**Publications mail agreement No. 40014024**

**Calling all couch potatoes**

**THE POWER OF EXERCISE**

who, based on previous research findings, believes he can turn environmental cues—such as a morning routine involving drinking coffee and brushing your teeth. "This is why the process is embedded in the carpet. But while the joint goal of getting fit and making it a habit?

**BY PATTY PITTS**

Calling all couch potatoes

New Year's resolutions to exercise more are as predictable as post-holiday leftovers, blunted credit card statements and pine needles embedded in the carpet. But while the joint goal of getting fit and losing weight is generally the most popular of resolutions, it is also the one most commonly broken.

Why is it so difficult to integrate exercise into our daily routine and make it a habit? "Habitual behaviours don't require conscious justification; you just do it," says University of Victoria PhD candidate Navin Kaushal who, based on previous research findings, believes he can turn struggling exercisers into habitual ones.

Kaushal defines habit as an automatic process triggered by environmental cues—such as a morning routine involving drinking a cup of coffee and brushing your teeth. "This is why the process of these behaviours is smooth and effortless."

But first Kaushal needs the help of 60 adults willing to test his theory by participating in an eight-week research project. "I've identified at least four key variables I believe are necessary to establish exercise habits," says Kaushal. "This will be one of the first projects to test their effectiveness." To protect the integrity of his research project, Kaushal won't reveal the identity of the variables in advance of the study.

Kaushal began his academic career with an honours degree in Behavioural Medicine Lab. Led by PhD candidate Matthew Gusul, 13 theatre students traveled to India's Tamil Nadu and Pondicherry regions to participate in the field school throughout October and November 2014. Gusul, an Applied Theatre practitioner who has done similar fieldwork in Mexico and Guatemala, has been working with the 80 people in Tamil Nadu's Tamanakulam Elders Village (TEV) for the past two years. By positively highlighting the life experiences of TEV residents and the 750 young students of the Isha Vidhya Matriculation School—both of which were created after the 2006 tsunami to address issues of displacement and vulnerability—Gusul and his students have struck a chord with these seniors and rural youth to perform their own stories, develop strong community relations and create new lines of dialogue across generations.

**Culture from the inside out**

"Everyone had a wonderfully dynamic and very emotional experience," says Gusul. Upon arriving, the undergraduates started familiarizing themselves with India and teaching English and basic theatrical exercises at the Isha school, while Gusul helped the UVic students understand neo-colonialism and its legacy in India. "The school is filled with first-generation learners—which, in India, means they are the first member of their family to ever attend any school—and of the 15 students who became part of the theatre company, only two of them had parents who could read or write," he says. "One of our students used the phrase, 'Getting to know culture from the inside out', which is precisely what we did!"

With participants ranging in age from nine to 90, Gusul and his students worked to develop a sense of intergenerational playfulness, as well as train three Indian Elders' Village for the past two years.
February starts with Alumni Week
AlumniWeek is the fifth annual spotlight on the positive impact of more than 100,000 UVic grads—runs from Feb. 1-7. This year’s series of events includes a featured evening with newly-appointed Chancellor Shelagh Rogers, Distinguished Alumni Awards, and a grand prize draw for a $2,500 travel voucher. Over a dozen other events include lectures, workshops and reunions. Complete details and online registration forms are available at alumni.uvic.ca.

Libraries provide new data access across BC
Thanks to an agreement with a leading source of historical information, BC now has unprecedented access to archival materials spanning several centuries. Libraries at UVic, SFU and UBC received lifetime access, on behalf of students, faculty and BC residents, to all the Gale Digital Collections products—some 60 million pages of digitized historical content. This is by far the largest such initiative to date and offers access to over 50 databases. To find out more, visit ACRL-GALE.

