**SPEED READ**

**SEXUALIZED VIOLENCE**

**National Day of Remembrance and Action**

Everyone on campus is invited to join in UVic’s annual commemoration of the National Day of Remembrance and Action on Violence Against Women. Under the theme of “A Walk to End Gender-Based Violence,” the organizing committee recognizes that gender-based violence affects many people in many ways. Community members are invited to gather outside the Student Union Building at 11:30 a.m. on Dec. 5 for a short program followed by a walk. Returning to the Hans Room in Cadboro Commons by 12:20 p.m., participants will be invited to enjoy hot drinks, mingle and write validations in support of those who have experienced violence.

**FOOD SERVICE OPTIONS**

**Starbucks coming to campus**

UVic will open and operate a licensed Starbucks in fall 2019 within the UVic Bookstore in the location occupied by Finnerty Express. Surveys with students, staff and faculty have identified Starbucks as a desired brand that they will be invited to enjoy hot drinks, and share in immersive discovery of sustainable practices abroad.

**DYNAMIC LEARNING**

**City of Victoria planner joins sustainability field school to co-teach and share in immersive discovery of sustainable practices abroad.**

BY ANNE MacLAURIN

As an innovator and advocate of experiential learning, Cam Owens elevated awareness about the value of field schools when he joined UVic’s Department of Geography in 2012. From Calgary, Owens brought an infectious optimism for field school programs, truly embracing the adage, ‘out of the classroom and into the real world’ of learning.

Seven years later, the department has added five field-based schools to its undergraduate program and the popular Sustainability Field School has two programs: the Cascadia Field School and the Urban-Europe Field School.

“The Cascadia Field School is probably my favourite, as it is more directly relevant, exploring sustainability in the context of our own greater bioregion,” says Owens. “But the Europe Field School is a little more exotic.”

The Cascadia Field School travels down the west coast through Seattle, Portland and on to San Francisco meeting with urban planners, activists and scholars — grappling with the social and ecological challenges facing cities in this region ([bit.ly/18-cascadia](http://bit.ly/18-cascadia)).

This year, the Sustainability Field School took geography students to Europe—travelling by train, bus, ferry and bike to study innovations in urban sustainability in Manchester, Edinburgh, Newcastle, Amsterdam, Hamburg, Copenhagen and Malmö.

Owens also added a new element this year. In partnership with the City of
Feedback invited on student housing and dining designs

Proposed designs for UVic’s newest buildings will be on display at campus and community open houses in November. Following a year of consultations, the designs for the two student housing and dining buildings will be open for comment before the project moves to the municipal approval stage with the District of Saanich. Situated outside of Ring Road south of the Student Union Building, the buildings will be the tallest on campus, and will feature a variety of room types for more than 600 undergraduate and graduate students, a modernized dining hall, meeting rooms and classrooms. The revitalized residence area will provide welcoming outdoor spaces and be linked to campus via the pedestrian and cycling paths of the Grand Promenade. “This is our final check on whether the community before applying for a development variance permit,” says Mike Wilson, director of campus planning and sustainability. “We appreciate all of the engaged input we’ve had from students, faculty and staff, which is reflected in the updated building and landscape designs.”

While major construction is not targeted to begin until 2020, the project team is exploring the possibility of tackling early site preparation work in 2019, allowing for an expedited schedule once the project is underway. The student housing and dining project is the first significant capital project since the renewal of UVic’s Campus Plan in 2016. Living on campus assists students with their transition to university, provides support and nurtures a strong sense of belonging in the UVic community.

OPEN HOUSES
Campus open house: Nov. 21 from 11 a.m. – 2 p.m. in the McPherson Library foyer
Campus pop-up: Nov. 22, 11 a.m. – 2 p.m. at Cadboro Commons

Although major construction is not targeted to begin until 2020, the project team is exploring the possibility of tackling early site preparation work in 2019, allowing for an expedited schedule once the project is underway. The student housing and dining project is the first significant capital project since the renewal of UVic’s Campus Plan in 2016. Living on campus assists students with their transition to university, provides support and nurtures a strong sense of belonging in the UVic community.
ÁSW–. K´ENI. K´L- O , E L. Seal, seagull, camas

which is the language of the Songhees

what's now known as the Saanich

whose traditional territory includes

Peninsula. SENC ´OT -EN and Lkwungen,

for these three words in SENC ´OT -EN,

porting Indigenous communities who

toba (Norway House and Cross Lake

of the land they are on, “says McIvor,

Indigenous languages in their com-

munity.

