

# BRIDGES

THOMPSON RIVERS UNIVERSITY  
SPRING 2019, Issue 16

THE SUSTAINABILITY ISSUE

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## CONTINUED COMMITMENT TO SUSTAINABILITY

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# BRIDGES

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**The last couple of years have brought continued growth and change for TRU** but one thing that remained constant was the university's unwavering commitment to redefining what it means to be a new model of Canadian university. It is for that reason that, as the university's newest president, I am excited to be a part of the next chapter of its journey.

While TRU is a relatively young university, the passion and determination of faculty and staff to take the lead on many fronts are impressive. One area of

leadership that has stood out for me since I joined TRU in December is the university's commitment to sustainability.

In 2018, TRU became the first post-secondary institution in Canada to earn a platinum rating for its sustainability initiatives through a comprehensive global rating system that measures and encourages sustainability in all aspects of higher education. TRU is currently one of only five universities in the world to achieve this rating.

A key factor in TRU's achievement of a platinum rating



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was its composting and zero-waste initiatives. Each year, through the tireless work of our students, staff and faculty, TRU diverts more than 600 tonnes of material from the landfill, with most organic waste becoming compost used in grounds keeping.

Dedicated faculty members have also contributed to this achievement by developing programs and courses centred on sustainability. Through that work, we are now able to offer a certificate in Leadership in Environmental Sustainability, a minor in environmental economics and sustainable development

across all disciplines, as well as a Master of Science in Environmental Science program and two new master's programs in environmental economics and management.

This achievement proves that when individual efforts align, profound positive change can result. Collectively, TRU has almost eliminated its greenhouse gas emissions, putting the university ahead of provincial, federal and global reduction targets. Initiatives such as solar power installations on campus, sustainability themes in curriculum, investments guided by the UN Principles for

Responsible Investment and sustainable transportation options all contribute to solving one of the greatest challenges of our time.

I am inspired by this work, and as you read the stories within this issue of Bridges, I hope that you will be as well, and in turn, do your part in contributing to a sustainable future for generations to come. ■



# Sustaining **success**

THE FIRST UNIVERSITY IN CANADA TO EARN PLATINUM WITH  
THE ASSOCIATION FOR THE ADVANCEMENT OF SUSTAINABILITY IN HIGHER EDUCATION,  
THOMPSON RIVERS UNIVERSITY BUILDS ON LEADING THE WAY.

BY BART CUMMINS AND MICHELE YOUNG

**Thompson Rivers University aimed for the STARS** in its sustainability performance and hit platinum.

In late 2018, the university was awarded the highest level possible in the comprehensive scoring system that ranks the sustainability efforts of hundreds of the world's colleges and universities. STARS stands for the Sustainability Tracking, Assessment and Rating System, a self-reporting measurement overseen by the Association for the Advancement of Sustainability in Higher Education.

"Sustainability is not something that happens off the corner of our desks or by a small group of people. While we have made strategic and consistent investments towards our sustainability goals over the years, it has been our community that

has embraced its importance and enthusiastically participated," said TRU Vice-President of Finance and Administration Matt Milovick.

The platinum status marks a continuous improvement for TRU since the university began participating in 2012 when, as a charter member, it attained silver. The next report in 2015 yielded gold. And in 2018, TRU accumulated 176 out of a possible 200 points—enough to achieve platinum.

By signing up for the STARS program, TRU demonstrates a commitment to sustainability going beyond buzzwords and promises. The university has made sustainability part of its culture. STARS requires that institutions scrutinize their operations in the areas of engagement of students,

faculty and staff; day-to-day operations (including sourcing and disposal of supplies and materials); planning; innovation; and more.

"Every department is doing something to contribute to the (platinum) recognition," said Jim Gudjonson, director of TRU's Sustainability Office. "This report shows we're working well together and moving toward something great."

Every year, more colleges and universities turn to STARS to guide their environmental efforts. TRU incorporated the STARS criteria into its strategic plans involving all four pillars of sustainability: economic, social, cultural and environmental.

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*Above: Jim Gudjonson*



## WALK THROUGH THE CAMPUS AND YOU'LL SOON SEE WHY TRU SETS ITSELF APART AS A SUSTAINABILITY LEADER.

**Most obvious is recycling. Zero-waste stations** that accept multiple items separate and divert more than 600 tonnes of mixed recyclables, organic waste, refundable bottles and plastics from going to the landfill each year. Organic waste is collected, transformed on campus into compost and used by TRU grounds crews.

Blue boxes are present to recycle used paper. Digital documentation is encouraged and used when possible. As a result, paper consumption has dropped to seven million sheets per year from 22 million in 2013.

More than \$140,000 a year has been saved in energy and labour by replacing lightbulbs on campus with longer-lasting LEDs. Older

campus buildings have also been retrofitted to be more efficient, while students and staff are asked to turn off lights and computers when they aren't in use.

Efforts to reduce greenhouse gas emissions are also revved up. Hybrid electric cars are available for faculty and staff, free of charge, within a specified distance. TRU has an agreement with a ride-share company for two vehicles to be available for students to rent. The facilities department uses an electric truck and there are plug-in parking stalls for visitors' electric vehicles.

Faculty and staff who seek fresh air on their daily commute can test drive electric bikes from the Sustainability Office. They can also buy e-bikes at a discount through the university—a nice option on a campus that participates wholeheartedly in Go By Bike Week every year.

Of course, sustainability goes beyond reducing, reusing

and recycling. TRU is educating future generations to become environmental leaders through such specialized programs as the Master in Environmental Economics and Management, the Master of Science in Environmental Economics and Management and the Master of Science in Environmental Science. Law students can get hands-on practice and serve people in need through the Community Law Clinic. Cplul'kw'ten, or The Gathering Place, is a place of support for Indigenous students and one of many cultural sustainability initiatives.

Another important part of TRU's commitment to sustainability are its Williams Lake campus and five regional centres that offer programs closer to where students live. Many of the 1,200 full- and part-time students who study in Williams Lake each semester are older students juggling classes with working or parenting. Staying close to home keeps them near their support



systems while reducing travel costs, time and gas emissions.

Williams Lake also has a unique project involving a partnership with School District 27. They heat some of the campus using the district's Cataline school biomass exchangers. In just one year, the campus saved \$40,000 on natural gas.

Distance and online learning also reduce greenhouse gas emissions. Don Poirier, associate vice-president (interim) for Open Learning, said generally, enrolment is over 10,000 students from coast to coast to coast, with clusters in BC, Alberta and Ontario.

The Open Learning option is welcomed by students who need

flexibility in their learning schedules.

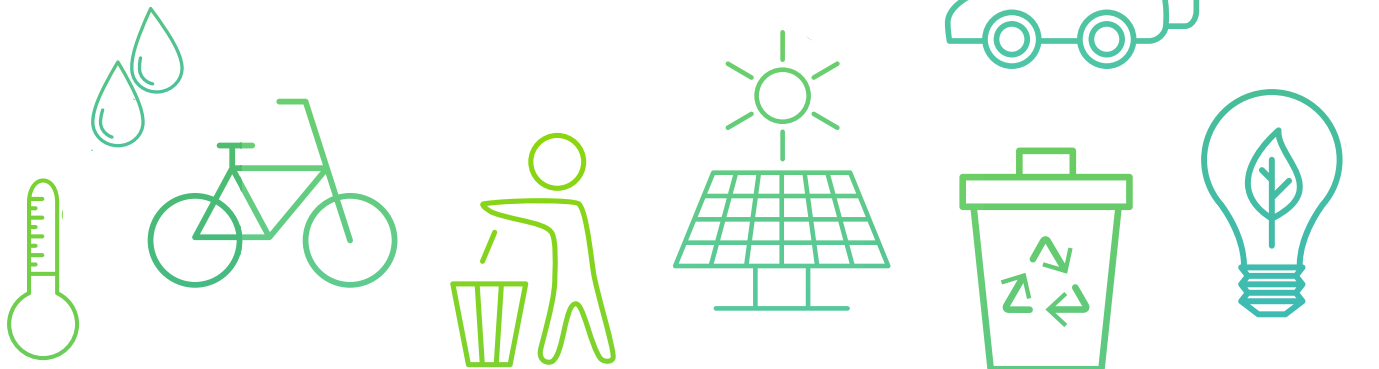
While travel emissions are reduced by learning online, the downside is there is more use of electricity and computers.