Climate & energy forum
On Jan. 26, UVic and the Pacific Institute for Climate Solutions will host a forum that will explore climate change from different perspectives including today’s energy sector, sustainable investments and society’s choices. The event, “A dialogue: climate change, decoupled and society,” will be moderated by PICS Executive Director Tom Pedersen, and include panellists Paul Kokokwana (Eskom), Steve Douglas (Sanford Energy), Stephen Hum (Raven Group), Gary Krosinsky (Carbon Tracker Initiative, Yale University) and Crystal Dumas (Fossil Free BC) (See Nation). The event is free, and will begin at 7 p.m. at Flurry Hall (B150), Bob Wright Building. More info: uvic.ca/climateforum

IN THE NEWS

As we start 2015, the university is also celebrating twelve months of stories about our people, projects, ideas, creativity and research.

Archaeological sleuthing deep underground, a student mystery still unfolded from the Great War and a tiny satellite no bigger than a shoebox are just 10 of the many captivating UVic stories from 2014.

Indigenous master’s degree a first
Lindsay Delaurde was one of 14 UVic students taking part in the new Indigenous Communities Counselling master’s program—the first in Canada.

A brand new field school in South Africa
Thirteen UVic students and two faculty members arrived in South Africa just in time to observe the action during the national election. The new field school explores impacts of colonial history on every day life and on the rural and urban landscapes.

Shelagh Rogers announced as UVic’s new chancellor
Shelagh Rogers—national radio host, champion of reconciliation, mental health advocate and an acknowledged “voice” of the country—is now the university’s 11th chancellor.

BC coastal wolves are distinct from mainland ones
The waggish joke that wolves are “Canadas newest marine mammal” is a lot closer to truth than jest—an insight suggested by Indigenous knowledge and confirmed in a study co-authored by UVic geographer Chris Darminton.

Student satellite engineering team is ready for lift-off
The tiny nanosatellite is no bigger than a shoebox and looks like a tiny black office tower with an antenna, but when it launches 800 km into space.

FIELD SCHOOL
CONTINUED FROM P.1

diary

The tiny nanosatellite is no bigger than a shoebox and looks like a tiny black office tower with an antenna, but when it launches 800 km into space.

Directors in their unique facilitation style. “Playfulness and storytelling is how this style of theatre should work,” Gusul explains.

Something old, something new
The field school culminated with inter- generational theatrical performances at both TEV and the isala school—a totally new kind of show like a tiny black box. Gusul makes clear would never have happened without the presence of the field school. “The first time they ever started thinking about this was back in 2013 when I first went to this community,” he says. Yet despite the vast cultural distances between the内部 and the community, and the important difference between the performers themselves, the final performances—rooted in the personal experiences of the children and elders—as, Gusul put it, a triumph in creating theatre from something that was spontaneously told to something put on for an audience in just three weeks was truly remarkable,” he says. “They really stepped up to the plate.”

Gusul was particularly moved by one participating elder named Jayama, who shared her own story: traded for a piece of farmland as a dowry. Jayama and her husband worked the land for years until he died, then all three of her sons turned to alcohol and abuse, which is how she ended up abandoned in the elders’ village. Even worse, the last of her sons died from alcoholism only days before the final performance, with Gusul himself driving her to the funeral.

Yet despite all that, Jayama insisted on performing. “She told me that she was really sad to have lost her son, but felt fortunate to be in the elders’ village as she had gained so many adopted sons—including the village manger and myself—and would never want to do anything to disappoint us. She said she still wanted to do the performance, because it was so important to her.”

“Which speaks directly to the power of what theatre can offer someone how important it was for her to tell her story, and important it was for us as a global community to listen. When you want to talk about the absolutely most under-privileged person in the world, it would be from someone in her position: she’s 80 years old, can’t read or write, and had been abused and abandoned by her sons.”

Making a better world
Even though the UVic students have now returned, the success of Gusul’s project has ensured it will continue. One of the Pondicherry directors will continue working with the company during 2015, with three more inter-generational theatre companies to be formed in other parts of India over the next 12 months thanks to the support of the HelpAge India NGO, who have supported this initiative from the beginning.

Ultimately, it’s Jayama’s story that Gusul holds closest to his heart. Knowing the difference Applied Theatre has made in her life. “I’m really happy that for one single night, we could take one of these elders and help her become a storyteller for her community.”

