In Memory...

By Ian Orchard

On June 10, 2005, Professor Ferenc (Ferko) Csillag, Chair, Department of Geography at the University of Toronto at Mississauga, passed away after a battle with cancer.

Ferko came to North America from Hungary in the mid-1980s after receiving his PhD from Eötvös University in Budapest. After serving at Syracuse University, he joined the University of Toronto in 1993 and had an outstanding career, working on research on quantitative spatial analysis, ecological problems and methodological issues related to geostatistics and remote sensing. Ferko was a great scholar, an accomplished graduate supervisor and undergraduate teacher with a world-renowned reputation. In honour of work he had done with one of his many doctoral students, Ferko recently received the Boeing Award from the American Society for Photogrammetry and Remote Sensing, whose mission is to advance knowledge and improve understanding of that field — a fitting award for someone who constantly challenged himself to find novel, meaningful and enjoyable ways to help his students understand geographical questions and methods.

Ferko was well known to our community as an incomparable leader, colleague and friend. He had a wealth of personality and intellect: forthright, passionate, loyal, respectful but charmingly irreverent, caring, provocative and funny. Ferko simply gave so much to so many at UTM. Countless individuals have been the beneficiaries of his goodwill, warmth and hard work. Ferko’s dedication to his department was unparalleled and inspirational. He was its most spirited champion, working indefatigably to mentor his staff, students and faculty, to build a vibrant esprit de corps among our geographers, and to shape a curriculum that was dynamic and challenging. He has left an invaluable legacy.

Our thoughts and heartfelt sympathy go out to Ferko’s family.

A tribute page for Ferko has been set up on the UTM Department server. It may be reached at http://geog.utm.utoronto.ca.

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Message from the Chair

As the 2005-06 academic year begins, we are looking forward to another productive, challenging and successful year. Undergraduate enrolment in our classes and programs continue to increase with close to 1400 students registered in one or more of our geography programs. Comments from students indicate that they are attracted by excellent faculty and staff, broad interest in the fields of geography and planning (general geography is our largest undergraduate program) and by the prospects of potential careers in the field. We have an exciting new group of 60 graduate students joining a contingent of dedicated and deeply engaged Masters and PhD students. We awarded 40 Masters and seven PhD degrees last year and I am continuingly amazed at the quality of scholarship and success in early careers of our graduates. Many thanks to our alumni who have been able to share their career (and life) successes with students and faculty – it is tremendous motivation and great to hear about. Please keep in contact!

Our most difficult challenge this year was accepting the passing of Professor Ferko Csillag on June 10, 2005, after his battle with cancer. Ferko brought enormous energy and initiative into his professional life and as Chair of Geography at the University of Toronto at Mississauga. He set high goals and worked tirelessly to accomplish them. Students, staff and faculty from the university will miss him greatly. Please see the wonderful tribute to Ferko by Ian Orchard, Principal of UTM.

Success in research continues unabated with several new major grants awarded over the past year from SSHRC, NSERC, CIHR, CFI and many others. Just a few examples include: Money Citizenship and the Nation State; Mass Balance Modeling of Lake Contaminants; Changing Urban Waterfronts, Community Gentrification and Inclusive Communities, Building Livable Cities; Cities, Health and Neighbourhoods; and Toronto’s Apartment Clusters.

The department underwent an external review late last year which included input from a number of national and international appraisers. The overall report is highly positive but, as expected, we face a number of challenges with a growing student body and limited resources and space. Our five year plan, completed last year, anticipated many of these comments and we look forward to meeting those challenges.

Last spring we hosted several special events which are highlighted in this newsletter. It was a pleasure to meet with alumni and friends of the department and I want to thank staff, students and faculty who helped organize the events. While Professors Bryan, Galloway, McIlwraith, Jaakson, Bourne and Britton officially retired, we know first hand they will continue to be included in the discipline and department in some capacity. Congratulations to them all for wonderful careers and contributions. Professor Chris Sharpe, president of CAG and UofT MA alumnus, gave a wonderful tribute lecture for the university and our retirees. We thank Chris greatly for his tremendous remarks.