Online and distance programs reduce the environmental impacts of students' travel, but there is also a move to save trees by cutting back on printing and making more text books open to all. BCCampus estimates 100,000 students use free, online textbooks in their courses. Between 2012 and 2018, BC students saved more than \$10 million with online textbooks.

TRU's biggest book source, the library, has a collection of more than 150,000 ebooks. Even so, it still

keeps printed publications; some aren't available in digital form. But eventually, for various reasons, some books have to go. Collection services librarian Penny Haggarty connected with Better World Books several years ago to recycle discarded books.

There's also a program with other university libraries in Western Canada to co-operatively share low-use books.





## ACHIEVING PLATINUM IN THE STARS RANKINGS DOESN'T MEAN EVERYTHING IS PERFECT.

**Gudjonson said TRU still has room for improvement**, such as with water use. At 50 years old, TRU still has some of its original 18-litre toilets and an inefficient irrigation system. Water meters are being installed in all buildings to pinpoint trouble spots.

Even as TRU works to improve its STARS scores, Gudjonson is aware that maintaining what has been done is important, too.

"We've got it to a very high standard, but we've got to keep it there."

Situated in one of the sunniest locations in the country, TRU is looking at going solar to generate power. In fact, there are already some solar projects running, such as the solar sidewalk and solar compass. But there's room to expand.

"We're looking at 1.1 million square feet of rooftop solar panels. It could generate 2.5 megawatts of power in

two to three years. It would help with running air conditioning and other things on campus," Gudjonson said.



*"We're looking at 1.1 million square feet of rooftop solar panels. It could generate 2.5 megawatts of power in two to three years. It would help with running air conditioning and other things on campus."*

—Jim Gudjonson

Currently, TRU pays up to \$40,000 a month for demand charges. Solar panels would cost \$5 million and could shade buildings where they are installed, reducing the draw on air conditioning. Down the road, the university might cover some parking lots with solar panels to generate more electricity.

While TRU has reduced its greenhouse gasses by 33 percent, Gudjonson's goal is to get them down by 60 to 65 percent. Most emissions come from heating buildings with natural gas. He wants to get rid of natural gas from campus entirely.

"We've decided we're never using natural gas again."

That's why the new Industrial Training and Technology Centre has a non-conventional electric boiler big enough to heat it and the adjoining School of Trades and Technology. Biomass is also being explored as an option, with discussions ongoing with UNBC, where biomass emissions are burned, then precipitated to drastically reduce residual gasses. The emissions are reduced to the daily amount to one city bus idling.

Despite the serious concerns espoused by some climate-change scientists, Gudjonson is hopeful for the future. He sees TRU doing its part along with thousands of other institutions making dramatic changes.

"I've never been as optimistic as now," he said. ■



# A TRU picture of

CAMPUS-WIDE SUSTAINABILITY EFFORTS HAVE REDUCED GREENHOUSE GAS EMISSIONS BY OVER 35 PERCENT AND DIVERTED OVER 60 PERCENT OF LANDFILL WASTE.

BY SAM EGAN

Universities are at the forefront of environmental change; that change can be found throughout the TRU Kamloops campus, whether it's zero-waste stations, fill-it forward stations, high-efficiency hand dryers or anti-idling guidelines. All lightbulbs have been updated to longer-lasting, more efficient LEDs with scheduled replacements, saving \$140,000 annually in energy and labour.

Environmentally-themed student clubs and a range of academic program options are available, and our law school provides access to justice through a centrally located community legal clinic. Cultural practices are also supported, through facilities like prayer and meditation spaces, ablution stations and Secwepemctsin language signage.

**1** **SUSTAINABILITY OFFICE**  
Headquarters for e-bicycle, ZipCar and employee car-sharing fleets.

**2**<sup>x3</sup> **COMPOSTERS**  
Divert organic waste from landfill and generate soil for campus gardens.

**3** **BC CENTRE FOR OPEN LEARNING**  
Online programming reduces need for transportation or relocation and empowers busy students.

**4**<sup>x2</sup> **COVERED TRANSIT STOPS**  
Co-ordinated schedules and reduced rates encourage ridership to and from campus.

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**ENERGY-MONITORING** | Real-time energy monitoring: Older buildings were retrofitted in 2010 to improve efficiency and install monitors, showing trends over time and alerting of inefficiencies.

# sustainability

**5** **CPLUL'KW'TEN (THE GATHERING PLACE)**  
Supporting Indigenous students through all aspects of university life.

**6** **ACTORS WORKSHOP LIGHTING**  
LED PAR lighting instruments upgrade reduces electricity and bulb replacement.

**7** **CAMPUS HIKING TRAILS**  
Connecting TRU to Kamloops' expansive hiking network and surrounding neighbourhoods.

**8**<sup>x2</sup> **PAPERLESS REGISTRAR'S OFFICE**  
Electronic filing system implemented for campus and Open Learning student records.

**9** **BEE-FRIENDLY GARDEN**  
Kamloops is BC's first Bee City; this garden and campus hives encourage pollination.

**10**<sup>x2</sup> **LOW-CARBON ELECTRIFICATION**  
New buildings constructed as carbon neutral or contributing to grid.

**11** **BICYCLE SHELTERS**  
Central covered rack area complements building entrance racks and stairwell shelters provide security for bicycle commuters.

**12** **ELECTRIC CARS PLUG-IN STALLS**  
Making it convenient for drivers to charge vehicles on campus.



**SOLAR** | Solar panel projects: Buildings with food services are outfitted with solar hot water collection, and unique instalments can be found at ground-level. Our Student Union building harnesses solar power for all lights and plugs, acting as a case study for future campus-wide solar implementation plans.

# Gathering support

IT'S A FLAT, GREY, WINTER DAY, WITH A CRUNCH OF SNOW ON THE GROUND AND FROST IN THE AIR. AS THE DOOR OPENS TO CPLUL'KW'TEN, OR THE GATHERING PLACE, WARMTH SURROUNDS YOU.

BY MICHELE YOUNG

**An old, refurbished house, Cplul'kw'ten is a place of community,** safety and support for Indigenous students at TRU's Kamloops campus. It's also open to everyone.

Alice George found Cplul'kw'ten soon after she arrived at university in fall of 2017. Now in her last semester of the Human Service program, she said the building and the people in it are her on-campus community.

"It helps me stay grounded knowing there's Indigenous support. They understand where I'm coming from," she said. "It's like a home away from home."

Cplul'kw'ten Supervisor Vernie Clement came to TRU as a student 17 years ago when the only support for Indigenous students was an Aboriginal

co-ordinator with a small office at Student Services. Cplul'kw'ten has evolved into a place of comfort and support that's bursting at the seams with services for Indigenous students.

The offices are open from 9 a.m. to 4 p.m. Mentors often stay later in the computer lab to accommodate students' erratic schedules. Four days a week, between 10 a.m. and 2 p.m., an elder is available to share insights and stories, words of wisdom and knowledge.

As is typical of any home, people congregate in the kitchen for hot coffee, warm food and good company.

Wednesdays are Soup Circle days. Students can grab a bowl of hearty soup and gather in a circle for an elder's blessing and a presentation from a community group or an on-campus speaker.

"It's important to recognize it's a culturally safe space, an open space for people to come. It's building a sense of belonging here," said Clement. "Indigenous students walk in two or more worlds. They can feel comfortable with who they are in this space and not explain who they are."

