UNIVERSITY OF CALGARY
Emeriti Association
https://emeriti.ucalgary.ca

LAR Life after retirement

Volume 28, Number 1 **Fall 2021**

President's report

Dennis SALAHUB
President
Emeriti Association of the University of Calgary

Greetings!

Last year, in her President's report, Jean Langdon wrote: "It has been a very unusual year for our Emeriti Association." I could say "ditto," though I'm sort of getting used to Zoom, while missing the camaraderie of face-to-face meetings. I fervently hope that the Covid virus will be contained and that I will see many of you in person before too long, hopefully at the AGM in October.

It has, nevertheless, been an eventful year for the Emeriti Association.

Your Executive has been busy, though we have not met in person for many months. But all the virtual meetings have gone quite smoothly, and, thanks to the dedication and diligence of the Exec members, the various portfolios are functioning together like a well-oiled machine. Thanks to all!

A few highlights:

• As detailed in the Program Committee Report we had an outstanding series of "educational events" covering a broad spectrum of intellectual and practical perspectives, with topics including the Arctic, non-indigenous Calgarians, Alberta's economy, ancient humans, walkable cities, exercise, microbes and health.

• Thanks to technology and the virtual format, we were able to attract a broader audience for these presentations, with over 100 participants for one of them! The Q&A periods were spirited, most of them extending to the 90-minute limit. Going forward we will explore a hybrid format to host in-person events with an option to join electronically. I think this should bring together the best of both worlds.

• The Association's partnership with the Graduate College is strong and healthy; kudos to Tris Chivers for his post-Exec nurturing of this relationship along with James Wasmuth, Head of the College, ably assisted by Erin Fraser. Our November event featured three College students, Shuyin Yu, (Asian North American youth literature), Najratun Pinky (neuroimaging for sport-related concussion) and Valeriya Volkova (musculosketal injuries and dance). The future is in good hands…

• We have not forgotten about undergraduate students. The Exec is working with senior administration to develop a program. Please stay tuned and prepare to volunteer! Let us know if you have any ideas on how the Association can serve the undergraduate community.

• The Emeriti Association Award for Indigenous Students endowment fund received a sizeable investment this year through the University's Giving Day initiative. Many thanks to those who contributed and congratulations to the 2020-2021 laureate, Rebecca Page!

• The Association web site was successfully migrated to the University's new system this year. If you have not already done so, please check it out at https://live-ucalgary.ucalgary.ca/emeriti/emeriti .

• On a sad note, the Association lost many members this year, some due to Covid. Our heartfelt thoughts go out to their families, colleagues and friends.

Finally, I thank the University for its continued support and, especially, Sheila Wasylyshyn, Director of Community and Stakeholder Engagement in the Office of Advancement, for being a stalwart for the Association.

Submitted on 18 August 2021.

Alberta in transition?

Dr. Blake SHAFFER

Assistant Professor
Department of Economics and School of Public Policy

University of Calgary

Alberta faces an uncertain future. An economy, that has benefited from the value created in oil and gas extraction, now faces a changing world with uncertain prospects for its largest export. It is a world, as Shell CEO Ben van Beurden put it, "that is completely changing because of society's concerns around climate change." How Albertans position themselves for this future, and to what extent they adapt to and participate in this transition, will inevitably determine their province's prospects.

In this presentation, Dr. Shaffer examined several scenarios for the future of energy, based on the International Energy Agency's World Energy Outlook. He demonstrated that growth in oil demand is inconsistent with commitments to limit the global average temperatures to less than 2ºC, while also clearly showing that even in a world with declining oil demand there will be needed supply. The suppliers of choice will be those with the lowest cost and lowest emission barrels.

