

# HUMAN IMPACT ON FORESTS

PAGE 2

## THE RING

SEPTEMBER 2016

The University of Victoria's  
community newspaper

ring.uvic.ca



University  
of Victoria

## SPEED READING

### ORIENTATION 2016

#### Six weeks of welcome

Orientation events continue for the next six weeks, including the UVSS Campus Kick Off (Sept. 7-9), Thunderfest (Sept. 9) and Sexualized Violence Awareness Week (Sept. 12-16). If you are looking for or sharing orientation-related items on social media, try the #New2UVic hashtag.

### TOWN-HALL EVENT

#### President's Campus Update on Oct. 5

The 2016 President's Campus Update will begin at noon on Oct. 5 in the lobby of the Continuing Studies Building. The town-hall style event is an opportunity to review highlights from the past year, reflect on UVic's progress, and share thoughts about areas of focus and direction for the coming year.

### PROFESSIONAL DEVELOPMENT

#### Special employee rates for CS courses

Continuing Studies is offering business and management courses at a special rate for full- and part-time employees beginning this fall, based on available space. Most evening and online courses start the week of Sept. 12. To take advantage of this half-price opportunity, contact Continuing Studies at ext. 8072 or 8073.



Archaeology students on a Huu-ay-aht First Nations-led tour of the ancient village site of Kiix7in, a National Historic Site of Canada. PHOTO: IAN SELLERS

4,000  
YEARS OLD

ESTIMATED  
UPPER AGE  
OF ARTIFACTS  
FOUND DURING  
THE FIELD  
SCHOOL

## Learning the human history of the west coast

### Archaeology field school digs deep in Nuu-chah-nulth territories

BY ANNE MacLAURIN

An immersive six-week field school—Coastal Archaeology and Historical Ecology—brought the promise and challenges of the Pacific west coast to life for enthusiastic anthropology students this summer.

The group of 19 students, including 12 from UVic, traveled to the west coast of Vancouver Island to do research at ancient First Nations settlements, and to learn archaeological field techniques and environmental and cultural history from Tseshaht and Huu-ay-aht First Nations, professional archaeologists, and marine ecologists at the Bamfield Marine Sciences Centre.

"It was a privilege to be invited to undertake research at a designated national park reserve. Staff from Parks Canada and the Tseshaht and Huu-ay-aht First Nations were vital in supporting and ena-

bling our work," says course professor Iain McKechnie.

The course covered surveying, mapping, identifying artifacts and fauna, as well as excavation and laboratory research. Digging through layers of ancient compost and housefloor features searching for artifacts and animal bones and shells was an exhilarating experience for Sage Schmied, a fourth-year anthropology major.

"I learned that I love being dirty and can handle not having a shower every day. I learned that I can be myself and that people appreciate it."

"It drove home the idea that this was something I wanted to do for the rest of my life," adds Schmied. "Having the hands-on experience is crucial in archaeology, and doing it in such an amazing setting really was fantastic. I learned so much about myself in the experience, as well as archaeology."

McKechnie remarks that one of the elements that he loves most about teaching

archaeology in the field is teamwork: the way his students had to learn to organize as a group, establishing a routine, and trusting one another with vital tasks—equipment, boats, dishes, notes, etc.

Another student, Tessa Gaudet, agreed—writing that "By day three, things were running smoothly, with each of us rotating roles and sharing in task work. . . . We were well and truly a group of student archaeologists excavating a real site with real data. We were a unit."

The field school took place in the lands and territories of two neighbouring Nuu-chah-nulth Nations, Tseshaht and Huu-ay-aht, who welcomed and supported their work. The field school also benefitted from the project co-director Denis St. Claire, Wanda Robinson from Tseshaht, and staff from Parks Canada, the Bamfield Marine Sciences Centre, and the Hakai Institute.

Field school blog: [bit.ly/dig-school](http://bit.ly/dig-school)



L-R: Pringle and Lord lead a bystander intervention workshop. PHOTO: UVIC PHOTO SERVICES

## Prevention by intervention

### Bystander intervention training added to roster of initiatives aimed at preventing sexualized violence

Bystander intervention—these are the bywords of a new campaign at UVic to raise awareness and educate the campus community about preventing sexualized violence.

Offered through Student Affairs' new Office of Student Life, new "Bringing in the Bystander" workshops help students learn practical skills to defuse potentially unsafe situations from spiraling

into sexualized violence or sexual harassment. The program's goal is to train 1,000 students this academic year.

Using a program pioneered by the University of New Hampshire, UVic is teaching students how to overcome resistance to checking in on questionable situations and to intervene when they observe the potential for sexualized violence in social situations and in the community.

"Students really want to intervene. They just need to know how," says trainer and recent UVic grad

Emerald Pringle. "We want to provide a foundation for action. It's creating a culture."

The free peer-to-peer training, open to all undergraduate and graduate students, is a three-hour workshop where participants learn a range of scenarios and possible responses. They discuss how to identify situations where bystander intervention is appropriate; identify the continuum of inappropriate sexual behaviours that students commonly witness; gain a deeper

SEE BYSTANDER P. 4



# around the ring

## Open houses on Queenswood and new Facilities Management building

UVic is inviting the campus community and the public to drop in to two Open House Information sessions on the following projects:

(1) **New service building for Facilities Management:** on Sept. 15, come and discuss the construction of a new service building near McKenzie Avenue and Finnerty Road, at the site of two greenhouses that are currently being decommissioned and removed. The open house is 3-6 p.m. in the Administrative Services Building, room 110.

(2) **Queenswood property:** on Sept. 19, come and discuss plans to relocate Ocean Networks Canada (ONC) to the university's Queenswood property. The open house is 6-8 p.m. at the Cadboro Bay United Church, 2625 Arbutus Road. The meetings will be an opportunity for discussion on each project's objectives, timelines and development approval process.

## UVic receives five new grants from the European Union

UVic has one of the country's top programs on European studies and this year received five Jean Monnet grants (~ \$760,000 over three years)—more than any other institution in Canada. These new grants will explore important questions related to EU migration, integration, identity and border policies; the grants also fund student research, field schools and public outreach activities. Visit [uvic.ca/europe](http://uvic.ca/europe) to learn more about how European studies at UVic is exploring complex issues in the EU, including Brexit, CETA and the migration crisis.



Aerial view of the site PHOTO: W. MCINNES, HAKAI INSTITUTE

# When humans made the trees taller

## Past eras of settlement by First Nations proved beneficial for old-growth forests

The trees of the Great Bear Rainforest tell a tall tale that happens to be true: a new study published this August in the journal *Nature Communications* by researchers affiliated with UVic, the Hakai Institute and the University of Waterloo shows for the first time that trees near former First Nations villages on BC's Central Coast have grown taller, wider and healthier than those in the surrounding forest—as a direct result of human habitation and long-term intertidal resource use.

For more than 13,000 years, covering 500 human generations, coastal First Nations have left behind deep shell middens (sometimes more than five metres deep) which in turn deposited highly beneficial nutrients, like calcium, into the soil. Combined with human use of fire and improved drainage, these alterations improved forest productivity.

“For more than 13,000 years, humans have been transforming this landscape and the forests have thrived

from the relationship with coastal First Nations,” says ecologist and lead author Andrew Trant, who conducted this research as a Hakai post-doc with the Starzomski Lab at UVic and is now an assistant professor at the University of Waterloo.

One of the research sites is the same beach on Calvert Island where early evidence of the oldest human footprints in North America was recently discovered.

The new paper, “Intertidal resource-use over millennia enhances forest productivity,” is co-authored by six other researchers including UVic PhD candidate and Hakai scholar Kira Hoffman, whose recent study on the common occurrence of forest fires in the region was also published in August in the journal *Ecosphere* and is featured on the Hakai blog.

Trant was funded through the Hakai Institute. Hoffman received funding from the Natural Sciences and Engineering Research Council.





**DAVE LYNN**

**Navigate the ever-changing market**

A longtime resident and UVic grad, Dave is helping local residents and new-comers to navigate their way through the real estate market. Whether buying or selling, he will assure smooth sailing. Just ask his many clients at UVic.



**Royal LePage Coast Capital Realty**  
250-592-4422 | [dave@davelynn.com](mailto:dave@davelynn.com)



# Keep yourself well informed about UVic

Unsure about where you should look for the most up-to-date news about the campus? These four information channels provide a timely mix of news, information and resources of interest and relevance to the campus community.



