

THE UNIVERSITY OF VICTORIA ALUMNI MAGAZINE

AUTUMN 2019

UVIC TORCH

Future Health

10 IDEAS ON THE
WAY TO WELLNESS

Steven Price's *Lampedusa* | Farewell, Number 13 | Coffee-Fuelled Career Change



Back-to-Back Champs

The Vikes women's field hockey team earned their second-straight and 13th overall U SPORTS national championship on home turf in November after beating the Guelph Gryphons in the opening two games of a best-of-three series. It was also the 13th championship for head coach Lynne Beecroft (BA '82, MEd '94).

PHOTO: AP SHUTTER.COM



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Alumna **TIFFANY TJOSVOLD** with members of her mixed-ability dance and movement classes. Their story is part of the Future Health report that starts on page 11.

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Hard Truths

Tim Stockwell reflects on 15 years of helping us understand and manage the risks of substance use.

BY JENNY MANZER, BA '97

For a scientist often tasked with delivering grim facts about our habits, Tim Stockwell has a bright and cheerful office. There's a purple Chelsea FC poster on the door and beer and wine bottles on the shelves, along with framed photos of family and colleagues. The football poster is a nod to his UK roots. The alcohol bottles are from a study of warning labels outlining health risks of consumption. It's not a message everyone wants to accept.

The industry has spent decades and millions assuring us that alcohol is safe. Cancer agencies, arts and culture groups and sports teams are subsidized by alcohol companies. We tend to talk about addiction—a term with baggage that leads us to think of a relatively small number of people.

"We assume it's the people over there who are the heavy drinkers and the alcoholics, and it's not us.... The industry owns part of our brains, collectively," says Stockwell, a University of Victoria professor of psychology.

Stockwell is winding up more than 15 years as director of UVic's Canadian Institute for Substance Use Research (CISUR), enough time to raise an infant to a teenager. Over those years, the landscape has changed—cannabis was legalized, the health harms of moderate alcohol use exposed, e-cigarettes were introduced and the opioid crisis exploded.

There is some good news. Young people around the world are drinking and smoking less. Stockwell says technology provides different ways for young people to connect—and for parents to



keep track of them. Part of the culture shift is the awareness that even low-to-moderate alcohol use brings significant risks. This was reflected in the 2017 name change to CISUR from the previous Centre for Addictions Research of BC.

Each year, tobacco claims 45,000 lives in Canada, more than 15,000 people die from alcohol harms, and about 5,000 deaths are attributed to other substances, including opioids. Stockwell says we need to consider these substances together—none of them is special or safe or ordinary.

He says while e-cigarettes should be kept away from youth, he supports their use as a nicotine replacement for smokers who can't quit. Reports of health problems connected to unregulated products such as THC has muddied the perception of vaping as a cessation tool. Use of e-cigarettes could reduce Canadian tobacco deaths to almost zero, he adds.

If he could enact one public-policy change tomorrow in Canada, it would be minimum drink pricing—\$1.75 a standard drink. This would reduce deaths by thousands, save billions and increase profits by stopping price undercutting. Then he requests an additional wish—to provide smokers with subsidized e-cigarettes—which are 20-to-30 times safer than tobacco.

He encourages us to be skeptical and curious—a lot of information on substances comes from those with vested interests. He also urges us to make more time and space in our lives for activities that are free of alcohol or other substances.

Stockwell, who retires as director in August 2020, says it's all about managing risks. As a clinician in England, he saw patients die from substance use or take their own lives in despair. Like many of us, he has lost family members. "We're all affected," he reflects.

...

Many thanks to guest editor **MIKE MCNENEY** (Dipl '03), who stepped in to work on this *Torch* issue while I was travelling overseas. We appreciate your editorial skills, your collaborative spirit and your commitment to excellence. ↑

TORCH University of Victoria

Volume 40, Number 2 • Autumn 2019

The *UVic Torch Alumni Magazine* is published in the spring and autumn by the University of Victoria, Division of External Relations and the UVic Alumni Association. We acknowledge and respect the Lkwungen-speaking peoples on whose traditional territory the university stands and the Songhees, Esquimalt and WSÁNEC peoples whose historical relationships with the land continue to this day.



ADDRESS UPDATES AND CORRECTIONS
torch@uvic.ca

LETTERS
The *Torch* welcomes mail from readers who wish to comment on anything they've read in the magazine. Correspondence may be edited for clarity and length prior to publication.

UVic Torch Alumni Magazine
PO Box 1700 STN CSC
Victoria, BC V8W 2Y2
Phone: 250-721-6000
Toll-free: 1-800-808-6828
E-mail: torch@uvic.ca

INTERIM EDITOR
Mike McNeney (Dipl '03)

EDITOR
Jenny Manzer (BA '97)

DESIGN AND PRODUCTION
Rayola Creative
Clint Hutzulak, BA '89

CHANCELLOR
Shelagh Rogers

PRESIDENT AND VICE-CHANCELLOR
Jamie Cassels, QC

VICE-PRESIDENT EXTERNAL RELATIONS
Carmen Charette

PRESIDENT, UVIC ALUMNI ASSOCIATION

Brian Cant, BA '03, Cert '08, MBA '18

Publication Mail Agreement No. 40010219

Return undeliverable Canadian addresses to:

Advancement Services
University of Victoria
PO Box 1700 STN CSC
Victoria BC V8W 2Y2

Printed in Canada ISSN 1191-7032

uvic.ca/torch

A Healthy University

More than one in five faculty researchers are focused on areas concerning lifelong health.

BY JAMIE CASSELS, QC • PRESIDENT AND VICE-CHANCELLOR



"UVic is actively working to build out our profile and programs in health over the coming years..."

At this university we are deeply committed to contributing to a better future for people and the planet. Our programs of health research and education are excellent examples of that commitment, and the impact of those programs on our local and global communities is truly remarkable. Currently around 200 of UVic's 900 faculty are researching in the area of lifelong health in collaboration with clusters of talented graduate students and post-doctoral fellows.

OUTSTANDING RESEARCH AND SCHOLARSHIP

UVic faculty produce outstanding research and innovation across a broad range of fields, including our signature strengths in translational, aging, Indigenous and mental health. Our UVic research centres are epicentres for discoveries and innovations in health, including the Canadian Institute for Substance Use Research, Centre for Biomedical Research, Centre for Youth and Society, Institute on Aging and Lifelong Health, and CanAssist.

This edition of the *Torch* highlights examples of our outstanding and pioneering health research. We are leaders in areas that include biomedical research, neuroscience, cognitive health, social determinants, planetary health, genomics and proteomics, and the creation of novel new materials, just to name a few. UVic is actively working to build-out our profile and programs in health over the coming years, and within these pages you will learn more about a targeted initiative we have underway to grow our strengths in health sciences.

Translating our research and scholarship into real-life applications is of critical importance to our frontline health researchers, to our university and to the citizens of this province and beyond. The application and mobilization of knowledge that our faculty and students create, could not be achieved without our many collegial and long-standing partnerships with community groups and leaders, governments, industry, health authorities and other care agencies.

EXPERIENTIAL LEARNING

At UVic, learning extends outside of the classroom and today, nearly 100% of our students have

research-enriched or experiential-learning opportunities. Students participating in our health-related programs apply and expand their classroom-acquired knowledge in the community through co-op terms, practicums, internships and community projects.

Hands-on learning transforms our students and provides our graduates with an edge in today's fast changing job-market. Many of our cutting-edge health programs, like those offered by the School of Health Information Science, have a graduate employment rate of almost 100 percent.

UVic's Division of Continuing Studies also provides skill advancement and lifelong learning opportunities for alumni and health professionals in our wider university and BC community. As you will have experienced as alumni, it is lifelong learning that allows us to adapt to change, to be resilient in the face of challenges, and to take advantage of the opportunities that change brings.

THE FUTURE

As many of you may know, this academic year will be my final one as President of the University of Victoria and I will be finishing my time in the role on June 30, 2020.

Choosing the right time to make a transition like this involves weighing many personal and institutional considerations. I have confidence that our university is well prepared for an exciting new era, thanks to our talented, vibrant and diverse community of students, staff, faculty and alumni.

The health science expansion is just one of many exciting initiatives underway. Our university is in a very strong position, with great momentum moving us forward into the next decade. I am grateful to have had the opportunity to make a contribution as president, and I am proud of what we have achieved together.

I see great things ahead for UVic, as we continue to create strong and healthy futures for our students, alumni and for our local and global communities. ↑

UVIC ALUMNIi

WEEK FEB 1-7

■ THINKERS ► CHANGERS ● DIFFERENCE-MAKERS

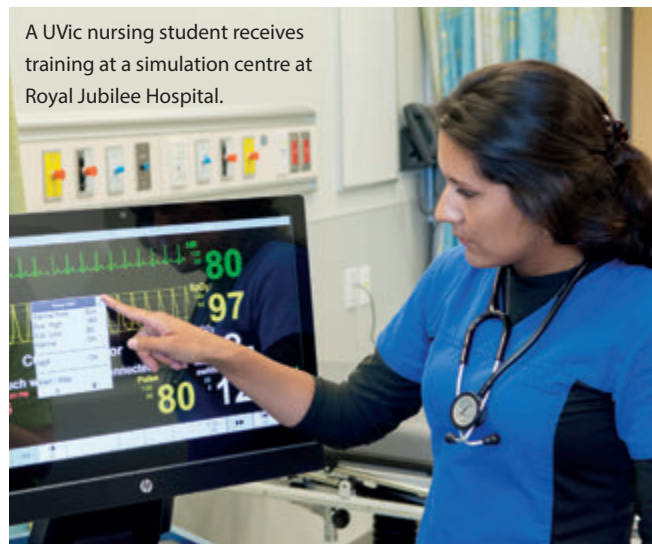
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Health in Focus

The university builds a roadmap for “lifelong health for all.”

BY LINDSAY GAGEL (BA '09)



A UVic nursing student receives training at a simulation centre at Royal Jubilee Hospital.

The Health Sciences Initiative aims to raise UVic’s health profile, nationally and internationally, so that when people think “health,” they think “UVic.”

“UVic is poised to become a national leader in health research and programming,” explains Lisa Kalynchuk, vp Research and project co-lead. “Through the Health Sciences Initiative, we will invest in people, activities and spaces that will create the right conditions for success.”

The initiative began last year with a goal of developing a set of strategies for enhancing the quality and raising the profile of health research, programs and related activities. After consulting academic leaders and research-centre directors, an advisory group was formed to advance the work. Three townhall meetings engaged the wider UVic community. The results of the consultations, along with research and deliberations, will contribute to a concept paper expected soon.

The paper will recommend ways to unite health learners, educators and researchers under a common banner—“advancing lifelong health for all”—and will help establish more partnerships, increase funding for researchers, and create additional opportunities for students.

Several of UVic’s undergraduate and graduate programs are already expanding or will expand soon, including nursing, biomedical engineering, exercise science and health information science. Their growth will help to meet increasing demand from both students and industry. The university is exploring new and different research-based undergraduate and graduate program

options. It also aims to increase co-op and practicum placements with local health authorities and research agencies, such as the First Nations Health Authority, Island Health and the BC Cancer Agency.

UVic aims to offer more graduate funding and fellowships specific to health programming to attract and support high-achieving students. A strong pool of graduate students will also help the university to recruit exceptional faculty—and vice versa—and expand UVic’s capacity for research. Faculty and staff will work to increase funding for both students and researchers, reaching out to donors, government and other granting agencies.

UVic will also look for space on campus for interdisciplinary collaboration between experts and learners, which may mean additional classrooms, labs and new facilities for programs, research initiatives, centres or hubs.

There are roughly 5,000 undergraduate and 900 graduate students in health-related programs—27 per cent of all UVic students—in programs like biochemistry and microbiology, child and youth care, counselling psychology, kinesiology, medical physics and, one of the newest, biomedical engineering.

The university also hosts the Island Medical Program, in partnership with the University of British Columbia, and a thriving distributed nursing program, in partnership with Camosun and other colleges. Both programs are examples of partnerships that enable students to study and work on Vancouver Island and apply their skills and knowledge to local communities.

There are more than 200 UVic researchers specializing in health-related research, including healthy aging, Indigenous health, mental health and well-being, and proteomics. There’s a microbiologist, for example, who recently patented a potential vaccine for syphilis. A team of engineers are 3D printing prosthetic limbs for people in need. And an interdisciplinary group of researchers has formed intergenerational choirs to fight the stigma and social isolation of dementia.

As well, several of the 18 research centres and entities at UVic are involved in health research. The Canadian Institute for Substance Use Research is a national leader in addictions research, and the Institute on Aging and Lifelong Health addresses the impact aging has on individuals, families, communities and nations.

