverty but also fuel our economy and help people lead more creative, fulfilling lives.

“I believe innovation most often comes from inspiration, not desperation,” Marinescu said. “Innovators like Newton and Botticelli had the security to tinker and create. I look at basic income as a way to create psychological safety for our entire society so that we unlock people’s potential and enable them to pursue their best selves.”

“ I believe innovation most often comes from inspiration, not desperation.

- Floyd Marinescu (BMath '02)

From creating community for software engineers to driving political change

Marinescu came to the University of Waterloo for Computer Science in 1997, drawn by the renowned co-op program. His experiences in the program proved formative.

In his second year, he secured a work term in Silicon Valley and used the time to network extensively. Visiting a conference during a lunch break, he met the CEO of a startup Java-training company and soon became the company's first employee. Balancing this full-time job with his studies, Marinescu helped build the world's top Java programmer news website, TheServerSide.com.

He enjoyed the work so thoroughly that shortly after the company sold in 2002, he launched his own technical media company, C4Media. The company runs InfoQ, a news website featuring stories written by and for software engineers, and a popular practitioner-driven conference called QCon, which has hosted events in London, San Francisco, New York, São Paulo and Beijing.

Marinescu's proudest accomplishment, however, is the work culture. Despite being one of the world's first globally distributed, fully remote workplaces – with more than 40 full-time staff from 12 countries – C4Media has a strong sense of community and experiences little turnover.

As C4Media became established, Marinescu found more time to devote to basic income advocacy. Through UBI Works, he hopes to reframe the conversation about basic income, balancing more familiar arguments about how it can eliminate poverty with arguments focused on its economic benefits. They funded research by the Canadian Centre for Economic Analysis showing that a basic income would grow the economy by more than it costs.

The organization also promotes digital activism. Its online petitions have led to more than 800,000 emails being sent to government officials at all levels since 2019. This activism seems to be working. At the 2021 Liberal National Convention, delegates voted overwhelmingly in support of a basic income, using references from research UBI Works promoted.

With automation rapidly replacing good jobs, Marinescu feels the need for a basic income grows more urgent every day. “Automation has been linked to falling job quality,” Marinescu said. “We need a means to help people in poverty to re-educate. Basic income will help people in transition.”

Advice for students: Escape the Silicon Valley mindset

Marinescu believes basic income will enable people to pursue more fulfilling work, liberating them from the “hamster wheel of dead-end jobs needed just to survive.” In his own career, Marinescu has sought to prioritize meaningful work over money but that hasn't always been easy.

“When I started C4Media, I had a Silicon Valley mindset where the goal was to build a company, make lots of money and then flip it,” Marinescu said. “But I realized that I didn't want to sell, because our service to the world was useful and I enjoyed building its culture. I had to deprogram myself from the romanticization of the serial entrepreneur.” He explains that it's fulfilling to continue C4Media's services while channelling some of its profits into social change work.

Marinescu thinks there's a message in this for today's students: “Be true to yourself. Work hard and make money but direct yourself to the things that bring you fulfillment.” ♥



MEET THE ENTREPRENEURS AND INNOVATORS ADVANCING HAPPINESS



Explore the journeys of Waterloo changemakers as they build community and forge progressive solutions

By Jordan Flemming

From transforming peacebuilding with technology to developing AI-powered tools for mental well-being and championing inclusivity in STEM, these innovators illuminate new paths to joy.

PAUL HEIDEBRECHT

Paul Heidebrecht (BAsc '94) is the inaugural director of the Kindred Credit Union Centre for Peace Advancement at Conrad Grebel University College. The Centre is a collaborative hub for peacebuilding practitioners, researchers, artists and entrepreneurs advancing peace at local and global levels.

At its heart is the Grebel Peace Incubator, which, as part of Waterloo's vibrant social innovation ecosystem, has supported 30 startups. For the past five years, it has also facilitated Waterloo's participation in Map the System, a global research competition organized by Oxford.

"We are eager to nurture student entrepreneurs. It's through these programs that they find meaningful community, create purpose-driven teams and experience a profound reorientation of their life and educational journey," Heidebrecht said. "They taste the fulfillment of making a change in the world, no matter how small or modest."

Another priority for the Centre is the intersection of peacebuilding and technology. "Waterloo has a key role to play in nurturing talent in the PeaceTech domain," he said. "We want to grow our capacity to equip students to be adept at understanding technology's societal impact and creative in applying their technical skills to advance peace and justice."

RASTIN RASSOLI

Rastin Rassoli (BCS in progress) co-founded Colorful Zone, a Velocity company that's developed an AI-powered app to support well-being and stress management for young adults. The Joyi app presents game-like features and bite-sized psychology lessons to cultivate skills for managing everyday stressors. It tailors content to individual users, offering personalized psychoeducational experiences to boost resilience.

"We can understand users' vulnerabilities, susceptibilities and needs so that each individual can realize sustainable happiness, whatever that means for them," Rassoli said. "Each person needs a unique set of skills, and through interactions with the app, we gather information to personalize the psychoeducational content."

Positioned as a preventative tool, Joyi aims to help people who are vulnerable to mental disorders by reducing short-term stress and fostering long-term improvement in mental health. A research study conducted by Seneca Polytechnic has shown promising results that indicate significant improvements in users' mood when they use it.

"Colorful Zone has been able to use all of Velocity's resources, both on campus and in the incubator, as well as connecting with the University's wellness services," Rassoli added. "At Velocity, I've met other students and alumni who are founders or aspiring founders. There's incredible value in connecting with this community."





EMMA COLLINGTON AND SAMANTHA FOWLER

Emma Collington (BSc '19, MSc '22, PhD in progress) and Samantha Fowler (BSc '19) advocate for inclusivity in STEM. Together, they launched and lead the project STEM with Disabilities, amplifying the visibility of scientists, engineers and others with disabilities in technology and math. Stemming from personal experiences as disabled students and scientists, their initiative began as a visibility campaign but has evolved into a community-building platform.

“I have been told so many times that I’m the first person they have met who deals with my disability, which is quite physical, and it’s also something that’s visible. Some disabilities aren’t visible,” Collington said. “The goal is to provide that visibility, role models and address the need for change.”

The project includes articles and accessible tool lists and focuses on the need for innovative solutions and a wish list for accommodations that may not exist yet.