## The Ring newspaper: UVic's community news source

Right now, you're reading the campus newspaper, established back in 1975. And after four decades, more than 1,000 faculty and staff told us in a survey that they value the paper as a reliable, trusted source of information about the UVic campus.



## The Ring website: a new edition arrives this month

This month, the online edition of the Ring at [ring.uvic.ca](http://ring.uvic.ca) moves into the standard online template for the university. This shift is more than a paint job—it's a preparation for the future. The new site is mobile-friendly, has modern tools for sharing articles on social media, and brings the last 12 years of Ring content into a present full of possibilities.

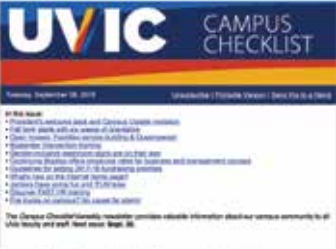
Consider the September 2016 Ring site an interim step, though. Most of the under-the-hood enhancements we've made to the Ring content-management database, with help from University Systems, won't be obvious until 2017. In the meantime, we'll be working on the next version of the Ring site, to make it (and the other channels) meet the expectations and future needs of the campus.

You can also find a mix of Ring stories and news releases at [uvic.ca/news](http://uvic.ca/news).



## Current Faculty and Staff: the internal homepage


The “front page” of [uvic.ca](http://uvic.ca) is the public face of the university, designed for all audiences from potential students and industry contacts to partners in the community. For Current Faculty and Staff, we encourage setting your homepage to [uvic.ca/current-faculty-staff](http://uvic.ca/current-faculty-staff)—where you'll find the most recent news and announcements, quick links to the most commonly used electronic tools and resources, and a curated list of events. For more information about the new features of the internal homepage rolled out on Sept. 6, see [bit.ly/16-page](http://bit.ly/16-page).



## Campus Checklist: delivered to you biweekly

Campus Checklist is a brief campus news digest sent to all UVic faculty and staff via their university-supplied email. It is intended to help strengthen communications between faculty and staff in different areas, support UVic's culture of respect, inclusion and collaboration, build a sense of shared enterprise and improve campus communications. If you're a regular campus employee and aren't receiving Checklist, please check your junk mail folder and/or add “[mail@senderauthenticated.com](mailto:mail@senderauthenticated.com)” to your preferred recipients list. Still not seeing it? Email [checklist@uvic.ca](mailto:checklist@uvic.ca) for support.

Several other campus-wide information sources supplement these sources, to keep the community informed, including broadcast emails on standalone topics, the Digicaster digital signage network and the regular series of town-hall style Campus Update sessions hosted by the president and other members of the university executive.



**THE RING** Vol. 42 No. 6

The University of Victoria's community newspaper  
[ring.uvic.ca](http://ring.uvic.ca)

**Printed using vegetable-based inks on 100% post-consumer recycled paper.**

Next issue Oct. 6

*The Ring* is published eight times a year by University Communications + Marketing.

**Executive Director** Bruce Kilpatrick, 250-721-7638, [abk@uvic.ca](mailto:abk@uvic.ca)

**Managing editor** Marc Christensen, 250-721-6022, [marcdc@uvic.ca](mailto:marcdc@uvic.ca)

**Production** Beth Doman

**Display ads** Bonnie Light, 250-388-5321, [adsring@uvic.ca](mailto:adsring@uvic.ca)

**Calendar** Mandy Crocker, 250-721-8587, [ucam@uvic.ca](mailto:ucam@uvic.ca)

Material published in *The Ring* does not necessarily reflect official university policy.

Material may be reprinted in whole or in part without permission, but with appropriate credit to *The Ring*.


The Ring, PO Box 1700, University of Victoria, Victoria, BC V8W 2Y2

Tel: 250-721-7636 Fax: 250-721-8955

E-mail: [ring@uvic.ca](mailto:ring@uvic.ca)

Printed in Canada by Black Press

© 2016 University of Victoria  
Canadian Publications Mail Agreement No. 40014024







*Anny Schaefer*

MPA (UVic), BA (Cmns.), PBD (Econ.)  
**REALTOR® DFH Real Estate Ltd.**  
3914 Shelbourne St., Victoria BC  
T 250-477-7291  
TF 1-800-668-2272  
[anny@annyschaefer.ca](mailto:anny@annyschaefer.ca)  
AnnySchaefer.ca





# Foundation increases support for students, sustainability

At its August meeting, the UVic Foundation approved a record \$14.5-million budget to support students and the university’s 2016–17 academic mission—an increase of \$600,000 from last year. This record budget is the result of investment earnings on the university’s roughly \$400-million endowment that supports scholarships, bursaries, research centres, chairs, professorships and academic programs.

The foundation’s annual report ([PDF at bit.ly/2016-foundation](#)) reinforces its commitment to the responsible investing principles that were adopted in 2012. The foundation has continued to investigate investment approaches that integrate these principles into its financial considerations and decision-making. Over the past year, these initiatives include:

- Creating a pilot Fossil-Fuel-Free Fund (F3 fund) for donors who wish to create new endowments that will not be invested in companies with coal, oil or natural gas reserves
- Completing the first year of reporting as a signatory to the United Nations Principles for Responsible Investing (UNPRI)
- Reviewing its responsible investment strategies and commitment to environmental, social and governance (ESG) principles by the foundation’s external fund managers.

## Supporting sustainability

The university has contributed \$25,000 to launch the F3 fund. This endowment allows people to contribute and support a variety of campus sustainability initiatives. As well, donors can establish their own endowment of \$25,000 or more to support the program of their choice, which can also grow the F3 fund.

“The foundation has demonstrated by its actions that it continues to take its commitment to responsible investing seriously and is committed to helping UVic make our campus a sustainable place for learning, working and living,” says UVic AVP Alumni and Development Tom Zsolnay, who serves as president of the foundation. “By creating the Fossil-Fuel-Free Fund, the foundation is providing

donors with an alternative investment vehicle that will not invest in investment instruments which are issued by companies that have proven and probable thermal coal, oil or natural gas reserves.”

- Find out more or contribute to the F3 fund at [bit.ly/F3-Fund](#)

For donors who prefer to donate to endowments in the main fund, there are a multitude of options—many of which relate to the environment—such as Pacific Institute for Climate Solutions, eco-system bursary, old growth/biodiversity fund, various environmental studies and earth and ocean sciences student awards, Liber Ero Chair in Fisheries Research, and others. For more information, please contact the Development Office at [devdonor@uvic.ca](mailto:devdonor@uvic.ca).

In creating the F3 fund, the foundation reaffirmed its decision not to otherwise divest of or sell fossil-fuel investments related to oil, gas and coal.

## Responsible investing

The foundation first adopted a formal policy for responsible investments in 2012 and reviews its commitment annually. Last year, the foundation expanded on this commitment and become a signatory to the UNPRI, an organization that acknowledges the relevance of environmental, social and governance in investment decision making. The foundation completed its initial annual disclosure to UNPRI, which in turn has since issued its first transparency report on the university’s implementation of responsible investing principles. (A copy of the university’s Private Transparency Report is available at [bit.ly/invest-report](#).)

“Given that the foundation’s private report provides additional information stakeholders might find helpful, it has been made available on the foundation website. We hope this helps to inform those stakeholders interested in how the foundation is implementing our responsible investment belief,” explains Foundation Chair Carolyn Thoms in the annual report.

Read the full *Ring* article, including successful investment practices associated with UNPRI and ESG investment principles, at [bit.ly/16-foundn](#).



22 athletes with UVic connections made the trip to Rio de Janeiro for the XXXI Olympic Games in August—and two more are in Rio for the Paralympics this month. UVic grads Lindsay Jennerich and Catharine Pendrel took home rowing silver and mountain bike bronze, respectively, at the Olympics while Vikes alumna and swimmer Hilary Caldwell won her first Olympic medal with a bronze in the 200-metre backstroke. The Paralympics will see wheelchair basketball player Janet McLachlan look to lead Canada to gold for the first time since the Athens Olympics in 2004, while rower Meghan Montgomery looks for her first Olympic medal in her third games. UVic fans can follow all the action at [govikesgo.com/rio](#). PHOTO: ROB JONES

# Gender-inclusive signs coming to washrooms

Single-stall washrooms will soon be identified with gender-inclusive universal signing as part of the university’s continuing commitment to meet the needs of a diverse campus community.