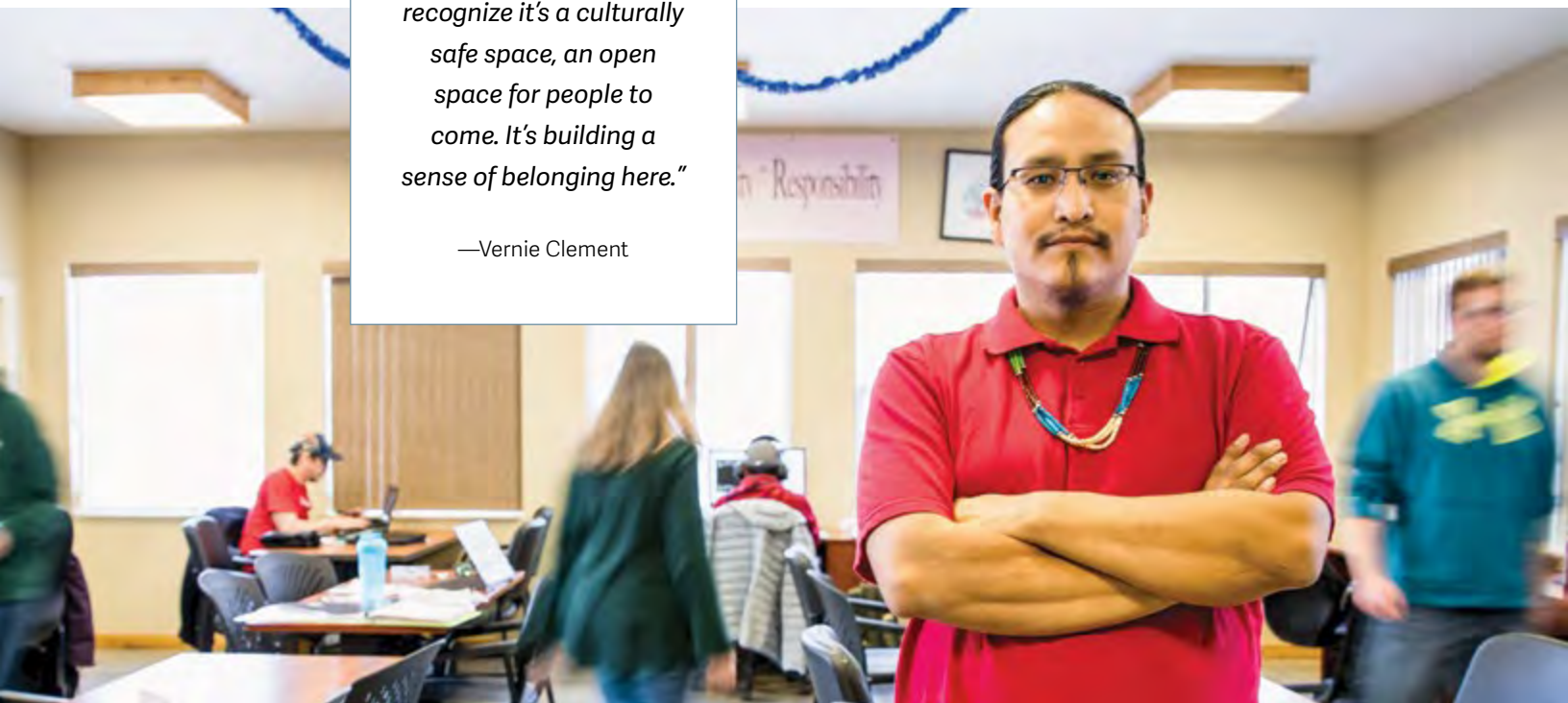
A few years ago, Cplul'kw'ten had 600 active files for students coming in for support, according to Clement. Today, the count is much higher. There's so much demand that some programs have borrowed space from a neighbouring building. George, who comes from a small community, is considering a Bachelor of Social Work degree after she's done her current program in spring. She admitted she might not be thinking about continuing with her studies at TRU if not for Cplul'kw'ten.

It is home. ■



*"It's important to recognize it's a culturally safe space, an open space for people to come. It's building a sense of belonging here."*

—Vernie Clement



# Learning through a unique lens

MEET COLTON STEPHENS AND MARIS FRASER—TWO FOURTH-YEAR STUDENTS WHO BELIEVE EDUCATION BEGINS WHEN YOU GET HANDS-ON, EXPERIENTIAL LEARNING.

BY ANDREA HEATH

Research suggests that students who include work experience in their studies are well-prepared for employment after graduation. TRU has made it a priority to increase these types of opportunities.

TRU offers two experiential learning certificates: Global Competency and Leadership in Environmental Sustainability. Undergraduate or graduate students enrolled in any credit program at TRU can apply to complete one or both certificates. Often, students who earn the Leadership in Environmental Sustainability certificate have undergraduate research experience.

One such student is Colton Stephens, whose passion for a research-centric approach in minimizing environmental impacts led him to apply for the Undergraduate Research Experience Award Program (UREAP). UREAP is a \$6,000 scholarship that helps students acquire full-time research opportunities over the summer and supports academic and professional success. Stephens's UREAP work involved a global co-operative project on climate change and desertification in drylands worldwide. In addition to UREAP, Stephens was awarded a Natural Sciences and Engineering Research Council of Canada grant which he is using to collect data for his honours project. His project is investigating if a link exists between the urban environment and disease-causing bacteria affecting wild birds, specifically mountain chickadees.

"My advice to students is to participate in hands-on learning. You can learn more about yourself and gain experience that you would not get by only attending lectures," said Stephens.

Maris Fraser is in her final year of the Bachelor of Interdisciplinary Studies and has completed both certificates. Her interest in the development of an environmentally conscious society and sustainable lifestyle led her to pursue a career, prior to attending TRU, in adventure tourism while combining international



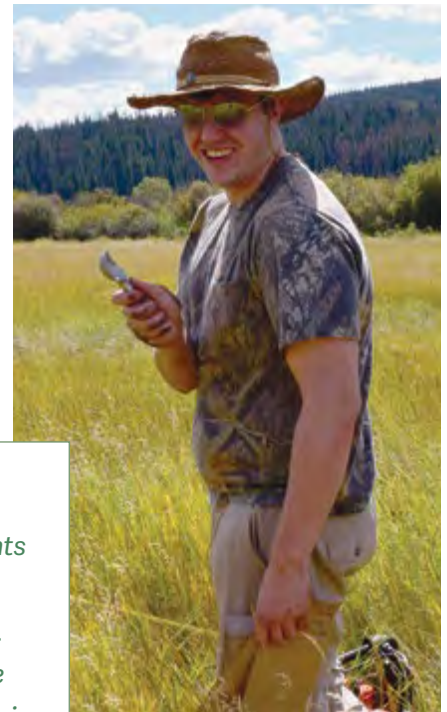
*"My advice to students is to participate in hands-on learning. You can learn more about yourself and gain experience that you would not get by only attending lectures."*

—Colton Stephens

travel and volunteerism. These experiences led Maris to write an undergraduate thesis examining the intersection between spending time outdoors and pro-environmental behavior.

"I believe that learning goes beyond the classroom. My diverse background has an important impact on my identity and the skills and talents I have today. It's wonderful that TRU acknowledged my background and passions through these certificates."

These experiential certificates give students a competitive edge in gaining employment after graduation. They are another avenue students at TRU have for making a difference and exploring their interests during their educational journey. ■



Colton Stephens (top); chickadee (middle); Maris Fraser (bottom)



# Sitting down with TRU's newest president



*"Universities change communities. TRU is a really important institution in its region, and the most important contribution we make is our students and the skills students develop."*

—Brett Fairbairn

**BRETT FAIRBAIRN BECAME PRESIDENT OF THOMPSON RIVERS UNIVERSITY ON DECEMBER 1, 2018.**

**It was a big change.** Saskatchewan and the University of Saskatchewan had been home for more than three decades, a place where Brett raised a family with his wife Norma and forged his academic career—teaching, conducting research, holding increasingly senior leadership roles and volunteering.

We sat down with TRU's newest president to find out why Kamloops, why TRU and what he has in mind for the future.

**Q: SASKATCHEWAN WAS HOME FOR MOST OF YOUR LIFE. HOW ARE YOU ADJUSTING TO BC?**

**A:** I love having the mountains around. For so many years Norma and I, and our kids, travelled far to get to the mountains for hiking and recreation. I find it inspiring to look out the window and see them right there.

**A:** Kamloops in a lot of ways is like a Prairie town in the mountains. People here are friendly. There's a community spirit, a practical orientation to getting things done and improving the community, which is what I associate with Prairie towns.

**Q: WHY THE CHANGE, NOT ONLY TO A NEW UNIVERSITY, BUT TO A NEW ROLE?**

**A:** It was a phone call from a search consultant that first made me aware that TRU was looking for a president. I was looking for something to do next. I had done teaching, research, most of what I wanted to do in that regard, and was looking for a different way to contribute to the university world, and contributing in a leadership role. That realization and a phone call from a search consultant ultimately led me here.

**Q: WHAT SOLIDIFIED YOUR DECISION TO APPLY FOR THE POSITION?**

**A:** One of the first things I did was get on TRU's website and find out everything I could about the people at TRU. What were students doing, what were they studying, what were faculty members researching, who were the research chairs at TRU, who were distinguished teachers and, in particular, an interest of mine, what was the connection between TRU and its regional communities.