He also discussed consequences from the energy transition being felt today. The good news involves dramatic improvements in the emissions profile of Alberta's electricity sector---highlighting the power of policy and economics to shift Alberta off coal, and the recent gains made in renewable energy development. The bad news is the global energy transition afoot is already having negative consequences on the province: unemployment rates rising for young males most exposed to resource sector work, young people leaving Calgary for other opportunities, income support caseloads rising as unemployed Albertans seek the last resort of social assistance, and the dire problem of increasing numbers of orphaned and inactive wells in the province, leaving a legacy of clean-up costs to be paid for by future generations.

Despite its challenges and uncertainty, Alberta's future also holds promise. As a young, highly educated, entrepreneurial province with an abundance of clean energy opportunities, Alberta stands to be a leader in the energy future. The real question is: will Alberta embrace a future different than our past, or hold on for yesteryear? Opportunities for rare earth metals, renewable energy, and hydrogen are but a few examples where Alberta cannot only participate, but also be a leader in a clean energy future.

It may often seem like the future is out of our control, but Albertans can still could make bold choices today to guide them on a path to well-being in the future. Thus, there can be no question that their "energy" must be directed to the pursuit of all well-being future goals.

Zoom Presentation, 13 January 2021.

Three influential Calgarians and the First Nations from the mid-1870s to mid-1970s (Calgary's first century)*

Dr. Donald SMITH

Professor Emeritus of History

University of Calgary

Photo courtesy of Mary Murphy

The river crossing the Indigenous Peoples called The Elbow, where the Bow meets the Elbow, became a North West Mounted Police post in 1875. Eight years later, the CPR's arrival created a genuine pioneer town, a supply centre for ranchers, then farmers. In the early twentieth century Calgary's steady rate of growth gained extraordinary speed, as between 1901 and 1911 the city's population grew ten-fold to 44,000. At the same time the First Nations population of the Treaty Seven area (the Treaty was signed in 1877) fell precipitously, from almost 5,000 in 1896 to just over 3,000 in 1916, consumption (the term then used for tuberculosis) being the great killer.

Nekenon, meaning "our home" in Cree, became the residence of Rev. John McDougall (1842-1917) in Calgary, after his family, in 1899, moved from the Stoney Reserve at Morley. Born in Ontario, he came to what is now Alberta in his early twenties. At *Nekenon* the veteran Methodist (after 1925 United Church) missionary wrote his last two of his six published books: *In the Days of the Red River Rebellion: Life and Adventure in the Far West of Canada* (1903) and *On West Trails in the Early Seventies: Frontier Life in the Canadian North-West* (1911).

An admirer of Indigenous languages, he spoke two fluently, Ojibwe and Cree (his first wife who died at in her early twenties was Cree). John McDougall saw the First Nations as human beings. Almost alone among the Christian clergy of his day, he respected Indigenous religion. Yet, he still remained a prisoner of the values of his times as, in the long term, he wanted the Indigenous peoples to integrate into the dominant society; as did another Ontario-born friend of the First Nations, John Laurie (1899-1959), an English teacher at Crescent Heights High School, in the mid-twentieth century.

To help several First Nations students attend secondary school, he welcomed them to board at his home. Anxious to make the Indigenous world better known to Calgarians, John wrote for popular magazines and newspapers. In historical references he championed the First Nations, pointing out historical information unknown to many non-Indigenous Albertans. His nearly twelve years of service from 1944 to 1956 as the executive secretary of the Indian Association of Alberta (IAA), which fought for greater First Nations self-government and improved social and economic conditions,

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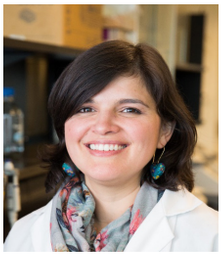
The microbiome: What is the microbiome? Is there a relationship between the gut microbiome and digestive disorders? How do we use diet and nutritional therapies to optimize the microbiome for health?