More than 75 washrooms across campus are being posted with new signs to indicate what facilities are located inside—toilets, urinals, change tables, showers, and whether they are wheelchair accessible. The signage project is expected to be finished by the end of October.

The university has undertaken the sign modernization towards a long-term strategy for accessibility and gender inclusivity of more campus facilities, says Ron Proulx, executive director of facilities management.

“We are adapting the same universal standards and symbols that are used for public washrooms in many buildings and communities,” says Proulx. Many single-stall washrooms are currently designated with traditional male-and-female stick figures, while others have been marked for wheelchair access.

The universal designation is particularly significant for the transgender and LBGTQ communities, those

with disabilities, and those requiring privacy due to religious and cultural beliefs, says Grace Wong Sneddon, advisor for the provost on equity and diversity. Some single-stall washrooms are currently identified with dual stick-figure signs as gender-inclusive. Adopting universal symbols for these and many more washrooms across campus broadens support for the wellbeing of UVic’s diverse community, says Wong Sneddon.

“The gender-inclusive signs are a visible gesture that everyone is welcome to use these washrooms and indicate that these public facilities are accessible across our campus for students, faculty, staff and visitors,” Wong Sneddon continues.

UVic values inclusivity and diversity on campus and is working on a number of initiatives specifically developed to support the transgender community. These include:

- Identifying and creating scholarships and bursaries that are non-gender specific
- Developing protocols across faculties and units to educate faculty members and staff about creating safe spaces and including gender-neutral language and name preferences
- Professional and front-line staff in both counselling and health services have been participating in specific professional development opportunities to improve and enhance their practices in support of LGBTQ and transgender students.

# around the ring

## New food and beverage choices on their way


Curious about the construction underway in Mystic Market? This July, UVic announced the addition of new food vendors at Mystic Market and Cadboro Commons, which bring national brands Booster Juice and Bento Sushi to campus. In addition, a Mexican kiosk serving tacos, burritos and quesadillas, vegan and vegetarian menus will replace the VegOut kiosk at Mystic Market. David Purcell, director of Food Services, says the two national brands support UVic’s sustainability initiatives, recycling programs, ethical purchasing practices, organic and fair trade concerns and the student experience. The brands selected have been popular on campuses across the country and have a strong history of community involvement. Purcell said that Food Services remains committed to the long-term success of institutionally managed food services operations on campus. Consistent with UVic’s commitment to its employees, the new outlets will continue to employ members of CUPE 917.

## Updated UVic mobile app


A new version of the UVic mobile app means that students can display their course timetable, class locations and times. The app integrates with our student information system so students will also have their grades, account hold notifications, and financial summary literally at their fingertips. No more embarrassing surprises at a Mystic Market checkout either. Now students, staff, faculty and visitors can view and add funds to their UVic OneCards with the app. These features—together with other popular information such as maps, bus schedules, news and events, and important contacts—all help to make the campus a little easier to navigate. The new UVic mobile app is available in the Apple App Store and Google Play store.

## Is your IdeaFest proposal ready?

There’s only a month left to brainstorm proposals for next spring’s IdeaFest—the university’s campus-wide research festival, celebrating the ideas, voices and experiences of faculty, students and staff from across UVic. Units from across campus are invited to submit event proposals to the Office of the Vice-President Research by Oct. 7, 2016. Forms and info at [bit.ly/fest-17](#).




Solguard Financial



Manulife Securities

*Building better retirement incomes since 1974*

Stocks • Bonds • RRIFs  
Life Insurance • RRSPs • Annuities  
Investment Funds



**J. MARK GOUWS**  
CFP, CLU, ChFC  
Senior Financial Advisor  
Certified Financial Planner

Manulife Securities Incorporated  
Manulife Securities Insurance Agency

### RETIREMENT INCOME OPTIONS

REGISTERED RETIREMENT INCOME FUND (RRIF)

AGE	55	60	65	71	75	80
Minimum Payout *	\$238	\$278	\$333	\$440	\$485	\$568
Total Payout to Age 100	\$141,481	\$134,260	\$127,484	\$119,880	\$114,897	\$107,994

Accelerated Payout:

Income over 5 years	\$1,747					
Income over 10 years	\$915					
Income over 15 years	\$638					

Total 5 year payout: \$104,841  
Total 10 year payout: \$109,770  
Total 15 year payout: \$114,846

\* Based on best current GIC of 1.90%. Returns will vary depending on investment vehicle. Monthly income based on \$100,000

### LIFE ANNUITIES (PER CANNEX BASED ON INITIAL INVESTMENT OF \$100,000)

AGE	55	60	65	71	75	80
<b>Male</b>						
...payments cease at death	\$442	\$472	\$544	\$674	\$778	\$977
...10 years guaranteed	\$418	\$461	\$526	\$627	\$688	\$801
<b>Female</b>						
...payments cease at death	\$390	\$430	\$486	\$595	\$684	\$852
...10 years guaranteed	\$389	\$426	\$476	\$569	\$632	\$743
<b>Joint Life: 10 yrs guaranteed</b>	<b>\$358</b>	<b>\$386</b>	<b>\$435</b>	<b>\$513</b>	<b>\$568</b>	<b>\$678</b>


Manulife Securities Incorporated is a Member of the Canadian Investor Protection Fund. Payment amounts may vary based on the Annuity rate.

Mutual Funds, stocks, bonds, and financial planning are offered through Manulife Securities Incorporated.  
Insurance products are offered through Manulife Securities Insurance Agency/Solguard Financial Ltd.

mark.gouws@manulifesecurities.ca | [www.solguard.com](#)  
**#520 – 645 FORT STREET VICTORIA BC V8W 1G2**

**PHONE (250) 385-3636**

## Lawyer & Notary Public



**Bob Reimer**

- Real Estate—Purchase/Sale/Mortgage
- Estate Litigation
- Wills & Estate Probate/Administration
- Power of Attorney/Representation
- Family Law—Divorce & Separation
- General Legal Advice & Referral

4195 Shelbourne Street  
(two blocks north of Feltham Rd.)  
**250-721-2441**

The Ring September 2016 Page 3



# ringers

Co-op and Career Executive Director **Dr. Norah McRae** has been awarded the 2016 Dr. Albert S. Barber Award from the Canadian Association for Co-operative Education. This award recognizes McRae’s continuous outstanding contribution to the advancement of co-operative education (co-op) in Canada, as well as a commitment to quality and excellence, and a deep knowledge of co-operative education that she shares with her colleagues from coast to coast. Since beginning her career in co-op at UVic in 1992, McRae has written and contributed to numerous papers and given dozens of presentations about best practices in work-integrated learning with colleagues from across Canada and around the world. Under her guidance, UVic’s Co-operative Education Program has adopted a competency-based framework that encourages students’ reflective learning, developed a consistent professional practice course for all co-op students, and created an online curriculum of more than 100 career-related resources that help students excel at everything from work search and career development to intercultural competence.

Political science PhD candidate **Kate Newman** has been awarded a Fulbright Canada student grant to conduct research at the City University of New York on her project, “Governing the Night: Urban Political Economy and the Nocturnal Global City”. “I am very excited about my research and the opportunity to study urban politics in New York City,” Newman has an MA in political science from UVic and holds an undergraduate degree from Simon Fraser University. She is studying how a vibrant nightlife and nocturnal economy contribute to gentrification, displacement and increased policing and surveillance of urban life.

**Dr. Alona Fyshe** (computer science) was recently awarded a two-year Canadian Institute for Advanced Research (CIFAR) Azrieli Global Scholars research appointment. The program provides funding and support to researchers within five years of their first academic appointment to build their research network and develop leadership skills. Fyshe studies neurolinguistics, an emerging field examining where and how the brain processes language and meaning. Her lab in the Engineering and Computer Science Building at UVic is involved in diverse areas of research working to bridge the gap between neuroscientists who study how the brain learns, and computer scientists and engineers who program computers to “learn.” Her research—though focused on language—also shows promise to improve the lives for people with mental illnesses and neurological disorders such as epilepsy, Parkinsons and Alzheimers by developing technology to monitor brain health using at-home brain imaging systems such as portable EEG devices.