**A:** The people I met in the interview process conveyed a lot about TRU culture. Concern for students is an important value for TRU, there was a sense of a close university community. That, together with a sense the university was strongly connected to its regional communities, were decisive factors.

**Q: HOW DO YOU VIEW THE RELATIONSHIP BETWEEN A UNIVERSITY AND ITS SURROUNDING COMMUNITIES?**

**A:** Universities change communities. TRU is a really important institution in its region, and the most important contribution we make is our students and the skills students develop. The diversity of international students, and the creative activities of faculty and staff and students alike, bring enormous enrichment to arts, business, and research spinoffs throughout our region. The region has greater human, social and cultural capital because of what TRU does.

**A:** The flip side of it is that the biggest strength of any university is the community it is in. What makes TRU distinctive, what attracts people to come here, ultimately has to have some connection to the Thompson-Cariboo-Nicola regions, to the natural environment, to the social environment, to Indigenous communities. All these combined are the biggest strength of a university. Other universities are discovering that and starting to pay attention to the partnerships between universities and cities or between universities and regions, but a place like TRU, that's kind of in the DNA, it's our automatic way of doing things here.

**Q: YOU'VE BEEN HIRED FOR A FIVE-YEAR TERM. WHAT DO YOU HOPE TO ACCOMPLISH IN THAT TIME?**

**A:** TRU is a young, dynamic, ambitious and evolving university. One of the things that people have said to me, which I've taken to heart, is that TRU needs a renewed set of strategic priorities and a new vision, to guide it through the next period of time. That vision wouldn't be set just by me, but through a process where we get advice and feedback from the people who care about the university's success and the region's success. To put that vision in place, and within five years to have our resources and efforts aligned to meet that vision, would be success.

# Building a **healthier** future

BY JESSICA KLYMCHUK



**With TRU's new Nursing and Population Health Building** taking shape in Kamloops, supporters of the university see it as an opportunity to aid BC's overworked health-care providers. That's one driver for donors who have pledged more than \$3.5 million toward the project, as well as those who have long supported nursing and respiratory therapy programs at TRU.

A \$500,000 contribution from the Edmonton-based Stollery Charitable Foundation represents that organization's largest single philanthropic gift in Kamloops.

"We're familiar with the challenges of accessing health care in Kamloops," said Executive Director Jeff Bryson, whose grandparents founded the charity and whose parents live in Kamloops.

"Obviously part of that is a doctor shortage, but it's bigger than just doctors in terms of some of the systemic challenges and greater challenges anticipated with an aging population. These challenges are expected to grow."

Access to health care and to education are two pillars that guide Stollery's work—and TRU represents both. Locally-based directors Spencer and Janet Bryson spent a combined 70 years as educators and say it's crucial to them that hands-on learning happens.

"The university is doing so much for this town," Spencer Bryson said. "It's moving the town more and more to a knowledge-based economy and bringing talented people and good-paying jobs to the city."

With the expansion of the

nursing program, TRU is directly answering the call for better, more sustainable health care in the province and in rural areas that face a shortage of qualified health-care providers.

The Nursing and Population Health Building, scheduled for completion in 2020, will be a hub for health-care teaching and learning with state-of-the-art patient simulation labs. It will support collaborative learning for interdisciplinary teams and bring together students in respiratory therapy and nursing.

Unlike the Bachelor of Science in Nursing and Master of Nursing programs, TRU's Respiratory Therapy program is the only one of its kind in British Columbia. The TB Vets Charitable Foundation has supported

the program and its students with private funding since 1988.

“Respiratory therapists, they are the unsung heroes of the medical field,” said TB Vets Executive Director Kandys Merola.

“When we decide where the money’s going to go, there’s never been a question about giving to Thompson Rivers University. We’re committed. It’s really important to us that we continue to support the university in that way.”



*“The university is doing so much for this town.... It’s moving the town more and more to a knowledge-based economy and bringing talented people and good-paying jobs to the city.”*

—Spencer Bryson

Private contributions to the Nursing and Population Health Building include \$1.5 million from an anonymous donor and \$1.5 million from Dr. Sherman Jen for a high-fidelity simulation centre, which will use high-fidelity mannequins to engage students and faculty in innovative health teaching and research methods. ■

Left: Janet and Spencer Bryson

## DAY OF GIVING

**TRU’s second annual Day of Giving raised \$50,655** in November 2018. The 36-hour fundraising campaign gives TRU alumni and donors a chance to impact current and future students by contributing to scholarships, bursaries and programs across the university. Day of Giving kicked off at the 2018 TRU Foundation Breakfast, showcasing the Faculty of Science.

The TRU Foundation provides funds for the financial support of TRU students, programs and projects, with the endowment fund for students now totalling \$24 million. Between April 2017 and March 2018, the TRU Foundation gave out 1,254 student awards valued at \$1.6 million. On average, each student received \$1,466.

WHERE AND HOW DONORS WANTED THEIR DONATIONS DISTRIBUTED

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BACK THE PACK SCHOLARSHIPS

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#trugives





# Research reclaims disturbed ecosystems

BY DANNA BACH

**The Canadian economy depends on resource extraction.** The way ecosystems recover from resource extraction depends on people like Dr. Lauchlan Fraser and his team of researchers.

Fraser is TRU's first Natural Sciences and Engineering Research Council Industrial Research Chair (IRC) in Ecosystem Reclamation. This federal investment of more than \$2.5 million creates a research hub for ecosystem recovery and environmental sustainability at TRU, one that supports the development of reclamation technologies, tools and protocols that can be exported globally. The establishment of an IRC at TRU—announced in August 2018—provides project funding for trainees and new researchers to study soil amendments, biodiversity

and climate change in the context of ecosystem reclamation.

“We will advance and enhance research currently taking place to find ways to increase the speed with which we can restore disturbed ecosystems,” Fraser explained. “We’ll be moving into new research areas, pushing forward and expanding the envelope of our understanding.”

This research ties into TRU's strategic priorities to ensure the environmental sustainability of the region. Bringing this prestigious appointment to TRU required significant and long-term support from community and industry partners, including Metro Vancouver, New Gold New Afton mine, Teck Highland Valley Copper mine, Genome BC, the Real Estate Foundation of BC, Arrow

Transportation, Geoscience BC, Kinder Morgan Canada and the BC Cattlemen's Association.

“Environmental disturbance occurs naturally, and is also an outcome of natural resource development. Our research aims to understand the ecosystems of the BC Interior so that we can quickly and properly restore them to fully functioning and sustainable ecosystems following a disturbance,” Fraser said.

Reclamation solutions will be developed in consultation with local Indigenous communities, incorporating their interests and using native plant species to restore traditional land use. ■

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*Above: Dr. Lauchlan Fraser*

# Transforming health research

DR. LISA BOURQUE BEARSKIN WANTS TO SHIFT THE DEFICIT-BASED NARRATIVE IN HEALTH CARE FROM ILLNESS TO WELLNESS.

BY DANNA BACH

The associate professor in TRU's School of Nursing conducts research with diverse Indigenous nations in BC and Alberta, community leaders, other TRU researchers, Interior Health and the First Nations Health Authority.

The goal of the research program is the development of an Indigenous community-based health research centre.



*"We need to restructure our health-care systems so that we're delivering services that are client and community centred."*

—Dr. Lisa Bourque Bearskin

"Our Indigenous community leaders, traditional knowledge holders and elders want to create a research centre that will transform the way we do health research and deliver health-care services. Honouring protocols of traditional ways of knowing and enacting this knowledge through policy and partnerships is something the

nations have been working toward for years," said Bourque Bearskin.

She and Kukpi7 (Chief) Ryan Day of the Bonaparte Indian Band represent the research team as the nominated principal researchers on *Nekelc: Transforming Indigenous Health Research Environments*.