“Through the Health Sciences Initiative,” says Kalynchuk, “the university will establish itself as a national and global leader in health-related research and become an even more desirable choice for talented faculty and students.” †

Then/Now



In 2003, the Centre for Asia-Pacific Initiatives sent its first student interns—**SHANE BARTER** and **KATE VALLANCE**—to Thailand to work respectively with Forum Asia and the Asian Regional Resource Centre for Human Rights Education. Barter is now an associate professor at Soka University of America, in California. Vallance is a research associate with the Canadian Institute for Substance Use Research at UVic. During Barter's campus visit in July, they had a mini-reunion with CAPI Associate Director **HELEN LANSDOWNE** (BA '95, MA '98), co-founder of CAPI's internship program. CAPI has sent 185 students on placements with 51 non-governmental organizations in 21 countries throughout the Asia-Pacific region—and a couple in Africa, too. [Learn more at **capi.uvic.ca**.](http://capi.uvic.ca)

Pioneering CAPI interns **SHANE BARTER** and **KATE VALLANCE**, in 2003 and in July with CAPI Associate Director Helen Lansdowne.

MINI-PROFILE:

Leader in Digital Health

"My job is to take us from strategy to action," says **ZEN THARANI** (BSc '01), executive director of strategic projects for the BC health ministry's digital health collaboration office. "We are moving from the classic care-provider/patient relationship to individual care management through digital enablement. That's huge."

A big part of his work is in creating opportunities for people to take charge of their own care. Health is the largest single expenditure in the provincial budget with about \$21 billion allocated across the entire health spectrum for 2019–2020. "There is an increasing focus on community-health services and team-based care,"

says Tharani, a graduate of the School of Health Information Science. This approach is intended to improve access for BC's geographically vast and demographically diverse population.

"New graduates are needed to provide strategic and tactical leadership to help shape the future of digital health," Tharani says. A mentor pointed him toward this line of work when he was in high school. "I liked the idea of exploring two worlds at the same time—technology and health."

Tharani advises students to look for mentors who are informed, involved and keen to help. Try to stay connected, he suggests, and be helpful in return. "That, and make sure you're ready to work."



Health Information Science alumnus **ZEN THARANI**.

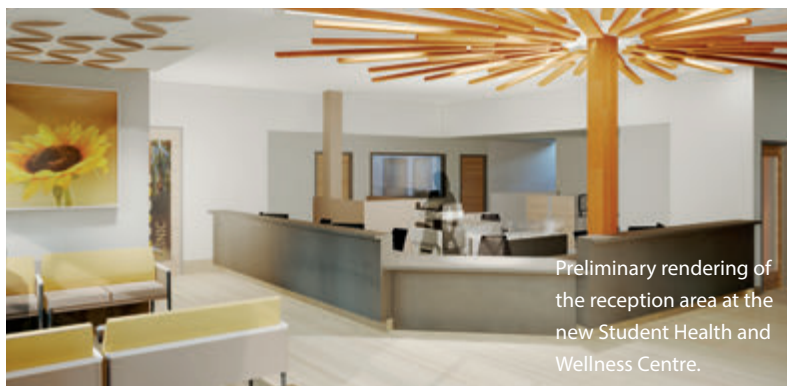
One-stop Wellness

One door leading to one place for students to get access to Counselling and Health Services. That's the vision behind the **STUDENT WELLNESS CENTRE**, opening spring 2020. It will be an integrated wellness hub modelled on internationally recognized best practices.

Counselling and Health will relocate to the soon-to-be-renamed Technology Enterprise Facility. Major renovations will bring the space up to the highest standards of privacy protection and infection control while offering a beautiful, calming environment.

The integration also includes Multifaith Services, recognizing that student wellness is about community, connection and spiritual health as well as mental and physical wellness. Multifaith Services will remain in the Interfaith Chapel but some of its programs will be incorporated into the new centre.

Many of the team leading the project are UVic alumni themselves, including Rob Crisp, the director of Health Services. Crisp is co-lead of the integration project, together with Rita



Preliminary rendering of the reception area at the new Student Health and Wellness Centre.

Knodel, director of Counselling and Multifaith Services. Other alumni across the team include physicians, counsellors, nurses and administrative staff. Ultimately, the focus of their work is on supporting students in their academic careers and beyond.

The World Health Organization endorses collaborative, interprofessional care as an innovative solution to strengthen health-care systems and improve outcomes.

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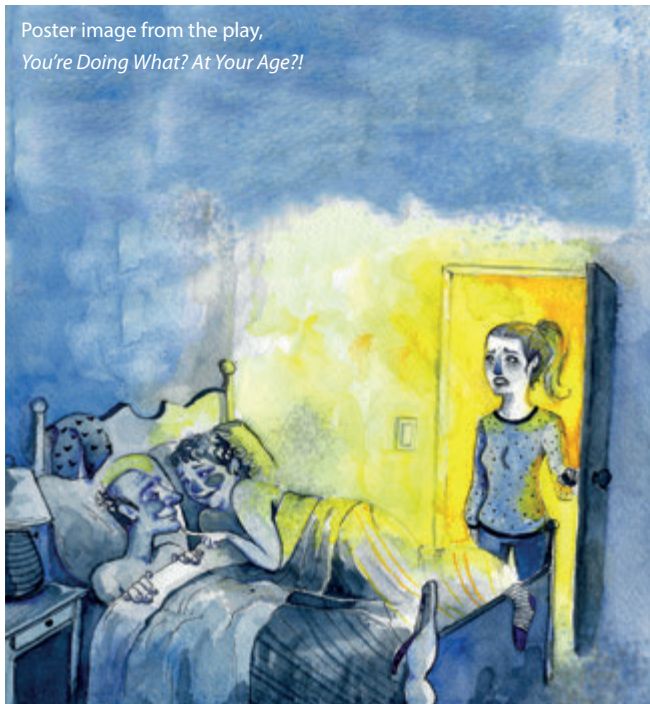


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Talking About Sex

Teens and seniors find common ground through theatre.

Poster image from the play,
You're Doing What? At Your Age?!



When it comes to conversation topics, the last thing you'd expect seniors and teens to talk about together is sex. Yet that's exactly what Applied Theatre PhD student **LEAH TIDEY** (BFA '17) is encouraging through her research program.

Working with a variety of community partners, Tidey explores ageism and social stigma around sexuality—and how educational intergenerational theatre can help address it.


She brought together seniors from Victoria's Target Theatre Society and students at Victoria High School to co-create a play called, *You're Doing What? At Your Age?!*

Seniors and students met once a week for four months before performing their play and hosting a workshop.

"The play was about sexuality across the lifespan, which was created and written by the group itself," says Tidey. "They had done some intergenerational projects before, but nothing quite like this."

A video about the project was a finalist in this year's UVic Research Reels competition (uvic.ca/info/researchreels).

Tidey is now partnering with Island Sexual Health to expand the project to focus on sexual health literacy for older adults and their self-identified needs.

"Working with an intergenerational group to address stigma about sexuality across the lifespan," says Tidey, "is an opportunity to hear from those who are often left out of the conversation." 

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Future Health

From law reform to food security, technology to the arts—UVic thinkers prescribe 10 approaches to questions about wellness and what it means to be and stay healthy.

Portable Patient Plans

A Vancouver tech firm wants to break down barriers in patient-care planning. **BY MARK WITTEN**

What happens between health-care visits often has more impact on outcomes than the medical visit itself, especially for patients with complex and chronic diseases. Tech entrepreneur Rob Attwell (BA '95) co-founded Vancouver-based Careteam Technologies to provide a digital solution to the fragmented health-care services that can exist after a patient leaves the hospital or clinic.

"There is currently no digital infrastructure in place where patients can go to effectively manage their health journey after leaving the hospital. Our vision is to provide every patient that leaves a hospital with a personalized care plan so that wherever they go, they can manage their own patient journey, and the people around them can contribute to their care plan, whether it's family members or health-care practitioners, so that these patients are never lost within the transitions of health care," says Attwell, Careteam's Chief Operating Officer.

Attwell launched Careteam Technologies three years ago with two partners: physician and CEO Dr. Alexandra T. Greenhill and Chief Commercial Officer Jeremy Smith (BSc '99).

Their platform makes communication between patients, family caregivers and appropriate health-care providers easy, instant and actionable.

It's a dynamic, personalized care plan that gives all users secure online access to the same information, resources, medical instructions, notifications, tasks and goals needed to improve the person's health or optimally manage their condition. The platform allows caregivers and health professionals to monitor whether the plan is being followed, track progress toward specific goals, provide support, intervene in a timely way and modify the plan as things change.

A striking example of how Careteam's platform can help streamline and improve a patient's care journey, and reduce fragmentation of services, is in speeding the diagnosis and treatment of skin-cancer patients.

Today, it takes 38 weeks on average for a skin-cancer patient in Canada with a suspicious skin lesion to see their family doctor, be referred to and examined by a dermatologist, have a biopsy, be diagnosed and receive treatment. Melanoma can rapidly progress in just six weeks and patient survival drops from 98% to 15% if treatment is delayed.

Careteam is part of a consortium building the Dermatology Point-of-Care Intelligent Network project in British Columbia. Careteam uses its patient-centred collaboration platform to coordinate the information and workflows from the doctor's

examination of a suspicious lesion or mole to AI-powered, tele-dermatology-imaging interpretation, biopsy, tele-confirmation of cancer and treatment. This precision health initiative is one of the first seven projects of the new federally funded Canadian Digital Technology Supercluster.

"The system we are building with our partners will help accelerate the patient's journey to one week from 38 weeks," says Attwell, noting that advanced cases of skin cancer can cost over \$160,000 per patient to treat, whereas timely treatment can cost as little as \$50. The system is expected to roll out across British Columbia, with the goal of expanding coverage to other parts of Canada and the world.

Beyond the Supercluster project, Careteam has implemented its digital-health platform at Mackenzie Health Hospital and Champlain Dementia Network (including The Ottawa Hospital) in Ontario to support and improve outcomes for patients with dementia who want to stay at home for as long as possible and, here in BC, at Providence Health Care.

The software features tools that help patients, family caregivers and providers stay up-to-date and connected: care plans, lists of appointments, task reminders, secure messaging and an analysis dashboard that helps predict when a patient needs attention to prevent deterioration in health.

"We started with dementia because it is a complex-use case involving multiple co-morbidities that involves care of the person with dementia and their care provider. It is a great way to show what our digital-health-collaboration technology can do," says Attwell. "In these and other trials, we're measuring the potential benefits in improved patient experience, caregiver satisfaction, better health outcomes, and time and money saved through reduced emergency visits, hospital admissions and missed appointments."

There is interest from hospitals and other health-care organizations across Canada, the US and Europe since the increasing fragmentation of the health-care experience is a problem that affects every health system. Careteam's multiple benefits for patients, families, and health-care providers is a solution that is in the right place at the right time." ↑



COURTESY OF CARETEAM

Health Through a Legal Lens

Dr. Irehobhude (Ireh) Iyioha is a new faculty member at UVic Law whose research interests include health law. Her scholarship and community service have earned her the World Congress on Medical Law Award, the 2016 Canadian Immigrant of Distinction Award, and the 2018 Stars of Alberta Award from the Lieutenant Governor of Alberta and the Ministry of Culture and Tourism. **BY JULIE SLOAN (BA '99)**

You're a law professor, founder of a non-profit foundation, published fiction author—all while raising two young children. What's your secret for time management?

Knowing when to delegate. And learning to accept that you can't do it all. I prioritize what needs to be done based on timelines for accomplishing those tasks, I draw on the support system that I have and delegate tasks that can be delegated, and I try not to lose sight of what, ultimately, is most important. Everyone has an idea of what is most important in their lives. I have also learnt to politely say no to things and to ask for more time when I need it.

What motivates you?

My goal is to inspire reform in some of the challenges that face minorities, vulnerable populations and people of colour. As a black woman I have had challenges—based on my race—within the health-care system and the broader society. Whether writing as a law professor or writing creatively there is usually a goal—and the driver of that goal is social justice.

Who was your biggest influence growing up in Nigeria?

My mom [Patricia, after whom the foundation is named] was a school principal and a successful entrepreneur. She was very much aware of the sociocultural and economic situation within which she lived and the challenges for women. She saw poor kids and kids with disabilities on the streets. She gave food, she gave money, she gave clothes from the backs of her own children. She has been a source of inspiration for my charitable work and for believing you can achieve multiple aspirations at the same time. My father was also a source of inspiration in terms of the appreciation he had for formal education (it was exceedingly high on his priorities). After nearly two decades teaching at the university as a criminologist, he went on to study and subsequently practise law.

How did the loss of your mother make you want to find ways to improve health care? We lost her as a result of a physician's negligence. The loss made me think more critically about the standards of health-care delivery and what could be done to ensure the same thing did not happen to other people. My interest in medical negligence—and the broader field of health law and policy—grew from this experience.