The project uses social media, with Collington and Fowler actively reaching out to potential contributors. They confront the stigma surrounding disability representation, encouraging those who resonate with their project to share their stories. Looking ahead, Collington and Fowler envision expanding the project into a comprehensive database searchable by disability, providing a valuable resource for individuals seeking accommodations. ♡

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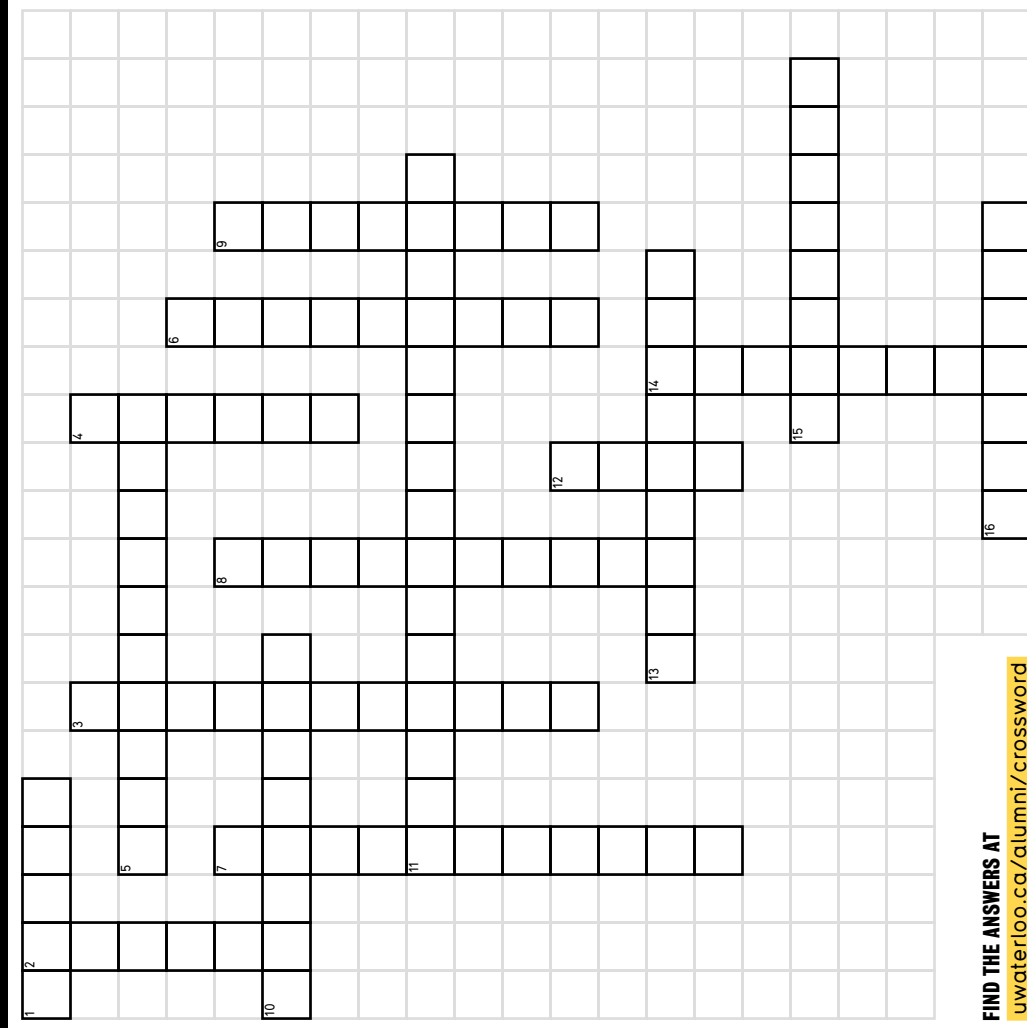
Do you know the history and culture of the University of Waterloo?

ACROSS

- UWaterloo's first president
- Known as the Arts Library to early students, this building resembles a sugar cube
- Alum Anne Innis Dagg was known as the "queen" of these animals
- This building was once home to the bookstore and an event space for campus dances
- This Environment program combines Computer Science with geographic data analysis
- In UWaterloo's early years, these birds roamed campus with the geese
- This first-year Kinesiology class brings students into the cadaver lab

DOWN

- UWaterloo has more than 246,000 of them
- In 1967, UWaterloo established this Faculty, the first in the world
- The Engineering mascot, for one
- Associate Professor Avery Broderick contributed to the first picture of this
- From above, this building looks like a computer chip
- Original name for the Ron Eydtt Village residence
- In 1985, this band played to a sold-out crowd in the Physical Activities Complex
- The Arts mascot, for one
- In 1997, this became available in UWaterloo residences



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uwaterloo.ca/alumni/crossword



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WATERLOO CHANGED MY LIFE IN UNEXPECTED WAYS

Gil Aburto-Avila shares why he moved from Mexico to study at the University of Waterloo and why he gives back as an alum



When I was in second-year engineering in Mexico, we had a course dedicated to the slide rule (there were no pocket calculators in those days). I had an innovative teacher, Dr. Leonardo Rapoport, who decided we needed to learn about computers. He managed to get machine time for us on an IBM 650, where I first learned about programming.

In the 1960s, the University of Waterloo was already gaining international attention for its Computer Science program. I first learned of the University in the pages of the Journal of the Association for Computing Machinery.

Reading the articles written by Waterloo professors and my experiences working for the Research Institute of Engineering at the National University of Mexico inspired me to pursue a master's degree in Computer Science. I applied to Waterloo and two other Canadian universities – and received a no from all three.

“I am lucky to be able to give back to the university that made such a difference for me.”

– Gil Aburto-Avila (MMath '70)

Thankfully, Dr. W.G. Davis wrote to me to say that I wasn't accepted to Waterloo because I didn't have enough mathematics courses. I took the necessary classes, applied again and was accepted the next year. Not only was I accepted, I was also awarded a full scholarship.

A few months later, I arrived in Kitchener at midnight in my new Volkswagen Beetle. I didn't have a map of the city, so I stopped a police officer to ask for directions. While he could have simply told me the route, he instead led me to campus, where he introduced me to the campus police. One of the officers managed to obtain a key to my room, so I could sleep in the Student Village.

The next day, I registered for classes and settled into my residence room. That evening, other students came over and invited me to get doughnuts. They made me feel welcome, and we were instant friends.

When I arrived at the University in September 1968, I did not realize that the Faculty of Mathematics was founded just the year before. The building was new, the Student Village had just opened and the IBM 360/75, the largest and most powerful computer in Canada at the time, had recently been installed. I was a research assistant for Wes Graham and my advisor was the legendary Dr. Don Cowan.

During my time at Waterloo, I made many friends and met amazing people, including the woman who would become my wife. We have been married for 52 years and counting. We have five sons and three are Waterloo grads – and they also all met their spouses while studying. Now two of my grandchildren are already talking of going to Waterloo. I guess the University of Waterloo runs in the family.

After graduating and getting married, I decided to stay in Canada. My career spanned more than 35 years at IBM, Information Systems Management Corporation and CIBC.

As a Waterloo alum, I feel proud to be part of the continuing innovations happening every day. I am lucky to be able to give back to the university that made such a difference for me. Coming to Canada and studying at Waterloo changed my life in ways I never expected. I'm proud to support the next generation of students as they build happy, successful lives – just like I did at Waterloo. ♥



A MISSION TO CREATE A BETTER FUTURE

World-class researchers shape new ways to foster happiness and personal well-being

By Darren McAlmont (MA '22)

Dr. Troy Glover
(PhD '00)



Transforming community spaces

Dr. Troy Glover (PhD '00) has dedicated his career to exploring transformative placemaking, which he describes as the aspirational efforts to convert urban spaces into meaningful places. These initiatives aim to encourage positive social interactions and enhance the quality of community life.