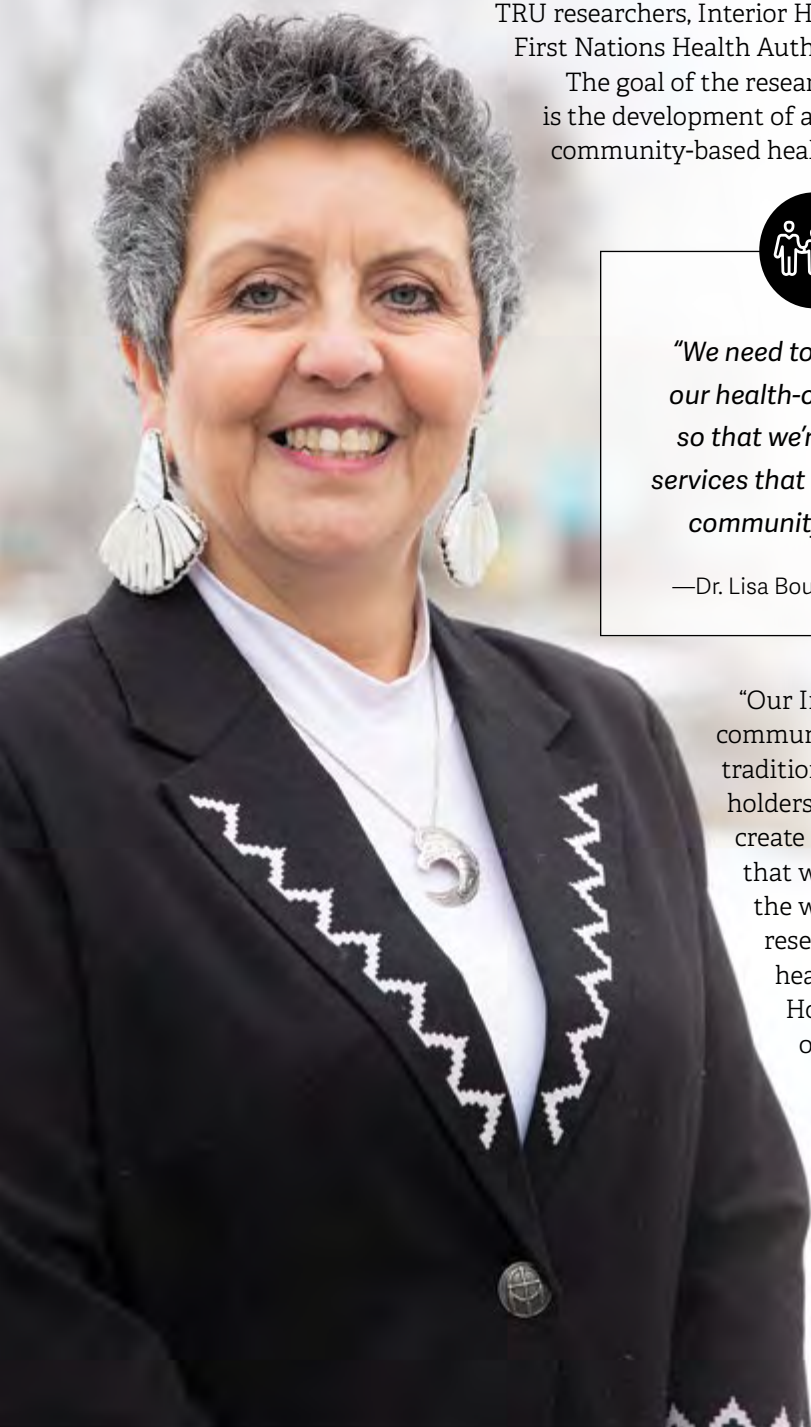
The team includes primary investigators Rod McCormick, Natalie Clark, Darlene Sanderson and Courtney Mason and research assistants Robline Davey and Julie John, as well as numerous co-applicants and collaborators. The team received a \$75,000 development grant through the Institute of Indigenous Peoples' Health (part of the Canadian Institute of Health Research) to create an operational grant for the Network Environments for Indigenous Health Research Program.

Within the year, Bourque Bearskin and team will have developed a proposal for the centre.

"There is a significant amount of evidence to show us what the challenges are. We need to restructure our health-care systems so that we're delivering services that are client and community centred," she said.

"We know the health-care system for Indigenous populations is fractured, and with these resources we can change how it's structured. We can support students to do research with their communities."

If their proposal is successful, the team could potentially receive up to \$600,000 annually for 15 years. ■



# Putting a **social work** lens on disasters

BY ANDREA HEATH

## What do earthquakes in Nepal and wildfires in BC have in common?

Patterns. TRU social work faculty member Dr. Bala Nikku is dedicated to understanding disaster patterns, community choices and ecological changes catalyzed by natural and political disasters. Particularly, Nikku's research focuses on analysing human displacement patterns and choices people make when rebuilding their lives.

According to Nikku, we need to expand our perceptions about disasters as they relate to social work. In his view, it is not disasters that destroy people and properties, but mismanagement of disasters.

Born in an Indian village and raised in an agricultural community,

Nikku acquired his undergraduate social work education in India and completed his graduate work in the Netherlands. His early work in Nepal focused on developing approaches reflecting social work education and practice, including an environmental orientation to social work with communities displaced by floods, landslides and earthquakes. He saw that social work approaches to disasters may need to integrate environmental justice with social, political and cultural rights.

Nikku expanded his research on disaster risk as a COFUND senior research fellow at Trevelyan College, collaborating with academics in the School of Applied Social Sciences and the Institute of Hazard Risk and

Resilience, Durham University, UK. He joined TRU in 2018 as an associate professor in the School of Social Work and Human Service within the Faculty of Education and Social Work, and served as the acting chair of the school from May to October 2018.

Nikku is currently examining how community choices around wildfire disasters can include long-term effects such as permanent displacement, lack of community connection and other social issues—making his research directly relevant close to home. ■

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*Top right and below: Dr. Bala Nikku (orange jacket) working with the Nepalese people to rebuild.*



# Sampling trades

NESTLED IN THE FRASER CANYON, THE TRU CAMPUS IN LILLOOET OFFERS A UNIQUE PROGRAM FOR STUDENTS TO EXPLORE THE WORLD OF TRADES.

BY BECCA EVANS

**The trades sampler program was designed for students** without trades experience, giving them career-oriented skills that they can take back to their communities.

Heather Hamilton, manager of industry and contract training in the School of Trades and Technology, said TRU discussed options for the Lillooet regional campus with nearby Indigenous communities, and found that a practical, low-barrier trades program would most benefit the community's job and industry needs.

The trades sampler program covers a broad spectrum of trades skills, including carpentry, electrical and plumbing. Through the program, a special project arose involving a partnership with the Xaxli'p First Nation near Lillooet. With community help, a group of students and instructors built a two-bedroom house for a brother and sister who needed a home.

The siblings were living in a condemned trailer. Gerald Carter, Xaxli'p housing manager, led the project to mend a small part of what is becoming a growing housing issue on Indigenous reserves.

"Gerald was absolutely instrumental in this entire project," said Hamilton. "We need more of these projects and are hoping to see more of them in the future."

Darren Arndt, an instructor on the project, worked as the lead plumber, teaching and guiding the students throughout the building process. He was impressed by the students' work and enthusiasm. "I had never worked like that with a group of students," said Arndt. "They were fantastic to work with."

The house was built over a four-month period, giving the students learning experience in a real-world setting that gave back to two members of the community who needed it most.

"It was a very worthwhile project to be a part of. It was fun watching the students be so eager and enthusiastic about the work, and seeing it come full circle," said Arndt.

Shortly after the house was completed in July 2018, there was a ceremony to award the students with certifications, and present the house to its new owners. The home now stands in a community, built by members of the community, who learned their trades in the community. ■





# Women, sustainable leadership and the road ahead

WITH NO OUTSTANDING BUSINESS LEFT TO DISCUSS, CHRISTINE BOVIS-CNOSSEN CALLED THE TRU SENATE MEETING TO A CLOSE AND HISTORY WAS MADE.

BY KIM ANDERSON

**It was simultaneously the first time senate was led entirely by women** and evidence of TRU's moves toward diversity, equity and—ultimately—social sustainability in leadership.

These meetings have a massive impact on all things academic at TRU. Members vote on recommendations provided by 12 standing senate committees ranging from budget to research, Indigenous affairs to student success, and more.

President and Vice-Chancellor (interim) Christine Bovis-Cnossen, Manager of University Governance Charlene Myers, Provost and Vice-President Academic (interim) Donna Petri and Department of English as a Second Language Chair Dian Henderson led dozens of senators at the September 24, 2018 session.

## LONE WOMAN AT THE TABLE

TRU excels in supporting women in leadership roles, but as Bovis-Cnossen recalled, her experiences

in the world of academia have not always been so positive. Her three-month term as interim president was telling.