Law professor Ireh Iyioha

So, much of your research has been shaped by personal experience as well as education?

My work has certainly been influenced by personal experience, but much of it, at its core, is tied to education—and this includes both formal and informal education by parents who rejected every form of oppression, whether by past colonial powers, military juntas, or democratically-elected governments. This critical stance to injustice continues to influence my research.

So, my early work in health law examined the regulation of Indigenous and complementary medicine and the role of law in

health-care reform with a focus on ensuring improved access to these medical systems for marginalized and underserved populations. My mom was, of course, a patron of these forms of medicine.

I also made the case for modified legal rules for integrating Indigenous medicine and Western biomedicine for the benefit of Indigenous communities and underserved populations in the global south, examining, along the way, the subject of medical negligence within both medical systems. In all this, it was important to trace the impact of the colonial experience on the state of health care in the global south.

Beyond the role of law in health-care reform, my current work addresses the limits of law's reformative role, with much of the research examining the effectiveness *and* limits of using law to advance women's health-care interests, especially for women of colour. My research uses experiential data from various sources, practices and laws worldwide and critical theories in jurisprudence to advance new ideas on what explains law's effectiveness or ineffectiveness, and the differential impact of law on racialized groups, especially women.

Within your research interests, what do you consider to be some of the most pressing issues in health care, those things that can keep you up at night?

I am particularly interested in examining access to health care for marginalized groups in Canada. While the Canada Health Act lists accessibility and universality among the five requirements for provincial/territorial health plans, black, Aboriginal, immigrant women of colour and other racialized women have legal, psycho-social and, in some cases, financial barriers to accessing health care. One of the more serious challenges faced by these groups of women is discrimination.

How are you exploring these issues?

I study the ways in which these challenges arise, with particular attention to the different ways law creates or sustains barriers to access. I pay attention to disparities in the impact of laws, policies and practices on women from different backgrounds, while also assessing the ways in which a law's provisions can lead to problematic implementation and adverse outcomes.

What other areas of law interest you and how do they tie in with health law?

My other fields of interest are jurisprudence, international human-rights law and torts. My ongoing research on the subject of law's effectiveness and law's limits is actually situated within the field of jurisprudence. I have found the outcomes of my research in this area useful for exploring the limits of law in my areas of interest, which include international human rights law, health law and torts.

What's the goal of your non-profit, the Patricia Eromon Iyioha Foundation (PEIF) Fund?

We offer a Service-Mentorship Exchange Program through which we provide mentorship to young professionals in exchange for service to kids in need. One of our programs for kids is our alternative educational program (called TAC—the Teach A Child Initiative); it is designed for kids living with disabilities who are not able to access formal education in underserved communities. We offer formal training in fundamental subjects such as English, math, computer science and coding. We fund small-scale projects with a significant impact, with the hope of helping as many children as we possibly can. We've had mentees from different countries, including Canada and Nigeria.

You have also been interested in writing fiction since you were six years old. What's the appeal?

The beauty of creative writing for me is that it allows me to go beyond the kind of writing I do in law, which of course is expectedly restricted to one's areas of expertise. With creative writing, there are no such restrictions as we are focused on the human experience and there is freedom to explore diverse issues of importance. My work has covered a whole lot of issues ranging from art and interracial unions to issues of immigration, police violence against blacks, the Syrian war and terrorism. I have also written about transgender rights and love between same-sex couples—subjects that would be deemed controversial in Nigeria—the country of my birth. I'm hoping that by writing about these issues and speaking to the rights of people whose fundamental rights are denied in some regions, I can remind us, in ways that can be simultaneously light-hearted and serious, of the humanity in all of us.

Why did you choose to come to UVic?

UVic is recognized for its passion for and focus on social justice. A review of the scholarship and educational initiatives at the Law Faculty, such as the new joint-degree program in Canadian Common Law and Indigenous Legal Orders—the first of its kind in the world—reveals an aspiration to, among others, unseat traditional thinking about law and create a better world in which those who have not had a voice in society can be heard. The work at UVic Law is bold and cutting edge, and it is exciting to be part of an institution that is at the forefront of such monumental innovation in legal education. †

This interview was edited and condensed from in-person and email conversations.

Art for Everyone

Theatre grad **Tiffany Tjosvold**'s Embrace Arts Foundation ushers in a new stage of dance training for mixed-ability artists. **BY JOHN THRELFALL (BA '96) • PHOTO BY GEOFF HOWE**



Tiffany Tjosvold

When American actress Ali Stroker made history in 2019 by becoming the first wheelchair user to be nominated for—and win—a Tony Award, it was simply another indication that mixed-ability-performance instructor Tiffany Tjosvold (BFA '12, BEd '14) is on the right track.

Tjosvold founded the Embrace Arts Foundation in 2017. She was inspired to establish a non-profit devoted to creating meaningful artistic opportunities for individuals of all abilities after a series of connected circumstances: dealing with her own debilitating chronic condition, completing her applied theatre training at UVic and, most importantly, receiving an anonymous donation to travel to Uruguay for certification with the acclaimed organization, DanceAbility International.

"I received an envelope with all the money—in cash—to go take the program," she recalls. "To this day, I still don't know who the money was from, but it was a sure sign that there were people in the community who wanted this."

As a Phoenix Theatre student, Tjosvold worked with the disability community and grew aware of the inaccessibility of Victoria's performing arts scene. "For my fourth-year project, I worked with Community Living Victoria and adapted a theatre group for their inclusive Teen Community Connections program, and in my last semester I did a directed study on increasing community dance access," she says. "I count my applied theatre degree as some of the most valuable learning and train-

ing I've ever done—it led me to realize there were so many things I could do."

Her own arthritic condition led to an epiphany when she found herself unable to do any of the dancing for which she had trained. "I don't think I was really aware of how exclusive some of the spaces I was working in were ... until I couldn't be in them myself." Frustrated by the overall experience, Tjosvold decided to do something about it.

Fusing her practical experience with the Phoenix's entrepreneurial spirit, she created Embrace Arts, with classes, camps and school programs for kids, teens and adults built on the idea of embracing movement, music and artistic expression. But Embrace Arts also boldly moves beyond typical programming by mounting inclusive dance projects, shows and participation in public arts events.

"We're unique in that we also work with theatres, as opposed to just schools or community classes," she explains. "We're very driven by how we can support the artists we're working with ... the shape and concept of our shows can be wildly different, depending who's involved."

Embrace Arts is one of a number of arts organizations uniting professional artists and people with disabilities—including Vancouver's RealWheels, which helped inspire the idea for Embrace Arts and debuted the new mixed-ability play, *Act of Faith*, by Theatre/Writing alumna Janet Munsil (BFA '80, MFA '19) in April 2019. Tjosvold feels Embrace Arts is on a roll.

"There are others in BC who work with mixed-ability dance, but we're really participant- and artist-driven," she explains. "We want to build programs that let individuals shine as the artists they want to be and have access to the training they want; for example, some of our participants really want to rock out with hip-hop, and there are less of those opportunities around."

While still a young company, Embrace Arts has already created meaningful artistic opportunities for over 200 participants ranging in age from four to 70—many of whom she first worked with while still a UVic student—and Tjosvold received Community Living Victoria's "Making A Difference Award" in 2018.

At this point, Tjosvold and director of music programming Erin Koop are busy planning for the future with new initiatives like their "Stories Unfold" schools program. "We are definitely growing," Tjosvold says. †

Safer Water

Clean water, essential to global health, is the focus of two Civil Engineering research groups.

BY JODY PATERSON



Caetano Dorea and Heather Buckley research new approaches to improving water quality.

No resource is more important to the future of global health than water. Life can't exist without it, yet it can carry death, disease and toxins, killing millions every year.

In the University of Victoria's Department of Civil Engineering, two research groups are working to identify new ways of increasing access to safe water, which more than two billion people around the globe still lack. The researchers are bringing new understanding to old problems, developing tools and technologies for a world that needs more and more water.

Caetano Dorea describes himself as working "at the crossroads of environmental and public-health engineering." His multi-disciplinary lab, Public Health and Environmental Engineering (PH2E), conducts research on both water and sanitation. The PH2E lab specializes in measuring problems; developing analytical techniques for understanding those problems; and finding solutions that work in real life—equipment that can withstand

extreme weather; processes that can be maintained by local people after the engineers go home; and "the human factor" considered at every stage.

"If we treat water and people then collect it in a dirty bucket, that's not going to work," explains Dorea.

Heather Buckley is guided by the principles of green chemistry. Her team is developing cheap, accessible sensors for testing drinking water and researching how to produce environmentally harmful goods like anti-foulants in ways that cause no harm at any stage in the life cycle of the product. "Green chemistry is as much a design principle as it is chemistry," says Buckley.

Dorea is recently back from the Rohingya crisis at Cox's Bazar, Bangladesh, where underperforming water systems are affecting hundreds of thousands of refugees settled in camps. It's an extreme situation that began almost three decades ago but intensified dramatically in 2017, when more than 700,000 Rohingya people fleeing Myanmar flooded into Cox's Bazar.

"Sometimes when you're designing things, you seek the best that can be achieved, and come up with something that goes beyond regulations. In other contexts, like humanitarian response, we tackle things differently," explains Dorea. "We know the constraints, so we ask, 'What's the worst we can tolerate?'"

A typical humanitarian response focuses on the quality of water, says Dorea. But quantity counts for a lot. He seeks solutions that walk a careful line between giving up a little on the quality side in order to increase the overall supply. Cholera can kill a person in five days, he notes, but other contaminants might take five decades to have an effect on health. His research looks to find an acceptable midpoint that maintains basic safety but allows for greater quantity.

"The vast amount of disease transmitted in a refugee camp is from poor hygiene, and you need a quantity of water to address that," he says. "If I give you two litres a day to drink and nothing to wash your hands, addressing the spread of disease can't be accomplished."

Buckley's multi-faceted research includes the development of a simple, affordable sensor for testing water for life-threatening contaminants. Her research team is working to develop sensors that will ultimately cost just a few dollars per use and are sufficiently easy to understand that anyone will be able to test their community drinking water and immediately determine if it's contaminated.

In some cases, the tests exist already, but what's lacking is the technology that puts the power of testing the drinking supply into the hands of the community. Water testing, as typically conducted anywhere in the world right now, is expensive and slow, says Buckley, leaving the people most impacted by potential contamination in a state of uncertainty for months as to whether their water supply is harmful.

In other cases, certain contaminants are known to be harmful to human health and the environment, but no tests exist for them. Buckley believes that her sensor, similar in size to a diabetes test strip, will one day be helping communities on both fronts.

Her research group has developed a prototype sensor for testing water for fluoride—a natural element that builds strong teeth at one part per million, but even as little as two parts per million can be dangerous to bone health.

Now, the team's working on a sensor for perfluorinated compounds—PFCs. These manufactured chemicals are useful in putting out fires (they stabilize firefighting foam) and creating no-stick cookware, but are a persistent health risk in the environment. "They don't exist in nature, so they don't break down," says Buckley.

She and Dorea share an interest in extracting resources from water. Dorea is exploring how to extract phosphorous from waste water, which would both get rid of an environmental contaminant and recycle a non-renewable resource. Buckley is exploring ways to extract valuable metals from mining effluent, which she hopes could lead to a reduction in mining activities.

"My favourite green-chemistry examples are the ones that don't use chemicals," says Buckley. "How can we achieve a function in a better way? That's when I'll know I've succeeded—when I've designed the chemistry out of the system." †

Back to the Garden

Why food security could be the public health issue of our time. **BY KATE HILDEBRANDT**



In 2005, Wanda Martin (BSc '01, PhD '14) was a research assistant with the UVic School of Nursing and a volunteer with the Campus Community Garden. When she was asked to be a field guide for undergraduate nursing students during their practicum studies in community health, she learned something about herself and her profession.

"I had to explain to those students why that garden was so important," says Martin, an assistant professor with the School of Nursing at the University of Saskatchewan. "In preparing, I realized just how much locally grown food mattered to me as a public-health practitioner."

A few years later, another opportunity came knocking. Marjorie MacDonald, nursing professor emeritus at UVic, invited Martin to work with her on a public-health research project. MacDonald encouraged Martin to do a PhD in nursing on food security, an emerging area of study for nursing in 2009.

"I was never going to do a PhD," Martin laughs now. "But Marjorie got me thinking—here's a chance to focus on food security as it relates to nursing from a complex science perspective. I enjoy systems thinking and using novel methodologies to approach public-health problems. That's how I got on this path."

Ten years later, that path just keeps on growing.

