



University  
of Victoria

## SPEED READING

### UVIC'S FUTURE

#### Campus plan update

UVic is updating the 2003 Campus Plan to provide a refreshed vision and direction for future campus development. Watch for the mobile info booths around campus from Jan. 13–16. Hear how and why campus planning is done at the Speakers Event on Jan. 28 from 4:30–6 p.m. in the Bob Wright Centre. And share your thoughts at the Ideas Forum on Feb. 4 from 11 a.m.–8 p.m. in the SUB's Michele Pujol room.

[uvic.ca/campusplanning](http://uvic.ca/campusplanning)

### RESEARCH MILESTONE

#### ONC data now spans all three Canadian coasts

Ocean Networks Canada (ONC) has expanded its footprint across Canada with the launch of a new collaboration with the Fundy Ocean Research Centre for Energy on the Atlantic coast, in addition to established observatories on the Pacific coast and in the Arctic. ONC was also prominently featured in a *Globe and Mail* article last Saturday on innovation leaders in BC. [bit.ly/globe-BC](http://bit.ly/globe-BC)

### TEACHING AWARDS

#### Celebrating extraordinary instruction across campus

Nominations are now open for the Alumni Awards for Excellence in Teaching, celebrating teaching of the highest calibre at UVic. Award categories include faculty members, artists-in-residence and librarians, and separately, sessional lecturers, lab instructors and senior lab instructors. Nomination deadline is Jan. 12, 2015. Awards will be presented in March. [bit.ly/alumni-teach](http://bit.ly/alumni-teach)



## TOP 10 STORIES OF 2014

P.2

# THE RING

JANUARY 2015

The University of Victoria's  
community newspaper

[ring.uvic.ca](http://ring.uvic.ca)



Two elders enact a scene with the Isha students about trying to find food and water. PHOTO: LAURA BUCHAN

### INDIA FIELD SCHOOL

650K

ESTIMATED  
NUMBER OF  
PEOPLE IN INDIA  
DISPLACED BY  
THE 2006 INDIAN  
OCEAN TSUNAMI

BY JOHN THRELFALL

People who have mostly known only poverty and suffering have now found new hope, a sense of joy and a stronger community thanks to a recent UVic applied theatre field school in India.

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 Tamaraikulam Elders' Village (TEV) for the past two years. By positively highlighting the life experi-

ences 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, his students and a team of Indian directors encouraged 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

SEE FIELD SCHOOL P.2

### THE POWER OF EXERCISE

## Calling all couch potatoes

BY PATTY PITTS

New Year's resolutions to exercise more are as predictable as post-holiday leftovers, bloated 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 psychology and health sciences from Western University before advancing to a master's program in sports psychology at Newfoundland's Memorial University.

"I was initially interested in performance," says Kaushal, "but then I decided that I wanted to focus on something that had a greater impact on people." To accomplish that, he moved to the West Coast to work under the supervision of Dr. Ryan Rhodes, a professor in exercise psychology at UVic and director of the Behavioural Medicine Lab.

Kaushal is looking for women and men aged 18–65 who are currently not meeting the Canadian Physical Activity Guidelines of 150 minutes of moderate to vigorous exercise a week. They'll be invited to attend an hour-long presentation, complete a worksheet to assist in identifying exercise goals, and choose their own exercises.

Participants will complete a short online survey every couple of weeks to track their results and progress.



Kaushal, right, with lab coordinator Alison Quinlan. PHOTO: UVIC PHOTO SERVICES

As a lifelong active person who began a more formalized exercise regimen five years ago, Kaushal understands the difficulty in switching from a sedentary to an active lifestyle.