A lack of connectedness and loneliness can severely affect people's health. "Research reveals the mortality impact on lonely and disconnected individuals is comparable to smoking 15 cigarettes a day," Glover said.

Viewing transformative placemaking as a crucial strategy, he believes inviting spaces that encourage positive social interaction are pivotal in fostering healthier relationships and overall happiness.

"Positive interactions, even among strangers, can create a stronger sense of belonging through shared experiences."

While acknowledging the significance of quality of life for individuals, he also underscored the importance of the "quality of community life" in recognizing the intertwined relationship between individual well-being and the health and vitality of communities.

Glover's research has identified several animation strategies people can employ in their neighbourhoods to enhance social connection. Some of these strategies include naturalizing (greening), activating (encouraging physical activity) and aestheticizing (using various forms of art).

In collaboration with the Canadian Parks and Recreation Association, Glover belongs to a team that recently launched the website *Activate Your Neighbourhood*, which offers a tactical guide for Canadians seeking ideas to engage in transformative placemaking themselves.

Glover is concluding a research project on neighbourhood walking and social connectedness, emphasizing how simple everyday gestures like exchanging smiles can create a sense of happiness among neighbours.



“Positive interactions, even among strangers, can create a stronger sense of belonging through shared experiences.”

– Dr. Troy Glover (PhD '00)

Feeding our spirit in later life

“Happiness is a by-product of making someone else happy” is one of many thoughtful comments Dr. Jane Kuepfer (BA '92) has heard from older adults reflecting on happiness. As we age, our bodies need attention and quickly become the focus of care, but Kuepfer's research explores what happens to our spirit and how spiritual well-being can be supported.

What sustains people through the changes and losses of later life? What should we be aiming for? How do we reach the end whole? These questions informed Kuepfer's doctoral research, which entailed interviewing leading-edge baby boomers (those who were turning 70 at the time) by asking them to imagine themselves forward into old age.

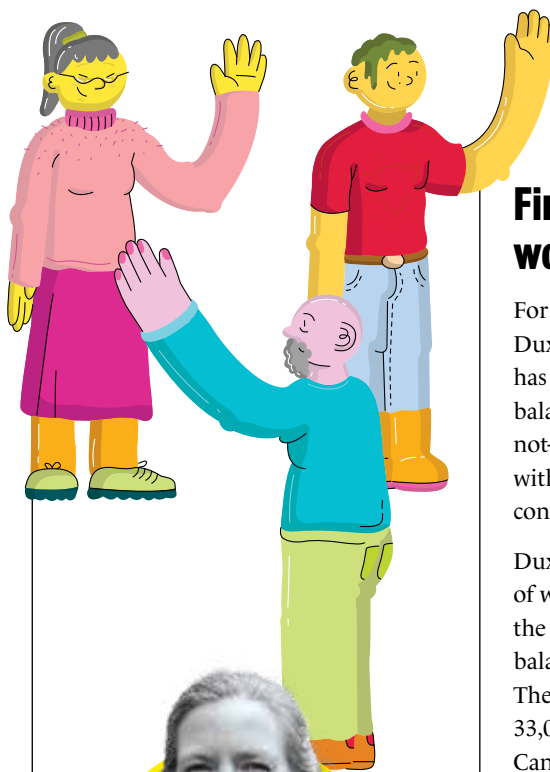
At the time, Kuepfer was serving older adults as a chaplain, counsellor and spiritual director, and she still does. Through this work, she has learned that spirituality is important to many older adults as they seek love, hope, peace and joy.

“Some speak of aging as a spiritual journey, marked by a letting go of ego, shifting focus to others, transcending suffering and loss and a sense of connectedness to all of life, often mediated through a relationship with God,” she said.

Religion often serves as a vehicle for spiritual life because it gives us stories, spiritual practices, a community of belonging and a sense of purpose and meaning.

“For people living out their golden years, a grounding in faith and spiritual practices can significantly contribute to well-being and happiness,” Kuepfer said.

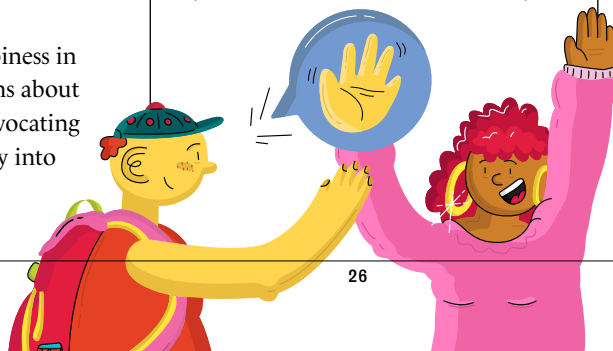
She continually discovers new opportunities for exploring happiness in later life by opening conversations about meaning and connection and advocating for further integrating spirituality into residential care.



Dr. Jane Kuepfer
(BA '92)



Dr. Linda Duxbury
(BSc '75, MSc '77, PhD '83)



Finding the right work-life balance

For more than 30 years, Dr. Linda Duxbury (BSc '75, MSc '77, PhD '83) has studied work- and family-life balance in the public, private and not-for-profit sectors. It started in 1991 with her curiosity about the emerging concept of telework.

Duxbury wanted to explore the impact of working from home, computers and the effects of overwork on work-life balance and mental well-being. The first study garnered more than 33,000 respondents from across Canada and revealed that many participants didn't have a work-life balance, which ultimately left them feeling stressed, depressed and anxious.

Duxbury has since repeated the study three times – a decade between each – with sample sizes between 25,000 and 30,000. The results of her research highlight the negative impacts on people's well-being due to work-role overload and provide data that is often used to influence policy changes that help create supportive work environments so people can lead healthier, balanced lives.

“Since I started doing this work, I have been saying to employers, ‘Hey, your people are unhappy, they're stressed and they have no balance. If you do not address these issues, it will negatively impact your bottom line,’” she said. Duxbury's research has uncovered that for most institutions, the “ideal worker” is available 24/7. Unfortunately, while those ideal employees may get a promotion or salary raise, they tend to suffer from higher levels of stress and lower levels of well-being.

“I see that it is my job to be a voice, to use data to show companies that while they're making money in the short term, it is going to cost them a lot in the long term as employees who are unhappy, stressed and overloaded are not as productive and engaged.”

Uncovering new pathways to well-being

Growing up in South Africa during apartheid and witnessing the disparities of injustice and poverty, Dr. Bruce Frayne was motivated to pursue a career in urban planning and development to try to do something about what was unfolding in his country.

“I went into urban planning because I have a strong interest in society. Every time I have a meal, I think about the extent to which some people don’t have, and I’m motivated by the human side of what it is that I do,” Frayne said.

His work focuses on migration and food security in the Global South and the diverse factors impacting them. His research takes a broad look at the food system and narrows it down to the household and individual levels.