Martin has cultivated a career for herself as a nurse educator and health researcher using public-health techniques to ana-

lyze the social, monetary and health values of food-security initiatives within the urban setting. She simultaneously opened the door for other scholars to build on her work and teach similar programs in the coming years.

Plainly, there is a pressing need for food security with 55% of the world's population living in urban areas today, a figure expected to reach 68% by 2050 according to a 2018 UN report. The shift from rural to urban living is taking a toll on arable land around the world. Vancouver Island farmland, for example, is being sold at an unprecedented pace and profit as development trumps agricultural bounty.

Martin asks how can we bolster urban-based food-security initiatives and address the growing impacts of urbanization and climate change on public health.

She and University of Saskatchewan nursing graduate student Lindsay Vold presented a discussion paper at the June 2019 conference of the Canadian Federation of Nurses Unions entitled "Climate Change and Health: It's Time for Nurses to Act."

"Canada's nurses can expect to witness increasing illness directly and indirectly linked to climate change. All body systems are predicted to be affected, in addition to mental health, socio-economic status and the built environment," Martin and Vold stated.

Martin's practice in Saskatoon involves working with students and community partners to collaborate on garden ventures where they collectively grow and share more food every year.

The Garden Patch, converted from a vacant city block into a productive growing space, now supplies food to the Saskatoon Food Bank and Learning Centre. In the last nine years, this urban garden has grown more than 50,000 kg of vegetables.

Then there is the Saskatoon Snack Belt, where fruit trees and berry bushes were planted by Trees Canada alongside an urban river trail for anyone to enjoy.

In evaluating the social return on investment for Saskatoon's growing season of 2018, Martin concluded, "There is a credible, comparable and broadly accepted social impact measurement approach that can be valuable for sustainable growth."

There are reasons why people become connected to gardens and growing spaces, says Martin. "It's a nurturing, nourishing relationship that benefits us in ways we are just beginning to more fully understand."

Perhaps the lure of freshly turned soil after a rainfall is nature's way of calling us back to the garden. Martin wants us to think about that, to learn of the social and health benefits and of the need to fight climate change so our food systems can sustain us.

Recent studies show the smell of soil with its many microbiological elements can improve mental health. "That's a rather important detail," says Martin, "especially for students who are deep into their studies and needing respite." †

Direct Messaging

Researchers say warning labels are the best way of communicating alcohol's health risks.

BY AMANDA FARRELL-LOW

Ask anyone about the health hazards of smoking, and they're likely to quickly rattle off a laundry list: cancer, heart disease, COPD, stroke and many more. But ask them the same question about alcohol, and they might not be so quick to answer; some may even reply that drinking wine can be good for you in small amounts.

But a growing body of evidence is showing us that not only are these health claims about alcohol likely false; alcohol is harmful to our health even in very small doses. Researchers at the University of Victoria's Canadian Institute for Substance Use Research (CISUR) have been at the forefront of this research for years, despite consistent disapproval from the alcohol industry.

"If you look back at tobacco, we were in the same boat 60 years ago. I remember when all the evidence began to come out about tobacco and cancer and there was a big pushback from the industry and it took a long while for governments to act," says CISUR director Tim Stockwell. "I think we're just in a naïve state right now. Alcohol is an important part of our lives culturally and socially and it can be very pleasurable and we don't want to hear much bad about it."

A recent study co-led by Stockwell, other researchers at CISUR and the Canadian Centre on Substance Use and Addiction in Ottawa, called the Canadian Substance Use Costs and Harms project, looked at alcohol, tobacco and other drugs across four different cost areas (health care, criminal justice, lost productivity and other direct costs). It was estimated that alcohol actually surpassed tobacco in terms of economic costs to Canadian society, with tobacco costs clocking in at \$12 billion and alcohol at \$14.7 billion in 2014, the most recent figures available.

So what do we do about it? Stockwell says that the most effective government policy levers, such as minimum pricing tied to alcohol strength, won't gain popular support until people know about alcohol's harms—and one of the ways to increase awareness is by introducing warning labels on alcohol containers.



CISUR research associate Kate Vallance (left) and alcohol labelling study co-lead Erin Hobin of Public Health Ontario. Labels warn about health risks associated with drinking, including links to breast and colon cancer.

“Warning labels are brilliant,” he says. “They’re so focused and targeted: the more you drink, the more you see them. There’s no other media for communication about alcohol that so precisely targets those most at risk.”

In late 2017, Stockwell co-led a research experiment with Public Health Ontario’s Erin Hobin, piloting a series of warning labels on alcohol containers in Yukon to measure their impact on peoples’ knowledge of alcohol’s health effects or their drinking patterns. Three labels were used: one with national low-risk drinking guidelines, one with standard-drink information, and one with a warning about alcohol’s link to breast and colon cancer. One month into the study, however, the alcohol industry made veiled legal threats; the study was paused, and only allowed to resume once the cancer labels were removed.

But the researchers didn’t let the cancer label go without a fight. What was supposed to be a small study wound up becoming an international media story, with articles in the *New York Times* and the *Wall Street Journal*. Media outlets in Ireland, a country that was debating cancer warning labels on alcohol containers around the same time, were frequently referencing the Yukon study, says CISUR research associate Kate Vallance, who managed the Yukon project and is authoring several papers on its findings.

“I think it’s going to be a fairly pivotal study in the history of alcohol-policy measures in Canada,” she says. “Funnily enough,

because of the industry interference, the story went from being something that was really local to Yukon to being both national and international news. Because of that bigger focus, it sort of forces the issue.”

As it turns out, the alcohol industry has reason to be concerned. Surveys conducted in the months before the labels were applied found that knowledge of low-risk drinking guidelines, standard-drink measurements and alcohol’s link to cancer was very low in both Yukon and Northwest Territories, with the latter used as a comparison group. After the new labels were introduced, knowledge of each of these key health messages increased in Yukon—as did support for policies that would help reduce peoples’ alcohol-related health risks.

“Because the labels were presenting new information in a way that was more novel and engaging and because there were the three different labels, they seemed to stick in peoples’ memories and have more of an impact,” says Vallance. “There was also a decrease in alcohol sales during the time the labels were on there.”

As Stockwell, Vallance and the team at CISUR and beyond prepare to publish their findings from the groundbreaking Yukon study, it’s safe to say that the world is watching—even if it’s going to give us news about alcohol consumption we might not want to hear. †

Double Jeopardy

Cannabis, alcohol and the developing brain. **BY JESSICA SKELTON**



Professor Brian Christie is studying the effects of alcohol and cannabis use in early pregnancy.

A new UVic study is looking at the potential effects of combining substances during early pregnancy. The work is on the heels of the legalization of medical and recreational cannabis in Canada. A growing number of adults say they consume the drug with alcohol.

“As a public-health issue, the simultaneous use of alcohol and marijuana (SAM) is still not well recognized or understood,” explains Brian Christie, professor in the Division of Medical Sciences. “Our work focuses on understanding the effects of prenatal use of these substances in combination on the developing brain.”

Earlier this year, Christie received the Catalyst Grant: Cannabis Research in Urgent Priority Areas from the Canadian Institutes of Health Research.

“The serious potential lifelong effects of alcohol exposure in pregnancy are known, yet a safe level of use has not been established and fetal alcohol spectrum disorders (FASDs), which arise from alcohol use during pregnancy, continue to be serious con-

cerns. With cannabis, neither the potential effects, nor a safe level of use in pregnancy, are known.”

The study is looking at how SAM during pregnancy impacts the structure and function of the hippocampus, a brain region involved in learning, memory and emotional processes. It is also looking at how cannabinoid receptors are distributed in the brain and how SAM can disrupt their normal distribution.


Much of this work is being spearheaded by new graduate student Hannah Reid, who was recruited to bring her biochemical and immunohistochemical skill sets to focus on the project. She and her team will build on the Christie Lab’s extensive research of FASDs, as well as the team’s experience in examining the role of cannabinoids in synaptic plasticity.

Cannabinoids are compounds in cannabis that act on specific neurotransmitter receptors—called cannabinoid receptors—in the brain. Commonly known cannabinoids include delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD), which produce various psychological and physical effects when they bind to cannabinoid receptors. These same receptors are also critical in brain development. They’re part of the endocannabinoid system, which impacts the formation of brain circuits used in decision making, mood and stress response.

While a study published by researchers at the University of British Columbia in January 2019 found that up to one third of pregnant women do not believe cannabis is harmful to their fetus, the Society of Obstetricians and Gynaecologists of Canada warned last year that THC can cross the placenta and potentially cause harm to the developing fetus. In September, the US Surgeon General issued an advisory warning to pregnant mothers, directing them not to use cannabis due to the risk of adverse effects on brain development and low birth weight.

After receiving a Health Canada permit to study cannabis in September, Christie says the next step is to determine the level of cannabinoids in the lab’s new cannabis samples. “Having this information helps to improve the accuracy of our administration procedures,” he says.

The lab also has access to a number of rat brains from research partner Jennifer Thomas, a psychologist at San Diego State University (SDSU), who used the animals in a SAM behavioural study. Thomas and her colleagues found cannabis and alcohol, when used separately during pregnancy, caused hyperactivity in adolescent rats. The symptoms were even more severe when the two substances were combined. SAM also



resulted in higher blood-alcohol concentrations in the pregnant rats. This raises the concern that cannabis may interfere with the breakdown of alcohol, extending the time alcohol is present during pregnancy.

Preliminary evidence from the Christie Lab suggests SAM reorganizes and decreases the natural cannabis receptors in the brain, meaning offspring exposed to SAM could have reduced cognitive performance, says Christie. The lab is also working with other research partners to identify exactly how SAM changes cannabis receptors at the synapse level.

In addition, UVic postdoctoral fellow Christie Fontaine will travel to SDSU, where she will use UVic equipment to perform electrophysiological tests to determine if supplementing choline—a nutrient found in many foods—can help to alleviate some of the toxic effects of alcohol on the fetal brain.

“This is the type of translational research that Canadians are going to be very interested in over the coming years,” Christie says. “This knowledge will give us the power to understand when cannabis use will have beneficial effects and when it can be detrimental.” †

Better Medicine

UVic is working with multi-disciplinary health-science teams across Canada to create safer, more effective drugs. BY CLARE WALTON (BA '13)

University of Victoria researchers and students are part of a unique, collaborative training program to help students learn from different influences as they strive to improve drug specificity, safety and efficacy.

UVic Chemistry professor Matthew Moffitt and drug-delivery specialists at four Canadian universities are working to improve the future of drug delivery by training graduate students to create better options for chronic-disease treatment and to make existing treatments more specific and safer for patients.

Through a multi-institutional graduate training program, master's and doctoral degree students study tiny particles that work as drug carriers within the body called polymer nanoparticles and tackle the problem of targeting chronic illnesses, such as cancer, through the creation of discerning drug-delivery systems.

The Polymer Nanoparticles for Drug Delivery (PoND) program was born out of the Natural Sciences and Engineering Research Councils' Collaborative Research and Training Experience grant program, CREATE. The grant aims to support the creation of highly qualified students and encourages collaboration. PoND is unique in its instruction, putting focus on exposing students to a range of approaches to drug-delivery materials research.

“PoND was inspired by academic collaboration. A group of professors from different institutions started discussing problems of drug delivery and noticed how much better we were at problem solving when we combined our different research focuses,” says Moffitt.

As a partnership of the University of Victoria, the University of Toronto, Laval University and Concordia University, the program

provides students with access to eight academics, with specialties ranging from physics to chemistry and biology.

The program's unique focus on academic collaboration and on facilitating experience with industry sets PoND apart from other graduate programs, says chemist and PoND PhD student Liza Silverman. “Being able to connect with experts who specialize in areas outside of my own helps to develop my research project in ways that would not be possible otherwise.”

“When we created the PoND program we wanted to acknowledge how broad this field is by providing training that allows students to experience the full breadth of the scientific discipline by exposing them to different academic perspectives,” says Moffitt.

Each student is co-supervised by two professors and instruction is divided into short modules that cover different practical skills and theories on drug delivery to ensure exposure to a wide range of academic perspectives.

Students will develop a diverse range of skill sets that will allow them to work comfortably both in academia and within an industrial setting. They will be better equipped to engage with industry because of the varied instruction they receive, the internships they complete and the networking opportunities built into their degree.

Mandatory internships with industry partners, as well as conference-style networking opportunities called Research Days, are integrated into the program. “Being able to connect face-to-face with industry partners really adds value to your academic experience,” says Silverman. “Presenting your research to industry and receiving feedback on your work provides valuable insights on



PhD student Liza Silverman and professor Matthew Moffitt in their UVic lab.

how your skills can transfer to an industrial setting after completing your degree.”

Through Research Days students come together with their cohorts to connect with industry and gain knowledge of different approaches to the challenge of improved drug delivery. Both the MSc and PhD programs also require students to complete an internship of four or eight months with an industry partner.