Maitreyi RAMAN, MD MS FRCP

Associate Professor
Department of Medicine
Cumming School
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University of Calgary

The gut biome is often considered the forgotten organ. It consists of the trillions of bacteria, viruses, fungi and other organisms that live within the human GI tract collectively called the microbiome. The microbiome offers protection from pathogenic organisms that cause infection, facilitates digestion of complex plant carbohydrates in short chain fatty acids, helps with the synthesis of essential vitamins and amino acids, regulates fat metabolism; and is involved in the development of immune system.

An alteration of the microbiome results in dysbiosis, or non homeostatic imbalance of the microbiota associated with disease. People with healthy gut microbiota have communities of microbes that work together to maintain health, both physical and mental health. When the colonies of microbes fall out of balance, it can lead to dysbiosis with resultant gas, bloating, abdominal cramping, diarrhea, and constipation, each of which may lead to both gut and systemic inflammation. Due to the bi-directional relationship between the gut and brain, dysbiosis is also associated with other diseases including inflammatory and immune conditions (e.g., inflammatory bowel disease, multiple sclerosis, and lupus) as well as neurological (e.g., epilepsy in children, Parkinson's Disease, multiple sclerosis) and mental health disorders.

Diet is one of the most modifiable factors that can impact on the microbiota and lead to improved clinical outcomes. Today's Western dietary pattern is high in meat protein, saturated fats, food additives, artificial sweeteners, sodium and sugar but lower in dietary fibres, monounsaturated and omega-3 rich polyunsaturated fats and nutrient rich foods (fruits, vegetables, legumes, unprocessed nuts and seeds. The benefits of diets high in fibre (particularly vegetable and fruit fibre, rather than grains) and leafy greens are well established and affect microbiota and decrease dysbiosis, enhance mucous production and reduce gut permeability. Similarly reducing food additives, milk fats, high-sugar-containing foods and saturated fats help the gut by optimizing the microbiome, among other mechanisms. Studies show that modifications to diet have been associated with better outcomes in some cases. For example, ketogenic diets have been shown to help refractory epilepsy in children. Higher adherence to the Mediterranean diet has been shown to improve the health of adult patients with Crohn's disease, but this effect was not found for patients with Ulcerative Colitis (a phenotype of Crohn's). For children, specific diets that reduce dysbiosis have been shown to lead to remission in Crohn's disease.

People have varied gut microbiome, genetics, and risk factors. They also have differing responses to food. Contemporary researchers are focussing on precision nutrition in which nutritional plans are tailored to biological, lifestyle, and the clinical characteristics of each patient. It is hoped that these studies will help deliver optimal, personalized diet plans based on predicting individual responses to foods. This will advance the ability to measure the personal response to food nutrigenomics (metagenomics, metabolomics, and immune responses).

Zoom Presentation, 10 March 2021.

The microbiome: How intestinal dysfunction may lead to disease in and outside of the gut

Marie-Claire ARRIETA, PHD

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Departments of Physiology
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The gut microbiome plays an essential role in how human systems develop as microbes are adapted and incorporated into development through birth and beyond resulting in different microbiota. For example, children raised on farms where there are different pathogens, bacteria and viruses, will have a different microbiota from urban children. These different environments have downstream impacts on health and wellbeing.

Asthma is a particularly good example of how differences in early exposures to microbes are associated with disease. C-sections impact the microbiome as the infant won't come into contact with the vaginal wall/anus and will miss maternal/child transfer of microbes. The use of antibiotics early in life will increase the risk of asthma. Breast milk (compared to formula) has a fibre component that can't be digested and benefits microbes. Conversely, breast feeding which brings the infant into contact with the mother's bacteria and viruses will decrease the risk of asthma.

Work within Cumming School with germ free mice is showing that changing microbes has an impact on airway diseases including asthma, obesity and other intestinal diseases. This provides further impetus for human studies.