Dr. Prateep Nayak grew up in India and researched the interconnectedness of society and ecology, recognizing through his work that one cannot be disconnected from the other. Nayak spent his early career years working with development NGOs, focusing on how small resource-dependent communities make a living and survive in adverse circumstances, relying on their natural resources.

“My work with them was dedicated to institution building, advocating for their rights and the creation of policies that can ensure access, entitlements and tenure security in favour of historically marginalized communities,” he said. “Ultimately, I wanted to ensure justice, equity and the kinds of community engagement needed for collective and collaborative natural resource management.”

Together, their work is connected to and concentrated on uncovering pathways to socio-ecological well-being and futurity. They also use their knowledge to drive “happy classrooms” and other initiatives in the Faculty of Environment through a memorandum of understanding with the Rekhi Foundation for Happiness.

When asked what brings happiness, Nayak responded, “My happiness as a human being is linked to other human beings, but also to non-human beings in the ecosystem itself. So, to me, happiness is when you feel good for others and with others.” ♥



Dr. Bruce Frayne



Dr. Prateep Nayak

“ Co-op students have really become a part of our team, learning as well as **DELIVERING HIGH-QUALITY WORK TO HELP US ACHIEVE OUR GOALS.**”

KIM TREMBLAY (BMATH '84)
CO-FOUNDER, ARCTIC WOLF

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SHARING IN THE GOOD TIMES

“Waterloo Engineering Day encourages fun, fun and more fun.”

- Aarchit Gupta (MSc '19)

Engineering traditions that create community, make memories and forge friendships

By Charlotte Danby

Many engineering students choose the University of Waterloo for co-operative education and academic rigor. But as first-year students arrive on campus, they soon discover that it's not all work and no play.

Although academic success is important, a meaningful and memorable student experience is also built through friendship and fun. Over the years, many Faculty of Engineering traditions have bolstered camaraderie and built a valuable sense of community.

One of the traditions that always brings a smile to the faces of students and alumni is Engineering Day.

Launched in 2016, Engineering Day's mission is simple: to give students a few hours off from classes to have some fun in the sun. Working with the Waterloo Engineering Society (EngSoc), the official student council representing the student body, the Faculty organizes the event in July each year. Hundreds of students flock to line up for burgers, paint themselves purple and drop professors in the 'dunk tank.'

Dylan Ellingson (BASc in progress), a second-year mechatronics engineering student and EngSoc's B-term president, described the day with enthusiasm.

"We're outside, all together, the music is loud, there's purple everywhere – in the air and all over our skin, clothes, hair – there's free food and swag and the dean is cheering us on. The atmosphere is electric."

Aarchit Gupta (MMSc '19) works as a project lead at Yelp and remembers Engineering Day with a big grin.

"It was so different to the academically focused Engineering Day at my university

in India," Gupta said. "Waterloo Engineering Day encourages fun, fun and more fun. It's such a simple yet effective way to help students let off steam and unite as a group. I made new friends that day who are still my friends. I also felt enormously proud to be an Engineering student."

As a member of the Recent Engineering Alumni Council (REAC), which helps keep alumni who graduated over the past 10 years connected to the University's community, Gupta highlights the importance of student traditions to build lifelong connections.

"When you're happy and having a good time, it's easy to bond with people in that shared experience. You don't realize it at the time, but those relationships and memories give you a sense of belonging, which helps soften the transition from student to alum."

As EngSoc president, Ellingson has paid close attention to student needs, particularly in a post-COVID-19 environment that prioritizes health and well-being.

"When it comes to building community, nothing beats sharing a fun experience in-person," Ellingson said. "Our student experience is happier and healthier when we feel that collective Waterloo Engineering spirit."

EngSoc is busy reinvigorating other important traditions that went dormant during the pandemic. The Bus Push, for example, is back on the calendar. This popular annual event, first held in 1977, has a group of Engineering students pull a school bus from the University to Kitchener Market Square to raise money for the Grand River Hospital's children wing.



In the early days of the Bus Push, about 10 participating Engineering students pushed the bus. As the tradition gained popularity, more students wanted to join in and there wasn't enough room for everyone at the back of the bus. Being engineers, the students quickly realized that tying ropes to the front of the bus meant more room for more people. The mechanics have changed but the name stays the same.

New traditions are also being introduced. The Engineering Pin Day launched in 2023 to inspire students' commitment to community, responsibility, innovation and excellence in their studies and future work, while The Chall-ENG-e pits different Engineering departments against each other for some friendly sporting competition.

Both add to the Faculty's impressive body of traditions that span decades and encourage students to be their best – and have fun too. ♡

ROADBLOCKS THAT LEAD TO BEAUTIFUL DESTINATIONS



Chris Wilson charts an unconventional course to live a life with curiosity

Sometimes, fully leaning into your passion leads to unimaginable opportunities. That was my approach after failing just one course before graduating with a biochemistry degree from Waterloo. That roadblock helped me to lean into the hobby I'd started at 16 years old and built upon throughout my initial undergraduate years. I was going to be a full-time DJ.

It was a far cry from what I thought I wanted to be but having worked in sterile white labs during my co-op work terms, I quickly realized there wasn't much room for my personality to shine. So I decided that I'd chart my own unconventional course, live my life with curiosity and without regrets.

This mindset led me to tour the country before moving to the U.K., doing the thing that brought immense joy to my life. DJing was more than just being booked to play at parties, I was curating spaces and atmospheres for people to revel in their moments of happiness. I did it for almost 10 years before realizing I wasn't being seen in the spaces that I was working in.



“

All I knew was that I wanted my job ... to have a meaningful impact.

- Chris Wilson (BSc '21)

As a Black man operating in predominantly white spaces, my blackness was making it increasingly difficult to progress within the environments I'd given so much to. I realized that it would no longer be feasible for me to continue doing what I loved and make a living from it. The same was true for a lot of other artists who looked like me.

Coming to this realization meant I would have to give my all to something new, and I had to do some deep soul-searching to figure out who I was and what I wanted to do with the skills I'd gained over the years.

At 30 years old, I was again at a crossroads, and all I knew was that I wanted my job – whatever it would be – to have a meaningful impact. I was particularly interested in a job that would allow me to deliver support or advance change for Black creators and artists.

I became curious about creating spaces where they can have access to tools that would help them see a future for themselves.

That's when I knew I would become a cultural programmer. To get there I also knew I had to finish that one course I failed many years earlier so I could move on to something that would help me pursue all the things I am curious about.

I'm now back in school pursuing a Master of Design degree in Strategic Foresight and Innovation, where I'm exploring Black futures and looking at how to help organizations support activists and community organizers to advance change. I'm happy being in this phase of life where I am seen and valued for the gifts and solutions I get to share with my community. ♥



MORE THAN A CREDENTIAL OR PIECE OF PAPER

Sara Konrath followed an unlikely career path that inspires her to give back

By Alex Kinsella



We all have different ways of giving back, whether giving our time and skills or making a charitable donation. However, the reason is often the same – you want to help make a difference.

Dr. Sara Konrath (BA '02) understands this well. Having grown up in the region and studied at the University of Waterloo, Konrath is now a social psychologist and associate professor at the Lilly Family School of Philanthropy at Indiana University, where her research focuses on philanthropy and what drives people to give back.