“Creating opportunities for students to partner with and learn from companies who have an interest in drug delivery helps ensure the training we provide balances research and industrial experience,” says Moffitt.

Although still a young program, PoND first received CREATE funding in 2017. This novel approach to training is already in the

process of bridging knowledge gaps across the field and has implications for improving the way cancers are treated.

“Drug delivery is all about improving on existing drugs, making them more selective and targeted in their approach to treatment,” says Moffitt. “Many of the projects within PoND are tackling the issue of taking a highly toxic and non-selective cancer drug and improving upon it, so that the drug’s toxins are limited to only a patient’s cancerous tissues.”

PoND students and researchers are working on multiple projects to understand the full journey of a drug, from when it enters the body to how the nanoparticles target a tumour and affect a patient. †

Return to Well-being

Nick Claxton wants to teach youth how to build community, find themselves and enjoy a healthy life through land- and water-based knowledge and healing. **BY KATE HILDEBRANDT**

Nick Claxton is an assistant professor with the School of Child and Youth Care who made headlines in 2015, when he coordinated the first SĪOLE (reef-net) fishery in Canadian waters in 100 years.

As part of his doctoral research at the time, Claxton (BSc '00, MA '03, PhD '15) brought back his Tsawout First Nation traditional reef-net fishing practice to empower and reconnect his community. Elders, youth, families and community members came together around the SĪOLE project. Children learned about the history and practice of the SĪOLE. Youth and elders designed and built the reef net and planned the journey to their hereditary fishing grounds near Pender Island. Even old relationships with other nations were rekindled.

"In traditional times, this was really the backbone of our society," Claxton told CBC News in a 2015 interview. "And that's how I want it to be in the future—where we can all be reef-net fishermen."

Claxton approaches his community-based research with a long view toward Indigenous health through resurgence and intergenerational resilience. He embraces recent evidence which shows land- and water-based practices are highly effective in supporting Indigenous youth and adult health. Reconnection with land and natural waterways impact identity and culture, and remain a key strength of Indigenous research projects with the Faculty of Human and Social Development.

According to the Institute for Circumpolar Health Research, an independent, non-profit research group based in Yellowknife, "the term *land-based* describes an Indigenous understanding of the world, and the inseparability of land and water from health and well-being. It is a key concept for understanding First Nations, Métis and Inuit views on mental wellness, which can't be separated from emotional, physical and spiritual health or the land itself."

Claxton concurs. "The reef-net fishery connected our people's worldview to both the ocean and the land," he says of the fishing practice banned by government in 1916. "It brought together our governance, our spirituality, our economy."

He was given the ceremonial name C̓WENÁLYEN, meaning reef-net captain, and later elected chief of the Tsawout First Nation.

He also remains the principal academic Indigenous lead for the Living Lab Project, a community-UVic-schools project he



"The land has always been our first teacher" – Tsawout Chief and UVic faculty member Nick Claxton.

helped create, connecting eco-cultural restoration and science education with Indigenous knowledge and well-being.

Claxton earned his BA in Psychology, a master's degree in Indigenous Governance and a PhD in Educational Studies at UVic. He has worked on campus for more than 10 years as an advisor and liaison for Indigenous and non-Indigenous students on cultural issues, protocol and Indigenous ways of knowing.

Claxton speaks and studies the SENĆOŦEN language, which he is learning from his father, who remains one of a few fluent speakers within the WSÁNEĆ community today.

Meanwhile, his exploration on revitalizing and teaching young people old knowledge continues.

In a research project entitled (Re)Connecting with Self-Determined Health and Wellness, funded by the Social Sciences and Humanities Research Council of Canada, he and his team will support culturally appropriate, coming-of-age resources for urban Indigenous youth in care on Vancouver Island.

Claxton's interdisciplinary research team includes Geography professor Denise Cloutier, PhD student Andrea Mellor, with the Social Dimensions of Health program, and Jennifer Chuckyry, with Surrounded by Cedar Child and Family Services.

"Connecting people to land and to each other helps support youth wellness," says Claxton. "The land has always been our first teacher. That's why this work is so important—it helps return one's sense of oneself to the individual, to the community and to their nation." †

State of Mindfulness

For three years, Faculty of Humanities Dean **Chris Goto-Jones** has been teaching a free, online course through Leiden University called **Demystifying Mindfulness**. More than 112,000 people have so far enrolled in the massive open online course (MOOC). Here, Goto-Jones explains the origins, contemporary interest and the continuing evolution of mindfulness in the health sector.



The rise of mindfulness has been in the making for millennia, writes Dean of Humanities Chris Goto-Jones.

Connections between mindfulness and Buddhism are usually seen as profound and intimate. In fact, the word can be traced back to British scholar TW Rhys-Davids, who is usually credited as being the first to translate the Pali term *sati* as mindfulness in 1891.

For Buddhists, mindfulness is tied very closely to the idea of *samma sati* or right mindfulness—the seventh practice of the Noble Eightfold Path toward an ethical, meritorious, awakened life that is ultimately liberated from suffering. For many people involved in mindfulness today, especially (but not only) outside the Buddhist context, the practice is less associated with the moral or spiritual cultivation of right mindfulness and more associated with the evidence-based, therapeutic advantages of something like pure awareness.

This kind of mindfulness stands as a kind of secular technology or commodity that can be consumed like a form of medicine by anyone in need of its benefits.

While it's fair to say that the Buddha had something to do with popularizing the concept of mindfulness, it's certainly true

that the contemporary explosion of interest in it started in the late 1970s and early 1980s, when innovative and exciting work was being done by clinicians. One specialist often credited with originating modern mindfulness is Jon Kabat-Zinn, whose pain clinic at the University of Massachusetts Medical Center changed everything. Kabat-Zinn realized that there was a whole category of hospital patients who were not responding to drugs and whose chronic pain was preventing them from living their daily lives. With a background in Buddhism himself, he started to teach a secularized form of mindfulness meditation, explaining that this would not cure their pain but that it might help them to transform their relationship with that pain so that it was no longer as debilitating.

Kabat-Zinn was careful to present mindfulness as a secular technique in order to make it accessible (and less controversial) to a North American public. He talks about the importance of never mentioning the "B" word in those early sessions.

Kabat-Zinn's clinic sparked tremendous interest in mindfulness as a clinical and therapeutic technology, which kick-



started the development of the treatment protocols that we use today. It became the basis of Mindfulness-Based Stress Reduction (MBSR), and then in the early 1990s, Zindel Segal, John Teasdale and Mark Williams developed Mindfulness-Based Cognitive Therapy (MBCT) to help address depression relapse. More recently, MBCT has also been used in the treatment of depression and suicidal tendencies. Interest in mindfulness has also been fuelled by neuroscientific studies, such as those by Richie Davidson, who, with the blessing of the Dalai Lama himself, studied the brain activity of Tibetan monks as they meditated. Interestingly, despite the attempts to keep Buddhism out of contemporary mindfulness, work like that of Davidson has sometimes been seen as manifesting a form of collusion between science and religion. The language of Buddhism is finding its way back into a more mature and stable discussion about mindfulness today, although not without controversy.

My sense is that interest in mindfulness has grown for a variety of reasons. Some reflect modern society's fetish for scientific data, meaning that mindfulness has become interesting partly because we now seem able to measure and monitor it in ways that can be represented and mapped scientifically. People are more willing to accept that mindfulness is "real" now that technology has become able to identify it. Of course, mindfulness has always been real, as many millions of Buddhists and others have known for millennia.

The flipside, however, is that our ability to study mindfulness in these new ways has transformed mindfulness into a form of technology that can be tuned and honed and streamlined to make it maximally efficient in the accomplishment of specific goals and outcomes, where those outcomes have become framed in increasingly secular, instrumental ways. It has also become possible to commodify and sell mindfulness in the private sector.

We see a thriving and growing mindfulness industry of trainers, apps, monitors and paraphernalia. The tremendous growth of an unregulated industry has led to great concerns among some clinicians about the responsibility of teachers; there are moves in several countries to regulate and licence qualified mindfulness teachers.

Perhaps another reason for the popularity of mindfulness is actually sociological or cultural. It is often remarked that modern societies are increasingly secular—part of a technical meaning of the term modern—and that this can lead to a vacuum of meaning for people. That is, by gradually excluding religion from society, people seem to lose their contact with spirituality and their sense of the significance of their lives. There's a case to be made that mindfulness helps people to fill this gap without undermining their modernity.

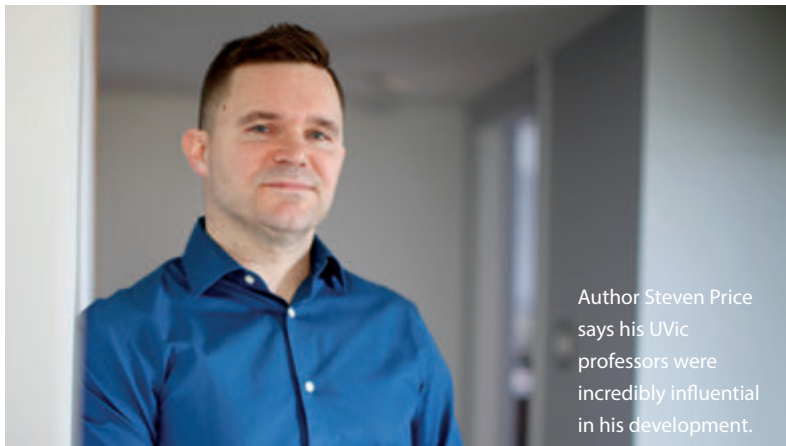
It's no longer unusual for a doctor to prescribe a mindfulness program to patients suffering from conditions such as stress, anxiety and depression. This course of treatment has all kinds of benefits to the medical system: it's much cheaper than prescribing drugs (and often equally or more effective); it doesn't intervene in the biochemistry of the body and thus risk side effects; and it empowers patients to manage their own health by using the skills and techniques they learn, helping to reduce pressure on the medical system.

Mindfulness also draws attention to the interaction between mind and body in the accomplishment and maintenance of health and provides us with a ready-made technology to address the mind-body as one. Mindfulness is one way in which medicine can make use of millennia of knowledge and expertise from other fields—especially the humanities—to enrich its practice and to find ways to treat the person as a whole. The so-called health humanities are seeing a real resurgence today. †

The Written Work

Writing grad **Steven Price** turned to an Italian novel as inspiration for *Lampedusa*, a finalist for the Giller Prize.

BY JOHN THRELFALL (BA '96)



While the press loves to paint him as a best-selling author, Scotiabank Giller Prize nominee for two consecutive novels, and half of Canada's literary power couple, Writing alumnus **STEVEN PRICE** (BFA '00) sees himself as something far more average: a working dad.

Together with his wife—two-time Giller-winning author and Writing alumna **ESI EDUGYAN** (BFA '99)—Price is the father of two elementary school-age children and, despite creative pressures and the glare of the international literary spotlight, he makes a point of keeping things as normal as possible.

"We always try to keep a balance between the writing and the family, so we split the duties accordingly: one of us will take the kids to school in the morning, the other will pick them up, and we work in between," he says. "Writing is so obsessive—you could always be creeping off to the office to write the next sentence—so we try to keep our priorities clear. Kids grow up fast, and you don't want to miss that."

"Obsessive" is an apt description, given the subject of Price's new novel, *Lampedusa*, one of six finalists for the 2019 Giller Prize. The jury cited Price's evocative language, images and his "masterful storytelling."

Lampedusa sees Price reimagining the final years of Italian author Giuseppe Tomasi as he struggles to complete his novel, *The Leopard*—a book Price has returned to multiple times himself.



Steven Price's *Lampedusa*.
McClelland & Stewart
\$32
ISBN: 978-0-77107-168-3

"I first read it in my early 20s when I was at UVic—Esi actually read it first and told me I should read it," he says. "At the time, it was passed around almost like contraband in the Writing program; you'd read it, be affected by it and then pass it along to another student."

Price kept returning to it over the years. "There are other novels I've read and reread, but there's really nothing else that looks like it or feels like *The Leopard*. I find myself carrying away something different from it each time: the sense of nostalgia, the exotic setting, the way that it's built with large time gaps between chapters...as people, we're always changing but the best books change along with us."

But it was only after reading *The Last Leopard*, British historian Sir David Gilmour's biography of Tomasi, that Price was inspired to use the novel as the basis for his own project. "As I read about his last two years, I could see how his whole life could be translated almost like a palimpsest and stuck on top of the curious time structure of *The Leopard*; the two interlocked beautifully and, when I saw that, I could see a novel there."