Ms. Jenny Lass has stepped down as President of UTAGA effective July 1, 2005. Jenny has been president since fall 2002 and has given so generously of her time towards the leadership of UTAGA. On behalf of the UTAGA executive and the department, I want to thank Jenny for all that she has done to support UTAGA and the alumni. We wish her all the best on her future endeavors (see article) and her continuing involvement in UTAGA as an active alumna. Jane Macijauskas, VP, has stepped in as interim president until a new president is elected.

Antony Lorius has also stepped down as President of PAC effective July 1, 2005. On behalf of the department and PAC, I would like to thank him for all his contributions to the Planning Alumni Committee. I would like to welcome Loretta Ryan as the new president of PAC.

Alumni and other friends of the department continue to give generously to our scholarships, which have now grown to more than two dozen awards. In particular, we are greatly excited and thankful for a hugely generous gift by Mr. Mitch Goldhar to establish the John Bousfield Distinguished Visitor in Planning endowment. With the gift and matching support from the University, this $1.5 million endowment will allow us to invite some of the most distinguished planners from around the world to share with us their insights and experience. Please see our upcoming spring GeoPlan issue for more details about the gift, Mr. Goldhar and Mr. Bousfield.

Joe Desloges, Chair
On April 30, 2005, UTAGA’s History Committee organized a luncheon at Hart House to honour Griffith Taylor, the founder of UofT’s Geography Department, and to raise money for a scholarship in his name. The current chair of the department, Joe Desloges, welcomed twenty-five people who attended the luncheon, many of them Taylor’s former students. Also attending was Chris Sharpe, president of the Canadian Association of Geographers.

There were many stories of Taylor’s time at Toronto (1935-1951), and three of Taylor’s students, Marie Sanderson, Don Kerr and Dick Baine spoke briefly of their memories of Taylor. About $3000 was raised to inaugurate the Griffith Taylor Scholarship.

**Taylor Luncheon**

*By: Marie Sanderson*

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**Photographs by Kristina Baliunas**

*Don Kerr, Marie Sanderson, Dick Baine*

*Group photo of Taylor Lunch attendees*

*Bill Dean, Chris Sharpe, Gunter Gad, Joe Desloges*

*Gunter Gad and Alan Baker*

*Joe Desloges, and John Bousfield*
On April 29, 2005, the department celebrated the careers of six retiring faculty members: Rorke Bryan, Reiner Jaakson, Tom McIlwraith, Larry Bourne, John Britton and Jock Galloway.

On the 27th floor of the Lakeview Room of 89 Chestnut Residence, colleagues, family and friends came out to wish these faculty members well on their retirement. The highlight of the evening was the presentation that showed the accomplishments and contributions of these individuals. The retirees were described with heartfelt and warm memories of their contributions to the department and the practice of geography. The retirees all said they had a happy career but are now looking forward to a happy retirement.

The department wishes each of these faculty members all the best in their retirement.

Photographs by Kristina Baliunas

Retirement Banquet
By: Kim Graham

Jock Galloway, Rorke Bryan, Larry Bourne, Tom McIlwraith, John Britton

Top: Caroline Donkin, Joe Desloges, Duane and Tom McIlwraith, Jock Galloway
Bottom: Chris Sharpe, Larry and Paula Bourne

Top: Virginia Maclaren, Tony Davis, Rorke and Ingrid Bryan
Bottom: Joe Whitney, Sue and John Britton, Michael Tomczak

Jock Galloway, Rorke Bryan, Larry Bourne, Tom McIlwraith, John Britton, Chris Sharpe

Photographs by Kristina Baliunas
The Big Ticket: Big Turn Out for the University of Toronto’s Friends of Planning Spring Social 2005

By: Renee Gomes

On April 14, 2005, the University of Toronto’s Planning Alumni Committee held its annual Friends of Planning Spring Social. The event was highly anticipated and well attended by more than 300 members of the planning community as well as related fields such as engineering.