SEE EXERCISE P.3

around the ring

February starts with Alumni Week

Alumni Week 2015—the eighth 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 \$1,500-travel voucher. Over a dozen other events include lectures, workshops and reunions. Complete details and online registration forms are available at [alumni.uvic.ca](http://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 negotiated life-time access, on behalf of students, faculty and BC residents, to all of the Gale Digital Collections products—nearly 200 million pages of digitized historical content. This is by far the largest such initiative to date and offers access to over 30 databases. Full story: [bit.ly/BC-GALE](http://bit.ly/BC-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, divestment and society,” will be moderated by PICS Executive Director **Tom Pedersen**, and include panelists **Malkolm Boothroyd** (DivestUVic), **Steve Douglas** (Suncor Energy), **Stephen Hume** (*Vancouver Sun*), **Cary Krosinsky** (Carbon Tracker Initiative, Yale University) and **Crystal Lameman** (Beaver Lake Cree Nation). The event is free, and will begin at 7 p.m. in Flury Hall (B150), Bob Wright Building. More info: [uvic.ca/climateforum](http://uvic.ca/climateforum)

IN THE NEWS

TOP 10 UVIC STORIES OF 2014

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

Archaeological sleuthing deep underwater, a history mystery still unsolved 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 Delaronde 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 at voting stations during the national election. The new field school explores impacts of colonial history on everyday 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 “Canada’s 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 Darimont.

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,

the UVic engineering students who built and designed it will have their sights set on the stars.

New radioactivity monitoring off BC coast

What are the levels of radioactive elements in BC coastal waters and do they pose a health risk to humans and marine life? UVic oceanographer Jay Cullen formed a new radioactivity monitoring network to find out.

\$5.5m humanities project on Japanese Canadian dispossession

In the aftermath of the Second World War, British Columbians of Japanese descent had no homes to return to—after being interned in camps in their own country during the war. A seven-year, \$5.5-million research project, *Landscapes of Injustice*, will culminate in an interactive travelling museum exhibition to tell the story of dispossession of Japanese Canadians.

First-ever look at Canadian sex industry

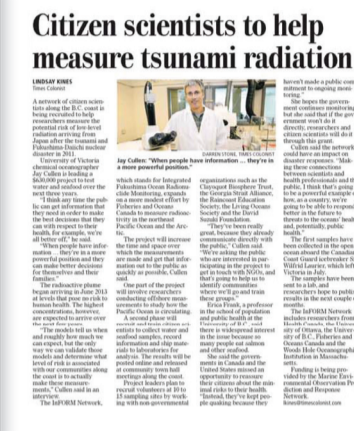
Recent findings from a five-year study led by UVic sociologist Cecilia Benoit of UVic’s Centre for Addictions Research suggest that sex-workers and sex-buyers are not who people think they are.

Archaeological find near Haida Gwaii makes a huge splash

Using some of the newest technologies in underwater archaeology, UVic anthropologist Quentin Mackie and UVic engineer Alison Proctor may have discovered one of the oldest archaeological finds in Canada.

History mystery of First World War diary

A two-volume leather diary of the First World War is missing the name of its soldier diarist. UVic is hoping history buffs or family members can help solve the longtime mystery.



TOP: Quentin Mackie explains the Haida Gwaii expedition for Global TV. MIDDLE LEFT: The BBC was one of the many prominent news outlets interested in Chris Darimont’s wolf research. MIDDLE RIGHT: Jay Cullen’s radiation monitoring network received substantial attention including *USA Today* and, above in the *Times Colonist*. BOTTOM: *The Globe and Mail* peeks inside JM’s illustrated diary of WWI.

FIELD SCHOOL CONTINUED FROM P.1

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 Isha school—a totally new kind of theatre in India, which Gusul makes clear would never have happened without the presence of the field school. “The first time they even 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 instructors and participants, and the age difference between the performers themselves, the final performances—rooted in the personal experiences of the children and elders—was, as Gusul put it, “a triumph.”

“To create a piece of 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 in 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,” he recounts.

“This speaks directly to the power of what theatre can offer someone: how important it was for her to tell her story, and how 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.”