As well as his wife, Price credits now-retired Writing professors Lorna Crozier, Jack Hodgins and the late Patrick Lane (DLitt '13) as being influential in his creative development. "I learned more in the UVic Writing program than I've ever learned since," he says. "Jack Hodgins in particular was extraordinary, incredibly influential—he was all about encouragement rather than discouragement, and I think that's very important."

Despite having three novels, two acclaimed poetry collections, an MFA from the University of Virginia and 10 years as an instructor with the Writing department under his belt, Price still clings to one basic lesson he learned as an undergrad: the importance of approaching writing as work.

"The world looks at you sitting in a chair staring out the window and thinks you're doing nothing, when you could actually be working really hard. Even as a published author, that's easy to forget and lose track of. As writers, you long for routine; when it's not there, you're scrambling to find it, and when it is there, you just do the work." ¶

Real Magic

Sara Cassidy writes books for kids to sink their teeth into—sometimes literally.

Sara Cassidy (MFA '07) is a versatile writer whose "lifetime assignment" now includes 14 books for young readers, including *The Great Googlini*, an early chapter book about a young boy from an immigrant family who copes with his beloved uncle's illness by seeking answers from Google. We caught up with Cassidy to ask her about her craft.

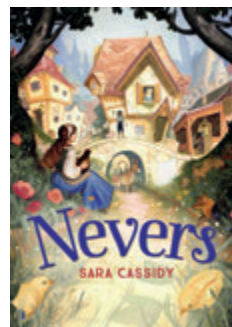
You have four children's books coming out in fall 2019—how is this possible? A conspiracy of luck? I have wonderful publishers who let me try new things. *The Moon is a Silver Pond* (Orca Book Publishers) is my first board book, meaning it has robust cardboard pages that can be chewed and read by very young children. It's an introduction to metaphor, made gorgeous by Quebec illustrator Josée Bisaillon.

Helen's Birds (Groundwood Books) is a wordless graphic novel for ages six to nine about inter-generational friendship, and loss. I described the 80 panels. My biggest challenge was pacing, but Quebec artist Sophie Casson has deployed long shots, close-ups, frame sizes and extra panels to slow things down or speed them up—to punctuate.

Scallywag on the Salish Sea (Heritage House) is a short novel for the same age group that came quickly, though took a lot of editing to get right on the page. Reviewers say it's a funny page-turner and applaud Salt Spring Island artist Mike Deas' charming and batty illustrations.

Nevers (Orca Book Publishers), a novel for nine- to 13-year-old readers, takes place in 1799 Burgundy. It's being called an "alternative history" and compared to a fairy tale. I wanted to capture some of the strangeness of France that endured post-Revolution, which Graham Robb writes of in *The Discovery of France*.

What is the greatest misconception people have about writing children's books? That they are lesser. The components are the same as for adult books, but in children's books, intellectual abstraction gives way to imaginative transportation—real magic. Characters take enormous leaps—they create lasting friendships, learn life lessons—just as children do, or *appear to*,



Left: An illustration by Mike Deas for *Scallywag on the Salish Sea*. Right: the cover of *Nevers*.

remembering that a child's day is more than three adult days, if childhood is 15 years long and adulthood 70.

What is the most memorable comment on your books you've had from a young fan? In my book *A Boy Named Queen*, the father and mother have tattoos. A young reader approached me at a book festival to say he liked the book and then whispered, "my parents have tattoos." That resonated, because I have always wanted my books to let kids know that the way they see and live in the world is just fine.

How do you cope with difficult writing days or unkind reviews? A writer friend said she only read her reviews—good or bad—twice each. That's good advice, but I don't always follow it. Difficult writing days are far worse than a middling review. On those days, I immerse myself in good writing and beautiful books. This reminds me that the stakes *are* high, and there is a good reason to be feeling discouraged when something isn't going right.

Do you ever have trouble deciding which genre suits your story idea? It may be figuring out the age level that is more of a challenge; I find the story calls for the genre. Right now, I'm adapting a picture book manuscript for older readers, because, well, picture books aren't ready for a consideration of toxic masculinity!

Hot writing tip. The first that flies to your mind:

Use your best image and line of dialogue and story idea now. More will come. Don't sit on them; keep things flowing.

Is there something in particular you recall from learning at UVic that influenced you as a writer? I learned the beauty of short prose from John Gould's work and from a class in flash fiction with Lorna Crozier. That was very exciting, to discover the intricacy of the craft and the irreducibility of an excellent piece. Steven Price, in a class on poetic technique, showed how unyielding a craftsman must be, which is different from perfectionist. Tim Lilburn showed that the conversation is as important as the writing—the ideas, the context, the history. All of that offered me a lot to work toward, a lifetime assignment. †

Best Guest Scenario

How to be a scintillating podcast guest.

BY MORGANE MICHAEL (BED '08)



Podcasting is the new frontier in marketing and business communication. Everyone seems to have one or want to be a guest on one. Now, it's more important than ever to know how to hone your message so that it lands well with your desired audience. Sharing your ideas effectively is simple enough, but it helps to keep a few key elements in mind.

I've had the pleasure to experience the world of podcasting first-hand though my role as an online coach/mentor for Seth Godin's *The Podcast Fellowship* and through the creation of my own podcast, *KindSight 101*, where you'll hear from world-renowned educational leaders about the mobilizing power of kindness.

Alongside a handful of other incredible coaches, I've had the honour of mentoring hundreds of people through the process of creating a podcast that aligns with their brand, message and the change they wish to make in the world. Since my introduction to podcasting in 2018 as a novice, I've had many people ask for advice about becoming a better podcast interviewee.

Here are **six tips to guide your success** and show you how to communicate your message even more effectively as a podcast guest.

Podcasting has become a favourite medium for entrepreneurs, thought-leaders and dreamers to make their mark on the world by spreading their message and expanding their network. These days, anyone with a message, niche market, or obscure set of skills can share their expertise through audio. Unlike YouTube, podcasting lends itself to multi-tasking. You can listen while you run, do housework, or commute.

In June, there were 750,000 podcasts (up 26 percent since 2018). Compared to YouTube channel, podcasting is still relatively under-developed and presents some significant opportunities for growth. According to a recent Apple survey, only one in two Americans has listened to a podcast, so audience numbers are sure to grow in the coming years.

Being a podcast guest is a great way to share your ideas, sell your product, promote your book, or boost your company's brand. †

1. Singular Message Think about your central theme or message. Can you sum it up in a sentence or less? It's helpful to think of your ideal audience. Can you describe an avatar that represents the ideal customer or listener? What is your product or message for? What problem are you seeking to solve? If you can answer those questions eloquently and clearly, it's likely people will sit up and take notice.

2. Stories The best podcast guests respond to questions by telling a story first, then zooming back out to the learning or actionable strategy. Have a few stories in the bank that relate to several subtopics connected to your overarching theme and story of origin. People are emotional beings. It's emotion that often causes people to act. If you can tell a story that motivates people to take meaningful action (buying your product, visiting your website, starting a new habit), you've won!

3. Strategies Have a few actionable tips related to your big idea. You don't simply want to inspire people, you want to transform their lives. They can only do that if you leave a roadmap or some instruction about what to do once they're inspired.

4. Sales Understand the difference between self-promotion and value creation: For some people the idea of selling a products or brand feels uncomfortable. Every successful guest I've spoken to believes deeply that their message or idea will improve the lives of the audience. They therefore confidently approach the interview from the perspective that it's their moral imperative to shine light on it. The result? More people feel compelled to buy the book, subscribe to their blog, purchase their merch or buy their course.

5. Statistics These help to reinforce the rationale behind your concept. It's a tricky balance. Always make stats come alive by comparing them to something tangible.

6. Summarize In his book *How to Give a TED Talk*, Jeremy Donovan says people need to hear a central message about three times before it anchors in their minds. Having a short mantra that summarizes the concept helps with the stickiness of the idea. In my speaking, I often tell stories that come back to my central philosophy: "small act, big impact."

THE CHANGE-UP

Bean Business

Ben Gingerich builds his specialty coffee company with a strong dose of pure hustle.

Name: BEN GINGERICH

Age: My paperwork says I am 37 years young.

Hometown: Goderich, Ontario.

UVic degree and year: BA '06 in Child and Youth Care.

What I used to be: A Youth Services Officer for the Ontario Government Youth Justice Division.

Then I had the idea to: Roast great coffee.

Why I did it: I fell in love with the coffee scene while studying in Victoria at UVic. Since then, I have continued down the rabbit hole from home coffee roasting to commercial roasting and now sourcing unique nano lots of specialty-grade coffee from coffee farmers around the world.

How I did it: Entrepreneurship in coffee takes a lot of pure hustle. An unstoppable recipe for success is to have a high level of passion and determination to overcome the unending obstacles that arise when one sets out to achieve an ambitious goal.

What I love about my new life: I love the flexibility and autonomy of an entrepreneurship lifestyle. Entrepreneurs: the only people who will work a wild ride of 100 hours a week to avoid working a simple 40 hours a week for someone else.

What I miss about my old life: The people and well, yes—the pay cheque.

One lesson learned: To build something great, all you need to invest is time and money—that's it. Our Coastal Coffee adventure has taken much more time and money than we ever imagined. Established business owners tell me that never changes.

One person who helped me: My wife, Brianna Gingerich. I could not have done any of this



Ben and Brianna Gingerich are renovating an old church in Huron County to become the centre of Coastal Coffee operations.

without her unwavering support and wisdom. I have always said she is the secret magic behind Coastal Coffee.

One trade secret: There is so much great coffee to be discovered in the third wave, specialty-coffee scene. Go out of your comfort zone and taste coffees you have never tried before. Trust me, you will fall in love.

You can find me: Roasting coffee or working on our latest project—renovating an old church we have purchased to be our new Coastal Roastery and our home. You can also find me rolling around in our Coastal Coffee Volkswagen Westfalia delivering fresh Coastal Coffee to local restaurants, cafés and retailers in Huron County. ☕

Learn more at www.coastalcoffee.ca.

Digital Domain

Rich McCue (BCom '95, MA '16) is the manager of the Digital Scholarship Commons in the UVic Libraries. He and his team help students, faculty and staff explore ideas with technology and digital tools including 3D printers, virtual reality and podcasting. While growing up, he would often explore UVic, where his father was a professor of Medieval European history. McCue completed a UVic master of arts degree with a focus on educational technology, going on to help shape and develop the Digital Scholarship Commons from its outset. Here, McCue describes his typical work day.

6:30 a.m. I usually wake up at around this time. No alarm clock required.

7 a.m. My partner Heather, my daughter, and I take turns walking our family's crazy corgi/American husky rescue dog, Porkchop, before work and school. Bedroom doors need to be firmly shut or Porkchop will cause mayhem while she forages for something to eat.

7:40 a.m. I say goodbye to Heather, a palliative care-coordinator nurse, and then hop on my bike for a beautiful 10- or 12-minute commute through Gordon Head.

8 a.m. I pick up coffee from the friendly staff at the BiblioCafé in the Library and then plan my day in the notebook that I carry everywhere.

8:30 a.m. I work on an Introduction to Podcasting workshop for students I'm developing with Dr. Matt Huculak, our digital scholarship librarian, and Bill Blair our music librarian. We've had several requests from faculty members, so this is our top priority for workshop development. The workshop is Creative Commons-licensed, which means anyone can use it (or any of our 26 workshops) for free.

10 a.m. Our virtual-reality graduate expert is working on a new VR workshop activity, so I sit with him for an informal meeting to see how he's doing. The introductory workshop is popular, so we expect an intermediate VR activity will be in demand too. Students are happy when they learn they can borrow VR headsets and 360 cameras from the Music and Media desk.

10:30 a.m. Every week I teach three to five workshops, and this week I'm starting with one of my favourites, 3D Design & Printing, with 12 eager students from across campus. Paige Whitehead, a Microbiology and Environmental Studies student, attended this workshop to learn how to design and print a reusable cap for the biodegradable, seaweed-based glow stick she developed. A very cool project!

12 p.m. A short call with a History professor to finalize details of a workshop on augmented and virtual reality for her grad seminar. She hopes her students will leave the class having created an AR experience that will make an artifact more accessible.

12:30 p.m. We've partnered with Mechanical Engineering to do the 3D printing assigned for a new course for non-engineering students. To help meet demand, I'm researching the cost of adding to our fleet of three 3D printers.

1 p.m. I have an enjoyable walk across the quad for lunch at Mac's in the MacLaurin Building, where they have an excellent variety of soups.

1:30 p.m. I meet with our DSC 3D printing expert along with a Computer

Below: Faculty of Education students in a 3D Design and Print workshop led by Rich McCue in the Digital Scholarship Commons. Top right: The magnified gaze of Digital Scholarship Librarian Matt Huculak before an Introduction to Electronics workshop. Middle: McCue modelling one of the DSC's virtual-reality headsets.