Navigate the ever-changing market
A longtime resident and UVic grad, Dave is helping local residents and new-comers to navigate the way through the real estate market. Whether buying or selling, he will advise smooth sailing. Just ask his many clients at UVic.
Listening to the “voice” of proteins

BY SUZANNE AHERNE

When UVic engineering professor Dr. Renée Gordon describes the biomedical engineering technique of listening to and recording the “voice” of proteins, it sounds a lot like a modern-day Dr. Seuss’s children’s story of an elephant who hears a voice calling from a microscopic dust speck.

“Everything small has resonanc-es. Everything has a voice,” Gor-don says of the protein molecules measuring a single nanometer in size—the building blocks of life that are a million times smaller than an ant and emit sound at a frequency a million times higher than the human ear can hear.

Gordon calls the technique Extraordinary Acoustic Raman spectroscopy (EAR) and he believes this way of examining proteins is about to change the pace of drug discovery for diseases from cystic fibrosis to cancer. It’s described in a new study published this week in the journal Proceedings of the National Academy of Sciences.

“It’s just that nobody before has been able to hear them. And because we’ve invented this new way to listen to and in this frequency range, we’re opening the way for scientists to discover all kinds of new things,” he says.

Gordon’s group has discovered that when the protein is trapped with two lasers it will vibrate at a particular frequency, which can be measured and the unique acoustic vibration “fingerprinted.”

“When you listen to a voice,” Gor-don explains, “you can identify the person you’re talking to by the tone of their voice. In the same way, the tones that proteins emit can tell you what you’re looking at. And just as a person might sound different when they’re sick, the mutant form of a protein will sound different from the healthy one.”

Once these two forms are identi-fied—the healthy and the mutant—the lengthy work begins: adding drug combinations to the mutant form of the protein and listening for the acoustic vibration to change back to the sound of a healthy “voice.” Gordon has already part-nered with a drug company that sees potential of this nano-tech tool to accelerate new drug discoveries.

Earl Ring, photo: BETH DOMAN

EXERCISE CONTINUED FROM P.1

“it’s a complicated process. You’re in a rusting state, nice and cozy on the couch, and you need to change to an active state which might make you uncomfortable and force you outside.”

The benefits of habitual activity are more than worth the effort, he notes. Studies show that regular physical activity helps reduce the risk of condi-tions such as cardiovascular disease, diabetes, cancer, hypertension, obe-sity, depression and osteoporosis, as well as premature death.

“I can’t think of many other be-haviours that have that kind of impact,” says Kanaelian.

He wants the benefits of his re-search project to continue long after the eight weeks of participation have ended. “I’d like to empower these people with knowledge so they can take these tools and adapt them to their lives wherever they go.”

PHOTO: BETH DOMAN

Passing the torch

At the end of 2014, Murray Farmer (L) unclipped his term as UVic Chancellor, and was succeeded in the post by Sheldon Redstone (R). At the end of December, Farmer had served on campus for an amazing 150 months on the UVic Board of Governors, making him one of the longest-serving elected or appointed board members. A full article about Farmer’s legacy as Chancellor appears online at uvic.bc/s/advocacy (to read more about flags in next month’s Ring).

Uvic libraries charged with digitizing history

“Book emit” is a familiar phrase in police TV dramas—referring back to the handwritten charge books once used in law enforcement—but you might find yourself stalling a laugh if someone called the phrase out loud in the library. Police bookings are no laughing matter, however, to the UVic Libraries’ Digitization Unit who have been digitizing 2014 copies of a digitizing key piece of Victoria’s police history.

In late November, historic charge books were returned to the Victoria Police Department (VPD) after being preserved electronically by UVic Libraries and volunteers from the Victoria Genealogical Society (VGS). Those charge books from the 19th century are part of Victoria’s rich history and document chargeable offenses within our borders from April 1873 to Nov. 1874. The books reflect numerous infractions, as well as the tremendous strain put on the department dealing with the level of intoxication and routine drunken fights—much like any “frontier town” would have seen back then.