Earning a PhD and becoming a researcher wasn't a career path Konrath considered when she began studying at Waterloo. During her first co-op term at a large insurance company, she realized that a corporate career wasn't right for her. Then, a co-op posting for the psychology department caught her attention.

"I started working with a professor, and it went so well that I became part of his lab team for the rest of my co-op terms. I discovered that I love research," Konrath said.

The support and mentorship from her professor, Dr. Michael Ross and then-graduate student Dr. Anne Wilson, were instrumental in changing Konrath's life trajectory. She grew up in a lower-income family and was a first-generation post-secondary student. Konrath says it is not common for someone whose parents don't have a university education to become a professor.

"Waterloo is a place that's welcoming to people of all backgrounds. I remember feeling a sense of belonging, and I was excited that people recognized I was a hard worker and smart," she said.



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"I don't think people always recognize how powerful a university experience is."

- Dr. Sara Konrath (BA '02)

Konrath says many people played a role in her success growing up, including a woman named Ruth, whom her mother met while receiving support from a nonprofit organization. Ruth went above and beyond to help Konrath's mother and became an essential part of their family.

"She took on a grandmother-type role and gave my mom a lot of practical and emotional support. I often wondered what made her do that because she didn't get anything from it. Now that I'm studying these things, I understand she got something from it. She did it because she truly cared. She got joy from seeing the difference she was making" Konrath said.

Today, Konrath is following in Ruth's footsteps by supporting organizations that are making a difference in people's lives, including the University of Waterloo. She makes an annual gift to the Department of Psychology to support the same undergraduate research program that sparked her career.

"Waterloo was amazing. I never expected my life to turn out the way it did. I recognize how it was such a significant part of my own journey, and not everyone has that opportunity. I don't think people always recognize how powerful a university experience is. It's more than just a credential or piece of paper. It's a community, and Waterloo is an amazing community." →



Student award recognizes 2SLGBTQIA+ community involvement

When Arden Song (BASC '23) received the *Liu-Kennington Award for the 2SLGBTQIA+ Engineering Community*, she realized just how valuable her extracurricular involvement had been.

“I don’t like tooting my own horn,” she said. “I always felt like the stuff I’d done at EngiQueers and elsewhere wasn’t that important or significant when compared to the accomplishments of others. I now realize that mindset wasn’t entirely correct.”

During her first year as an engineering student, Song began questioning her sexuality and then her gender. As she underwent her transition to outwardly become her true self, Song found a safe queer space with EngiQueers (EQ), a 2SLGBTQIA+ social group for Waterloo engineering students.

“It’s difficult to state how important this group has been in my life,” she said. “I don’t think it’s an understatement to say that the EngiQueers space and people saved my life.”

As Song transitioned and flourished, she took a leadership role as EQ president, allowing her to organize events and opportunities for her community. In her fourth year, she was recognized for her involvement with the Liu-Kennington Award, created by Michelle Liu (BASC '18, MASC '20) and Allie Kennington (BASC '19, MASC '22). Both wished there had been more on-campus support and mentorship for them as 2SLGBTQIA+ engineering students. Recipients are selected based on their positive contributions to the 2SLGBTQIA+ community through extracurricular or volunteer involvement.

For Song, the award does more than support her campus community. It makes her reflect on her accomplishments.

“Thank you for helping me realize my potential,” she wrote to Liu and Kennington. “Maybe one day you’ll hear my name somewhere big and remember that you were the ones who lit that spark.” 🍷

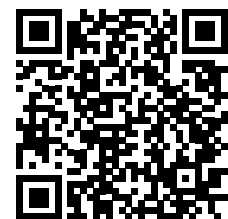
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Finding Indigenous community

Robin Jones-Stadelbauer (BA '12) shares how her experience as an Indigenous student inspires her current leadership role in Waterloo's Office of Indigenous Relations.



I come from the community known as Neyaashiinigiing, or the Chippewas of Nawash Unceded First Nation – also known as Cape Croker Indian Reserve. Located on the shores of Georgian Bay, it is now known as the Bruce Peninsula, or the Saugeen Peninsula to some of us. This place was very influential to me – it is a grounding place that has influenced my decision-making.

Growing up, we all knew each other, and I could go anywhere within the community and feel taken care of. When I moved off the reserve, the disconnect I felt from my community was hugely impactful. This was the time before long-distance phone plans and the internet, so it was very isolating. I hit a point where I couldn't go any further. I was really missing family and being surrounded by the familiar.

So I went back. I went back home to the community and our reserve on the peninsula.

There was an elder who knew what I was going through. He said, "You need to go to the water." So I did. I spent a lot of time by the water. It was so healing to just sit and be quiet.

When I left for school, it was just not the right time for me. We believe, in Anishinaabe culture, that the Creator knows your path, that your path is set out before you even arrive. My great-grandmother used to say everything happens for a reason. I used to wonder why she said that, but now I get it. At the time, I was questioning why, and I think I'm still connecting my why. It helps motivate me in what I'm doing today.

I returned to Waterloo as a staff member and gradually took the required courses to complete my degree. What I experienced pushed me to want to work with and for Indigenous Peoples, which led me to the Office of Indigenous Relations. We're preparing for more Indigenous students coming to campus and building an Indigenous alumni group. Those two things relate because Indigenous alumni have children, myself included. My daughter is coming to Waterloo and hopefully will become an alum – just like her grandmother and me.

The conversations that we have had with Indigenous alumni echo stories like mine: the feeling of isolation when they've come here. This is why we want to connect with alumni, not only to hear their experiences but to allow those stories to inform what we're doing to build a community where Indigenous people can thrive.

Seeing all the changes that have occurred since I first stepped onto campus has been amazing. I believe in the potential that comes out of here, and I'm proud of the community effort it takes to get all this good work done. ♥



→ Scan to hear more about Robin's story and stories of other alum on the UWaterloo Alumni Podcast



ALUMNI AWARDS

Congratulations
to our 2023 Alumni
Award recipients

Working tirelessly to advance important causes, this year's award recipients are researchers, volunteers and business leaders – each one making their own unique impact.