Krigolson, left, monitors brainwaves of the meditating monks. PHOTO: KAIT MIKES

## Scientists trek to Everest to unlock mysteries of brain

BY SUZANNE AHEARNE

Tibetan Buddhist monks in Nepal get a lot of visitors—from trekkers to the spiritually curious. Until this summer, however, no one had ever made the trek to study their brainwaves while they were meditating.

“This study is the first to be done at this altitude in their own temple,” says UVic neuroscientist Olav Krigolson, who traveled to the Mt. Everest region with UBC-Okanagan researcher Gordon Binsted as a joint research venture to study the neural characteristics of meditation.

Though a number of studies have recorded monks’ brainwaves while meditating, this study is the first to use a large sample size of experienced monks and to work with them on location.

“We think that what we’re finding will improve our understanding of mindfulness and meditation, and provide a level of ecological validity that’s lacking in other studies of meditation done in an artificial lab environment,” says Krigolson, who is still analyzing the data.

Whether you call it meditation or mindfulness, there’s no doubt that

humans are able to achieve a brain state during which they’re happy, thoughtful and focused. “Scientists have quantified this, finding that deep levels of meditation are correlated with differences in electrical signals produced by neurons,” says Krigolson. “We have this evidence but no one really knows how it works.” He and Binsted set out to provide more insight into what the corresponding neural activity means.

With the help of undergraduate students in Krigolson’s neuroeconomics lab and an NSERC grant, they unlocked and modified the software of a headband-sized electroencephalography (EEG) system—a Canadian product called the “MUSE,” marketed as a meditation aid—for research purposes.

One of those undergrad students, Brianna “Breezy” Beaudry was part of the research trip. “I can’t really explain the experience of sitting in a room with so many holy men but it was breathtaking and made me feel overcome with emotion,” she wrote about the first testing day in the monastery in Namche Bazaar in a My UVic Life blog post about her experience.

“The colours were one of the first

things I noticed: yellows, reds, oranges, greens and blues decorating every aspect of the room. There was excitement and nervousness in the prayer room as we waited for our first four senior monks to enter.”

“Using a translator, we explained the experimental protocol to our first group of monks. We were extremely fortunate to test a total of 15 senior and 10 junior monks that day, providing us with a sample size that, to the best of my knowledge, greatly surpasses any previously conducted studies involving monks.”

With a total sample size of 27 monks from Namche and Tengboche monasteries, Krigolson says, “we now have a clearer picture of what’s happening during meditation.”

In line with previous work, preliminary findings show increases in brain activity during meditation. Specifically, they’re seeing increased alpha activity (associated with relaxation), beta activity (associated with focus) and gamma activity (associated with increased synchronicity in the brain) during meditation as opposed to rest.

Further, they found that neural responses to visual stimuli were enhanced after focused attention

meditation. The research group had monks play a video game after rest and then after meditation.

“It’s a standard test to measure general cognitive function,” Krigolson says. “We found that the brainwave activity was enhanced after meditation. Their brains were actually functioning better.”

“These preliminary findings tell us that intentional brain training techniques such as meditation may have long-lasting effects on brain function,” says Binsted.

“We don’t know how much practice you need to get those benefits and how long the carry-over effect lasts,” he says. They aren’t able to determine yet how much the monks’ expertise with meditating was a factor.

“We do know that changes in the brain are very rapid but we don’t know that magic number yet,” he says. Sudoku can be used to enhance, or at least maintain brain function as you get older, but, he points out, “you can’t do Sudoku once and then everything will be fine. You need to do it on a regular basis. We suspect the same thing will be true with meditation.” Finding out, will be part of the next study.

### BYSTANDER CONTINUED FROM P.1

understanding of the consequences of sexualized violence; and focus on the supports and needs for survivors of sexualized violence.

Intervention can be as simple as challenging somebody who makes sexist remarks, to recognizing and acting when somebody is vulnerable in a social situation, or helping someone get out of a dangerous situation where they are at risk of being harmed.

Pringle, who graduated with a psychology degree in June, and Kate Lord, a second-year sociology and gender studies student, are among trainers conducting the workshops.

“It’s not sensitivity training, but a leadership program and everyone has the capacity to be a leader—no matter your age or gender,” says Lord. “It’s very simple, there are so many opportunities to do this. You have a muscle you can flex to make a difference in the lives of people around you.”

Both Pringle and Lord conducted pilot workshops over the summer and found an enthusiastic response from students.

Joel Lynn, executive director of student services, says bystander

intervention training is among many strategies UVic uses to prevent sexual misconduct. “Sexualized violence is an issue throughout society. Our goal is to empower students to create a compassionate community and become active participants in fostering a safer environment on campus,” says Lynn. “Everyone has a role to play. Bystander intervention training is a pro-active initiative by the university to build awareness and positively influence attitudes and behaviour.”

University of Windsor Prof. Dusty Johnstone brought the bystander intervention program to Canada five years ago and has delivered it to thousands of students over the course of 90 U-Windsor workshops. Institutionalizing prevention education is key to an effective program and reaching a wide number of people helps shift the cultural norm, says Johnstone, who consulted with UVic about implementing the program here.

The peer-to-peer model of training is an effective way to deliver the message, she says. “In social psychology, the most effective persuasive people tend to be those we consider

to be peer experts. They’re relatable, we connect with them, we feel we have shared experiences but we also recognize that they have expertise in this area.”

Johnstone credits UVic for its approach and goal of training 1,000 students this year. “UVic has really thought through the model of how to do it and reach a wide number of people. That’s really important.”

Students who complete the Bringing in the Bystander workshop receive a certificate of participation, co-curricular credit on their academic transcripts, and a chance to win a \$250 tuition credit. To book training for a class or student group, contact studentlife@uvic.ca.

Bystander intervention training is also part of student orientation during Sexualized Violence Awareness Week and builds on the success of the the student-led Let’s Get Consensual student campaign.

UVic is currently developing a separate policy on sexualized violence. While the university has policies, programs and resources related to prevention, support for those who

have experienced sexualized violence, and investigation of sexualized violence, it does not have a single all-encompassing policy.

Consultations have been ongoing since June with people on and off campus, and a working group with diverse membership will deliver an interim progress report later this month. The aim is to have a draft policy early in the new year and recommendations for the Board of Governors’ approval in the spring of 2017.

“We are trying to consult as widely and deeply as possible,” says working group chair Annalee Lepp, who is also chair of UVic’s Gender Studies Department.

“The university is a large and diverse institution and it’s important for us to speak to as many people as possible to get a comprehensive understanding of the gaps and challenges as well as what support, education and programming is needed.”

Information on the policy review, including how take part in the consultations and summaries of the working group’s meetings, is available at [uvic.ca/sexualizedviolencepolicy](http://uvic.ca/sexualizedviolencepolicy)



# Music scholar, lawyer join Canada’s academic elite

BY VALERIE SHORE

One of Canada’s best known music theorists and an internationally acclaimed expert on constitutional law are the University of Victoria’s two newest Fellows of the Royal Society of Canada (RSC).  
Election to the academies of the RSC is Canada’s highest academic honour and signals that the scholar, scientist or artist has made remarkable lifelong contributions to their field and to public life.

**Harald Krebs** (music) is recognized internationally as an expert on musical meter and rhythm, especially in 19th-century German art song known as *Lieder*. His work in music theory highlights under-researched and little-understood music of the 19th and early 20th centuries.

“It’s a great pleasure for me to open people’s ears to unfamiliar music, and to aspects of familiar music that they had not previously considered,” he says.

Krebs’s publications on the life and music of the neglected 19<sup>th</sup> century German composer Josephine Lang, for example, have made her music more internationally known, and have inspired analytical work on the music of other female composers.

His research on the metrically complex music of Robert Schumann culminated in the prize-winning monograph **Fantasy Pieces**, which has become one of the most influential books in the field. His theory of meter has been applied to classical music, as well as to jazz, techno and rock.

At the core of Krebs’s work is his talent as a pianist, which he shares regularly with the broader community of music-lovers on and off campus. He was named a UVic Distinguished Professor in 2010.

See Harald Krebs talk about his research at [bit.ly/Krebs-16](http://bit.ly/Krebs-16)

**Jeremy Webber**, dean of UVic’s Faculty of Law, is a world-renowned scholar and author in the areas of cultural diversity, constitutional theory and Indigenous rights.