This VGS and the Victoria Police Historical Society teamed up in a joint effort to digitally preserve and make accessible this irreplaceable historical information after learning that a part of our history could be lost forever if not for proper docu-mentation and preservation. The two agencies contacted UVic’s Research Libraries’ Digitization Unit to match those needs with UVic expertise and to facilitate collaboration between both agencies and the university.

Late November’s event, marking the return of the chargebooks to VPD, saw members of the VGS and UVic Libraries ejected to VPcD in historic Car 40 to return the books and copies of the digitized information to Chief Constable Frank Elmes. The UVic Libraries’ Digitization Unit plans to add the resource to their digital collections in the near future.

PHOTO: UVic Libraries

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Rain garden makes a splash for local school

BY ANNE MACLAURIN

Landscape architect and environment studies master’s student Catherine Orr saw her graduate project as a way to connect with a local school and a community about water and the importance of rainwater management.

“I approached Oak and Orca Bilingual School about my idea for a rainwater system,” Orr says, because “the school teaches project-based learning and both teachers and students were excited about the design process.

And after a nine-month design and planning process, a new rainwater system and rain garden are now working, entertaining and educating at the school—an accomplishment shared by Orr, the school and community partners including the City of Victoria, Uvic, the CBID, Mtac’s Real Estate Foundation, Murdoch de Grief Inc, VanCity and BBC Blue Water Project.

“Our partners were very interested and supportive of this project,” says Orr. “Education, collaboration and creativity are key to improving how we manage urban rainwater.”

The rainwater system runs almost the entire length of the school site, starting with water collection from the building’s roof into a 960-litre cistern, flowing through an educational play feature, into a bioswale (a linear trench with specialized soil and plants) and ending with a native plant rain garden. The entire system is gravity fed and designed to manage the majority of rain that falls throughout the year. Rainwater collection projects are also a boon for municipal storm sewer systems, as they lessen peak load during periods of heavy rainfall.

“Teaching children the importance of water,” explains Orr, “is a step toward better water management in the future.”

Engineering safety is no snow job

BY SUZANNE AHEARNE

If getting to the top of your favourite ski hill involves a tow rope this season, you might thank an engineer for the lift—and give a thought to how the profession works to ensure that a safe, smooth ride can be enjoyed by all.

In a typical ski season in BC, a tow rope will come off a pulley four or five times, putting a ski run temporarily out of commission. These derope- ments present serious safety issues for snowboarders and skiers, but the incidence is relatively low and the impact is rarely catastrophic, so there’s little incentive for facilities to invest in improvements.

That gap—between bottom line and public interest—was put before 450 first-year engineering design stu- dents this fall, in a course collaboration with the BC Safety Authority (BCSA). The students’ task: design and implement safer prototypes, including testing, braking and fail-safe components.

The number one cause of derope- ments, students discovered, is rider behavior. Skiers and snowboarders, bored with the slow, straight lift up the hill, start using the T-bar or tow-rope to carve side to side. After a certain point, the lateral force will pull the cable right off the pulley and if not caught by the rope catcher, the steel cable may strike riders.

BCSA engineers Jason Gill and Jeff Coleman spent about 40 hours over the course of the term working with 100 student groups to refine ideas and come up with solutions—some mechanical, some electrical and some sensor-based.

Fifteen of the 100 groups presented their projects to industry and academic judges and five were given awards. “The caliber of work was well beyond what I was expecting of students in their first semester at university,” said Coleman, BCSA’s leader of research and engineering.

Even if these student prototypes don’t make their way to your favourite ski hill this season, don’t fret. Get- ting out early starts on the key role of safety in engineering design—and the importance of codes and standards—will doubtlessly have snowball effects as these students’ careers gain momentum.
Any parent with a computer in the house knows the game—keep the device in a central place, like a kitchen, so children can surf the internet under the supervision of an adult.

But when portable tablets and easy access took control away from parents (despite their best efforts) and gave it to very young users, University of Victoria educational psychologist and leadership professor Jillian Roberts noticed a sudden shift when working clinically with children in the community as a registered psychologist.