Recommendations:

Both Drs Raman and Raman described the 'Food pyramid'. At the base, the diet for a healthy microbiome should include fruit, vegetables and leafy greens. Starchy foods (e.g., cooled rice, sweet and regular potatoes) and legumes are the next tier, followed by home made meals while decreasing additives and processed foods. When selecting protein, focus on white meat, fish, nuts and seeds while reducing the amount of red meat. Healthy fats are encouraged over saturated fats and avoid trans fats.

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Exercise prescription for health: How do we get it right?

Dr. Juan M. MURIAS

Associate Professor
Faculty of Kinesiology
University of Calgary

Endurance, or aerobic exercise, is known to produce a myriad of beneficial effects. From a cardiovascular perspective, endurance exercise training is known to increase our maximal consumption of oxygen (VO_{2max}), which is related to improvements within the overall cardiovascular system. In simple words, endurance training improves the ability of the heart to pump blood to the organs that need it, the responsiveness of the vessels to distribute that blood adequately (i.e., more responsive, and compliant vasculature), and the capacity of the muscles to use the oxygen available in the blood. However, some important questions remain to be answered: Can everyone benefit from endurance training? What intensity of exercise is needed to improve?

In relation to the first question, some studies have indicated that although a large number of participants positively respond to endurance exercise training, there are some participants who show no meaningful increase in their aerobic capacity (i.e., VO_{2max}), despite being involved in interventions similar to those who increased their VO_{2max}. This has led to the idea that there is a portion of the population who cannot benefit from aerobic exercise training (i.e., non-responders). The existence of these non-responders has been speculated to be related to genetic factors. Recent research from different laboratories has challenged the idea of "responders" and "non-responders" to exercise. Studies have demonstrated that previously untrained individuals consistently show positive changes in aerobic performance when the intensity of the stimulus was sufficient.

Can everyone benefit from endurance training? What intensity of exercise is needed to improve?

This leads to the second question: What is the right intensity of exercise that will result in positive adaptations? This is probably one of the most misinterpreted issues in exercise/sports sciences! Without entering complex explanations, the available data consistently show that, whereas mixed responses to exercise are derived from moderate intensity training, heavy/vigorous (hard to perform but still sustainable for >30 min) or even severe/near-maximal (hard enough that recovery times are needed between bouts of exercise) intensities of exercise result in consistent improvements in maximal aerobic capacity, an overall indicator of health of the cardiovascular system. Thus, even though the impact of genetic factors on high levels of performance cannot be disregarded, the system is able to produce positive cardiovascular adaptations to endurance exercise, provided that the right stimulus (i.e., intensity/stress) is presented for the adaptations to occur. In other words, everyone can be a positive responder to exercise if adequate challenges are provided.

Zoom Presentation, 14 April 2021.

Is exercise medicine?

Dr. Brian MACINTOSH

Professor Emeritus
Human Performance Laboratory Faculty of Kinesiology
University of Calgary

Is exercise a medicine? Not universally, but it should be. The idea that exercise is healthy is not a new idea, but the challenge is to get people moving. "Exercise is Medicine" is a national initiative that is training health care workers to prescribe exercise as a prevention and treatment of chronic disease. (see: https://www.exerciseismedicine.org/) It is hoped that medical experts will recommend regular physical activity to their patients.

Appropriate nutrition and regular physical activity are cornerstones to a healthy lifestyle. The goal should be to reach the recommended amount of exercise (frequency, intensity, duration and type of exercise). For adults over 65 years of age, the Canadian Physical Activity Guidelines stipulate at least 150 min of moderate to vigorous physical activity each week. (see: https://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_0-65plus_en.pdf) More is better. This exercise should be supplemented with resistance exercise (strength training) 2-3 times each week to build stronger muscles and bones.

Any physical activity is better than a sedentary lifestyle, and it is easy to get started. The benefits of regular exercise increase dramatically when you add exercise to your weekly routine, up to 100 min/week, and conservatively after that. The benefits of regular exercise are considerable. Regular physical activity is known to prolong life expectancy, diminish chronic disease, preserve/enhance bone health and improve functional capabilities including physical and intellectual ability. Side effects of this treatment include improved mental health and possible weight loss.