The event was anchored by keynote speaker Michael Lewis, Project Director of the City of Boston’s Central Artery/Tunnel project, also known as the Big Dig. Lewis gave a fascinating presentation on the accomplishments and challenges of the Big Dig initiative. He spoke frankly about the complexity of such a large-scale and ambitious venture, and addressed questions about the more contentious aspects of the project. Lewis highlighted the many milestones in the project's history, and demonstrated the truly transformative impact that the project has had in Boston. The impact was not only in the area of congestion reduction, but also in the realms of quality public space and economic development.
The Planning Alumni Committee wishes to thank its corporate sponsors for their generous support of the 2005 Spring Social:

**Platinum Sponsors**
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A Thank you is also extended to the Ontario Professional Planners Institute and the Faculty of Arts & Science, University of Toronto, for their generous promotional support.
How to Have Your Cheesecake and Eat it Too
UTAGA’s former-president Jenny Lass talks about the diet that saved her and her new cookbook for people with digestive problems

When I decided to become a writer after graduating, I never thought that my career path would take an even more unconventional turn. It started when I was diagnosed with celiac disease — gluten intolerance. But the gluten-free diet didn’t work for me, so in desperation I tried the Specific Carbohydrate Diet (SCD) made famous by Elaine Gottschall in her book Breaking the Vicious Cycle.

The first time I encountered the SCD was when I was diagnosed with lactose intolerance in 1999. My mother picked up Elaine’s book for me and I immediately shelved it — the diet seemed impossible to follow. I finally cracked the spine of Breaking the Vicious Cycle one evening near Christmas of 2000 when I knew that my only other choice was to go to the hospital. I was running to the washroom up to ten times a day and I was down to 105 pounds.

That night, I made a few small modifications to my dinner. The next day, for the first time in months, my stomach was calm. It was the same the day after that and the day after that. Almost five years later, I’m still drug-free, hospital-free — and grain-, refined-sugar- and starch-free. The SCD eliminates all carbs except for monosaccharides (the simplest carbs). So SCDers can eat fruits, most vegetables, honey, eggs, meats, nuts, seeds, some forms of dairy and pure spices. The principle of the diet is simple: complex carbs and disaccharides are too hard for a damaged intestine to process.

I know what you’re thinking: “Ew, gross.” But once your symptoms are under control, following the SCD involves indulgences such as nutty caramels (honey, pecan chunks, butter and cashew butter); cookies, cakes and pies (with cholesterol-lowering almond flour instead of wheat flour); burgers that are so flavourful you don’t need toppings or a bun; and spaghetti squash, squid and enoki mushrooms as pasta substitutes.

Originally developed over 50 years ago by Dr. Sydney Haas for celiacs who, like me, weren’t helped by the gluten-free diet, the SCD has now been adopted by people who suffer from ulcerative colitis, Crohn’s disease, diverticulitis, irritable bowel syndrome and lactose intolerance. Even autistic individuals, who also suffer from intestinal problems, are finding the SCD more effective than the traditionally prescribed GFCF (gluten-free casein-free) diet. Looking at the statistics, it’s easy to understand why there are thousands of people on the SCD worldwide:

- There are over one million North Americans and 1 in 400 people in the UK with inflammatory bowel disease
- 10 to 25% of any given population is lactose intolerant
- 1 in 300 people in North America and over 500,000 people in the UK have celiac disease
- In western countries 10 to 20% of people have irritable bowel syndrome.

That’s a lot of upset tummies and according to a 2004 article in Tennessee Medicine, the SCD helps about 80% of those who try it. That’s not bad for a diet that is still largely shunned by the mainstream medical community. But the medical community is slowly changing. New evidence that probiotics (“good bacteria”) help ulcerative colitis patients reach remission supports the science of the SCD’s probiotic-loaded, virtually-lactose-free homemade yogurt (Am J Gastroenterol 2005;100:1539–1546).