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# Listening to the “voice” of proteins

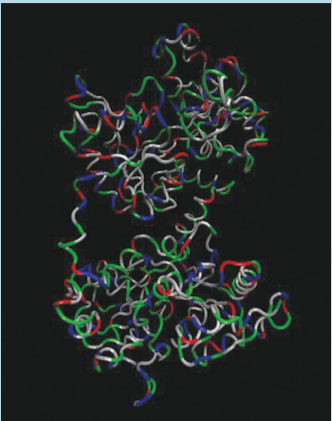
BY SUZANNE AHEARNE

When UVic engineering professor Dr. Reuven Gordon describes the biomedical engineering technique of listening to and recording the “voice” of proteins, it sounds a lot like a modern take on *Horton Hears a Who*, Dr. Seuss’s children’s story of an elephant who hears a voice calling from a microscopic dust speck. “Everything small has resonances. Everything has a voice,” Gordon 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 thinks 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 *Nature Photonics*.

“It’s just that nobody before has been able to hear them. And because we’ve invented this new way to listen-in at 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



Conalbumin protein

vibration “fingerprinted.”

“When you listen to a voice,” Gordon 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 identified—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 partnered with a drug company that sees potential of this nano-tech tool to accelerate new drug discoveries.

Full Ring story including multi-media: [bit.ly/protein-voice](http://bit.ly/protein-voice)



Rueven Gordon. PHOTO: BETH DOMAN

## EXERCISE CONTINUED FROM P.1

“It’s a complicated process. You’re in a resting 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 conditions such as cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis, as

well as premature death.

“I can’t think of many other behaviours that can have that kind of impact,” says Kaushal.

He wants the benefits of his research 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.”

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**Bob Reimer**



## Passing the torch

At the end of 2014, Murray Farmer (L) concluded his term as UVic Chancellor, and was succeeded in the post by Shelagh Rogers (R). At the end of December, Farmer had served 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 [bit.ly/admitto](http://bit.ly/admitto). Expect to read more about Rogers in next month’s *Ring*.

PHOTO: UVIC PHOTO SERVICES



L-R: Victoria Police Reserve Constable Devin Warwick, Victoria Genealogical Society President Pat Acton and Heather Dean of UVic Libraries. PHOTO: UVIC PHOTO SERVICES

## UVic libraries charged with digitizing history

“Book ‘em!” 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 stifling 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 spent much of 2014 digitizing a key piece of Victoria’s police history.

In late November, historic charge books were returned to the Victoria Police Department (VicPD) after being preserved electronically by UVic Libraries and volunteers from the Victoria Genealogical Society (VGS).

These 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.

The 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 documentation and preservation. The two agencies contacted UVic’s Research Partnership and Knowledge Mobilization 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 VicPD, saw members of the VGS and UVic Libraries escorted to VicPD in historic Car 40 to return the books and copies of the digitized information to Chief Constable Frank Elsner. The UVic Libraries’ Digitization Unit plans to add the resource to their digital collections in the near future.

# around the ring

## UVic careers


Since September, 67 job competitions have been completed using UVic Careers, the university’s new online job management system, with almost 50 more in process as of late December. Job seekers are able to apply for jobs, save resumé and track the status of their applications anywhere, anytime and from any device. UVic Careers also streamlines the recruitment and hiring processes for hiring administrators. More training opportunities are available in 2015: training schedules and UVic Careers user guides are available at [bit.ly/uvic-hire](http://bit.ly/uvic-hire). Weekly drop-in sessions for job applicants and hiring administrators will continue on Tuesdays from Jan. 13 to Apr. 28 from 1:30–3 p.m. in Mearns Centre-McPherson Library room 034j.

## Tablet-friendly UVic stories

If a tablet is part of how you get your daily news, you can now find great UVic features alongside content from your other favourite news sources, thanks to the Ringside news feed. Ringside gathers content from the Ring, Vikes, research items such as KnowLEDGE and stories from major media outlets—and if you’re using the Flipboard app, your content will auto-update alongside *The Globe and Mail*, *Times Colonist*, the CBC, or whatever favourite news sources you’ve selected. Ringside is best viewed on mobile devices but is available for web browsers as well. More: [uvic.ca/ringside](http://uvic.ca/ringside)

## Thanks for all your insight and feedback


University Communications and Marketing thanks all 1,073 faculty and staff who competed December’s campus communications survey. With nearly 25 per cent of campus responding, the strong pool of survey results—and the careful and considered feedback received in the survey’s open-ended queries—will guide our efforts to strengthen and improve cross-campus conversation and information-sharing at UVic. Congrats as well to our five contest winners: Annye Castonguay (French), Suzanne Helston (HR), Lara Robinson (psychology), Benjamin Sheaff (libraries) and Emily Thynne (accounting).