Chronic diseases impacted by regular exercise include cardiovascular disease, diabetes, and some cancers. The right dose of exercise for any individual depends on current activity levels. Simply assess your current level of physical activity and plan to increase your engagement. The increase can be about 10% per week until you are achieving the 150 min per week. Stand when you can sit and walk or take the stairs rather than allow passive locomotion. Choose an activity you enjoy. A nice way to begin is to go for a walk; even 10 min per day would be a nice start.

Try to participate in at least moderate physical activity (a brisk walk is a good benchmark for moderate intensity). The talk test is another way to measure your intensity. During moderate exercise, it should be possible to carry on a conversation. If your breathing prevents you from carrying on a conversation, then you are exercising with more intensity than you need to. Planning to do your physical activity with a friend is a good strategy to encourage adherence to an exercise program. Any activity is better than a sedentary lifestyle. By increasing the amount and intensity of physical activity you are now getting, you will be moving toward better health.

Zoom Presentation, 14 April 2021.

Archaeology and ancient humans in Tanzania

Dr. Julio Mercader FLORIN
Professor
Dept. of Anthropology and Archaeology
University of Calgary

The archaeology of human origins has greatly transformed in scope and disciplinary outlook over the last three decades. In the 1960s the work was primarily disciplinary and then multidisciplinary. Today's research is interdisciplinary and transdisciplinary, incorpraing geochemistry, osteology, environmental science, and molecular biology, amongst others, in an attempt to understand the adaptive complexity of early humans amidst environmental, biological, technological, and dietary changes, that occurred some two million years ago.

Oldupai Gorge (also known as Olduvai Gorge) in northern Tanzania, is known for its volcanic activity and resultant volcanic sediment which have created a particularly rich site for archaeologists, since the discovery of fossil bones in the area in 1911. It is now known that the area contains scores of fossils and stone tools from multiple hominin species, which provide crucial information to understanding our past. These rich fossil and stone tool assemblages are what drives Dr. Mercader in understanding how these hominin species evolved and adapted to their ever-changing environment over time.

The volcanic sediments found throughout Oldupai Gorge is particularly important in archeological work. These sediments help us to understand better the environment these hominins lived in, as well as, through their radiometric dating, provide us valuable information about the chronology of the hominin life. By following the sediment levels, one can follow the impact of climate change, as the land changed from wet to a combination of wet and dry, to the current dry environment. One can also examine the tools that were used, food that was consumed, and how sites were formed and occupied, to get a better understanding of the behaviour of our ancestors.

Stone tools used by hominins also offer clues to understanding human evolution. Hominoids used spherical stones to smash tubers and roots, and stone flakes to cut. It is also evident from examining the stones that some were brought up to 12 kilometers, even though similar quartzite was available closer to sites that were occupied.

It is also possible to study diet of our human ancestors. One way Dr. Mercader studies this is through residue analysis done on stone tools found from excavations. By looking through a microscope at residues left behind on these stone tools, he can determine what types of foods were being consumed. Another method Dr. Mercader and his assistants and colleagues use to find out information the past diets, is through the analysis of ancient starch, which can provide clues to the

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Six reasons for Calgary being one of the world's most walkable city centres

Richard WHITE
Calgary Blogger
and Calgary Herald
Columnist

CALGARY
ALBERTA

One of the best things about living in Calgary's City Centre is its walkability. I have visited dozens of cities around the world from Hong Kong to Berlin and I haven't found a city more pedestrian-friendly than Calgary. Here are the top six reasons Calgary's City Centre is one of the most walkable urban places in the world.

1. Drivers stop for pedestrians!

If you are new to Calgary, or visiting, don't be surprised if a driver stops in the middle of the road to let you cross the street. It won't happen on busy downtown streets, but will definitely happen on side streets.