"About five or six years ago when tablets came in, parental control evaporated and I was having to debrief kids, young kids, on things that they'd stumbled upon on the internet," says Roberts. "Children don't understand what they're seeing. Mom and Dad don't want to talk about it, but the kids have often seen inappropriate images online that are shocking for them and kids ask me if that's why their parents don't want to talk about it.

Even pre-school youngsters were viewing sexual explicit material or websites dealing with suicide, she found. When some parents approached her, concerned about "how to have a conversation about sex with a four-year-old," Roberts decided to harness the same technology as a response.

"I'd just finished a term as associate dean," she says, "and I didn't want to write a textbook. I wanted to communicate in a fresh way." So she consulted with BC's Centre for Digital Media and worked with a team of coders to produce the application "Facts of Life" to help parents start conversations with very young kids about sex.

"It has very careful pacing, there's more colour and make the coding more interesting and not embarrassed to ask questions," says Roberts about the app released last year, it immediately shot to the top of the educational download list and Roberts was covered in media such as the New York Times and the Huffington Post.

"Parents like that it's too you in your face," says Roberts. "It lets families get the conversation started." Although the success of the app exceeded Roberts' expectations, there are so many more things that she wants to do with it.

"I want to add more animation, more colour and make the coding sophisticated enough to meet the team's goal of being featured on Apple's App Store," she says. "I also hope it will be much more user-friendly for different countries.

A new study commissioned by the Association of Universities and Colleges of Canada (AUCC) highlights the importance of a global perspective for Canadian employers—and the value of international experiences as part of a university education in preparing Canadian students for successful careers. More info from AUCC.

UVIC KNOWLEDGE

New UVic-led physics facility will attract the world's scientists

By Kim Westad

Creating cutting-edge technology isn't that different from learning to play a musical instrument, building a car from scratch or even writing a sports slogan—you just do it.

So says University of Victoria physicist Dean Karlen, who believes the best way to learn, discover and create, even for highly trained physicists, is by doing.

"You don't learn to play piano by reading about playing the piano," says Karlen, the principal investigator for a new particle physics lab under construction.

ARIEL—or the Advanced Rare Isotope Laboratory—is a major expansion to TRUMF, Canada's national research facility for particle and nuclear physics. Located on the University of British Columbia campus, TRUMF is owned and operated by a consortium of 18 Canadian universities, including UVic.

At the heart of ARIEL is an electron linear accelerator (called the e-linac) and an underground beam tunnel that will advance Canadian capabilities in particle and nuclear physics, materials science, and environmental remediation.

It will also be a testing ground for producing critical medical isotopes, which are used to diagnose and treat cancer, heart disease, Parkinson's and Alzheimer's.

The e-linac—the first of its kind in Canada—has been designed and built by a 13-university consortium led by Karlen. The project also involves industry partner PAC national research facilities in the US, UK, Germany and India.

The e-linac uses a new and efficient way of accelerating particle beams—known as superconducting radio frequency technology. Superconductors are materials that conduct electricity with no loss of energy when cooled to very low temperatures.

The e-linac design consists of five cylinders, or cavities, placed end to end. Each cavity contains nine disc-like cells made from pure niobium, a superconductor metal often used to strengthen jet and rocket engines.

When cooled, these niobium cells can store enough electromagnetic energy to accelerate particles to close to the speed of light.

At full power, the e-linac will deliver up to 500 kilowatts of beam power—the same as 5,000 light bulbs concentrated into a square millimetre. Once it exits the accelerator, the particle beam strikes a target to produce a variety of isotopes for pure and applied research, including medical research.

The e-linac is housed in a specially built, surrounded by 1.8-metre thick concrete walls. "It is a one-of-a-kind accelerator," says Karlen. "We're not copying another design. It has unique features that make it suitable to pursue the science in which TRIUMF is currently a world leader."

This September, the e-linac was activated for the first time and produced its first particle beam. The test used a diagnostic system created by two graduate students and staff at UVic. They also designed the software for the operator interface—both "tremendous achievements," says Karlen, who co-supervises the students.

By the time ARIEL is finished in 2021, a second beam line will have been added, effectively tripling the amount of science that can be done at the site.