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Accelerated Payout: Income over 5 years.....\$1,779  
Income over 10 years.....\$941  
Income over 15 years.....\$665

Total 5 year payout.....\$106,259  
Total 10 year payout.....\$112,884  
Total 15 year payout.....\$119,767

\* Based on best current GIC of 2.50%. Returns will vary depending on investment vehicle. Monthly income based on \$100,000

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...10 years guaranteed		\$442	\$499	\$552	\$650	\$715	\$839
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# ringers

Climatologist **Andrew Weaver** (Earth and Ocean Sciences) has been elected a fellow of the American Geophysical Union (AGU) for his outstanding contributions in climate dynamics and paleoclimate, especially on the role of global thermohaline circulation in climate. That's the complex interplay of temperature and salinity that drives a global-scale system of oceanic currents known as the global conveyor belt. The AGU is the world's pre-eminent organization for geophysical researchers, with more than 62,000 members in 142 countries. Since 2013, Weaver has served as MLA for Oak Bay-Gordon Head.

Department of Writing alumna **Arleen Paré** (BFA/MFA) received the 2014 Governor General's Literary Award for Poetry for her newest book, *Lake of Two Mountains*, last November. "We are all thrilled with this national recognition for Arleen's unique poetic vision and her commitment to the craft of writing," says writing chair David Leach. "The fact that the writing department had four nominees this year for Governor General's Awards—three alumni and a faculty member—emphasizes how UVic is an incubator of literary excellence in Canada." On top of the national recognition, Paré also receives \$25,000.



Orr and Oak and Orca schoolchildren make a splash with rain garden project. PHOTO: PHOTO SERVICES

## Rain garden makes a splash for local school

BY ANNE MACLAURIN

Landscape architect and environmental 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 Bioregional 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 CRD, Mitacs, Real Estate Foundation, Murdoch de Greef Inc, Vancity and RBC 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."

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## 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 deropements 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 students 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 deropements, 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. Getting an early start 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.



### CALL FOR NOMINATIONS

#### The University of Victoria Convocation Senators

Nominations are invited for the positions of four members of the Senate elected by and from the Convocation, for three-year terms commencing July 1, 2015.

Members of the University of Victoria Convocation are eligible to make nominations and to vote. Convocation members include alumni, past and present members of Senate and the Board of Governors, regular and retired faculty members, regular staff members holding a university degree who have been employed at the University of Victoria for at least 12 months, and those who completed one full year at Victoria College prior to 1963.

Consistent with Section 35(2)(i) of the *University Act*, these positions are for persons who are not faculty members at the University of Victoria.

For information about eligibility to serve or to obtain nomination forms, go to [www.uvic.ca/universitysecretary/voting/nominations](http://www.uvic.ca/universitysecretary/voting/nominations), call 250-472-4914 or e-mail [usec1@uvic.ca](mailto:usec1@uvic.ca).

Nomination forms must be received by the Office of the University Secretary by Tuesday, February 10, 2015 at 4:30 p.m. PST

If more than four (4) valid nominations are received by the deadline, an election will be conducted using the university's electronic voting system, WebVote, from Monday, March 9, 2015 at noon PDT until Monday, March 23, 2015 at 4:30 pm PDT.

Office of the University Secretary, Room A138, Administrative Services Building, PO Box 1700 STN CSC, Victoria, British Columbia V8W 2Y2 Canada



# THE FACTS OF LIFE

Roberts shows Madeleine (5 years) and Owen (10 years) Brookes the “Facts of Life” app on her iPad. PHOTO: DIANA NETHERCOTT

BY PATTY PITTS

Any parent with a computer in the house knows the warnings—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 wifi access took control away from parents (despite their best efforts) and gave it to very young users, University of Victoria educational psychology 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 sexually 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 not too much info, it encourages

questions, it’s not sending parents off onto a 20-minute tangent and at any point a child can say ‘that’s enough,’” says Roberts about the gentle app with soft music, simple illustrations and pastel colours. When UVic publicly announced the app 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 not too 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.”