Pedestrians will also find our downtown streets (outside of rush hour) are not nearly as chaotic as European streets where pedestrians, cyclists, scooters, motorcycles, cars, trams, and buses all compete for the same space.

2. Pathways

Calgary City Centre has amazing pathways along both sides of the Bow River, with numerous pedestrian bridges allowing pedestrians to crisscross back and forth as desired. You can walk the entire length of the City Centre, east to west, without ever encountering a car. The historic Centre Street Bridge, with its iconic lions offers a postcard view of the Bow River and the City skyline, as do the Peace and King pedestrian bridges.

The downtown office core's network of 60+ above ground pedestrian bridges (called +15 bridges as they are 15 feet above the street) link 100+ buildings to create an amazing 20 km walkway. It is the longest in the world.

As well, during the day, Stephen Avenue (aka 8th Ave SW) is a pedestrian mall for the five blocks between Macleod Trail and 3rd Street SW. Strolling along it at noon hour (aka power hour) when tens of thousands of office workers come out to stretch their legs offers great people watching. Barclay Mall (aka 3rd Street SW) is a very pedestrian-friendly connection to the Bow River pathway with its wide and winding sidewalks, planters, and public art.

Calgary boasts over 1,000 kilometers of pathway across the city.

3. Parks & Garden Strolls

Calgary's City Centre offers one of the best collections of urban parks in the world. There's

Six reasons for Calgary being one of the world's most walkable city centres

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Central Memorial Park, Calgary's oldest park, opened in 1912; Stampede Park, with its numerous murals and sculptures; and Parade of Stampede Posters, along the pedestrian corridor, extending from the LRT station to the historic Coral arena. All are fun places for a walk-about.

At the west end lies Shaw Millennial Park, one of the world's largest skate parks, as well as popular festival site. Prince's Island Park has a lovely nature walk around its ponds at the eastern edge and small sculpture park, as well as boasting one of the best restaurants in the city – River Café. St. Patrick's Island Park, our newest urban park with its pebble beach, has become a very popular family destination.

In the summer, you can also walk to Reader Rock Garden near Stampede Park, Beaulieu Garden at Lougheed House and Senator Patrick Burns Memorial Rock Gardens near Riley Park. Speaking of Riley Park, it is home to Sunday afternoon cricket matches in the summer and a popular wading pool making it a popular walking destination.

4. Tour de Cafe

Pedestrians need their caffeine fixes, be that at the beginning, middle or end of the walkabout. Calgary has a plethora of independent cafes; in fact, one could easily take a day and just tour from one café to the next. Some of the hot spots include the following: Gravity (Inglewood), Phil & Sebastians (Stephen Avenue Walk), Bumpy's and Kawa Espresso Bar (Beltline), Purple Perk (Mission) Analogue and Café Beano (17th Ave SW), Vendrome (Sunnyside), Roasterie, Higher Ground and Regal Cat Café (Kensington), deVille, Monogram and Caffe Artigiano (downtown) and Alfrono Bakery Café (Eau Claire).

5. Take an Art Walk Everyday

Art is everywhere in Calgary's City Centre, from murals to memorials, from statues to street art – even on utility boxes. Make sure you pop into the lobbies of the office towers, as most have artworks on the main floor – Bankers Hall, Eighth Avenue Place, and City Centre towers are perhaps the best. An entire day can be spent wandering to look at the art and still never see them all – there are over 100 public artworks and 50+ murals.

The "temporary" abstract paintings on the façades of our glass towers, created by the reflection of one building on the façade of another, are both spectacular and ever changing. It is a bit like the northern lights but during the day. Being able to enjoy art as you walk always enhances the pedestrian experience.

6. Window Licking While You Walk

One of my favourite things to do as a pedestrian is to "window shop," or as the French say, "faire du lèche-vitrines," which translates to "window licking." Calgary's City Centre has several great pedestrian-oriented streets for "window licking" – 11th and 17th Avenue SW; 9th Ave SE; 10th Ave NW and Kensington Road NW. Some of the windows are like mini art exhibitions.