This news comes just in time for the release of Grain-Free Gourmet: Delicious Recipes for Healthy Living, a cookbook that I’ve co-written with Jodi Bager, president of SCD-baked-goods company J. Gourmet. Grain-Free Gourmet helps people with limited food choices rediscover the joy of eating and is the first SCD-friendly cookbook released by a mainstream publisher (Whitecap Books). It is designed so that people with normal or diseased intestines can enjoy the recipes, and it addresses the multiple dietary needs of people with intestinal conditions. Grain-Free Gourmet celebrates good food from beginning to end: Parmesan-stuffed mushroom caps, tacos, rainbow stew, gourmet pizza, lemon meringue pie, cappuccino ice cream.

Continued on the next page...
Here’s one of our 14 chicken recipes to whet your appetite:

**Spiced Honey Chicken**
Serves 6 to 8
This dish brings a touch of Morocco to your table. To cut the sweetness, reduce the amount of honey you use or add more yogurt. The leftovers are perfect cold or reheated.

½ cup (125 mL) honey
2 garlic cloves, pressed
2 tbsp (25 mL) yogurt
1 tsp (5 mL) lemon rind, grated
1 tbsp (15 mL) lemon juice
3 to 4 lb (1.5 kg to 2 kg) chicken parts
Salt, black pepper, ground nutmeg and ground cloves for sprinkling
1 cup (250 mL) almond slivers
1 cup (250 mL) raisins
6 cinnamon sticks

1. Preheat the oven to 350°F (180°C).
2. Combine the honey, garlic, yogurt, lemon rind and lemon juice in a bowl.
3. Place the chicken skin-side up in a 10- x 15-inch (4-L) casserole dish. Drizzle half of the honey-yogurt mixture over the meat.
4. Sprinkle with the salt, pepper, nutmeg, cloves, almonds and raisins.
5. Place the cinnamon sticks evenly around the casserole dish.
6. Pour the rest of the honey-yogurt mixture over the chicken and spices.
7. Bake for 1 hour and 30 minutes or until sauce is darker and has thickened, basting every 20 to 30 minutes. When the meat starts to brown, flip the chicken pieces.
8. Remove from the oven and baste with the sauce before serving.

Want to know more?
- Check out our Web site at http://www.grainfreegourmet.com
- Visit Whitecap Books at http://www.whitecap.ca
- Order almond flour and SCD baked goods at J. Gourmet http://www.jgourmet.ca
- SCD™ Web Library http://www.scdiet.org
- Breaking the Vicious Cycle http://www.breakingtheviciouscycle.info
- Kids & SCD™ http://www.pecanbread.com
- Upper Canada Lower Bowel Society http://www.uelbs.org
Cool Websites for Geographers & Planners

By Fenton Chin 9T4

1. http://www.famouslocations.com. Even for the rich and famous, the most important things in life are: location, location and location. Here are some interesting statistics of various sites around our planet. (Note: There will be lots of pop-up windows and advertising.)

2. http://www.geographyzone.com. Here’s a great site that has a host of geography trivia and contests for all ages.

3. http://www.bighw.gov.cn/forNationalStadium/indexeng.asp. Urban planners, take a look at this. The Peoples’ Republic of China is getting ready to host the world for the 2008 Summer Olympic Games, and the Planning Commission of the capital city of Beijing is preparing. There are many graphics on this site. It may take time to load, but it’s worth the wait.

4. http://www.thebeijingguide.com. Beijing is also a great place for tourists. One can take a free, virtual tour on this graphics-enhanced site. Here you will discover lots of wonderful things about this great city, its country and its geography.

5. http://www.zen-style.com. While touring the Orient, you may need a map. Not only does it help to find your way around the land, but also to navigate through the culture, and perhaps the religious beliefs too. You’ll find a satirical, cartographic, Zen-Buddhist interpretation of the world. There are also links to similarly-themed amusement.