“The great task of any society,” he says, “is how to affirm principles to govern society—how to maintain mechanisms for making decisions that can claim to be legitimate—in the face of continual disagreement



Webber. PHOTO: UVIC PHOTO SERVICES



Krebs. PHOTO: UVIC PHOTO SERVICES

over what those principles should be.”

Webber has written extensively on labour relations, Indigenous rights in Canada and Australia, the relationship between Quebec and the rest of Canada, issues of nationhood and cultural minorities, and questions of constitutional design and interpretation.

“Dealing with our cultural, political, moral and religious differences can be difficult at times, but it is also exhilarating and essential,” he says. “It forces us to reconsider preconceptions. It reveals aspects of our lives that we might otherwise overlook. It challenges us to find ways to live together peacefully and respectfully.”

See Jeremy Webber talk about his research at [bit.ly/Webber-16](http://bit.ly/Webber-16)

A total of 71 UVic scholars, scientists and artists—including current, former and adjunct faculty members—are Fellows of the Royal Society of Canada.

## Syphilis vaccine research receives major US grant

An international team of scientists co-led by UVic’s Caroline Cameron is one step closer to a vaccine for syphilis.  
Cameron and University of Washington’s Sheila Lukehart received a \$2.3 million grant (USD) from the US National Institute of Allergy and Infectious Diseases (NIAID) at the National Institutes of Health (NIH). The grant will allow them to continue to make headway on vaccine development against syphilis.  
Despite prevention, screening and treatment programs, this sexually transmitted disease is on the rise. Worldwide, there are an estimated 36 million cases, with 10.6 million new cases per year.

Rates of reported cases have been climbing steadily throughout Canada, with rates in British Columbia at their highest in 30 years. “We’re hopeful that a vaccine, in combination with screening and treatment efforts, will lead to the eradication of syphilis,” says Cameron, a microbiologist.  
“It’s an incredibly invasive pathogen,” she says. “It’s one of the few pathogens that can pass from the bloodstream into the brain and from a woman into a fetus.” In fact, syphilis is one of the leading causes of stillbirth worldwide and recognized as the most significant disease affecting fetuses and newborns in low-income countries.  
Full story: [bit.ly/uvic-vacs](http://bit.ly/uvic-vacs)

# Susan Boyd named to federal marijuana task force

Decades of activism, followed by a seat at the table

BY KATE HILDEBRANDT

When asked how she felt about her invitation to volunteer on the federal task force for legalizing marijuana announced by the Government of Canada on June 30, Dr. Susan Boyd, a UVic distinguished professor with the Faculty of Human and Social Development (HSD), replied, “I am really pleased we are doing this. I just wish it could’ve happened in the 1970s.”

It’s a fair sentiment coming from Boyd, who’s devoted her education and academic career to research, teaching and community activism challenging conventions and laws on substance use. In HSD at UVic, she teaches research methodologies, social and cultural perspectives on drug issues, media representations of drug issues, women and drugs, and critical theory.

The invitation to join the task force “came out of the blue,” Boyd reflects. Surprised to be asked, “given the number of scholars, lawyers, and other experts they had to choose from,” she is certainly not unprepared.

“The best model should cause the least harm.”

Harm reduction is a philosophy of care and compassion that has proven to yield better outcomes than criminalization. Boyd was on the forefront of this approach when, in 1991, she and colleagues Margaret Michaud and Olive Phillips created one of the first woman-centred, harm-reduction programs based in Vancouver’s downtown east side.

As for what this new federal initiative could achieve, she said, “I would like to see the most inclusive framework we can come up with. The best model should cause the least harm.”

A tight timeline for change

The task force has three months to develop a proposed model. They met for the first time in mid-July for two days and are required to deliver their recommendations by November 2016. A model is to be in place by spring 2017.  
“It is rather ambitious,” she says, to



Boyd

not only develop a report recommending a model, but to also share the plan with ministers, Senate and Parliament. Even so, Boyd says, “The role of this task force is actually quite narrow. The heavy-lifting will be done by the three ministries—Justice, Health and Public Safety—who have created the website content, the discussion paper, the questions, the process, and they will do the analyzing. From that, the task force will write a report and propose a preferred model.”

The task force will also connect with other researchers and study their key findings, however, their key role is “to listen to what Canadians have to say on the legal model they want to see.”

Unsure of what Canada’s legal framework might look like in the end, Boyd says she can only speak to what she knows best which is the BC marijuana culture and the impact of criminalization. She notes that Canada has adopted harm reduction as a national drug strategy although this has not been realized in practice partially due to resistance by national law enforcement groups and adherents of abstinence-based only programs.

“In many ways, drug scares and moral panics about drug use and drug prohibition continue to shape harm-reduction research, policy, education and practice,” she explains, adding there are other complexities around drug use that are not fully understood. These and other large questions must be addressed, she adds.  
Full article: [bit.ly/task-boyd](http://bit.ly/task-boyd)

## MISSING AND MURDERED INDIGENOUS WOMEN

# UVic Law on board the MMIW inquiry

An inquiry into missing and murdered Indigenous women in Canada was announced in early August, and three of the five appointed commissioners have close ties to UVic Law.  
The Honourable Marion Buller, UVic Law and social sciences alumna and BC Provincial Court Judge, will lead the inquiry as chief commissioner. Buller was the first Indigenous woman appointed to the bench in BC. She worked previously as a criminal and civil lawyer and served as both director and president of the Canadian Indigenous Bar Association. Buller, who is from the Mistawasis First Nation in Saskatchewan, was instrumental in the creation of the First Nations Court of BC in 2006, which focuses on restorative justice and rehabilitation.  
Commissioner Qajaq Robinson graduated from the UVic Law Akitsiraq program in 2005. Born in Igloolik,

Nunavut, she is fluent in Inuktitut and works in Ottawa as an associate with Borden Ladner Gervais LLP as part of Team North, a 70-person team of lawyers working with First Nations communities.  
A third commissioner, Marilyn Poitras, was an assistant professor at the UVic Law school from 1997-98. Marilyn is Métis and has been involved in Aboriginal law and governance as a consultant, lawyer, teacher and film producer.  
Rounding out the commission are Ontario First Nations and human rights lawyer Brian Eyolfson and Michèle Audette, former deputy minister of Québec’s status of women and former president of the Native Women’s Association of Canada.  
The inquiry began Sept. 1 and runs until Dec. 2018 with a budget of \$53.8 million.

# ringers

This summer, sociologist **Dr. Neena Chappell** was named to the Order of Canada for her contributions in shaping the field of gerontology in Canada. Chappell, who retired in June from UVic’s sociology department, was honoured for “her contributions to the study of social gerontology in Canada, notably for her influential research into caregiving, dementia care and healthy aging.” Chappell has spent her 30-year-plus career working in the field of aging and dementia, establishing two world-class university research centres on aging along the way—at the University of Manitoba and at UVic, where she continues to conduct research.

Former Vikes women’s basketball coach **Kathy Shields** was also named to the Order of Canada, recognizing “her contributions as an athlete and coach who has fostered the development of women’s basketball in Canada.” An accomplished athlete with UBC, Laurentian and the Canadian national program, Shields took over as head coach at UVic in 1979 and ushered in an era of dominance, leading her teams to 14 Canada West titles, eight CIAU/CIS national titles and a regular season record of 320-50. Shields’ battle with breast cancer helped inspire Vikes basketball’s first “Shoot for the Cure” event in 2007, an initiative that has since grown into a nationwide Canadian Interuniversity Sport campaign.

**Dr. Sadik Dost** (mechanical engineering) was inducted into the Canadian Academy of Engineering in June as one of 43 new fellows. Dost, Canada Research Chair in Semiconductor Crystal Growth and founding director of UVic’s Centre for Advanced Materials and Related Technology, studies how to grow reproducible, high-quality bulk semiconducting crystals used in a variety of electronic devices. As a leading Canadian researcher in both theoretical and experimental aspects of liquid crystal growth, the discoveries made in his Crystal Growth Lab at UVic using magnetic fields resulted in a tenfold increase in growth rates, making the process of growing high quality crystals more commercially viable. The single crystal semiconductors grown in his lab have applications for technologies such as gamma ray detectors for detecting tumors, blue laser devices, thermal energy conversion and solar energy conversion devices.