She’ll also use a StartSmart™ voucher from UVic’s Research Partnerships and Knowledge Mobilization unit to assist with development of the next apps in the series. Roberts, who is the mother of 13- and 11-year-old daughters and a two-and-a-half-year-old son, thinks four years old is the “ideal” age to begin a conversation with Facts of Life. “I find four-year-olds are very interested and not embarrassed to ask questions.” The very technology that she’s using “has had a profound impact on our children and how they access information,” she says. “We have to change the way we communicate to stay relevant and be able to educate and protect our children.” The updated version of Facts of Life is scheduled for an early 2015 release.

## beyond the ring

### Global experiences drive career success

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: [bit.ly/AUCC-abroad](http://bit.ly/AUCC-abroad)

### Publish or profit?

The *Chronicle of Higher Education* is reporting that academic journal publisher Elsevier boasted a 39 per cent profit margin in 2013—a better financial return than technology giant Apple—almost entirely on the backs of university library budgets. Based on data compiled by U-Ottawa professor Heather Morrison, the figures are being used to argue for faster and broader adoption of open publishing models in academe. Details: [shar.es/1HKAee](http://shar.es/1HKAee)

### Rising cellphone use hurts young people

A December *Times-Colonist* story based on a Baylor University study found that rising cell phone usage is putting an increasing number of students’ academic performance in jeopardy. The article leads with tales of students falling on Camosun College stairs, but veers into even more serious territory as it looks into reliance on cell phones as a form of addiction. TC story: [bit.ly/text-stairs](http://bit.ly/text-stairs)

## UVIC KNOWLEDGE

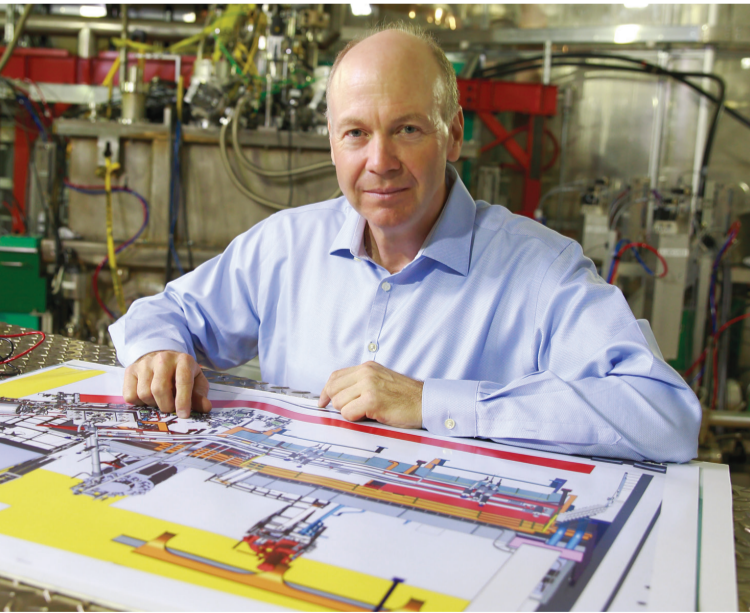
# New UVic-led physics facility will attract the world’s scientists

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 brand new particle physics laboratory being built in Vancouver. ARIEL—or the Advanced Rare Isotope Laboratory—is a major expansion to TRIUMF, Canada’s national research facility for particle and nuclear physics. Located on the University of British Columbia campus, TRIUMF 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 Canada’s 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 PAVAC Industries and researchers 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 superconducting 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 hall, surrounded by 1.8-metre thick concrete walls. “It’s 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



Karlen, inside the new ARIEL facility. PHOTO: JEFF VINNICK

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.”

# Two of UVic's Emily Carr paintings take centre stage in UK exhibit



Windswept Trees (1930s, oil on paper). Happiness (1939, oil on paper).