Download the guide at bit.ly/uvic-

language-guide.

McIvor points to the vital need for

language learners to hear the words

spoken. “These languages hold differ-

ent sounds than English. You’ll hear

people say, WAH-MA-NIH [rather

than ‘WAH-SA-NICH’ for W–SÁNÈ] because they’re reading it in English.

When using Roman orthography — the

alphabet we know as A, B, C — people

try to pronounce it in English.”

The area now called British Co-

tumbia is less than 10 per cent of the
total land mass of Canada, yet is home
to approximately 60 per cent of all

Indigenous languages in this country.

McIvor says with Indigenous lan-
guage revitalization, we have to start

somewhere. One way can be with

landmarks. “You can learn how to say

the name of the territory or the name of

the mountain that is close by,” sug-
gests McIvor.

For example, the original name for

Mount Newton is LÁU,WELNEW—the

high point of refuge for the W– SÁNÈ

peoples during the time of the “great

flood.”

“If you learn a greeting and a

response, now you’ve had a conversa-

tion, adds McIvor. “And that’s the start

of something, isn’t it?”

NÉTOLNEW– is another SENC ´OT -EN word.

It translates as “one mind, one people”

or “doing things as one” and is the

name of the six-year $2.5M research

project (netolnew.ca) being led by

McIvor with Skwéw7mesh First Na-
tion linguist Peter Jacobs who joined

UVic in 2012 and is now at SFU. It is

the first national project of its kind in

Canada focused on Indigenous

language revitalization.

McIvor and Jacobs are collaborat-

ing with nine Indigenous-led partner

organizations to further strengthen

the revitalization of Indigenous lan-
guages across Canada.

In an earlier project, they con-
ducted the first ever study of a popular

adult language learning method. The

focus on adult language learners is

a unique and ongoing feature of the

NÉTOLNEW– project.

Following a path of

language learning

McIvor was Director of UVic Indig-

enous Education from 2008 to 2017

and, as a graduate student at UVic,

served as the liaison for First Nations

communities partnered with UVic’s

School of Child and Youth Care from

2000 to 2004 to deliver a two-year
diploma program in early childhood

care and development.

Throughout her academic career,

McIvor has studied and helped de-
velop best practices for revitalizing

Indigenous languages, explored the in-

fluences and learnings that have been

woven into Indigenous languages and

passed on generationally; and worked
to understand and enhance contribu-
tions by Indigenous adults to language

revitalization, as well as its links to

health and well-being of Indigenous

communities and families.

NILLA, a new online space

NILLA is an exciting new online

web sharing portal and part of the

NÉTOLNEW– project. “It is a place where

Indigenous communities can connect

with one another, and all Canadians

can learn more about Indigenous

languages and their continuation” adds McIvor.

The NÉTOLNEW– project is funded by the Social Sciences and Humanities

Research Council.

More info on Indigenous language

revitalization at UVic/wvituit.ca/future-

students/indigenous/language
Four inspiring citizens will receive an honorary degree—the university’s highest honour—during fall Convocation.

**CINDY BLACKSTOCK, HONORARY DOCTOR OF LAWS (LLD)**

Tuesday, Nov. 13 | 10 a.m.

Cindy Blackstock, a member of the Gitxsan First Nation, is a social activist, social justice pioneer and dedicated advocate for Indigenous children with 30 years of social work experience in child protection and Indigenous children's rights. Blackstock is a professor in McGill’s School of Social Work and an Adjunct Professor and Director of the First Nations Children’s Action Research and Education Centre at the University of Alberta. She also serves as Executive Director of the First Nations Child and Family Caring Society of Canada.