When completed, ARIEL will put Canada at the forefront of world isotope production and will attract scientists from around the world to participate in experiments, says Karlen.

"It’s exciting for future generations. They’ll come up with new ideas on how to use this that we haven't even thought of yet. It opens up a whole new realm of imagination in science."
The thermometers are overflowing, marking the completion of another successful United Way campaign. As of January 5, the tally for the 2014 campaign was $268,000, exceeding our goal of $262,000. Thanks to more than 425 UVic United Way supporters, we were able to make a significant contribution to United Way Greater Victoria (UWGV) again this year.

UVic runs the second-largest annual United Way campaign in the region, raising money for UWGV from October to December through a combination of individual pledges from employees, retirees and students, and events organized by members of the campuses community.

“I am truly moved by the generosity of the people here at UVic,” says 2014 UVic campaign chair Kate Kilbey. “Money given to United Way is used to create so much positive change in the lives of people in the CRD, and I cannot thank everyone enough for the support they have shown for this community.”

In 2014, the UVic United Way campaign made a significant change to its donation system. As charitable giving modernizes, it is becoming faster and easier to make a charitable gift online, and the 2014 campaign embraced this shift. UVic was fortunate enough to be one of the organizations to successfully pilot the new United Way e-pledge online donation system.

Thank you to all of our donors for their patience and feedback as we made these changes.

The 2014 campaign also featured a number of special events, including large, campus-wide events and small events within departments. This year’s major events—including the UVic Libraries Book Sale, Plasma Car Race, Winter Artisans Market, ESS Siege Week, JDC West Chillin’ 4 Charity, and Chemose’s That Chemistry Show—raised more than $20,000.

The UVic Retirees Association also runs a fundraising campaign throughout the campaign season, and this year contributed nearly $23,500 to the UVic total.

Even if you haven’t already make a gift to the 2014 United Way campaign, you can make a gift online at any time during the year using their online donation system.

**More info:** [uvic.ca](http://uvic.ca)
calendar highlights

Events free unless otherwise indicated. For a complete list of events, visit the online calendar at events.uvic.ca

at the galleries

・ Exhibition. In Session — One. Jan 17 to Mar 3. The first of an ongoing series of exhibitions featuring the artists who work as regional instructors in the UVic Visual Arts department. In Session — One celebrates the significance and power of photo-based art in an age where social media and advertising determine tostandards and norms as with visual storytelling. Legacy Art Gallery Downtown. 610 Yates St. 250-721-6562

・ Exhibition. The Arms of World War I. Until Mar. 3. This exhibition marks the centenary of the start of the “Great War” with a cross-cultural focus on the visual and material culture of World War I. The exhibition includes books, prints, and personal objects drawn from the Legacy Art Galleries, UVic Libraries and private collections in Victoria. Visitors will also see unique examples of European and Middle Eastern “vernacular art,” a term which refers to objects made by soldiers in times of conflict as well as those made of spent artillery shells and other military equipment by civilian artists after the cessation of hostilities. Another central part of the exhibition is the so-called “78th Infantry.” A first-hand diary illustrated by a mystery author—a story covered previously by the Ring and The Globe and Mail. Legacy Multwood Gallery (Mearns Centre/McPherson Library lower floor)

THURSDAY, JANUARY 8

・ Lecture/Seminar. 3:00 p.m. Diplomacy: The Legitimacy and Popularity of Turkey’s Current Government. Martin Burton (UVic). Tupper Atrium. 250-721-8451

FRIDAY, JANUARY 9

・ Lecture/Seminar. 2:45 p.m. GE, Geology and Geomorphology. Kirsten Mevel (UVic). Tupper Bays. 250-721-7737

MONDAY, JANUARY 12

・ Other. 6:30 pm. Sacred Ecology. Join us for an introduction to the practices of sacred ecology, every Monday from 6:30-8 p.m. United Chaplain, Henri Lock. Chapel. 250-721-8318

TUESDAY, JANUARY 13

・ Other. 6:00 p.m. Whistler Pop of Bowing. Listening Circle. Tuesdays 6–7 p.m., until March 31. Multifaith Services Centre, Rm 143. Campus Services. Bldg. Henri Lock, United Chapel, 250-721-8318

・ Lecture/Seminar. 6:30 p.m. Café Confront: Dr. Dene Bouchard (UVic). Hermann’s Jazz Club, 325 View St.