BY TARA SHARPE

Emily Carr’s talent and legacy are currently on display in a London art museum—in the first UK exhibit dedicated to the artist and west coast icon now dubbed “Canada’s very own van Gogh” by a British newspaper—including two works loaned from the collection of UVic Legacy Art Galleries.

“From the Forest to the Sea: Emily Carr in British Columbia” has been well-received since its opening in Nov. 2014 in the Dulwich Picture Gallery, founded in 1811 in south London nearly a century before Carr travelled to the city herself in 1899. UVic is one of only two Canadian universities loaning its works for the exhibit which runs to March 8, 2015.

The two paintings, *Happiness* and *Windswept Trees*, were gifts to UVic from, respectively, local Limner artist Myfanwy Pavelic and benefactors Katharine and John Maltwood.

Happiness is also the featured image in the exhibit’s outdoor advertising campaign. Carr painted it in the late 1930s in the area of Goldstream Park and now her

impression of young pines at the foot of a BC forest is making a mark in the midst of London’s busy streets. The painting is also significant for the touching story of how it came to UVic. It was gifted to the university in 1990 by Pavelic, who had known Carr well and told her story of this painting to Jan Ross, curator of Emily Carr House, in an interview a few years ago.

Pavelic assisted the artist in her studio after Carr suffered a series of heart attacks. When Carr gave Pavelic the painting in thanks, Pavelic apparently said, “It’s one of your happiest paintings.” And it is as if she had read Carr’s mind—or the back of the piece. When Carr told Pavelic to turn the painting over, Pavelic saw what was already written on the back by the artist: Happiness.

The painting is requested frequently and has travelled with nearly every Carr exhibit in Canada.

UVic has some 19,000 art objects that support the teaching and research programs of the university. Various works are on display at any given time in the university’s free public gallery Legacy Downtown, throughout various satellite locations across campus and in dedicated gallery space on the lower level of the UVic library.

# UVic wraps up successful United Way Campaign

BY BROCK HURLEY

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 campus community.

“I am truly moved by the generosity of the people here at UVic,” says 2014 UVic campaign chair Kane 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 ChemSoc’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 \$23,000 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: [uwgv.ca](http://uwgv.ca)

## OPINION / EDITORIAL

# Vikes Nation is all-inclusive

DR. E. PAUL ZEHR  
Director, Centre for Biomedical Research

In all honesty, I have never been one to really feel the need to belong to groups. I prefer to do my own thing and sample what I want, when I want to. I have, though, recently begun to see that being part of a community can enrich my own day to day experience. The problem has been that there hasn’t really been—at least for me—an encompassing experience like that here at UVIC.

That is, until recently. We finally have such a community concept here at UVic: Vikes Nation. When I first heard about this new approach, I defaulted to an automatic response: is this just all about athletics?

I suppose it would be fine if it were—but it wouldn’t really grab me, or make me feel included.

Since my first reaction, I’ve learned a lot more about the new Vikes approach. Perhaps most of all, I like the idea of using the metaphor of excellence and high achievement as a connector across all domains.

The Vikes Nation campaign helps create a context for all the activities I see on campus. I embrace and feel a part of the community of excellence that spans athletics and the other core activities of our campus.

That feeling of belonging to an active, vibrant campus is fuelled by student energy and enthusiasm—from the classroom to the courts. It also feels exciting that we’re seeing a new, physical lightning-rod for the Vikes Nation spirit on campus: the Centre for Athletics, Recreation and Special

Abilities (CARSA).

Through some incidental meetings with the Vikes administration, I have come to appreciate the positive influence the Vikes Nation approach can have for all of us. All of this has served to exploit a major weakness that I have personally—if I think something is deserving of support, I support it with my words and actions.

Of course, you can still experience a part of Vikes Nation by going to watch our athletes and cheer them on. But just don’t think that’s the full experience. If you stop there, it’s a bit like the stereotype of Canada as being all beavers, moose and hockey. The reality is we have all that and much more.