Blackstock’s work included proving that First Nations children on reserves receive far less funding for services compared to other children in Canada. Blackstock and her advocacy group battled for five years to win a ruling from the Canadian Human Rights Tribunal ordering the federal government to equitably fund First Nations child welfare and implement Jordan’s Principle, a child-first policy to ensure First Nations children can receive the public services they need when they need them. Over 311,000 services have been provided to children in need under Jordan’s Principle since the ruling in 2016.

She also serves as a Commissioner for the Pan American Health Organization Commission on Health Equity and Inequality.

**JUDITH GUICHON, HONORARY DOCTOR OF LAWS (LLD)**

Tuesday, Nov. 13 | 2:30 p.m.

Judith Guichon is a strong voice for sustainable farming and ranching in British Columbia. Before being appointed B.C.’s 29th Lieutenant Governor in 2012, she owned and operated Gerard Guichon Ranch Ltd. in the province’s Interior. Guichon’s family had owned land in the Nicola Valley since 1878 and maintained a tradition of farming, ranching and related community service.

Guichon’s contributions include serving as president of the BC Cattlemen’s Association; as a member of the Provincial Force on Species at Risk; as a part of the Ranching Task Force of BC and the BC Agri-Food Trade Advisory Council as a member of the Fraser Basin Council; and as the director of the Grasslands Conservation Council of BC. She and her family have long promoted holistic management, an approach to farming that seeks to preserve ecosystems, maintain plant species, protect water quality and reduce use of fossil fuels.

Guichon received the Order of BC in 2012. In her role as Lieutenant Governor, Guichon developed priority programs reflecting her background of stewardship, including creating stewardships of the future, which aims to reconnect high school students with the natural world.

**PETER MOSS, HONORARY DOCTOR OF EDUCATION (DED)**

Wednesday, Nov. 14 | 10 a.m.

Peter Moss, Emeritus Professor at University College London, is renowned for his international work in early childhood education and the relationship between employment, care and gender, especially parental leave policies.

Moss coordinated the European Commission’s expert group on childcare and other measures to reconcile employment and family responsibilities.

In 2004, Moss co-founded the International Network on Leave Policies and Research, which today brings together experts from 40 countries with a shared interest in a policy area that has become a central issue in today’s welfare state.

For a decade, Moss co-edited the book series Contesting Early Childhood, which provides an important platform for alternative voices and new ideas in the field of early childhood education. The series builds on previous work Moss had undertaken with UVic Prof. Emeritus Alan Pence, including the seminal book Beyond Quality in Early Childhood Education and Care.

Moss has had a direct influence, through personal presentations and publications, on the curricula of the UVic School of Child and Youth Care, particularly its early years stream. His ideas also influenced the BC Early Learning Framework, which guides the provision of early childhood services in the province and is recognized internationally for its emphasis on diversity.

**MITSUKO SHIRAI, HONORARY DOCTOR OF MUSIC (DMUS)**

Wednesday, Nov. 14 | 2:30 p.m.

Mitsuko Shirai is regarded as one of the world’s great interpreters of the German lied, a form of poetic art song that is set to classical music. Born and raised in Japan, she began her vocal studies at the Musashino Music Academy in Tokyo and continued her training at the Hochschule der Künste in Stuttgart, Germany.

Shirai is one of the most frequently recorded lieder singers of modern times, distinguished not only by her many stellar concert performances and recordings, but also by her illustrious teaching career. For over 27 years, she has been teaching at the Hochschule für Musik Karlsruhe, one of the top professional music institutions in Germany, where she has attracted major talent from around the globe. She has conducted numerous workshops in Germany, Austria, Finland, the United States and in Japan. Many of her students have become the bright lights of today’s concert stages.

The mezzo-soprano has received many awards, medals and orders of merit for her extraordinary achievements. For example, Japan awarded her the Shiju Hosho, a distinction given to only five musicians over the past 50 years. In addition, she was awarded the Bundesverdienstkreuz (Order of Merit of the Federal Republic of Germany) in 2010.

**KIMS CONTINUED FROM P.1**

Living in Vancouver, both Chorong and her dad decided to study at UVic.