“Often it felt a little like I was in the wrong club. If you are a woman in leadership, there will be times when you are the only woman in the room,” she said. “We all have a very different lived experience and because of that, bring unique strengths to the table. I don’t know how many other presidents were asked at their very first job interview: ‘What does your husband think about you taking this job?’”

Earlier in her career, while on hiring committees in the United Kingdom, Bovis-Cnossen was shocked to hear fellow members question women candidates’ eligibility because of their age and stereotyped assumptions about when candidates would take maternity leave.

Looking back, she recalled two extraordinarily supportive female

mentors whose guidance and advice was invaluable to her professional development. Positive female role models and mentors are key in getting more women into leadership positions, according to Bovis-Cnossen.



*“We need to look within to develop our own talent. We need to be positive and visible role models. We need to create the time and place for mentorship. Showing people all the possibilities is important.”*

—Christine Bovis-Cnossen

“We need to look within to develop our own talent. We need to be positive and visible role models.

We need to create the time and place for mentorship. Showing people all the possibilities is important.”

### GENDER EQUITY ON PAPER

The latest human resources annual report says TRU is flourishing when it comes to female employees in support staff and leadership positions. The same trend continues with faculty members in assistant professor and associate professor positions. However, numbers tell a different story with full professors.

“We really need to work on full professors. This is the highest faculty rank and there are only five women compared to 32 men. When we see something like this, it means we need to provide more support to women in their journey,” said Human Resources Executive Director Larry Phillips.

On the other hand, leadership and executive positions are balanced, with an equal number of men and women in vice-president, associate vice-president and director roles. In associate director, manager and co-ordinator positions, women outnumber men across the board.

“Statistically, we are doing very well in leadership positions. I think the numbers are outstanding,” he said. “A workplace should be representative of the place you live. If you look at our community, it’s very diverse, so TRU should mirror this.”

### MOVING FORWARD

Mentorship programs, parental leave, education leave, tuition reimbursements, family leave, training and development, diversity and inclusion are all ways TRU contributes to the success of female employees.

As many studies have argued, in the long run there won’t be environmental sustainability without social and economic sustainability. This insight makes diversity all the more important for the long-term strength of organizations. An equitable, diverse workforce and leadership means people with unique lived experiences, cultural backgrounds, gender identity and expertise will come together to make the best decisions possible for TRU. ■

## ENTERING ITS FOURTH YEAR

### THE TRU COMMUNITY LEGAL CLINIC

(CLC) is the first student-staffed, free, legal clinic in the BC Interior.

From its location in downtown Kamloops, students use the law as a tool for social justice by working with agencies and non-profit organizations to improve citizens’ access to the justice system.

“We’re trying to make sure people get a square deal,” said CLC Executive Director Ted Murray.

At the clinic, which is funded by the Law Foundation of BC, law students provide basic legal representation to clients who would otherwise be unable to afford legal help. The students work under the guidance of a supervising lawyer and earn credits for their work, while developing skills that will make them better lawyers in the future.



# Viewing **sustainability** from all angles

BY BART CUMMINS



**As TRU moves further into the 21st century**, so too does our need for buildings that spur innovative thinking, are energy efficient and have an eye on future needs.

The Industrial Training and Technology Centre (ITTC) opened in the fall of 2018 and addressed those concerns with 550 more classroom seats within 5,344 square metres at a cost of \$30 million.

The under construction Nursing and Population Health Building (NPH) is slated to open in September 2020 and will be 4,550 square metres. Costing \$37.2 million, the building will have space for classrooms, labs, interdisciplinary health clinics, home-care space and breakout rooms, affording the opportunity for collaborative learning. It will allow additional student seats in the future. Here are some sustainability features of both buildings.



## INDUSTRIAL TRAINING AND TECHNOLOGY CENTRE

### **ELECTRICALLY-GENERATED HEAT**

TRU's first electric boiler brings us closer to being fossil-fuel free and lowers our greenhouse gas emissions (GHG). The boiler can tie into the Trades and Technology Centre's heating system to offset natural gas consumption, provide a two-direction heating system and give both buildings a reliable back up.



“As a leader in sustainability—and we want to keep that position—we’re trying to reduce our GHG emissions,” says TRU’s Director of Capital Projects, Les Tabata. “An electric boiler isn’t revolutionary, but it is revolutionary for us to think outside the box by going with an electrical source rather than a gas-fired heat source.”

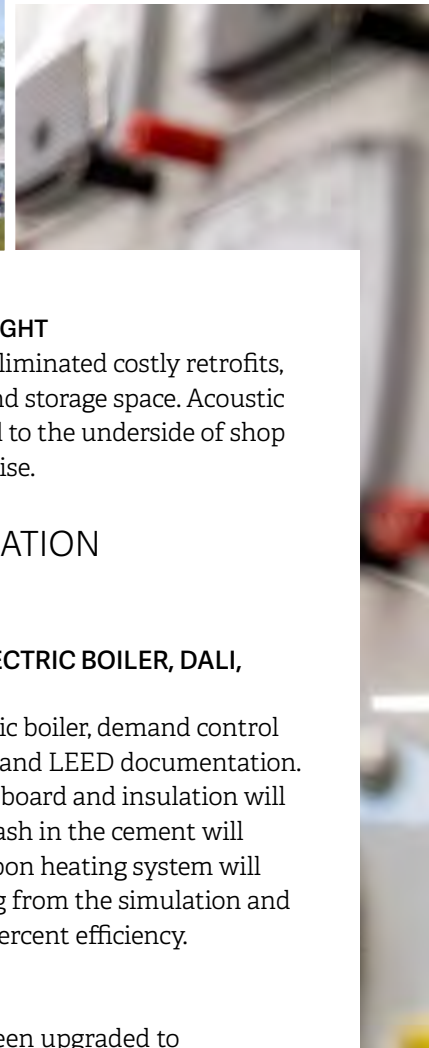
#### **SOLAR READY**

Electrical conduit and inverters are installed and panels and materials will be purchased through anticipated grants and TRU’s revolving sustainability fund.

#### **SMART LIGHTING, HEATING AND COOLING**

The network-based Digital Addressable Lighting Interface (DALI) system operates and regulates lights for maximum savings. Active chilled beam systems do the same for cooling, and the ITTC is TRU’s first building to have it. Other features: A low exergy cooling design, demand control ventilation and dual-core heat recovery.

#### **NURSING AND POPULATION HEALTH BUILDING**



#### **FORETHOUGHT BEFORE HINDSIGHT**

Building mezzanines in shops eliminated costly retrofits, while creating more learning and storage space. Acoustic cellulose insulation was applied to the underside of shop concrete flooring to dampen noise.

#### **NURSING AND POPULATION HEALTH BUILDING**

#### **HEAT-RECOVERY CHILLER, ELECTRIC BOILER, DALI, RECYCLED MATERIALS**

The building will have an electric boiler, demand control ventilation, DALI, LED lighting and LEED documentation. The acoustic tiles, gypsum wall board and insulation will contain recycled materials. Fly ash in the cement will strengthen concrete. A low-carbon heating system will move heat through the building from the simulation and IT rooms, providing up to 700 percent efficiency.

#### **LEED 4.0**

The LEED rating system has been upgraded to version 4, meaning it will take more for NPH to reach a gold rating achieved by ITTC and House of Learning. “We’re conscious of how we build the building, what we build it from and the packaging of materials,” says Tabata. “All that is measured and counted. Even during construction—where things come from, where they were made, the packaging—everything will be counted because it is part of the LEED process and standard set by (BC) government policy.”

#### **SIMS LIKE THE REAL THING**

High-tech electronic security to protect the mannequin simulation labs and observation areas is being installed during construction, avoiding costly retrofits and waste material later on.

#### **HANDS-ON LEARNING**

Similar to the Sleep Centre Clinic created and operated by Respiratory Therapy, NPH will feature hands-on opportunities for students to apply their learning by interacting with, and learning from, the community. ■





# A Way Home is where her heart is

KATHERINE MCPARLAND HAS MADE IT HER MISSION  
TO END YOUTH HOMELESSNESS.

BY JESSICA KLYMCHUK

**At the age of 19, she was unceremoniously thrust into the world** after being in permanent government care since elementary school. After aging out of the system, McParland ultimately found herself on the street.

With this lived experience, the TRU alumna has since founded the non-profit A Way Home Kamloops, organized Canada's first youth homelessness count, lobbied the BC government to develop a provincial plan to end youth homelessness and launched the Safe Suites project to follow a housing-first strategy toward helping youth improve

their situation in a long-term and sustainable way.