Last Word

I would be remiss if I didn't add the streets of Calgary's City Centre are some of the cleanest and safest, I have encountered. At the same time there is lots of work to do to make our City Centre streets more accessible and barrier free. As well, we need to do a better job of snow removal in the winter. That being said, not only is our City Centre one of the most pedestrian friendly places I have ever visited, but also our entire City is pedestrian friendly for the most part.

Zoom Presentation, 9 June 2021.

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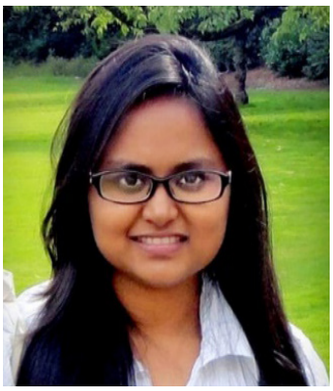

The editor sincerely apologizes for the errors in the previous LAR issue regarding the placement of photographs of the two PhD Candidates at Graduate College. Ms. Najratun Nayem Pinky (photo on the left) presented a summary of her research entitled: *Multimodal neuroimaging biomarker for sport related concussion in youth*. Her colleague, Ms. Shuyin Yu (photo on the right), presented a summary of her dissertation entitled: *My Damned Butterfly: Reimagining and reinventing identities in contemporary Asian diasporic young adult literature.*

Three influential Calgarians and the First Nations

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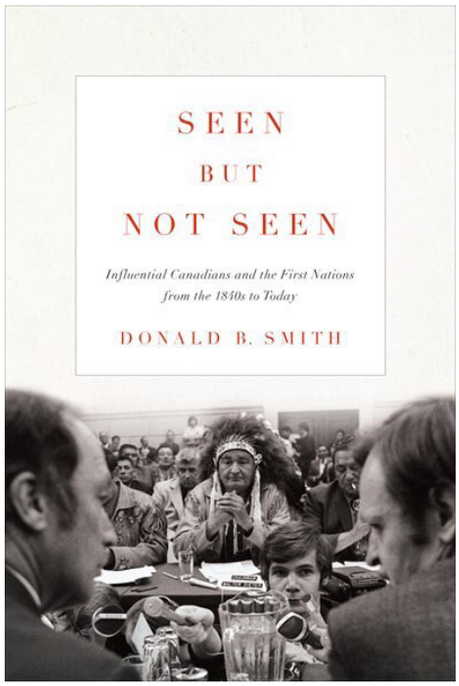
and respect for treaty rights, proved his greatest contribution.

Hugh Dempsey (b. 1929), Alberta archivist and curator at Calgary's Glenbow Museum and prolific writer and editor, served for several years after John Laurie's death as IAA secretary. In 1955 Hugh and his wife, Pauline Gladstone Dempsey, a daughter of a Blood (Kainai) ranching family, moved to Calgary. Through his wife's family Dempsey gained entry into the First Nations world. His biography of Crowfoot, the famous Blackfoot (Siksika) chief at the time of Treaty Seven, attracted great attention. On May 31, 1974, the distinguished Calgarian received an honorary doctorate from the University of Calgary. Dr. Smith's presentation concluded with the playing of a recording of Dempsey's convocation address, a wonderful review of Indigenous and non-Indigenous relations in Calgary, from the mid-1950s to mid-1970.

** All three individuals are included in my two Alberta chapters, Two and Nine, in Seen but Not Seen. Influential Canadians and the First Nations from the 1840s to Today (Toronto: University of Toronto Press, 2021). Special thanks to the following for their assistance with the presentation: Elsaeed Ali, Daryl Betenia, Anita Dammer, Tom Flanagan, Kim Geraldi, Sandi Hirst, and Carole-Lynne Le Navenec.*

Zoom Presentation, 10 January 2021.