“My parents and I stick together almost like a team,” Chorong says. “Going to a different university brought us and gave us a lot of emotional support.”

“Women and I stick together almost like a team,” Chorong says. “Going to a different university brought us and gave us a lot of emotional support.”

At age 15, Chorong enrolled in biology at UVic and also studied German. Chong Su undertook a course in film and photography and applied for teaching positions, working to fulfill a goal Chorong remembers her dad talking about when she was a girl.

“He has been a wonderful teacher and I feel so proud of him,” she says. “I hope he can continue to pursue his childhood dream to teach and inspire others as he was inspiring to me.”

The other third of the team, Sung Hee Park, may be more reserved/his husband and daughter are leaving the tribulations of student life behind. “There was an air of stress in the house,” Chorong says. “She was so patient with both of us and gave us a lot of emotional support.”
CONGRATULATIONS, GRADS!

Thousands of UVic students and their families and friends will gather on campus this month to celebrate the achievement of an academic milestone. During Fall Convocation from November 13–14, ceremonies will be held to confer 1,493 degrees, diplomas and certificates.

A shifting focus: from photography to film

BY JOHN THRELFALL

Like many outstanding students, the term “overachiever” is a good fit for graduating international visual arts major Guochen Wang.

Born and raised in Taiyuan, a mid-sized city in China’s central Shanxi province, Chen went to a local international high school before looking for overseas post-secondary options. And his reasons for choosing UVic over an institution in the US, England or Europe may not be surprising, given his home city’s population of 4.2 million. “I visited Victoria when I was 12 and remember really liking it,” he recalls. “I liked the trees and the quiet.”

He was also attracted by the contemporary practice of UVic’s visual arts program, as well as its metaphorical appeal. “I was already doing high-fashion commercial photography in China, which I enjoyed, but I wanted to try something new,” he explains. “Visual arts looks at photography as a tool to go somewhere else.”

An award-winning photographer before leaving China, Chen continued to find success during his undergrad years: not only did he mount two solo exhibits at local galleries, but he also picked up awards at both the Sidney Fine Art Show and the Victoria Arts Council’s LOOK show. “I like taking pictures of people on the street and telling a story through the lens,” he says.

Yet his future interdisciplinary path started to come into focus in his first video art course and the writing department’s popular film-production elective, where he worked on the short film Fear or Favour.

“I just fell in love with the medium,” he says. “Visual art is more about the individual—how you approach the work, creating on your own—but film is different. It’s more collaborative, where everyone is working towards the same goal. It feels different when you achieve something together.”

Fusing his artistic passion with tangible career goals, over the past four years Chen has founded the UVic Film Club, joined the CineVic Society of Independent Filmmakers, started his own commercial production company, joined CHEK TV’s production team (where he helped create over 20 commercials), served as the director of photography and camera operator for local company Bottega Creative Ltd, worked as a sessional in

At your service: BCom grad discovers new purpose in service management career

BY SASHA MILAM

Tamika Rodney, BCom ’18, was completing a hospitality management diploma at Southern Alberta Institute of Technology when a fateful need for caffeine and some eye-catching island photos conspired to redirect her toward UVic’s Peter B. Gustavson School of Business, and a complete life change—though she didn’t realize it at the time.

“The Gustavson BCom recruiter just happened to be set up in the building where I had class, right next to the Tim Horton’s—so naturally, I had to walk right by because I was definitely getting tea,” laughs Rodney. “I was caught by these stunning photos of the island. I had to stop and learn more.”

And what she learned in that stop clicked for her. Rodney was finishing her two-year certificate and realized a bachelor’s degree would be an advantage when applying for jobs in the future. “As a mature student with a family to support, I couldn’t afford to spend another four years at school,” she recalls. “With Gustavson’s two-plus-two structure I wouldn’t have to do that. It just made perfect sense that in four years I would end up with a hospitality diploma and a business degree.”

In practice, the two-plus-two format means that BCom students spend their first two years completing pre-requisites and exploring elective coursework. In third year, they enter the intensive “core” year of the business program that immerses tight-knit cohorts of students in foundational business courses. Students like Rodney, who have completed two years in a qualifying hospitality diploma program, can enter directly into third year.