In Canada especially, there is always a kind of uncomfortable pairing of our sensibilities to be understated and our desire to support and participate. Supporting and participating in Vikes activities means supporting the tremendous environment we all share on and off campus, as well as breaking down barriers—real or imaginary—that can separate us given the different roles and responsibilities we all have.

If you think about it, breaking down barriers and creating some common frame of reference is something that can’t help but be positive for all of us. So, when you see the ads and signs that ask “Vikes Nation—Are You In?” I hope you’ll answer “yes,” because as far as I can see, you already are. ■

*The Ring welcomes submissions from university community members. Opinions expressed are those of the author and not of the University of Victoria.*

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# calendar highlights

Events free unless otherwise indicated. For a complete list of events, visit the online calendar at [events.uvic.ca](http://events.uvic.ca)

## at the galleries

[uvac.uvic.ca](http://uvac.uvic.ca)  
250-721-6562



■ **Exhibit.** *In Session—One.* Jan. 17 to March 28. The first of an ongoing series of exhibitions featuring the artists who work as sessional 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 threaten to inundate and numb us with visual overload. Legacy Art Gallery Downtown, 630 Yates St. 250-721-6562

■ **Exhibit.** *The Arts of World War I.* Until March 2. 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 “trench 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 artisans after the cessation of hostilities. Another central part of the exhibit is the so-called “J.M. Diary,” a first-hand diary illustrated by a mystery author—a story covered previously by the *Ring* and *The Globe and Mail*. Legacy Maltwood Gallery (Mearns Centre/McPherson Library lower level).

## THURSDAY, JANUARY 8

■ **Lecture/Seminar.** 4:30 p.m. *Erdogan’s Democracy: The Legitimacy and Popularity of Turkey’s Islamist Government.* Martin Bunton (UVic). Turpin A104. 250-721-6325

## FRIDAY, JANUARY 9

■ **Lecture/Seminar.** 2:45 p.m. *GIS, Geology and Geomorphology.* Kristin Morell, UVic. Turpin B215. 250-721-7327

## MONDAY, JANUARY 12

■ **Other.** 6:30 p.m. *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. 250-721-8338

## TUESDAY, JANUARY 13

■ **Other.** 11 a.m. *Wisdom Way of Knowing Learning Circle.* Tuesdays 11–12p.m. Until March 31. Multifaith Services Centre, Rm 143, Campus Services Bldg. Henri Lock, United Chaplain. 250-721-8338

■ **Lecture/Seminar.** 6:30 p.m. *Café Scientifique: The Digits of Pi.* Dr. Reinhard Illner (UVic). Hermann’s Jazz Club, 753 View St.

## WEDNESDAY, JANUARY 14

■ **Music.** 12:30 p.m. *Lieder at Lunch with Sharon & Harald Krebs.* An exploration of the German Lied repertoire. MacLaurin B037. 250-721-8634

■ **Orion Lecture.** 8 p.m. *Visiting Artist Lectures present: Josee Drouin-Brisebois.* National Gallery of Canada (Ottawa). Visual Arts A162. 250-721-8011

## THURSDAY, JANUARY 15

■ **Lecture/Seminar.** 4 p.m. *The Alchemy of Special Collections.* Mearns Centre/McPherson Library 129. 250-853-3612

■ **Lecture/Seminar.** 4:30 p.m. *Blood, Wine and the Golden Chain: Myth and Religion in Early Celto-Germanic Culture.* James Acken, Centre for Study of Religion and Society. Turpin A104. 250-721-6325.

## FRIDAY, JANUARY 16

■ **Music.** 12:30 p.m. *FridayMusic.* And Jan. 23, 30. Take an afternoon break to enjoy a concert of varied repertoire and instruments featuring School of Music students. Admission by donation. MacLaurin B125. 250-721-8634

■ **Lecture/Seminar.** 2:45 p.m. *Where is an Author?* Elvin Wyly (UBC). Turpin B215. 250-721-7327

## SATURDAY, JANUARY 17

■ **Music.** 8 p.m. *Special Event: All Around the Circle: An Evening of Lieder and Song.* The Vancouver International Song Institute and the UVic School of Music join core faculty artists in a celebration of this remarkable educational institute. MacLaurin B125. \$20 suggested donation. 250-721-8634