Science 400 class group that is evaluating our 3D printing workflow for a class project. Our manual process for student 3D print jobs works okay in small numbers but needs automation to handle ever-increasing requests.

2:30 p.m. I've set aside time to work on a research paper I'm presenting at a symposium at Yale on active-learning workshops in academic makerspaces. The conference is an opportunity to find out what other universities and academic libraries are doing in their makerspaces and library-based digital scholarship labs.



3:45 p.m. Before the end of the day I answer email. I have notifications turned off on my computer and phone so I'm not interrupted, which means that I really do need to check my inbox periodically.

4:30 p.m. I prepare for a data-visualization and narrative-maps workshop I'm teaching first thing tomorrow. We use five or six web-software services, and occasionally a website will change enough that our activity instructions do not work properly.

4:45 p.m. Thankfully it's not raining for my bike ride home!

5:30 p.m. I warm some minestrone soup from the big pot I made on the weekend, which I enjoy with Heather and the three of our five children who still live at home.

6:30 p.m. I've coached soccer at the Saanich Fusion FC since 2007, but this year I'm assisting my 16-year-old daughter Jillian as she coaches a team of 12-year-olds. She's getting valuable coaching experience while she plays soccer for Vancouver Island Wave.

8 p.m. I haven't taught citation-management software since working in the Law Library, but still use it enough in my research to teach my daughter tonight. Emily is playing soccer for Florida Gulf Coast University. We connect, and I walk her through an open-source citation manager. Lots of *oohs* and *aahs* as she sees how easy it is to cite articles and create a bibliography.

8:30 p.m. Porkchop won't let us forget her evening walk, so we take her for a stroll.

9:30 p.m. Typically, I end the day either reading (often sci-fi or historical naval fiction) or watching something on Netflix or YouTube with Heather before heading to bed.

Bottom line: My best work days are when I am able to assist students, faculty and staff to learn a new skill to help them pursue their research interests or passions. 🍷

Discover more about the Digital Scholarship Commons at uvic.ca/library/dsc

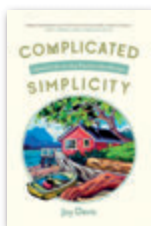
Class Notes

News and photos from around the alumni world

1960's

MURRAY FARMER, BA '68, LLD '17, and Lynda Farmer have received the Order of British Columbia to honour their roles as exemplary philanthropists, community volunteers and leaders. Murray served on the University of Victoria board of governors as chair and for two terms as university chancellor. Together, the couple established the Lynda and Murray Farmer Walk of Excellence to honour former University of Victoria athletes and coaches. They led fundraising for the Shaw Centre for the Salish Sea and Lynda assisted in the establishment of the Mary Winspear Centre in Sidney. The Farmers also helped expand the Victoria Foundation.

1970's



JOY DAVIS, BA '77, PhD '11, has had her first book published by Heritage House Publishing.

Complicated Simplicity: Island Life in the Pacific Northwest draws on a variety of sources to contextualize peoples' enduring fascination with islands worldwide, including her own experiences growing up on Bath Island (off Gabriola) and her interviews with residents of the San Juan Islands, the Gulf Islands, the Discovery Islands and Clayoquot Sound. Davis, now retired, directed the University of Victoria's museum and heritage programs for many years.

MARIE ELLIOTT, BA '78, MA '82, is the author of the new book *Gold in British Columbia, Discovery to Confederation* by Ronsdale Press. Elliott's previous books include *Gold and Grand Dreams* and *Fort St. James and New Caledonia: Where British Columbia Began*.

1980's

JOHN BARTON, BA '81, has launched his first book of essays: *We Are Not Avatars: Essays, Memoirs, Manifestos*. The work is published by Palimpsest Press. Barton is a prolific poet and the former long-time editor of the *Malahat Review*.

EVE JOSEPH, BSW '85, MA 'Ed, is the Canadian winner of the 2019 Griffin Poetry Prize. The Victoria-based writer received the honour for *Quarrels*, published by Anvil Press. The Griffin is the world's largest prize for a first-edition single collection of poetry written in or translated into English. Every year, the prize goes to one Canadian and one international poet, who are each awarded \$65,000. Joseph won the B.C. Book Prize for non-fiction in 2015 for her memoir, *In the Slender Margin*, about her 20 years working in a hospice.



EVE JOSEPH

DONALD LAWRENCE, BFA '86, professor of visual arts at Thompson Rivers University, has been selected as an Arts and Humanities Faculty Mentor Awardee of the Council on Undergraduate Research. The award recognizes outstanding mentoring of undergraduate researchers in the arts and humanities.

DEBORAH SAUCIER, BSc '88, MSc '90, is the new president of Vancouver Island University. Saucier served as president of MacEwan University in Edmonton and is an accomplished neuroscientist, educator and administrator. She has a deep commitment to STEM (Science, Technology, Engineering and Mathematics) and Indigenous education. She holds a PhD from Western University in London, ON. Saucier is originally from Saskatoon and is of Métis heritage.



DEBORAH SAUCIER

1990's

SARITA BAKER, MFA '95, an art teacher at Langara College, is pursuing a PhD in Arts Education at Simon Fraser University.

RACHEL GOLDSWORTHY, BSc '91, has recently released *Green Spirits*, part of the Corsair's



RACHEL GOLDSWORTHY



Cove series of fun, feminist short fiction. She celebrates and shares the successful process that

she and her fellow Corsair's Cove authors have developed by offering a lively presentation on Collaborative Creativity through UVic's Speaker's Bureau.

KARL MAIER, LLB '97, is returning to Vancouver Island to join Beacon Law Centre as an associate lawyer. Maier practiced law for over 20 years in New Westminster, Surrey and Vancouver. Maier's legal career has been focused on working through complicated situations and protecting vulnerable adults. He will be based in the Beacon Law Centre's Victoria office, working on matters involving estate, trust, company/society and real-estate issues. He lives with his spouse, Denise, a college instructor and accomplished early-childhood educator. Their three children are all pursuing higher education. His interests include cycling, sailing and environmental action.

SARA (LETCHER) PEARSON, MA in Classics, '94, is an associate professor of English literature at

Trinity Western University, after receiving an MA in theology from Regent College ('00), and an MA ('02) and PhD ('08) in English literature from Boston University. She married husband Ken Pearson in 1998, and they are currently living in a rural cottage on a horse farm in Langley, BC. Her career as a Brontë scholar has provided some unique opportunities—most recently, giving a public talk in Poets' Corner in Westminster Abbey, London, on Charlotte Brontë as an Anglican women novelist (June 2018), based on a recently published book chapter in *Anglican Women Novelists: From Charlotte Brontë to P. D. James*, (T&T Clark, 2019). She also co-authored *Celebrating Charlotte Brontë: Transforming Life into Literature in Jane Eyre*, alongside distinguished Brontë scholar Christine Alexander. The book was a labour of love, and she can't imagine a better project on which to have worked.

She is on a one-year sabbatical, during which she'll be working on a new scholarly edition of Charlotte Brontë's novel, *The Professor*, and co-editing, with her colleagues Monika Hilder and Laura Van Dyke, a collection of essays on the literary group known as the Inklings. She has found that her



SARA (LETCHER) PEARSON

education in Classics (now Greek and Roman studies) at UVic has served her well in all of these endeavours, and she enjoys teaching a course on "Classical Backgrounds to English Literature" at TWU.



ANTHONY RICHARDSON in regalia to receive his PhD.

ANTHONY RICHARDSON, BA '92, has received his dual MPhil/PhD qualification in Philosophy and Legal Studies from the University of London's Institute of Advanced Study. While at the University of London, Richardson was elected as an Associate Editor and subsequently as Editor-in-Chief of the University of London Law Review. In 2014, in conjunction with his dual degree studies at the University of London, Richardson was selected by the United Nations Security Council's Counter-Terrorism Executive Directorate to join them as a Legal Research Intern.

TAMARA VROOMAN, BA '91, MFA '95, has been appointed to the Order of British Columbia. Vrooman is President and CEO of Vancity Credit Union. She was recognized for being a pioneer in values-based business and for leading with excellence throughout her career, both during her time as BC's Deputy

Minister of Finance, as well as in her current role at Vancity.



TAMARA VROOMAN

2000's

CATHY CROWE, Doctor of Science in Nursing '01, has published *A Knapsack Full of Dreams: Memoirs of a Street Nurse*. The memoir recounts her many years as a street nurse and social justice activist. Find out more at cathycrowe.ca.



CATHY CROWE

KATHERIN EDWARDS, BFA '07, has had her first poetry book, *A Thin Band*, published by Radiant Press out of Regina. Find her on her website: katherinedwards.com.



CARI BORENKO HOFFMAN, BSW '03, has received a prestigious \$17,500 Frederick Banting and Charles Best Canada



CARI BORENKO HOFFMAN

Graduate Scholarship for thesis research into a vital aspect of Advance Care Planning: exploring health-care providers' understanding of the legal requirements and obligations of advance care planning. The award is presented jointly by Canada's top-tier granting agencies—Canadian Institutes of Health Research (CIHR), Natural Sciences and Engineering Research Council (NSERC) and the Social Sciences and Humanities Research Council (SSHRC)—to support students who demonstrate a high standard of achievement in undergraduate and early graduate studies. Borenko Hoffman, currently a Master of Health Studies student at Athabasca University, is a Canadian leader in Advance Care Planning.

KAREN ORMAN, Cert '06, owns and operates a web and print business called Focus One Design, serving clients around the globe. She is now pursuing a Master of Science in HealthCare Informatics at the University of San Diego (California). Her future goal is to work in the health-care industry in rehabilitation, occupational therapy or with technology and health.



JAMESON TAYLOR WHELAN

JAMESON TAYLOR WHELAN (TAYLOR), BSc '07, is the head winemaker at CedarCreek Estate Winery, one of the eight wineries in the Okanagan Valley. Whelan's wines have won numerous Canadian and international awards, including best Canadian red wine and best Canadian white wine at the world wine awards in London, England. He is

the youngest winemaker at a major Okanagan winery. After UVic, Whelan earned a post-graduate diploma in cool-climate oenology and viticulture from Brock University before beginning his career in winemaking.

2010's

ANNICK MACASKILL, MA '10, completed her first full-length poetry collection, *No Meeting Without Body* (Gaspereau Press, 2018). It was recently nominated for both the League of




Canadian Poets' Gerald Lampert Memorial Award and the Atlantic Book Awards' J.M. Abraham Poetry Award.

BRANDON MARLON, MA English '13, published a third book in October, *Essentials of Jewish History: Jewish Leadership Across 4,000 Years* (Valentine Mitchell, 2019).



The nonfiction historical reference book is comprehensive. Both a typology of leadership roles (prophets; prophetesses; high priests; Judges; kings; queens; exilarchs; courtiers; Zionists; generals; sages) and a Who's Who, it assembles all of

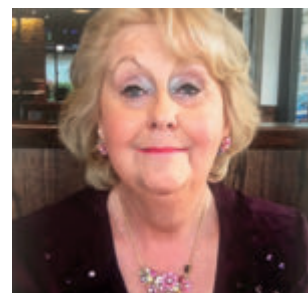
these discrete categories in one convenient volume. For knowledgeable readers, it offers the advantages of its systematic organization and inclusivity of content. For readers unfamiliar with Jewish history, it affords a solid grasp of what the first 4,000 years of Jewish history entailed. 

What's New With You?

Be in the next Class Notes. Send news and photos to: torch@uvic.ca

Farewell

ANDREA GAYLE HOLM ALLINGHAM (April 13, 1949 – July 11, 2019), BA, MA, ABD, suddenly passed away in the Intensive Care Unit of Victoria General Hospital from an unexpected heart attack. A graduate of both UBC (BA Linguistics, 1983) and the University of Victoria (MA '90 in Education Admin), Andrea was a doctoral student at UBC before moving with her husband to Thunder Bay in August 2000. During her fifteen years at Lakehead University she was a




ANDREA HOLM ALLINGHAM

Professional Year practicum supervisor, and taught educational psychology and multicultural education. She was a contract lecturer in Lakehead's Faculty of Education and Department of English.