“Gustavson was the only program I applied to,” says Rodney. “I’m not the student who went looking for the school; I really feel like the school found me.”

Fall 2016 saw Rodney and her young son packing up and relocating to Victoria. It was a significant lifestyle adjustment. Born and raised in Alberta, Rodney loves that in Victoria, her son

SEE CHEN P. 7

SEE RODNEY P. 6

Rodney. PHOTO: TAMIRA SANDER PHOTOGRAPHY

Guochen Wang. PHOTO: CHORONG KIM

See your service: BCom grad discovers new purpose in service management career

SEE CHEN P. 7

SEE RODNEY P. 6

The Ring November/December 2018 Page 5
Of pale ales and proteins: a biochemist’s journey through research co-ops

BY VIMALA JEEVANANDAM

When faced with no samples and spotty access to laboratory equipment, some chemists might throw up their hands in frustration.

That’s the scenario biochemistry under-graduate James Saville faced when heading into the last weeks of his final co-op with UVic chemist Jeremy Wulff. He was tasked with collaborating with Red Arrow Brewing Centre to optimize the use of hops in their IPA. But the samples from the brewery were late in arriving. And the instrumentation that he would be using to test the samples was tied up, leaving Saville with seemingly nothing to do.

So Saville got to work.

“None of this slowed him down at all,” says Wulff. “He did an awesome job of researching protocols and developing his methods so that when samples did finally arrive he could immediately collect high quality data within a day or so.”

Through his research, Saville was able to help the Duncan brewery optimize the recipe for their IPA—determining the best hop type and timing to maximize flavour, while spending less money on the expensive ingredient.

“It was a great way to end my degree,” recalls Saville, who has already begun master’s studies at UBC. “Working with Red Arrow brought together the experiences I had through my other co-ops in both academia and industry, while giving me a preview of what it’s like to be a grad student.”

This final experience topped off a co-op degree where he worked with the world’s largest chemical company in Germany, a yeast producer in Montreal, and the UVic-Genome BC Proteomics Centre.

“Each co-op gave me a different perspective on what research can look like in different labs, companies and countries,” he says. “Successive work terms allowed me to build on my skills from the previous experiences.”

It was during his co-op at the Proteomics Centre that Saville discovered he was fascinated by mass spectrometry, a technique that allows researchers to characterize and quantify samples, such as proteins, based on the masses within a given sample.

“Using mass spectrometry, researchers can compare the proteins in samples to make accurate and early diagnosis of diseases,” says Saville.

The Proteomics Centre is home to the highest concentration of mass spectrometers within Canada and a world leader in the field of proteomics. Here, Saville worked on producing protein standards that future health researchers could use to compare their samples to.

In his graduate research at UBC, Saville hopes to continue research using mass spectrometry, this time fine-tuning techniques that could make research into membrane proteins—biological components which perform vital functions to organisms—easier to conduct.

“I didn’t have a feel of exactly what I wanted to do when I came to UVic,” says Saville, who started out as an undeclared general science student. “The co-op program definitely helped me figure out what I am interested in.”

Convinced that the co-op program gives employers a “leg up” on recent graduates, Saville says that he recommends it to anyone interested in a career in science.

“Tying UVic courses while attending Camosun into the last weeks of his final co-op with UVic’s School of Social Work, completing a bachelor’s and now a master’s degree with an Indigenous specialization, Saville now leads the social development department and community wellness division of the Musqueam Indian Band.

“I wanted to make sense of what was going on in my own family, my own communities and experiences, and I believed going back to school was the best way to start that,” he says. “Both schools offer a sense of family and community to Indigenous students. They’re tight-knit and work closely together, which is a huge benefit for those students who have to study away from home.”

“Taking UVic courses while attending Camosun also enabled Saville’s entry into academia. As did the anti-oppressive thinking and Indigenous knowledges I gained through my master’s degree studies helped me contribute in ways that directly benefit my relatives and culture.”