For the former foster child, social work was a calling long before she earned her bachelor's degree at TRU in 2016.

"I've always had a strong sense of social justice, even as a young kid in care," McParland said. "Going back to school really opens doors because life experience is important, but you also need to pair that with academia to be really effective and create policy change and systematic change."

Only six percent of former youth in care achieve a post-secondary degree and only 49

percent finish high school. Thanks to McParland's advocacy, TRU now offers five annual bursaries of up to \$4,000 to youth selected through the Employment and Education Program by A Way Home Kamloops.

"I think a big part of sustaining youth out of homelessness is helping them find a career and that is through education," she said.

"That really opens up the pathways and the ultimate sustainability out of homelessness because then they are connected to community and they find a sense of purpose."

McParland has seen firsthand what happens when the community

invests in young people—and experienced it herself when positive support allowed her to turn her life around.



*“There will always be barriers, unfortunately... What they need is a sense of belonging and love. And how do you legislate that people need to love kids?”*

—Katherine McParland

“A lot of these young people, they will try to find a sense of community and belonging in other ways that can sometimes lead to social issues,” she said. “If we invest in young people and we integrate them into community and truly include youth, that will benefit them but it will also benefit our community.”

A Way Home Kamloops—which works with 158 members to co-ordinate and reduce gaps in services for homeless youth—has been in the implementation stage of its local plan for five years. McParland said they soon realized that policy change and the resources of government are ultimately needed to truly make an impact.

In 2017, the organization set a strategic priority to develop a provincial plan to end youth homelessness and is now working to educate government on what that should look like. McParland’s goal is to have a provincial plan in place by 2020.

“There will always be barriers, unfortunately,” she said. “What they need is a sense of belonging and love. And how do you legislate that people need to love kids?” ■

Above left: Katherine McParland

# Putting care in career

**TWENTY SEVEN WEEKS CAN CHANGE LIVES. THAT’S THE TIME IT TAKES TO COMPLETE THE HEALTH-CARE ASSISTANT PROGRAM AND BEGIN WORKING ON THE FRONTLINES WITH SOME OF THE MOST VULNERABLE PEOPLE IN THE COMMUNITY.**

BY MICHELE YOUNG

“The need for caregivers is rising,” said Dr. Tracy Christianson, assistant professor and chair, TRU Health Care Assistant and Practical Nursing programs.

“In Williams Lake, agencies need about 100 health-care assistants. That’s pretty significant for a smaller community,” she said, noting a new residential care facility just opened there.

TRU has health-care assistant programs in Williams Lake, Kamloops and at regional centres in the Interior. Providing training close to students’ homes where there are available jobs is important to meet the needs of students and communities, she said.

“And you’re done in 27 weeks. You’ve got good skills, you’re in demand, you’re job ready, you’ll start off making a decent wage. And making a huge difference in people’s lives,” she said.

“We have an aging population—the silver tsunami, as it’s been described. Not only do we have an aging population with an increasing need for care and support, but we have an aging health-care workforce. So, the demand is high as health-care professionals retire. It’s kind of a domino effect with what’s happening with demographic changes.”

The on-campus program in Williams Lake takes 18 students, while another 12 seats are available in regional centres (100 Mile House, Ashcroft/Cache Creek, Barriere, Clearwater and Lytton/Lillooet) through a blended option. Regional students can take most classes in their home communities—an option that had special ministry funding.

“It’s working really well. Students seem to like it and we continue to improve it.”

Christianson started her own nursing career as a health-care assistant, so she understands what the job involves.

“Personal care is a big part of the job, but equally important is the interaction and socialization that you give to this population. It not only enriches the client, it enriches the health-care assistants’ lives as well. It’s amazing the relationships that you build,” she said.

“Health-care assistants are with the clients more than other health-care providers. They are the eyes and ears and hearts of the health-care system.” ■

# You Can Play

**Sports haven't always been a safe haven for athletes, coaches and spectators** in the lesbian, gay, bisexual, trans, queer/questioning and two spirit (LGBTQ2S+) community.

But thanks to a recent campaign started by the Thompson Rivers University WolfPack, that trend is changing.



*"Having a visible sign of support like the You Can Play game can go a long way in helping LGBTQ2S+ athletes feel comfortable."*

—Sam Numsen  
Kamloops Pride president

"It's a simple message, but an impactful one," said TRU Athletic and Recreation Director Curtis Atkinson. "People should have the right to be their authentic selves and should feel safe in sports."

After Atkinson assumed his new role in January 2018, the WolfPack team began putting the pieces together for the inaugural You Can Play game. They were inspired after a chat with LGBTQ2S+ ambassador Chris Mosier, when he spoke in Kamloops in February 2018 about respect, inclusivity in sport and the

You Can Play initiative, of which he was the former vice-president.

Mosier, a transgender triathlete, competed with Team USA in world championship races after bringing change in 2016 to the International Olympic Committee policy around the participation of transgender athletes.

"I was thrilled to see the WolfPack not only participate in the training, but take it to the next level by expanding this effort into its athletic department. Student participation spreads the message of respect in sport to more people, which is ultimately what we need," said Mosier.

In the following months, the WolfPack began organizing their You Can Play event in partnership with Kamloops Pride.

"We know that the LGBTQ2S+ community can face unique discrimination and barriers in organized sports. Having a visible sign of support like the You Can Play game can go a long way in helping LGBTQ2S+ athletes feel comfortable," said Kamloops Pride president Sam Numsen.

The You Can Play video featuring WolfPack athletes and

staff was released at the annual Athletic Scholarship Breakfast on Sept. 27, 2018. Two days later, women's soccer hosted the You Can Play game, welcoming the Trinity Western University Spartans to Hillside Stadium.

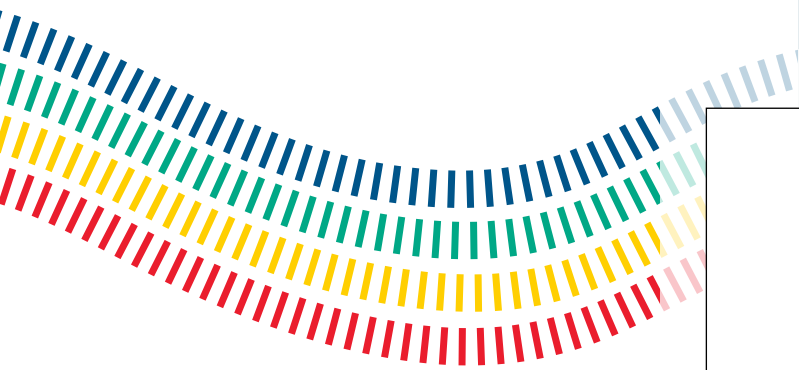
In recognition of the new movement, WolfPack players and event staff sported pride-coloured logos.

"We thought it was a really cool showing of inclusion for all types of people," said Natalie Verdiel, WolfPack co-captain. "Where you're from or who you are shouldn't matter; if you can play, then you can play."

The game also featured information booths from the TRU Student's Union, Safe Spaces support program and Kamloops Pride, along with a barbecue to get the conversation going about inclusion in sport.

"According to an international study on homophobia in sport,





## ANIMAL HEALTH GRADS IN HIGH DEMAND

77 percent of people believe an openly gay person would be unsafe as a spectator at a sporting event. There are safety issues for the fans, too,” said Numsen. “We talked with a lot of people there and helped educate them on everything from the acronym itself to discussing personal observations of homophobia or transphobia in sport.”

The final score was irrelevant on this occasion, as the conversation was the main takeaway.

“We don’t want this to be a one-time thing. We can move the game around to other teams next year, but I would really like to get more community involvement because I feel like that’s how we can make a bigger impact by engaging with other groups,” said Atkinson.

The athletic program has shown support in other ways, gladly participating in both the Kamloops and TRU Pride walks.