Ian Weng (BAFM '13, MAcc '13)
School of Accounting and Finance
Leader to Watch Award



Jeannine LiChong (BA '92, MAcc '92)
School of Accounting and Finance
Outstanding Alumni
Achievement Award



Sara Cumming (PhD '14)
Faculty of Arts
Rising Star Alumni Award



Chris Williams (BA '91)
Faculty of Arts
Alumni Achievement Award



Erin M. Chapple (BAsc '98)
Faculty of Engineering
Alumni Achievement Medal,
Professional Achievement



Michael J. Scott (BAsc '90, MAsc '92)
Faculty of Engineering
Alumni Achievement Medal,
Professional Achievement



George Yu (BAsc '86)
Faculty of Engineering
Alumni Achievement Medal,
Professional Achievement



Baoling Chen (PhD '15)
Faculty of Engineering
Rising Star Alumni
Achievement Medal



Nancy Barber (BA '98)
Faculty of Health
Alumni Achievement Award



**Doug Ranton (BSc '89) and
Sandra Ranton (BSc '88)**
Faculty of Health
Alumni Volunteer Award



Amarah Epp-Stobbe (BSc '14)
Faculty of Health
Alumni Inspiration Award



Dr. Johnathan Lam (OD '99)
School of Optometry
and Vision Science
Alumni of Honour Award

ALUMNI AWARDS



Dr. Dennis Ruskin (OD '76)
School of Optometry
and Vision Science
Distinguished Alumni Award



Dr. Paula Garshowitz (OD '80)
School of Optometry
and Vision Science
Vision Champion Award



Dr. Gordon Hensel (OD '80)
School of Optometry
and Vision Science
Vision Champion Award



Dr. Leland Kolbenson (OD '76)
School of Optometry
and Vision Science
Vision Champion Award



Dr. Lorne Ryall (OD '88)
School of Optometry
and Vision Science
Vision Champion Award



Dr. Shaina Nensi (OD '16)
School of Optometry
and Vision Science
Early Career Alumni Award



Dr. Denise Kreutzwiser (BSc '11, PharmD '18)
School of Pharmacy
Alumni Achievement Award



Simone Harrington (BSc '06)
Faculty of Science
Distinguished Alumni Award



Dr. Michael Houston (BSc '87, PhD '93)
Faculty of Science
Distinguished Alumni Award



Azeezat Adeyoyin Oyawoye (BSc '21)
Faculty of Science
Early Alumni Excellence Award



Dr. Laurie Wideman (BSc '90)
Faculty of Science
Contributions to Science Award



Dr. Corey Stephenson (BSc '98)
Faculty of Science
Contributions to Science Award



Father James Donohue (BA '78)
St. Jerome's University
Distinguished Alumni
Achievement Award



Angie Koch (BA '99)
Conrad Grebel
University College
Distinguished Alumni
Service Award



Ka-Ping Yee (BASc '88)
United College
Distinguished Alumni Award



Jonathan Pinto (MAES '16)
United College
Young Alumni Award

CLASS NOTES

1960s

Dr. Gulshan Dhawan (MAsc '68, PhD '72) celebrated 41 years in business with his company Applied Membranes Inc., which manufactures high-quality water treatment systems.

Jenny Nelson (BA '68) received an honourable mention in the 2022 Lieutenant-Governor's Historical Writing Awards for her compilation of stories from Gaadgas Nora Bellis, *So You Girls Remember That: Memories of a Haida Elder*.

1970s

Ian Kyer (BA '72) published *The Ontario Bond Scandal of 1924 Re-examined*, a historical book investigating a famous case from the 1920s.

H. Stanley Marshall (BAsc '72) was inducted to the Order of Business Hall of Fame.

Alex Kowalenko (BMath '73, MMath '76) released a book about his hometown in July 2023. *Heartfelt Memories of Creighton Mine*, co-authored with two other hometown friends, Earl Waytowich and John Tricco, shares photos and recounts stories about growing up in the town of Creighton Mine, a ghost town since 1988 but still a world-class nickel mining centre.

Ocumetics welcomed **Dr. James Barton McRoberts (OD '74)** to its board of directors.

Dr. Bill Goodman (BA '77, MA '83, PhD '89) published a new book, *Seeing Both: A Memoir of Chances*.

Sault Ste. Marie YMCA welcomed **John Haddock (BA '78)** as interim chief executive officer.

Pine Cliff Energy Ltd. appointed **Hilary Foulkes (BSc '79)** to its board of directors.

Of Mud and Dreams was published in 1967 and told the story of the first 10 years of the University of Waterloo's existence. The book was written by James Scott, former assistant to President J. G. Hagey.

1980s

WrkSpot appointed **Dorothy Dowling (BA '80, MA '83)** as a board advisor for hotel operations.

Barb Mason (BES '80) retired from Scotiabank at the end of 2023 after a 41-year career with the bank. Just before retiring, she received Scotiabank's Catalyst Community Spotlight Award.

Douglas Carter (BSc '81) is an independent director at Sierra Metals Inc., Mayfair Gold Corp., Exploits Discovery Corp. and Gowest Gold Ltd.

Jordan Levitin (BES '81) was recognized as a Fellow by the Canadian Research Insights Council.

Peter Taylor (BA '81) released his latest collection of poetry, *Cities Within Us*, with Guernica Editions.

Siamak Hariri (BES '82) was named one of the Most Influential Torontonians of 2023.

West Red Lake Gold Mines appointed **Tony Mukuch (BSc '82)** to its board of directors.

The Alaska Sealife Center appointed **Dr. John Fraser (BES '83, PhD '86)** as director of mission impact.

Blockchain Venture Capital appointed **Marc Kealey (BA '83)** to its board as an independent director.

Vivek Vadke (MAsc '84) released a new book, *Principles of Vegetable Oil Extraction*.

Dr. Stephen Kaladeen (BSc '85) published a romantic comedy novel, *Kiss Me Better*.

The Canadian Renewable Energy Association appointed **Leonard Kula (MAsc '85)** as vice-president of policy – East Canada and Utility Affairs.

Clear Blue Technologies, co-founded by chief executive officer **Miriam Tuerk (BAsc '85)**, was named to Corporate Knights' 2023 Future 50 list.

Don Herrington (BA '86) was appointed head coach of the Welland Jr. B Canadians.

Dr. David Rudolph (PhD '86) was appointed to the BluMetric board of directors.

Merrill Albert (BMath '87) published her first book, *Crimes Against Data - 101 true crime stories of people abusing and misusing data*. This book details incidents of data crimes and their impact.



Nanocarrier Co. Ltd. appointed **Dr. Michael Houston (BSc '87, PhD '93)** as chairman of its U.S. subsidiary.

Alex Pankratz (BMath '87) joined Fasken as partner in the tax group at the firm's Toronto office.

The Ontario Teachers' Pension Plan appointed **Jaqui Parchment (BMath '87)** to its board.

Ciboney Group Limited appointed **Winston Watson (MAsc '87)** to its board of directors.

Ayman Antoun (BAsc '88) was elected to the TD Bank U.S. board of directors.

Dr. Thomas Lee (BAsc '88, MAsc '90, PhD '96) received an honorary doctorate from York University, recognizing his life's work in engineering education. In June 2023, Lee retired from his faculty position at McMaster University after a successful fight with colon cancer.

Sault Area Hospital named **John Heintzman (BSc '89)** as their new chief of staff.

1990s

Marlene Epp (MA '90) released her newest book, *Eating Like a Mennonite*.

Manohar Singh (MA '91) was appointed president of Western Connecticut State University.

Stewart Smith (BA '91) graduated from Wilfrid Laurier University in June 2023 with a PhD in social work. His dissertation was titled *Best Practices for Social Workers Engaging with Spiritual/Religious Clients*.

McEwen Mining appointed **Nicolas Darveau-Garneau (BMath '92)** to its board of directors.