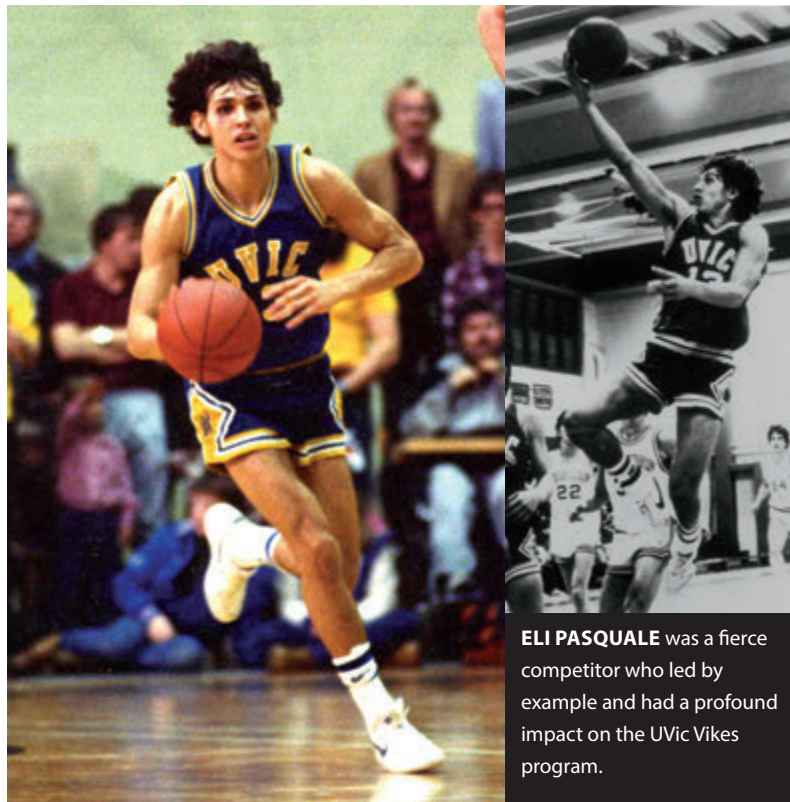
Her legacy lies in her hundreds of students from Prince George; Fraser Valley College; the LU, UBC, and UVic Faculties of Education; the Lakehead Freshman Writing program, and especially from Golden, BC, where from August 1992 to June 2000 she was a guidance counsellor and English teacher, as well as Freshman composition instructor at the College of the Rockies. She is survived by those at her bedside in the ICU: her husband of 33 years, Dr. Philip Allingham; daughters Dana, Stephanie and Gwendolyn; and brothers Mark and David Evans. Not present but in her thoughts were her son,

Devon, her mother, Gerd Evans of New Westminster, and her grandchildren: Kaylyn and Braeden Allingham of Nelson, BC, and Jaxon and Juno Bjornson of Langford.

Sadly, she missed the debut of her first published novel, *A Wensbury House Mystery: Mine for the Taking*, on July 15th with Apple ibooks. A memorial service took place at the Sea Island Centre at the Vancouver International Airport. Her death came as a shock to friends and family since, just a week earlier, she was happily at work on her second novel and enjoying her family. 

Farewell, Number 13

Eli Pasquale (BA '85) was one of Canada's greatest basketball players—and an inspiration to generations.



ELI PASQUALE was a fierce competitor who led by example and had a profound impact on the UVic Vikes program.

He was a hero to NBA star Steve Nash. He was one of the select few university players to win national titles in all five years of eligibility. He was Canada's point guard through two Olympic games. Eli Pasquale (BA '85) was one of the best basketball players ever to hit the hardwood in Canada—and he will be remembered in the years to come as an outstanding athlete, family man and member of the community.

Pasquale was born in Ontario, but came to the University of Victoria to play for coach Ken Shields. Together, along with a roster of other exceptional players, the Vikes won five back-to-back titles from 1979–80 to 1983–84.

"He was from Sudbury, and he followed Ken Shields out to UVic. I think he had a sense of pride in being a foundational stone in the program. Before he came, they had never won a national championship in basketball. His first year, he comes and then they win five straight," says Cleve Dheensaw (BA '79), who has followed Pasquale's entire career—first as a reporter for the *Martlet* student newspaper and later for the *Times-Colonist*.

Right after graduation in 1985, Pasquale started his eponymous basketball camps. Thousands of youth on Vancouver Island have since attended the camps, heard his inspirational talks—and experienced his passion for the game.

"It's not a stretch to say that a generation of Island players have learned their craft, how to play the game, through Eli Pasquale camps over 35 years now," says Dheensaw.

The fiercely determined Pasquale also served as an inspiration for a famous point guard—NBA All-Star and MVP Steve Nash, who grew up watching him at McKinnon Gym. Pasquale was a draft pick of the Seattle Supersonics, but never became part of the NBA—though many experts agree he should have and would today. He helped power Canada to fourth place at Los Angeles Olympics in 1984 and sixth place at Seoul in 1988.

Pasquale broke ground for Canada's crop of emerging NBA stars, says Dheensaw. "He's of the generation that paved the way for the current NBA players in Canada, no doubt about that. Back in the day when respect was hard to come by for Canadian basketball players, he earned that respect."

In 1982, Pasquale was named BC University Athlete of the Year, and in 1983 he led Canada to a gold medal at the World University Games over a USA team that included NBA stars Karl Malone and Charles Barkley. In 2003, Pasquale was inducted into the Canadian Basketball Hall of Fame, and in 2004 he joined the BC Sports Hall of Fame. The following year, his jersey was retired by the Vikes.

"Eli played with unprecedented passion for the game, and he was relentless in his drive to compete and constantly improve. He led by example at all times. Our community benefitted from Eli's love of basketball as he continued to impact and inspire beyond his playing days as thousands of children benefitted from his camps and programs," says Vikes Director of Athletics and Recreation Clint Hamilton (MEd '92).

"We have lost a sporting giant and our Vikes program will forever be honored to have the Number 13 jersey hanging in our McKinnon and CARSA facilities—a reminder for current and future generations of the high standard Eli Pasquale set while at UVic."

Pasquale passed away in Victoria on November 4 from cancer. He was 59. He is survived by his wife, Karen Graham-Pasquale (BA '86, BEd '07), sons Isiah and Manny, sister Luciana, brother Vito (BA '88) and mother, Adriana. †

— *Jenny Manzer* (BA '97) with files from *Tyler Lowey*

Finding the Words

Writing grad parlays a passion for storytelling into helping others unlock their creativity.

BY DANIELLE POPE (BFA '08)

My mom used to say I was a writer even before I entered this world.

She would walk, pregnant, by the bay windows of our living room on moonlit nights and words would pour from her veins. Decades later, she read me the poems inspired by this time—black ink now greyed, the crisp pages frail at the edge. She called them silly, but her themes were big, feminine, filled with images of the moon and magic, stars, forests and love, thick with the sinews of beginning—everything on the precipice of becoming.

From the time I was little, I ran around with a hairbrush microphone, interviewing my mom about the night's dinner, or my sister on the cat's latest whereabouts. It surprised no one when my passion lifted me directly into a journalism career, and then later into helping others find their words.

I was deep into my career when I realized my mom's words had tunnelled the way for mine. Her playful creativity had given me permission to realize my own.

When I started hosting writing workshops and retreats, people would talk to me about why they were there. I would learn about their belief—or lack thereof—in their creative ability.

"I've always wanted to do this, but I don't know how."

"I'm not a very good writer, but I wish I was."

"I don't really belong here, but I was curious."

Sometimes, those critical voices come from a parent. Sometimes an educator. A jealous friend. A partner with opposing wishes. More often, though, the loudest voice telling us whether or not we can do something is our own.

Our inner critic might convince us it's best to focus on task lists, other people's needs, a ticking clock, but when we actually turn down the volume on that voice, right underneath is a younger spirit, waiting to be told it's okay to come out to play. Sometimes, all it takes is giving that permission to ourselves.

I've seen this in action. The first time people attend a creative gathering, they often bustle through the doors with an air of accomplishment,



the way a fawn might stumble through the berm and onto a lawn—a wide-eyed mix of "I have arrived!" and "Where am I, exactly?" They've found themselves in the meadow of their own permission.

Permission drives them there, but that's not the reason they come back. When they return, they've come to do one thing—something more powerful and compelling than any achievement list: play.

I love watching how play unfolds the moment we release ourselves to our creativity; when we come alive with the light of possibility; when we remember this is fun; when a single sentence transmits itself from fingers to ears and you can almost see the electric sparks between two beings: a transference of wisdom and energy, fire and current. It's like magic.

And, it's in those moments, when we play our way into expression, that we can connect with that little spark inside of us. It's that spark that's ready to bounce from person to person, interviewing each of them with a hairbrush microphone. It's that spark that will transform *"I don't know how"* and *"I don't belong"* to an invitation to explore.

It's the moment we take that chance to create, to play, to risk being silly, even to share our words, that we open the window to becoming. Sometimes, that's all it takes to change someone else's world and birth something new. †

Danielle Pope is a writer and editor in Victoria. She leads creative writing workshops and retreats through her company, The Story Midwife. Instagram: @TheStoryMidwife

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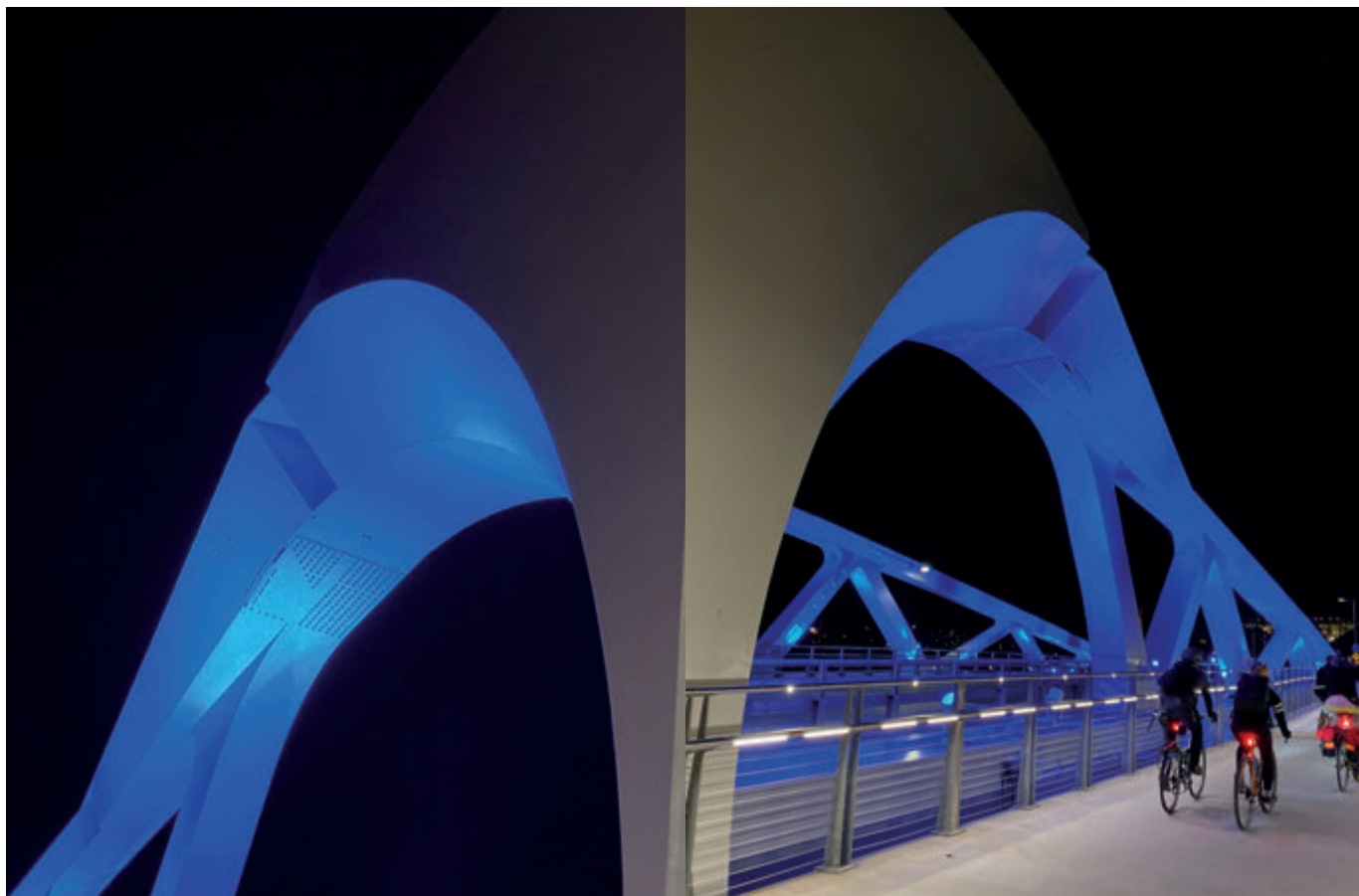
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Blue Bridge 2.0

PHOTOGRAPHY BY ISIS DIANOVA

The long-awaited new Johnson Street Bridge in Victoria's Inner Harbour shimmers blue in the evening, as seen in this photo illustration showing two sides of the structure. It is said to be the largest single-leaf bascule bridge in Canada and built to last 100 years. City resident **Isis Dianova** took the images while on an autumn stroll.