Moving forward, the WolfPack wants the LGBTQ2S+ community to feel safe and welcome at TRU. ■

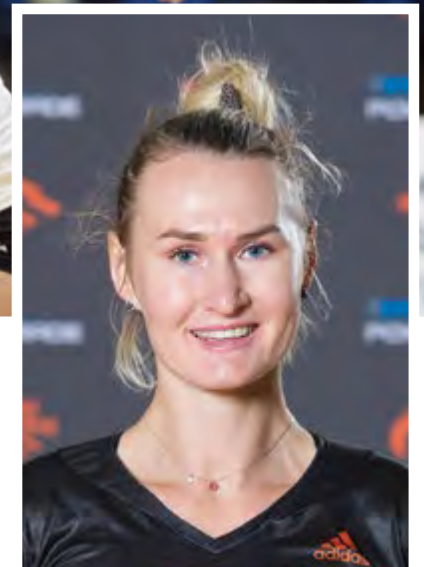
### **ANIMAL HEALTH TECHNOLOGY**

is one of TRU’s most popular science programs. Graduates become registered veterinary technologists in under three years and find work in many interesting fields such as veterinary nursing with small and large animals, exotic animal wildlife rehabilitation, clinical pathology and research. Employment success upon program completion is at 100 percent.



# Rookie brings **pro experience** to the court and class

BY BART CUMMINS



**Olga Savenchuk is anything but a rookie.** Although in her first year as a WolfPack volleyball player, she brings 15 years of elite team experience to the court—as well as enthusiasm and a healthy desire to win.

“It’s interesting that I’m a rookie, but I’m 30. I don’t feel like I’m a rookie, I feel like I’m an older person with huge sports experience,” said Savenchuk, adding, “I feel pretty comfortable.”

The opportunity to become comfortable came from those 15 years playing professionally in Europe, Asia and the Middle East. Savenchuk began playing volleyball in her home country of Ukraine when she was 14 years old. Now in her first year of a Master of Business Administration at TRU, she brings a sporting perspective to her studies.

“If you do your job well, there will be a benefit,” she said. “Your effort will always bring a result. It might not be right away, it might be months later. But there will be a result. You can also do nothing, and there’s also a result from that—nothing.”

Volleyball has given Savenchuk more life experiences than the average person will have. Sport has taught her lessons that guide her: work hard, always move forward, follow opportunities and never be afraid to try something new. In every country she’s played in, she’s

made it a priority to experience the culture while getting to know the people.

It was through current WolfPack player Yevgeniya (Jane) Nyukhalova that Savenchuk learned about the WolfPack and the potential to play in Kamloops. The two met as teenagers while playing pro in Ukraine before falling out of touch, then reconnecting years later when Savenchuk was playing in Israel and Nyukhalova in France.



*"I haven't felt comfortable everywhere I've played, but I feel comfortable here."*

—Olga Savenchuk

"I like it here and I like the campus," said Savenchuk of TRU and Kamloops. "Everything is close by and I like the weather. There are advantages and disadvantages, but to me, there are more advantages. I haven't felt comfortable everywhere I've played, but I feel comfortable here." ■



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Our exceptional educational experiences foster students' physical, mental and emotional development, preparing them for the global adventure industry.





# How Hennelly overhauled

VISCERAL INTENSITY AND IMMENSE POWER: ATTRIBUTES OF ONE RECRUIT WHO CHANGED THE LANDSCAPE OF TRU WOLFPACK MEN'S VOLLEYBALL.

BY TYLER LOWEY

**Training with the French junior national team, Robin Schoebel wanted to move to the US** to pursue a college education. Weeks before starting his freshman season at Brigham Young University in 2005, the National Collegiate Athletic Association deemed him ineligible after they didn't recognize some of his high school credits.

Back home in Beausoleil, France, Schoebel's last-ditch effort to return to North America was to bombard Canadian coaches' inboxes.

Meanwhile, the WolfPack went 1-19 in their inaugural year in the Canadian Interuniversity Sport Association. Rookie Head Coach Pat Hennelly happened to be on his computer one summer day when he received an email.

"I didn't read his whole email, I just went to the video. It only took me seven seconds before I said, 'Wow, I need this guy,'" said Hennelly. "Within minutes, I responded to him and told him what we could offer. That got the ball rolling."

Hennelly's urgency registered with Schoebel and he came to Canada for the 2006-07 season.

"He was a dynamic player. He's 6-foot-7, physical and crushed balls," said Hennelly. "With that video, I recruited some of the top college players from Alberta and that turned things around."

Schoebel also changed the culture. Practices were no longer bland—the TRU Gym transformed into the Thunderdome.

"We were competing for life and death each practice. There was always chirping and tempers flaring," said Schoebel. "It made us better and allowed us to withstand the pressure in big games."

Constant adversity helped, as the WolfPack made the playoffs that season, but lost in the first round.

The rise to prominence helped Hennelly recruit Gord Perrin, a nationally heralded prospect from Creston, BC.

"I was attracted to a smaller campus and city," said Perrin." Pat also told me about all the good players he had and some of the recruits he knew. I knew TRU would be a strong team."

Perrin trusted his hunch and in 2007-08, when with the help of

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*Robin Schoebel (left); Kevin Tillie (middle); Gord Perrin (right)*



# the volleyball program

other key veterans Colin Jaggard and Behlul Yavasgel, TRU captured bronze at nationals by defeating Dalhousie University.

“It felt great to be a part of something that had never been done in school history before,” said Schoebel.

The following season, Hennelly recruited Kevin Tillie, another fantastic Frenchman.

“My dad found out about TRU through some of his contacts and it worked out fine,” said Tillie, who was considering attending Brigham Young at the time. “I didn’t know Robin too well beforehand, but we messaged about coming to TRU and he really helped me out when I arrived on campus.”

Tillie’s dominating freshman campaign made him the third WolfPack player to be named Canada West Rookie of the Year in 2010, joining Schoebel and Perrin.

They also enjoyed much personal and team success from 2006-11.



*“I didn’t read his whole email, I just went to the video. It only took me seven seconds before I said, ‘Wow, I need this guy.’”*

—Pat Hennelly

Schoebel’s body broke down by 2010, as he watched Perrin and Tillie move onto the international and professional stage, highlighted by the two squaring off in the 2016 Summer Olympics in Rio de Janeiro, Brazil.

“My dream was to play in the Olympics. To achieve that alongside a college teammate was really cool,” said Tillie. “I was happy we beat him, but I wish we could have advanced like (Canada) did.”

The Games were especially impactful for Perrin, who helped Canada end their 24-year drought.

“That’s what I’m most proud of. When I first joined the team, we didn’t have a realistic chance of getting to the Olympics. It was a very long and difficult path to do it and to finally achieve it, is hard to describe,” said Perrin.

One random email turned the TRU program into a perennial Canada West contender and developed nationally and internationally recognized players. More importantly, memories were made and lifelong friendships were forged because of it. ■





# FOUR PILLARS OF SUSTAINABILITY

**When we think about sustainability we often think about our ecological footprint**—things like the greenhouse gas emissions you produced on your drive to work, or saved by catching public transit. But more broadly an action is sustainable when it can be continued indefinitely, and our actions impact much more than our physical environment. As such, we consider the pillars of cultural, social and economic sustainability alongside environmental initiatives to form a comprehensive picture of sustainability at TRU. Because no pillar is a silo.

## ECONOMIC

Economic sustainability is achieved when a defined level of economic production can be supported forever. Environmental measures have economic benefits, and businesses with less overhead can better sustain market changes.

## SOCIAL

Social sustainability is about preserving and improving social quality, and the ability for current and future generations to create prosperous, inclusive communities.

## CULTURAL

Cultural sustainability refers to maintaining cultural beliefs, practices and heritage for future generations. This relates to our local Indigenous communities, on whose land our campus is built, and international students' cultures.

## ENVIRONMENTAL

Environmental sustainability translates to our ability to continue rates of pollution, renewable resource harvesting and non-renewable resource depletion. It considers biodiversity and the livelihood of all species.



*Written by Sam Egan. Illustrated by Julie Hall.*





PLATINUM RATING FOR  
SUSTAINABILITY ACCOMPLISHMENTS

*“Through the strategic planning process, increasing sustainability was identified by the campus community as one of five priorities and this recognition is proof of how committed TRU students, faculty and staff are to backing up those words with actions.”*

—Jim Gudjonson

*Left to right: Estella Patrick Moller, Nak'azdli First Nation; Matt Milovick, vice-president of administration and finance; Christine Bovis-Crossen, vice-president, academic; Jim Gudjonson, director of sustainability; Nicholas Warner, campaigns committee representative*

# BRIDGES

THE SUSTAINABILITY ISSUE



*In 2018, TRU achieved platinum, the highest ranking in the Association for the Advancement of Sustainability in Higher Education's (AASHE) global Sustainability Tracking, Assessment and Rating System (STARS).*



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