WEDNESDAY, JANUARY 14

・ Music. 10:30 a.m. Leader at Lunch with Sharon & Arnold Kings. An exploration of the German Lied repertoire. MacLaurin Boyst. 250-721-8454

・ Orion Lecture. 1:00 p.m. History of Archaeology and Geomorphology. Turpin B. 250-721-8318

THURSDAY, JANUARY 15

・ Lecture/Seminar. 4:15 p.m. The Archeology of Special Collections. Miriam Centre/McPherson Library 121, 250-721-8682


THURSDAY, JANUARY 16

・ Music. 7:30 p.m. Tiny Music. And Jan 29. Take an afternoon break to enjoy a concert of varied repertoire and instruments featuring School of Music students. Admission by donation. MacLaurin Boyst. 250-721-8454

・ Lecture/Seminar. 2:45 p.m. Where is an Author?/Elaine Wiley (UVic). Tupper Boyst. 250-721-7737

SATURDAY, JANUARY 17

・ Music. 8:00 p.m. Special Event: All Around the Circle: An Evening of Celtic and Irish Music. The Vancouver International Song Institute and the UVic School of Music join core faculty artists in a celebration of this remarkable educational institute. MacLaurin Boyst. 250-721-8454

FRIDAY, JANUARY 20

・ Music. 7:30 p.m. Tiny Music/And Jan 27 & Feb 3. Take an afternoon break to enjoy a concert of varied repertoire and instruments featuring School of Music students. MacLaurin Boyst. Admission by donation. 250-721-8454

THURSDAY, JANUARY 22


FRIDAY, JANUARY 23

・ Lecture/Seminar. 2:45 p.m. Exploring Cyclones in CMIP Five Climate Models. MacLaurin B 250-721-8454

TUESDAY, JANUARY 20

・ Other. 6:00 p.m. Wortle- wares Mobilization. Until March 6. In Defense of Aiah, David B. Brown, co-ordinator, UVic Counselling Services & Henri Lock, United Chapel with UVic, Multifaith Services. Register 250-721-8318

・ Lecture/Seminar. 6:30 p.m. Café Confront: John Speakman Event. UVic. Hermann’s Jazz Club, 325 View St.

WEDNESDAY, JANUARY 22

・ Other. 6:00 p.m. Wortle- wares Mobilization. Until March 6. In Defense of Aiah, David B. Brown, co-ordinator, UVic Counselling Services & Henri Lock, United Chapel with UVic, Multifaith Services. Register 250-721-8318

・ Lecture/Seminar. 6:30 p.m. Café Confront: John Speakman Event. UVic. Hermann’s Jazz Club, 325 View St.

THURSDAY, JANUARY 23

・ Conference. 7:30 p.m. Provost’s Diversity Research Forum. Joint Keynote Speaker: Keynote speakers include: Joe Guppy and Drew Hayden Taylor. Tupper, 250-721-8318

MONDAY, FEBRUARY 2

・ Lecture/Seminar. 12:30 p.m. Film/ Lunch and Learn: Kim’s Piano. Landscapes of Iniquity and the Centre for Asia-Pacific Initiatives present the BC premiere of France Benoît’s heart wrenching short film. Hulakam 250-721-7737

WEDNESDAY, FEBRUARY 4

・ Other. 11:00 a.m. Ideas Forum: Campus Plan Update. Drop in to share ideas and participate in planning for the future. SUB, Michelle Rydl 250-472-5430

FEATURED CONCERTS

・ Louis Rangers: Favorites from a Life in Music. Jan 40, 6:00 p.m. A celebration of Ranger’s 60 years teaching and performing at the School of Music. Featuring faculty, alumni, and current students including Benjamin Butterfield, Anne Grimm, the Lutebox String Quartet and the UVic Chamber Singers. Philip T Young Recital Hall. Tickets 518 & 514. 250-721-8454

・ Eugene Dowling Scholarship Concert. Jan. 11, 7:00 p.m. Inaugural scholarship concert with proceeds benefiting the Eugene Dowling Scholarship Fund for Tuba and euphonium. Philip T Young Recital Hall. Tickets 518 & 514.