6. http://www.discoveryofatlantis.com. Dive into fantasy (or simply an unconfirmed theory), and determine where the lost land of Atlantis, if it ever existed, may have been located.

7. http://www.lostrivers.ca. Back in Canada, particularly the City of Toronto, we’re also trying to rediscover a lost part of our natural land: rivers. These resources are also being mapped.

8. http://www.cittaslow.stratos.it. Here is more international flavour, particularly for urban planners. The Slow Cities Movement (“Citta Slow”), started by Canadian author Carl Honore, is being adopted in Italy. This is a means to ease the problems of fast-paced city living, such as traffic congestion, urban sprawl, etc.

9. http://www.subwaynavigator.com. Whether you want to travel somewhere fast, locally or find your way around overseas, you’ll often need some form of transportation while avoiding heavy traffic too. This site is a compilation of subway train networks from major cities from all over the world.

10. http://maps.google.com. This year the most famous internet search engine released its newest feature: a road map with air photos. Currently only data for North America is available, but information from other countries will likely be added soon.

Planning Bite #10

By John Dakin

In thinking about planning, we have to allow for changes in time frames. Changes in some macro-elements of cultures and societies are now much faster than a decade ago. Finance, statistical material, its transmission and use, the expectation of ever increasing speed of getting a project completed, all demonstrate the cash value of speed.

The clash of time frames surfaces when (a) a developer desires to get his capital out of a project quickly, and (b) the planner’s and the governmental departments’ obligation to proceed through the ordained control processes. Lateral thinking can help here.

For example, imagine a multi-storey residential building application in a downtown location. The planner knows the area needs low-to-medium rentals. The developer, however, needing to sell the project to release his capital and use it to invest elsewhere, applies for planning permission to build condos. Disconnect between the developer and the planner ensues. But the developer has something up his sleeve knowing he can speed up selling by offering blocks of condos to “speculators” for renting out while waiting for capital gains. He does not tell the planner about this for fear the planner may point out that rentals are not what condominiums are all about.

The planner may second guess this and agree it does not meet the planning intention for the area. But at the same time, it partly achieves the planning intention. Some rentals will be achieved. The agreement may be to keep the condos and rentals on completely separate floors to help prolong the “social life” of the building and its economic status. This is also an area where the time frame disconnect is significant.

The compromise is a kind of fudge. The intentions of the plan are not entirely thwarted, but also not entirely satisfied. It looks as though fudge solutions will increase. They are already “legalized” to a degree because the plan says one thing but the actuality says another.

All this means is that I think the whole time frames question needs a great deal of attention. Look for disconnects. Linear and lateral ways of exploring thinking about a planning question are practical strategies. But in a time of cultural confusion, they are still not “deep” enough.

Bite #11 will look at a more fundamental level of analysis, which is necessary for coping with this new phase of our species’ cultural-social evolution—perhaps into achieving a super society of global reach.
**Departmental News**

The Cartography Office has some new personnel on contracts for special projects:

The Historical Atlas of Canada Online Learning Project has received funding from the federal Department of Canadian Heritage, under their Canadian Studies Program, to develop the website version of the Atlas, which uses interactive mapping and web-based GIS. Chris Brackley will be with us in the department for the next year, in which time he will work as a GIS analyst and cartographer to help create and mount these webmaps.

We also continue our relationship with the NEPTIS foundation, building GIS databases for research into issues of urban form and planning. Paul Du, a recent graduate from the MSA (Masters of Spatial Analysis) program, will be working with us for the next six months, on analysis of satellite imagery advance and plotting the history of urban growth in the GTA. We would like to welcome both Chris and Paul to the department.

**New Appointments**

Dr. Brian Branfireun is Acting Chair of UTM Geography.

Professor Amrita Daniere steps down as Planning Director. Dr. Larry Bourne now takes over this position for 2005-06.

Dr. Chuck Hostovsky who has been a Lecturer in the department for the past several years, will be leaving this fall to take a tenure-track position in urban-environmental planning at St. Cloud State University, part of the Minnesota State University system.