In her first few weeks on the job with Musqueam Indian Band, Saville dedicated her time to talking to people of the community, to Elders and Knowledge Keepers. She asked about their expectations of her as a leader, and their needs, learning that healing support was top of the list. The other most requested help was the development of traditional cultural activities for young people and families.

“The Musqueam people are stewards of the Fraser River and the waters, Saville explains, “and we needed a canoe.” She dreamed of re-building a burned-down carving shed and the community’s canoes, also lost in the shed fire, put away years prior in honour of a respected local carver who drowned in a fishing accident.

Saville envisioned, too, a new canoe journey for youth, hoping to spark interest in carving, canoeing and other vital Musqueam traditions.

Kayaks and canoes will be bought with a Social Sciences and Humanities Research Council (SSHRC) grant for $50,000 in 2014, taking eight across all submissions in Canada. Their application was highly recommended by reviewers because they secured a $30,000 permission from the Musqueam Chief and Council to support the project, gathered more support letters than the digital application system could upload, and also because they were the first canoeing proposal in SSHRC’s history.

It wasn’t until September 2015 when they found a 350-year-old, 40-foot cedar log that would be carved and built into a journey canoe. Many songs were sung to awaken the spirit of ‘The Old Woman’, so named to honour the circle of Indigenous women who made the project possible.

According to Dicke Louis, a Musqueam carver, the last canoe carved in the community was in 1893. By August 2016, Saville was paddling with fellow community members in the journey canoe’s maiden voyage on the Fraser River.

“With UVic and the BCI—they have been incredible in supporting my Indigenous knowl- edge, cultures and methodologies,” says Saville, “and I see these processes in action every day. As researchers, we must draw upon this knowledge, to help other Indigenous people find their own voice and visibility through this work.”

Just as her own learning continues, Saville is enrolled at UBC in a First Nations Endangered Languages course, studying how to speak the Musqueam bridgehunter language. She is also preparing to start her PhD in fall 2019.

As she prepares to cross the stage this month, Saville points to UVic faculty, staff and fellow students who “have actively in my past work experience—I had that confidence without hesitation: the business op- positions with organizations like Tesla, Blackberry and the government, no less, to network- ing opportunities, professional development courses—these were incredible opportunities that I fully appreciated, knowing what I didn’t do of the world outside school.”

Having completed two co-op terms with the Department of National Defence, Rodney began a full-time position as a project coordinator with British Columbia Investment Management Corporation (BCI) this September.

So she pointed out herself, none of these roles are in the hospitality industry. When asked what caused the shift in her career trajectory, Rodney answers without hesitation: the business op- erations class during her core term and service management specialization.

“I took the service management specialization class and I was going to be in a service management position with organizations like Tesla, Blackberry and the government, no less, to networking opportunities, professional development courses—these were incredible opportunities that I fully appreciated, knowing what I didn’t do of the world outside school.”

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Between worlds: exploring ways of knowing

BY ANNE MacLAURIN

Growing up as an avid soccer player in Grand Prairie, Alberta, Brigitte Benning knew UVic was a kind of international language that helps to connect people—a way to express my own feelings, inspire international students and bring together both Canadian and Chinese audiences in an understated way," she says. "It allows cultural differences to be easily understood and it builds on shared human values by non-threatening means." While working on his MFA, he's now getting hired for local film shoots, both independent and commercial. He even explored a castle. Quinn also worked at Recreation Integration Victoria for eight months, leading their volunteer program by pairing students with disabilities and volunteers in the community. She was also able to do two directed studies with the same organization. Quinn is keeping herself very busy since finishing school. She is currently working as an education assistant for the Victoria School District. "I've always loved kids and, during my years at UVic and in high school, I was always working with people with disabilities," she says. "It made sense to go into this job because it's in a school and it's with kids with disabilities so it's kind of ideal for me." Right now, Quinn is working at South Park Family School in a kindergarten class. "Kindergarten is where I belong," she laughs. "I just love it! They're so innocent and pure. There's no judgement in kindergartens. They're just excited to learn." She also works with children with special needs on her own, leading them in recreational activities after school, and through Community Living Victoria as a behaviour interventionist. There, Quinn is also part of a committee for increasing healthy foods in their after-school programs. One of the things she loves most about her work is having the opportunity to connect with students on a one-on-one basis. "It's a really rewarding job." On top of her many roles working with kids in the community, Quinn is training for a Half Ironman triathlon. She credits the rpm program for teaching her how to balance a busy work schedule with a healthy active lifestyle. Quinn also hints at potential plans to return to UVic. "I don't feel done," she says. She's considering a master's degree in educational psychology. She'd be able to take on more duties than she is currently able to as an education assistant. She is also considering pursuing recreational therapy. Both programs would help her apply her special skill of combining physical activity and educational support.