Germanic and Slavic Studies graduate student **Chorong Kim** won the Best Documentary Film award (student category) at the recent Montreal World Film Festival. *Readers of the Holocaust* documents an innovative teaching approach, “Holocaust education outside the box,” launched by Charlotte Schallié, an associate professor in the department and director of the European Studies program at UVic. Her students recently tested the project at Vic High under the guidance of local community members Georgina Hope and Noga Yarmar. Film info: [facebook.com/ReadersOfMemories](https://facebook.com/ReadersOfMemories)





# This is Gwen.

She recently brought her entire industry association meeting to Victoria and it was phenomenal. Now, as she drives downtown, the traffic lights all turn green and her favourite song is playing on the radio. She is internationally known as the queen of her industry — and it shows.

**Bring your next conference to Victoria and you'll be rewarded... Just like Gwen.**

# Be like Gwen.

Dr. Valerie Irvine, co-director of the Technology Integration and Evaluation (TIE) Research Lab, in the University of Victoria's Faculty of Education, knows how it feels to be like Gwen. She was local chair of the 2013 ED-MEDIA World Conference on Educational Multimedia, Hypermedia, and Telecommunications and recommended Victoria and the Victoria Conference Centre. It was a huge success: almost 1,000 people from around the world attended.

"The organization was thrilled," says Dr. Irvine, despite initial worries about the extra little trip between Vancouver and Victoria airports. "It actually turned into a non-issue. Not a single person had that complaint and, in fact, they were quite happy to have gotten out of the rain of Vancouver."

"People really enjoyed Victoria," she says. Something they really liked was how much there is to see and do.

"The location of the conference centre being right downtown with the gorgeous views and the ability to explore and have things to do within walking distance was a very nice plus for people," says Dr. Irvine.

Attendees loved the Inner Harbour and walking in nearby parks and many asked about getting out on the water. And then

there's the restaurant and bar scene. "That was another plus," says Dr. Irvine. "A lot of people feel the most important aspect of conferences is the people part, the networking part. It's not what goes on in the sessions: it's what goes on between and after the sessions."

In Victoria, networking happens naturally. The small-city size stimulates a deeper dimension of networking. People connect here in ways bigger cities can't accommodate.

"It definitely was a great strength that you're not stuck in some dead downtown area where you don't feel safe walking," says Dr. Irvine. "People felt safe in Victoria and there were things to do as you broke out to informal networking groups."



**Victoria's small city size naturally stimulates a deeper dimension of networking.**

## Victoria is a mixology of business and leisure

There are more reasons to host conferences in Victoria. People who attend conferences here come back, some on holidays and some to stay because, as you well know, Victoria supports a lifestyle that's the perfect balance of leisure and forward thinking. It's an incubator for an entrepreneurial culture of innovators, doers, and dreamers, where some of world's most advanced research facilities and academic talent are achieving excellence across many dynamic industries.



**Victoria is an incubator for an entrepreneurial culture of innovators, doers and dreamers.**

If you're worried about what's involved in putting together a conference, don't be. You'll have support every step of the way. Our local host program is coordinated by Business Events Victoria, a collaboration of Tourism Victoria and the Victoria Conference Centre. The very best conference professionals in the city will be available to you. We'll even help with your promotional material and create post-conference vacation ideas to boost attendance to record levels.

"Everything is sort of taken care of. They've got the planning and execution staff. They're polished and they know how to take care of conferencing business," says Dr. Irvine about the Victoria Conference Centre.

There's yet another reason to feel good about bringing your meeting to Victoria. Conferences are a tremendous boost to our local economy. From the businesses and organizations providing conference support to the people working for them, when you host an event here, the whole city thanks you.

And because we recognize the importance of your support, we'll give you one per cent of the hotel guest room revenue.\*

Bring your next conference to Victoria and be a leader — just like Dr. Irvine.

\*Subject to eligibility; see [TourismVictoria.com/LocalHost](http://TourismVictoria.com/LocalHost) for details.



## Ready to Bring It?

As an industrious Victorian you go to conferences all over the world. Be a local host and bring those meetings here. It's easy. We'll provide you with everything you'll need to make it happen.

**Get the details at [TourismVictoria.com/LocalHost](http://TourismVictoria.com/LocalHost).**



# Faculty Reading Night features inaugural Lorna Crozier Scholarship recipient

BY JOHN THRELFALL

Even though she’s now retired, beloved poet and professor Lorna Crozier continues to have an impact on campus: a highlight of the popular annual faculty reading night—happening 7 p.m. on Sept. 28 in Hickman 105—will be the announcement of the inaugural recipient of the Lorna Crozier Scholarship.

Awarded annually to a top-level, fourth-year poetry student, initial fundraising for the scholarship began at the celebration reading that marked Crozier’s retirement from the writing department in 2013. Hosted by Shelagh Rogers (before she was Chancellor), that event saw past students—many of whom are now among Canada’s finest poets—return

to campus to honour their mentor.

One of those past students is acclaimed poet Shane Book, recently hired as the writing department’s newest poetry professor. “Lorna provided a nurturing environment where students were challenged to really engage with their own work and with Canadian and world literature,” Book recalls. “She was not afraid to be direct and honest: on one of the first poems I wrote for workshop she wrote something along the lines of, ‘You can do better than this if you take this seriously.’”

As well as a great poet, Book notes Crozier’s essential influence as both a teacher and mentor. “She was a leader who led with her passion for poetry—a passion so great she was able to take a room full of students who had

nothing in common with each other . . . and instill in us a care and concern for each other as artists and as human beings. She set an example for how to live in the world as an artist. Her drive, ambition, and work ethic told us that poetry was an important thing worth devoting one’s life to. But she was also a lot of fun.”

While Book doesn’t start teaching classes until 2017, he will be featured at the reading night alongside the rest of the writing faculty, as well as the winning student and Crozier herself. “The founding of the Lorna Crozier Scholarship helps to ensure a new generation of poets can continue to study and practice their craft at the finest writing program in the country,” he says.

## Letters on changes to child care

### From the Childcare Parenting Alliance

The claim reported in *The Ring* on June 24 that UVic child care support is expanding is misleading. A memo issued on June 23 by the Director of Campus Services actually amounts to cuts in child care services for school-age children. 45 spots in the After School Care (ASC) program will be eliminated and the building in which it is housed will be renovated for two new preschool programs. One critical element of child care will be abandoned in an attempt to address shortages in another. In fact, the change will not address the more pressing need for those 5 and under. The demand for toddler spaces (18–36 month olds) far exceeds that for preschool age (3–5 year olds).

Despite repeated demands of members of the Parent Advisory Board (PAB) to hold a town hall on this issue, no consultation has taken place with the UVic campus community to determine actual childcare needs. Instead, the PAB was denied the opportunity to vote and was also not permitted to fulfill its role to consult with the wider parent community prior to the decision. The lack of consultation and transparency of purpose for the closure of ASC with the child care parent community are of great concern. These actions are particularly surprising in light of the Child Care Services philosophy of excellence, which includes “meaningful involvement of families in the child care experience and respectful communication with families.” They also undermine the importance of support across childhood years, 0–12, in the modern workplace.

The UVic ASC is an essential re-

source for working parents at the university. The program runs Monday through Friday from school closure to 5:30pm, with staff picking up children from school. This support is essential to allow faculty, students, and staff with school-aged children to remain on campus for important afternoon meetings and classes. The centre is also open on all professional development days, 8 a.m. to 5:30 p.m.; early or unplanned school closures (e.g., student-led conferences, parent teacher interviews, teachers’ strikes); and full-day programming is also provided during the school winter break and the two-week spring break.

Closing the ASC program will impact on those currently enrolled and those already in UVic’s preschool with plans to access it in the near future. It will create undue hardship for campus parents by adversely impacting the ability of students, faculty and staff to participate in full-time study and work.

*Submitted by the UVic Childcare Parenting Alliance*  
*Dr. Erica Woodin (psychology)*  
*Dr. Irina Paci (chemistry)*  
*Dr. Maycira Costa (geography)*  
*Dr. Elisabeth Gugl (economics)*  
*Dr. Basma Majerbi (business)*

### Response from Campus Services

The University of Victoria has provided services at the child care centre for more than 40 years, and recognizes the value of these services to the campus community. The difficult decision to close the after school care program was only made in order to create 40

new full-day child care spaces.