UVic Emergency Alerts

Be in the know. Register your mobile phone to receive UVic Emergency Alerts notifications.

uvic.ca/alerts

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day in the life

BY TARA SHARPE

A poster on the office door of UVic Human Rights Education Advisor Moussa Magassa features a photo of a ring of children, their feet forming a circle of upraised soles. Below the touching image is a quote from Desmond Tutu including the line, “I am human because I belong.”

The poster is meant to reflect “the African concept of Ubuntu, that people are people because of other people,” explains Magassa who, while carefully detailing his role on campus in a recent interview with The Ring, also described the circumstances of the photo: a group of children were asked to compete against each other for a meager amount of sweets; instead they turned their backs on the food and joined ankle to ankle to play a game that included all of them.

“Inclusion doesn’t exist, it is created by all of us in a spirit of cooperation,” Magassa adds.

Creating inclusion

In his role at UVic, Magassa works to help create fair and inclusive work and study environments, as well as increase diversity; enhance understanding of and commitment to the university’s human rights and equity goals, as well as preventing and addressing discrimination and harassment; and to provide information, advice and training to the university community.

He says his focus is two-fold: he is to always share with my family and its location on the west coast, but also the challenge that came with the new position created in August 2007 within UVic’s Department of Human Rights and Equity.

He says one of the most satisfying aspects of his job is “seeing the goodness every day in people and their willingness to question their attitudes—and also, witnessing resilience. It’s amazing what I see.”

He assists twice a year during formal orientations of new staff, teaches courses in various departments at UVic and presents an average of 30 workshops every year in classrooms, for units and at UVic conferences. In addition, he is occasionally called upon to assist with human-resources related issues, where he provides informal conflict resolution.

Peacebuilding, conflict resolution and deep commitments

Before emigrating from Johannesburg to Vancouver and studying for an MA in Human Security and Peacebuilding at Royal Roads University, he earned a bachelor’s honours degree in conflict resolution and peace studies in South Africa and worked in the field of demilitarization and peace education in the post-Apartheid country for five years. He is currently working on an interdisciplinary PhD at UVic.

Magassa remains deeply committed to capacity-building projects in Africa and returns as often as possible to his birthplace in northeastern Senegal. His village is small (approximately 3,000 to 5,000 people) and his family comes from “a very, very old tribe that goes all the way back to Egypt and the time of the Pharaohs.”

For 20 years, no matter where he is, he says, “I try to engage people in reflecting on inclusion and to encourage them to think about issues of power and privilege. I also help us deconstruct what might be called ‘normal’—or in his words, ‘powerful unexamined ideas.’”

A witness to resilience

What initially attracted Magassa to UVic was the size of the institution and its location on the west coast, but also the challenge that came with the new position created in August 2007 within UVic’s Department of Human Rights and Equity.

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For 20 years, no matter where he has been, Magassa has sent home a remittance. “This is very important for me to say, I am someone who wants to always remember that I am who I am today thanks to my family and all the people who have supported and nurtured me along my life. Being a human being, this is what I always want to remember and share with others. One way to do this is to always share with my family and anyone else.”

Another image—this time a poster graphic for UVic’s human rights and equity department—spells out the word “inclusion” using the forms of actual UVic employees leaning against each other.

Like the photo on his door capturing one moment for a group of children, the word on the UVic poster marks the shape of a future that Magassa is helping to create.

More information about EQHR at UVic

Visit alumni.uvic.ca/eqhr for more info on policies, resources, educational workshops and volunteer opportunities offered through UVic’s Department of Human Rights and Equity. The UVic Human Rights Education Volunteers also has a Facebook page, with details about the student-involved program.