## TUESDAY, JANUARY 20

■ **Music.** 12:30 p.m. *TuesdayMusic.* And Jan. 27 & Feb. 3. Take an afternoon break to enjoy a concert of varied repertoire and instruments featuring School of Music students. MacLaurin B125. Admission by donation. 250-721-8634

## THURSDAY, JANUARY 22

■ **Lecture/Seminar.** 4:30 p.m. *Physicians’ Experience of Triadic Interactions with Patients and their Families during the Informed Consent Process.* Richard Veerapen (UVic). Turpin A104. 250-721-6325.

## FRIDAY, JANUARY 23

■ **Lecture/Seminar.** 2:45 p.m. *Explosive Cyclones in CMIP5 Climate Models.* Christian Seiler (UVic). Turpin B215. 250-721-7327

## WEDNESDAY, JANUARY 28

■ **Other.** 1 p.m. *Mindfulness Meditation.* Until March 11. Interfaith Chapel. David O’Brien, counsellor, UVic Counselling Services & Henri Lock, United Chaplain with UVic Multifaith Services. Register 250-721-8338

■ **Lecture/Seminar.** 4:30 p.m. *Campus Plan Update: Inspiring Ideas Speaker Event.* Eric Higgs (UVic) and Antonio Gomez, a national expert on campus planning. Bob Wright Centre B150. 250-472-5433

## THURSDAY, JANUARY 29

■ **Conference.** 4:30 p.m. *Provost’s Diversity Research Forum: Privilege & Prejudice.* Opening Reception. Keynote speakers include: Joe Guppy and Drew Hayden Taylor. First Peoples House Ceremonial Hall. 250-853-3815

■ **Lecture/Seminar.** 4:30 p.m. *Fifty Years of Religious Studies in Canada: A Personal Retrospective.* Harold Coward (founding director of the CSRS at UVic). Turpin A104. 250-721-6325

■ **CAVI Lecture.** 7:30 p.m. *Over Three Decades of Archaeological Discoveries by the Canadian Institute in Greece.* David Rupp (Director, Canadian Institute in Greece). Clearihue A212. 250-721-8514

## FRIDAY, JANUARY 30

■ **Conference.** 9 a.m. *Provost’s Diversity Research Forum: Privilege & Prejudice.* Keynote speakers include: Joe Guppy and Drew Hayden Taylor. SUB. 250-853-3815

## MONDAY, FEBRUARY 2

■ **Lecture/Seminar.** 12:30 p.m. *Film/Lunch and Learn: Kiri’s Piano.* Landscapes of Injustice and the Centre for Asia-Pacific Initiatives present the BC premiere of France Benoit’s heart wrenching short film. Hickman 116. 250-721-7020

## WEDNESDAY, FEBRUARY 4

■ **Other.** 11 a.m. *Ideas Forum: Campus Plan Update.* Drop in to share ideas and participate in planning for the future. SUB, Michele Pujol Rm. 250-472-5433

## featured concerts



■ **Louis Ranger: Favorites from a Life in Music.** Jan. 10, 8:00 p.m. A celebration of Ranger’s 36 years teaching and performing at the School of Music. Featuring faculty, alumni, and current students including Benjamin Butterfield, Anne Grimm, the Lafayette String Quartet and the UVic Chamber Singers. Phillip T. Young Recital Hall; Tickets \$18 & \$14.

■ **Eugene Dowling Scholarship Concert.** Jan. 11, 2:30 p.m. Inaugural scholarship concert with proceeds benefitting the Eugene Dowling Scholarship Fund for Tuba and Euphonium. Phillip T. Young Recital Hall; Tickets \$18 & \$14.



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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 meagre 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 also “acts as a conduit for anticipating and identifying potential campus human rights and social justice issues in order to promote a university culture that values diversity and

embraces the accompanying change.”

“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.

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 50 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



Magassa in the student union building. CREDIT: UVIC PHOTO SERVICES.

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 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 all 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 cap-

turing 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 [uvic.ca/eqhr](http://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.

February 1-7 | 2015

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