Recognizing that this choice is a disruption for some families, it’s also an important lifeline for many others. Expanding full-time services for 40 younger children allows university space to be fully utilized while adding more than 50,000 hours of quality child care service each year. In the overall strategy, UVic Child Care Services also committed to researching multi-aged care models inclusive of children under 5 years old within the newly created spaces.

The university’s commitment to child care includes nearly \$1.7 million in funding for 2016/17 to renovate and upgrade the child care centres. UVic Child Care Services engaged the UVic Child Care Parent Advisory Board (UVCCAB), comprised of student, staff and faculty, and received a full spectrum of feedback (both critical and supportive) of the anticipated impacts of this decision. The consultation process was critical in establishing a one-year notice period for the program’s closure (scheduled for July 2017) in order to give parents adequate time to find alternate ASC programs or care arrangements. The UCCPAB also recommended that a comprehensive transition plan be developed to support parents over the course of the year.

The university remains fully committed to helping and supporting families over the course of the next year in their search for care including establishing a working group to research alternate solutions and care models in the community both on and off campus.

*Sincerely, Jim Forbes*  
*Director, Campus Services*

# 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.** *Out of the Frame: Salish Printmaking.* Until Oct. 1. In collaboration with Wachiy Studio (Andy McDougall) and curated by Dr. Andrea N. Walsh. Featuring work by Charles Elliott, Doug LaFortune, Angela Marston, Andy Everson, Maynard Johnny Jr., lessLIE, Chris Paul, and Dylan Thomas. Coast Salish artists challenge ideas about printmaking by bringing the process of printing into relation with cultural traditions, personal experiences and the material world. Legacy Art Gallery Downtown, 630 Yates Street. Free. 250-721-6562.

■ **Exhibit.** *The Averted Eye Sees: The Life and Work of Glenn Howarth.* Until Oct. 23. Curated by Jenelle Pasiechnik (UVic MA, 2015). The Averted Eye Sees draws on UVic’s significant collection of Howarth paintings from the Michael C. Williams estate, as well as Howarth’s writing, sketches, ephemera, and digital archive, part of the regional artists archive initiative of UVic Libraries Special Collections and Archives. It also includes a fascinating case study on the challenges of ‘retro-computing’ in recreating Howarth’s early experiments in digital artwork. Legacy Maltwood, Mearns Centre-McPherson Library lower level. Free. 250-721-8247.

### SATURDAY, SEPT. 10

■ **Music.** 6:30 p.m. *Mysterious Barricades: A concert for suicide awareness, prevention and hope.* The Victoria program will feature the Lafayette String Quartet, Michelle Mares & Harald Krebs (piano), Benjamin Butterfield & Ken Lavigne (tenor) and others. All

concerts will be broadcast live throughout the day at [mysteriousbarricades.org](http://mysteriousbarricades.org). Phillip T. Young Recital Hall. Free. 250-721-8634.

### WEDNESDAY, SEPT. 14

■ **Other.** 12:15 p.m. *Wednesday Noon Meditation.* Weekly event starts Sept. 14. Simple mantra meditation for staff and faculty. Basic meditation instruction followed by a 20-minute meditation at 12:25pm. Interfaith Chapel. Free. 250-472-4159.

■ **Other.** 3:30 p.m. *Soul Delight.* Weekly event starts Sept. 14. Uplifting music and mystical readings led by Bahá’í Chaplain, Dr. Elaine McCreary. Interfaith Chapel. Free. 778-679-9662 (text messages) or email [bahai@uvic.ca](mailto:bahai@uvic.ca).

### SUNDAY, SEPT. 18

■ **Music.** 2:30 p.m. *Faculty Concert Series: Lafayette String Quartet.* Join UVic’s quartet-in-residence in its 30th anniversary season, performing: Shostakovich, Schafer and Brahms. Phillip T. Young Recital Hall B125. Tickets \$25. 250-721-8634.

### TUESDAY, SEPT. 20

■ **Other.** 11 a.m. *International Opportunities Fair.* Join our festival showcasing international opportunities offered through UVic: exchange, field schools, coop and career, research, study abroad and more. University Centre Lobby, Upper Level and Welcome Centre. Free. 250-472-5263.

### SATURDAY, SEPT. 24

■ **Exhibit.** 1 p.m. *Celebration Event + Artist Roundtable.* Out of the Frame: Salish Printmaking discussion will be moderated by curator, Dr. Andrea Walsh. Featuring a guest talk reflecting on the production of prints by Salish artists given by independent scholar India Rael Young. Legacy Art Gallery Downtown, 630 Yates Street. Free. 250-721-6562.

# ONECard

## Use your ONECard Flex funds at these locations!

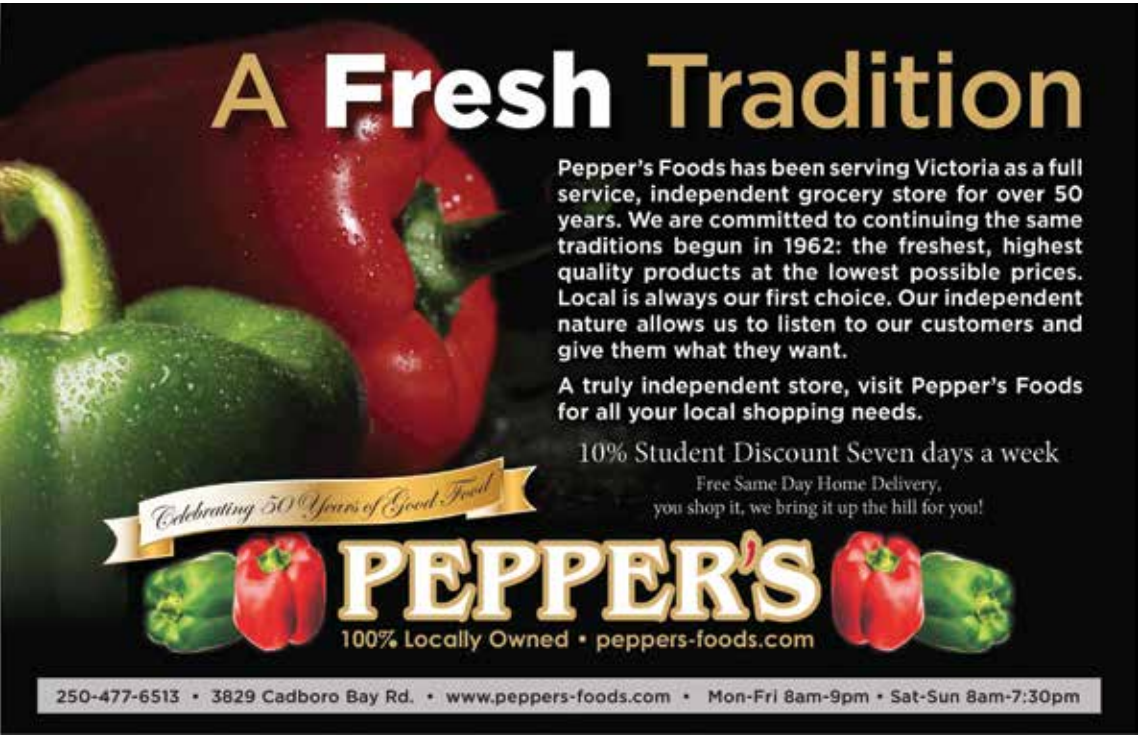
- ✓ University Food Service Outlets
- ✓ UVic Bookstore
- ✓ Finnerty Express Cafe
- ✓ UVSS Food Outlets
- ✓ ZAP Copy
- ✓ CARSA
- ✓ McKinnon
- ✓ Academic Advising
- ✓ International Student Services

Coming soon - vending & more!

Load funds online 24/7 using Interac, Visa, Mastercard, and AMEX

ONECARD  
ADD FUNDS \$

[www.uvic.ca/onecard](http://www.uvic.ca/onecard)



# A Fresh Tradition

Pepper's Foods has been serving Victoria as a full service, independent grocery store for over 50 years. We are committed to continuing the same traditions begun in 1962: the freshest, highest quality products at the lowest possible prices. Local is always our first choice. Our independent nature allows us to listen to our customers and give them what they want.

A truly independent store, visit Pepper's Foods for all your local shopping needs.

10% Student Discount Seven days a week

Free Same Day Home Delivery, you shop it, we bring it up the hill for you!