NuGen Medical appointed **Ian Heynen (BAsc '92)** as chief executive officer.

Latronix and Insego appointed **Philip Brace (BAsc '93)** to their boards of directors.

Stacey Daub (BA '93, MA '99) was named the new honorary colonel of the Canadian Forces Health Services Centre.

Sun Life announced **Manjit Singh (BA '93)** as the new president of Sun Life Asia.

Nanaimo City Council appointed **Dale Lindsay (BES '94)** as chief administrative officer.

M. Jacqueline Murray (MSc '94) released her book *Out of Time*, a fictional story of fate, hope, kismet and true love.

Greg Da Re (BAsc '94) was named vice-president of corporate development by Frontier Lithium.

Dr. Karen Schnarr (BSc '94, BA '94) was appointed chief executive officer and registrar of the Alcohol and Gaming Commission of Ontario.

Wave View Imaging, co-founded by **Elise Fear (BAsc '95)**, was selected in an open call for startups by Pfizer Canada's Health Care Hub.

evolutionQ, co-founded and led by president and chief executive officer **Michele Mosca (BMath '95)**, was selected by the World Economic Forum as a Technology Pioneer.

Susan Uthayakumar (BA '95, MAcc '95) was appointed to Prologis' executive committee. She will also continue her work as chief energy and sustainability officer.

Dr. Mike Wulder (MES '96, PhD '99) was appointed as a member of the Order of Canada for his internationally recognized innovations in the field of remote sensing for mapping and monitoring land cover.

Nick Piquard (BMath '97) joined Hamilton ETFs as chief options strategist.

Third Eye Capital appointed **David Steele (BMath '97, MAcc '97)** as president and chief operating officer.

ImmunoScape appointed **Dr. John Tsang (BAsc '98, MMath '00)** to its scientific advisory board.

Mark Mamo (BMath '99) was recognized with a 2023 Baillie Award for Excellence in Secondary School Teaching.

Perimeter Medical Imaging AI appointed **Adrian Mendes (BAsc '99)** as chief executive officer.

Natalie Poulin-Lehoux (BMath '99) is the new vice-president of Francophone Affairs at Laurentian University.

FWD Group appointed **Sid Sankaran (BMath '99)** as managing director and group chief financial officer.



The Campus Centre (now the Student Life Centre) opened in April 1968. The building's main feature was the Great Hall – a multi-use space that could serve as a lounge, exhibition area, entertainment area, meeting hall or dance floor.

2000s

Tabatha Bull (BAsc '00) was selected for the Canadian Tire Community Impact Awards.

Dr. Audrey Penner (BSc '00) retired from Northern College in December 2023, where she had led the institution as president since 2020.

Trevor Trainor (MSc '00, MAsc '14), president at Bawating Building Science, was selected as one of 10 recipients of the Hydro One Indigenous Entrepreneurship Grant.

Dr. Kerri Webb (MMath '00, PhD '04) was recognized for her teaching excellence at Selkirk College's SCOPE Awards.

Erin Beaudin (MAES '01) was appointed vice-president, finance and administration and chief financial officer at Acadia University.

Sebastian Morin (BAsc '01) was appointed chief operating officer of Gran Tierra Energy Inc.

Stephanie Thompson (BAsc '01) was named to WXN's list of Canada's Most Powerful Women: Top 100. This was her fourth time being recognized, making her a member of WXN's Hall of Fame.

Prakash Patel (BA '02, MAcc '02) joined CloudMD as chief financial officer.

Mangrove Lithium, co-founded by **Alfred Lam (BAsc '03)**, was named to Corporate Knights' 2023 Future 50 list.

Class notes

Second-year Fine Arts student Cathy Surany posed with some of the works put on sale by students in the department in April 1974.



Dr. Atefeh (Atty) Mashatan (MMath '03, PhD '09) was named to WXN's list of Canada's Most Powerful Women: Top 100.

Manifest Climate, co-founded by chief executive officer **Laura Zizzo (BES '04)**, was named to Corporate Knights' 2023 Future 50 list.

Rocket Companies appointed **Varun Krishna (BAsc '05)** as chief executive officer.

AECOM appointed **Zuliana Mawani (BAsc '05, Meng '09)** as vice-president and operations manager for its Greater Toronto Area water business.

Kate McCrae Bristol (BA '05) was appointed director of Athletics and Recreation at Wilfrid Laurier University.

Monica Singh Soares (BA '05), founder of Rise Up and Soar Community, was the first South Asian to be elected to council at the Township of Southgate. Rise Up and Soar Community is a charity focused on youth leadership and community empowerment through cultural connection and awareness.

Bell Partners appointed **Barbat Rodgers (BMath '07)** as senior vice-president of investor relations.

Clir Renewables, co-founded by **Andrew Brunskill (BAsc '08)**, was named to Corporate Knights' 2023 Future 50 list.

Sarah Kim (BA '08) was appointed chief administrative officer for the Town of Grimsby.

2010s

Iyinoluwa Aboyeji (BA '12) was named one of ApplyBoard's International Alumni of Impact.

Dr. Farhan M. Asrar (MPH '13) was named Regional Family Physician of the Year, Mississauga, by the Ontario College of Family Physicians.

Dr. Ian Burton (DES '13) was named an officer of the Order of Canada. Burton, a policy advisor and influential scholar, was recognized for the scientific contributions to climate change adaptation.

SPATULA Foods, co-founded and led by chief executive officer **Ian Weng (BAFM '13, MAcc '13)**, appeared on Dragon's Den, receiving offers from all five dragons.

Jack Forbes (BAsc '16) launched Class Companion, an AI platform that provides high-quality feedback to students.

Pim Manaswiyoungkul (BSc '16), co-founder of HDAX Therapeutics, was named to Forbes 30 Under 30 Toronto.

Dr. Munsa Rana (BSc '17) was voted number one optometrist in the Brampton Guardian's 2023 Reader's Choice Awards.

V. Prem Watsa (LLD '17) was inducted into the Order of Business Hall of Fame.

Dr. Rui Su (BSc '18, PharmD '18), co-founder of MedMe Health, was named to Forbes 30 Under 30 in the health care category.

Tom Storwick (BAsc '19) and Kelly Zheng (BAsc '19), co-founders of Coastal Carbon, were named to Forbes 30 Under 30 in the science category.

2020s

Chee Hau Teoh (MAsc '20) was named to Forbes 30 Under 30 in the social impact category, recognizing his work in nanocoatings.

Ruslan Nikolaev (BCS '20) and former student Griffin Keglevich, co-founders of Float Financial, were named to Forbes 30 Under 30 Toronto.

As a recreational programmer for the Town of Orangeville, **Nicole Desaulniers (BA '21)** implemented the Block Box, which delivers free, community-oriented programs to various parks in the town.

Hendrix Hanes (BMath '21) joined the Calgary Flames as a developer and data scientist.

Kyne Santos (BMath '21), known as TikTok's "math queen," was named to Forbes 30 Under 30 Toronto and Toronto's Rising Stars 2023.