The microbiome: How intestinal dysfunction may lead to disease in and outside of the gut

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Further Reading

Both Drs Raman and Arrieta have published extensively in peer-reviewed journals, and those interested should check out publications in PUBMED [https://pubmed.ncbi.nlm.nih.gov/]. They have also authored books.

N. B. A Mobile app: LyfeMD. LyfeMD is meant to help people live and thrive while managing their inflammatory disease with holistic, easy-to-implement, evidence-based lifestyle therapies. LyfeMD is one app with multiple features – ranging from customized diet using anti-inflammatory principles identified from recent research led by Dr. Raman's team, and exercise plans to mindfulness and stress reduction programs. It helps patients make therapeutic diet choices to treat inflammation and provides stress reduction strategies when they feel unwell. The LyfeMD app also supports patients to maintain remission, even when they are feeling well, with trusted resources designed to keep them symptom free.

Zoom Presentation, 10 January 2021.

Archaeology and ancient humans in Tanzania

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types of plants that hominins were eating. Both residue analysis and ancient starch research require anti contamination protocols and clean room laboratories, which Dr. Mercader utilizes at the University of Calgary.

Oldupai Gorge is one of the oldest Paleoanthropological sites in the world and is situated within the East African Rift system, which contain some of the oldest and abundant archaeological remains of our hominin ancestors. The result of 100 years of archaeological work at Oldupai Gorge is a rich, detailed tapestry of human evolution in unprecedented detail.

For further information see the following items: Mercader, J., Akuku, P., Boivin, N. et al. Earliest Olduvai hominins exploited unstable environments ~ 2 million years ago. Nat Commun 12, 3 (2021). https://doi.org/10.1038/s41467-020-20176-2 https://www.nature.com/articles/s41467-020-20176-2 Website: https://olduvaigorgesds.com/

Zoom Presentation, 12 May 2021.

UNIVERSITY OF CALGARY
Emeriti Association

September - December 2021
Monthly activities and presentations

N.B. During the period of Corona virus pandemic, all presentations will be made via Zoom Video Communications. Should you require copies of any presentations, please contact Carole-Lynne Le Navenec at [cllenave@ucalgary.ca].

SEPTEMBER 3 | Donald B. Hogan, MD, FRCPC, *Professor, Departments of Medicine and Community Health Sciences, Cumming School of Medicine and Academic Lead, Brenda Strafford Centre for Aging. Topic:* ***The Canadian Longitudinal Study on Aging (CLSA): A platform for interdisciplinary research.*** *Also* **Ann Toohay, PhD,** *Adjunct Assistant Professor, Department of Community Health Services, Cunning School of Medicine and Manager, Research and Scientific Programs, Brenda Strafford Centre for Aging. Topic:* ***Introduction to the Brenda Strafford Centre for Aging.***

OCTOBER 13 | *Annual General Meeting, 2:00-4:00 p.m.* **John Alho, MBA, ICD.D.,** *Associate Vice President, Government and Community Engagement. Topic:* ***Engaging government: University of Calgary's opportunities and challenges.***

NOVEMBER 10 | Speakers from the Graduate College at University of Calgary. TBA in the next E-Letter.

DECEMBER 8 | Due to the Covid pandemic, our traditional Christmas Luncheon had to be cancelled. In its place a new presentation will be made via Zoom Video Communications. Details about the speaker and topic will be revealed in the forthcoming E-Letter.

For more information, please check the Emeriti Association website at http://emeriti.ucalgary.ca.
You may also contact Carole-Lynne Le Navenec at [cllenave@ucalgary.ca] or Jocelyn Lockyer at [lockyer@ucalgary.ca]

UNIVERSITY OF CALGARY
Emeriti Association

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If any members have additional ideas about how to enhance the role of our Association, please don't hesitate to contact us at https://emeriti.ucalgary.ca

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