**PEPPER'S**  
100% Locally Owned • [peppers-foods.com](http://peppers-foods.com)

250-477-6513 • 3829 Cadboro Bay Rd. • [www.peppers-foods.com](http://www.peppers-foods.com) • Mon-Fri 8am-9pm • Sat-Sun 8am-7:30pm





Victoria. PHOTO: UVIC PHOTO SERVICES

# day in the life

BY JOANNE MCGACHIE

Let’s say you’re in need of a highlyspecialized piece of equipment for your research. Or new accounting software in your department. Or maybe you have to find a new supplier for janitorial products.

But where do you start? Whatever you need, your first call should probably be to Purchasing Services, to talk to one of their friendly and knowledgeable procurement specialists.

“Many folks on campus see us as an order desk and don’t realize we’re so much more,” explains purchasing officer Annabelle Victoria. “They don’t have the full picture of our services and what kinds of things we can help them with.”

Even when clients know what equipment or service they need, she says, they often don’t realize all the requirements that UVic, as a publicly funded organization, must comply with under provincial and federal regulations.

“It can be a complicated process,” Victoria acknowledges, “but I try to make it as straightforward as possible, while ensuring we comply with public procurement legislation and end up with the best product at the best value.”

Victoria has been a purchaser in both the private and public sectors, and has been working at UVic since 2013. While the fundamentals of procurement are the same in any industry, she notes that there is a very different approach between private companies and public organizations.

“A private company can buy from anyone they like, but they are also mainly profit-driven. They usually want low costs that contribute to their profit margins,” she says. “But a university, as a public entity, must demonstrate fair and transparent processes, no conflicts of interest, and equal opportunities for all suppliers. There are also privacy, freedom-of-

information and trade laws that need to be followed.”

Each purchasing officer is responsible for specific campus departments. Victoria’s clients are University Systems, which involves hardware and software purchases, and Research Services, where she supports the procurement of equipment for research projects funded through the Canada Foundation for Innovation (CFI).

Victoria works with Research Services and the individual researchers to establish budget requirements for their CFI projects. This involves learning about their project and understanding what type of equipment they need to determine the best procurement approach. The fun part for Victoria is working with researchers and learning about their investigations.

“The CFI projects can be very challenging, but are absolutely fascinating, too,” Victoria says. “UVic is doing some amazing work in so many fields and I really enjoy helping support the researchers.”

“Annabelle has been extremely helpful for our large multidisciplinary equipment grant applications,” says Dr. Alexandre Brolo, UVic professor of chemistry and director of the Centre for Advanced Materials and Technologies (CAMTEC). “Advanced research in materials science requires sophisticated instrumentation that is very specialized and expensive. The success of my latest acquisitions and fund applications have to be credited, in no small part, to the work she did to define my requirements, identify vendors and determine the best value.”

Sourcing computer-based solutions is also a big part of Victoria’s job, such as a recent project that she worked on with University Communications + Marketing, to find the best platform to help manage the huge and never-ending flow of UVic-related social media.

## Here today, gone tomorrow

Did you know that Purchasing Services also helps UVic dispose of equipment and supplies that are no longer of use? For example, two greenhouses that have been unused for over a year are now finding new life on Salt Spring Island. Rather than being demolished, the structures have been decommissioned, deconstructed and sold to the EcoReality Sustainable Land Use and Education Cooperative. The vacated site on campus will be used for a new Facilities Management service building.

“The explosion of social media outlets in recent years means it’s practically impossible to monitor and respond to every UVic mention, let alone coordinate our responses with different departments on campus,” says Robin Sutherland, manager of UC+M’s internet strategies team. “Annabelle was terrific in helping us define what we needed, work through the procurement process and, perhaps most importantly, coordinate with other departments that have similar needs so we can work together. We really appreciate her assistance on this project.”

For Victoria, the job satisfaction comes from providing the best service delivery possible, knowing she is part of, and supporting, projects that are positively impacting UVic. “For me, the most fulfilling part of my job is knowing I’ve helped to find the most efficient, effective and economical products and services for my clients. In my own small way, I feel that I’m contributing to UVic’s initiatives in a positive way and that’s the best part of what I do.”

## INCLUSIVE RECREATION PROGRAMS

# A whole different ball game

BY ALYSSA HINDLE

It’s game day. Your team steps onto the court ready to pass, shoot and score. As the game begins, you tune into the sound of the ball ringing on each kick and hear your teammates calling out their locations. You must listen and run carefully because you’re blindfolded. This isn’t your average soccer game—it’s *blind* soccer.

With several sessions held during the summer, drop-in blind soccer at UVic is a student-led success story.

The sport was brought to UVic by Exercise Science, Physical and Health Education students Lindsay Webster and Radoslaw Wiechecki. Last year, they were assigned a class project that involved raising awareness about adapted sports and recreation. They learned that in the 2015 Parapan Am Games, blind soccer was the *only* sport that lacked a Canadian team. They also discovered that there were no blind soccer opportunities available locally. But instead of focusing on a different activity, the pair decided to do something about it. With approval from their professor, the students changed their project’s focus, from simply raising awareness to actually establishing a new blind soccer program in Victoria.

Webster and Wiechecki approached CanAssist, the UVic organization that develops innovative technologies and programs for people with a wide range of disabilities. CanAssist brought Vikes Athletics and Recreation to the table and together they were able to book a recurring timeslot over the summer months.

Around the same time, a separate course at UVic hosted a guest lecture from BC Blind Sports on how to facilitate sport programming for people with vision impairments. Webster and Wiechecki were granted permission to attend the class, picking up tips from the experts and even managing to receive a donated audible ball from the organization. The students also approached a UVic alumnus, who donated a set of audible balls to facilitate the large number of participants who attend the drop-in sessions.

“The Victoria blind soccer program has allowed me to give back to the community that has done so much for me,” said Webster, who graduated with a kinesiology degree last year. “It means a lot more than words can describe because it combines all of what I consider the most valuable components

## Adapted sports and recreation at UVic: a few facts

Adapted activities sometimes go by the names accessible, inclusive or adaptive sports and recreation. Typically, they describe activities featuring special equipment, rules or other modifications to allow people with disabilities to participate. At UVic, adapted sports and recreation are open to all members of campus and the community, whatever their level of ability.

For example, blind soccer can be played by everyone—regardless of a person’s vision. All players must wear full blindfolds, except goalies and a few scouts.

Other adapted activities at CARSA include wheelchair tennis, accessible dance, wheelchair basketball, and adapted strength and conditioning.

Wheelchair sports are not just for people who regularly use wheelchairs. In fact, many wheelchair basketball athletes can walk.

Para Sports are defined as “parallel sports”—they are not simply modified versions of their able-bodied counterparts, but are often unique sports, with unique equipment unique rules.

of my degree: healthy living and inclusive and adaptive physical activity.”

The drop-in blind soccer program is held in an indoor ball hockey arena, helping to keep both the ball and players in bounds. An audible soccer ball, with bells inside, enables players to zero in on its location. The program exemplifies the essence of true inclusion: everyone has the opportunity to participate in the same way. Whatever a person’s level of vision off the court, everyone—save for the goalies and a few scouts—is completely “blind” during the game.

This fall, drop-in blind soccer continues at UVic’s Centre for Athletics, Recreation and Special Abilities (CARSA). Everyone on and off campus is welcome.

“Not only am I extremely grateful for everyone who has helped make it possible, but it was a very memorable end to my studies at UVic,” Webster said.

# Campus life is busy!

## Why go off campus to fill a prescription?

Save yourself some time and use our on-campus pharmacy, conveniently located in the SUB. Our professional staff are ready to listen and help you with all your health needs.

*Drop by and experience our Heartfelt service.*

## SERVICES INCLUDE:

- Fill / Transfer Prescriptions
- Prescription Billing (including staff and student plans)
- Medical Reviews
- Vaccine Injections
- Process Paper Claims to Blue Cross



# UVic Campus Pharmacy

## We’re in the SUB!

UVic SUB, 3800 Finnerty Rd., 250 721-3400 • Monday - Friday 9:00-5:00

[www.HeartPharmacy.com](http://www.HeartPharmacy.com)



## AFTER HOURS SERVICE

*Heart Pharmacy IDA at Cadboro Bay Village*

Monday - Saturday 9:00-6:00  
Sunday and Holidays 12:00-5:00  
250 477-2131