In June he was in Vietnam for his research with our CIDA funded WasteEcon program investigating environmental impact assessment for waste management.

Professor Robert Lewis has agreed to continue as graduate coordinator.

**New Tenures**

Congratulations to Professor Scott Prudham who has been promoted to Associate Professor with tenure.

**Babies Babies Babies...**

Congratulations to Kanishka Goonewardena and wife, Leah, on the birth of their baby girl, Anik Birnbaum Gunawardena.


Congratulations to Katharine Rankin and husband, Peter, on the birth of their baby boy, Samuel Backus Zimmerman Rankin on August 11, 2005.

Claus Rinner and wife, Susan, welcome daughter Leonie Aimee Ferber to the family. She was born on Tuesday, August 2, 2005.

**Alumni Bulletin Board**

**Solomon Wong, M.Sc.Pl. 9T8,** was recently appointed by Deputy Prime Minister McLellan, Justice Minister Cotler and Multiculturalism Minister Chan to the Cross-Cultural Roundtable on Security. He joins 14 others from across Canada to advise the Government of Canada on security issues.

**Ed Ongley, 6T5,** has recently published a set of four papers on water environment governance in China in *Water International*. These follow from his work in China for the Asian Development Bank on legal and institutional reform in the water sector.

**Jean Ruegg, M.Sc.Pl. 8T9** has joined the University of Lausanne as a new professor in territorial policies.

**Loretta Ryan, M.Sc.Pl. 9T1,** and husband Dan, on the new addition to the family. Charlotte Isabelle Sarah Nicholson was born on June 14, 2005.

We are always interested in hearing how our alumni are doing. If you have any news or announcements, we would love to hear from you. You can e-mail UTAGA at utaga@geog.utoronto.ca

**UTAGA Seeking New Members**

UTAGA is seeking new members. We have all sorts of special events planned for the upcoming year and we are always looking for new volunteers. You can give us your input at meetings as a member at large, or you can play a more active role and take on a committee position - it is up to you. For more information feel free to contact UTAGA office at 416-971-2658.
Upcoming Events

Celebrate the 11th Annual Awards Presentation for the University of Toronto Department of Geography and Planning Alumni Hall, Victoria College Thursday, November 10th, 2005 6 p.m.- 8 p.m.

The 11th Annual Awards presentation for the graduating class of 2005 will take place on Thursday, November 10, 2005 at Alumni Hall, Victoria College at 6 p.m. This evening recognizes our deserving graduating students as well as individuals who have made contributions to the department and UTAGA over the years. Come out and mix and mingle and celebrate this occasion with alumni, friends and faculty. Light refreshments will be provided. Please RSVP Donna Jeynes at 416-978-3375 if you wish to attend.

10th Annual Friends of Planning Spring Social

The 10th Annual Friends of Planning Social will be coming in Spring 2006. Check out the Spring edition of the GeoPlan for further details.

Want to know more?

For more information on upcoming events and updates for UTAGA, please visit us at http://www.geog.utoronto.ca/webutaga. If you haven’t received past issues of the GeoPlan or would like to get a copy please contact the UTAGA office at 416-971-2658 or visit the website to download a copy.
GEOPLAN

is a publication prepared by the University of Toronto, Department of Geography & Program in Planning and the University of Toronto Association of Geography Alumni (UTAGA).

Comments, suggestions, alumni information (including change of address notices) are most welcome. They should be sent to:

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Editors: Kim Graham and Amanda Greener
Layout: Kim Graham

Please Note:
Unless otherwise specified, degrees and diplomas listed in this publication are those earned through the Department of Geography & Program in Planning at the University of Toronto.

Views or opinions expressed in this newsletter do not necessarily represent those of the Department of Geography & Program in Planning.

Memory Lane
Department of Geography 1965

Department of Geography 2005

Wrong address? Please return this newsletter to the address above so that we can correct our mailing list.
Thank you.