Dr. Monika Snowdon (PhD '21) joined the CAS Future Leaders Program, a unique opportunity for early-career scientists to gain leadership and communications training.

Susan Fish (MTS '22) released her third novel, *Renaissance*, published by Paraclete Press.



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BEYOND CAMPUS

BLACK AND GOLD FEST



WATER, WATER, WATER!

Last September, alumni celebrated their UWaterloo pride with Black and Gold Fest events all around the world. The week ended with an alumni VIP tent at a Warriors football game.

FAMILY DAY FUN

Alumni and their families gathered at the Ontario Science Centre in Toronto for scientific exhibits and fun activities.



HONG KONG DINNER

In December, the Hong Kong Alumni Chapter hosted a social with some special guests from campus.



HONG KONG Chapter

→ Scan to browse upcoming events!



IN MEMORIAM

Helen Bailey (BA '88)

Daryl Baker (BASC '74)

Taymoore Balbaa (BES '99, MArch '04)

Carol Beattie (BSc '83)

Jay Beattie (PhD '75)

Cassandra Bechard (BMath '13)

Ruth Beninger (BA '88, BA '90)

John (Gilbert) Bowness (BA '66)

Bernice Brunton (BA '84)

Shirley Bryson (MASC '86)

Vincent Budac (OD '15)

Paul Cade (BA '85)

Wendi Campbell (Oakes) (BA '93)

William Clothier (BA '69)

Margaret Colmer (Sprung) (BA '66, BPE '67)

Colin Connelly (BSc '85)

Harold (Montague) Corwin (BA '74)

John Coutinho (BASC '84)

Cameron Crosby (BSc '77)

Lorraine Cullen (BA '73)

James (Fred) Curren (BSc '75)

Richard DeStefano (BPE '65)

Phyllis Didur (MMath '69)

Glen Ditchfield (PhD '93)

Barbara Drucker (BA '75)

Joachim Ebeling (BSc '81)

Susan Elliot (BMath '84)

Robert Ewen (BA '71)

Ian Ferguson (MSc '65)

Fred Flood (BSc '72)

George Frengos (BA '90)

Gregory Geen (BA '71)

Ronald George (PhD '80)
Hugh Ghent (BASC '76)
Mary (Catherine) Gilfillan (BA '75)
Jams Gillick (BASC '73)
Donald Gossen (BA '72)
Dorothy Graff (BA '76)
Garry Gregory (BASC '64, MASC '65, PhD '69)
Evelyn Guderian (Froehlich) (MA '79)
Michael Hamm (MA '77)
Greig Harrigan (BMath '81)
George Harrower (BMath '74)
David Headdon (BES '74, BES '76)
Kevin Hesterman (OD '00, BSc '00)
Charles Hildebrandt (BA '04)
Roy Hipwell (BA '94)
Joyce Hodge (BA '76)
Sandra Hoffman (Funk) (BA '66)
Laurie Hornell (BA '80)
Marley Illerbrun (BA '04)
Rohan Jayasundera (BSc '82)
Heather Johnson (BA '76)
Hari Johri (MASC '68, PhD '73)
Shirley Kellestine (Carson) (BA '76)
Philip King (BMath '72)
Rodger King (BES '78)
Joshua King (MSc '09, PhD '14)
Louise Kirvan (Goulet) (BA '87)
Doreen Kissick (BA '98)
Matthew Klompstra (BASC '96)
John Knapp (BSc '76)
Brian (Daniel) Lafreniere (BASC '87)
Scott Lawson (BASC '69, MASC '71, PhD '74)
Gerard Leduc (BMath '69)
Ker-Ai Lee (BMath '97, MMath '98)

John Leyes (BA '64)
Louis Liadis (BA '90)
Christa Liddy (Worounig) (BASC '88)
Arend Lootsma (BASC '07)
Gerard Lyons (BASC '78)
Ian MacNaughton (BA '68, MA '71)
David (Ian) MacPherson (BASC '73)
Dorothy Mallette (BA '01)
Michael McGowan (BMath '79)
Mary (Eileen) McIntyre-Roy (BA '81)
David McKennitt (BASC '67, MASC '69)
Sally McMillan (BSc '78)
Wilfred (David) McNeil (MASC '71, PhD '75)
Nico Meijer (BASC '79)
Gregory Mills (BASC '90, MASC '93)
Patricia Mooney (BA '86)
Sutharseehan Navajeevayokan (BASC '23)
Liam Neumann (MDP '16)
Laurence Olivier (BSc '85)
Stephen Osborne (BMath '99)
Umang Patel (OD '03, BSc '03)
Phyllis Paterson (BA '88)
David Pause (BSc '83)
Brien Pepperdine (BA '85, MA '86)
Guy Perrault (BASC '75)
Jon Pharoah (BASC '94)
Gregory Pope (MSc '70, PhD '74)
Norman (Wally) Rayner (BSc '73)
Timothy Reaburn (BA '90)
Duncan Read (BA '70, MA '71)
Joseph Recchia (BASC '68, MASC '71)
Elisabeth Robertson (MSc '80)
Theodozia Rudensky (BSc '70, PhD '81)

James Rueckert (BA '92)
Leonard Ryan (BA '91, BA '95, BA '01)
Robert Schellenberg (BASC '63, MSc '64)
Norbert Schmidtke (PhD '74)
Thomas Schneider (PhD '08)
Brian Schram (BA '12, MA '15, PhD '23)
Martin Schreindorfer (BASC '68)
John Shoniker (BA '96)
Robert Short (BA '07)
Joseph Sirega (BMath '74)
Joyce Spring (BA '92)
Aadhira Sriram (BSc '23)
Crispin (Kip) Summer (BMath '71, MMath '84)
Wei (Wendy) Sun (MMath '07)
Jim Tremain (BSc '79, MSc '98)
George Trohatos (BASC '73)
Joan Turbull (OD '46)
Deborah van Dyk (Adair) (BMath '85)
Raymond Wagg (OD '78)
Marshall Ward (BA '98)
Irene Weatherhead (BA '77)
David Weaver (PhD '69)
Richard Weber (BMath '75, MMath '76)
Marian Whitfield (BA '81)
David Williams (BA '95)
Harold (Roger) Wilson (BSc '65)
Ryan Wilson (MSc '93, PhD '02)
Andre Wolder (BMath '69)
Betty Wong (BMath '82)
Stephanie Ye-Mowe (BKI '23)
William (Alan) Young (BASC '63)
Sheralyn Yundt (MA '73)

LOOKING TO MIX UP YOUR NEXT MARTINI?

Waterloo researcher Dr. Zhao Pan and his team have discovered a new form of mixology. The team demonstrated that gently shaking a martini glass forms counter jets and stagnant flows, which create unique circulation cells (seen here).



Photo credit: Xianyu (Mabel) Song and Dr. Zhao Pan



TO TRY IT AT HOME:

1. Take a shallow martini glass
2. Add food dye and pearl dust for visualization
3. Give a little shake and see the patterns emerge

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