Connecting active living and special needs education

BY RYANN ANDERSON

When Paige Quinn first moved to Vancouver Island from North Vancouver in 2013 to start her undergraduate degree, her intention was to become an elementary school teacher. She had always loved working with children and grew up with a mother who taught first grade. But taking one of UVic's Exercise Science, Physical Health & Education (rtpm) classes hooked her on the program; she graduates this month.

For Quinn, the health and recreation education program offered by rtpm was the perfect way to combine an active lifestyle with her love for all children and turn them into a career.

She especially loved the co-op element of the program. Quinn travelled to Wales to be an activity leader for four months, where she took children and students with special needs on adventures like kayaking, rock climbing and even exploring a castle. Quinn also worked at Recreation Integration Victoria for eight months, leading their volunteer program by pairing students with disabilities and volunteers in the community. She was also able to do two directed studies with the same organization.

Quinn is keeping herself very busy since finishing school. She is currently working as an education assistant for the Victoria School District. "I've always loved kids and, during my years at UVic and in high school, I was always working with people with disabilities," she says. "It made sense to go into this job because it's in a school and it's with kids with disabilities so it's kind of ideal for me." Right now, Quinn is working at South Park Family School in a kindergarten class. "Kindergarten is where I belong," she laughs. "I just love it! They're so innocent and pure. There's no judgement in kindergartens. They're just excited to learn." She also works with children with special needs on her own, leading them in recreational activities after school, and through Community Living Victoria as a behaviour interventionist. There, Quinn is also part of a committee for increasing healthy foods in their after-school programs. One of the things she loves most about her work is having the opportunity to connect with students on a one-on-one basis. "It's a really rewarding job." On top of her many roles working with kids in the community, Quinn is training for a Half Ironman triathlon. She credits the rtpm program for teaching her how to balance a busy work schedule with a healthy active lifestyle. Quinn also hints at potential plans to return to UVic. "I don't feel done," she says. She's considering a master's degree in educational psychology. She'd be able to take on more duties than she is currently able to as an education assistant. She is also considering pursuing recreational therapy. Both programs would help her apply her special skill of combining physical activity and educational support.
Victoria Hand Project. Teams picked when brilliant minds come together, timely support for sexual assault
UVic’s Gustavson School of Business
Island Health, which now has a new method for notifying on-call forensic
Health hackathon produces collaborative, crowdsourced solutions
BY JODY PATERSON
When brilliant minds come together, tough problems get solved. Just ask Island Health, which now has a new way to address an issue affecting hundreds of vulnerable Vancouver Island residents after a team led by international business students in the Sauder S. Gill Graduate School at UVic’s Gustavson School of Business cracked the case.

Collaboration was the easy case at the first Victoria Health Hackathon this fall. UVic biomedical engineer Stephanie Willerth organized the weekend event specifically to bring together diverse people with wide-ranging experiences and expertise for 24 heated hours, tackling one of five health-related problems.

The problems ranged from developing a monitoring system to stop hospital patients from falling out of bed, to creating new adaptations for the hand/arm prostheses built by UVic’s internationally acclaimed student—settled on a particularly pressing experience and expertise for hospital patients from falling out of bed, to creating new adaptations for the hand/arm prostheses built by UVic’s internationally acclaimed professor—settled on a particularly pressing health-related problem: to identify a better way to get to the core of the problem, “It’s like being an anthropologist.”

After several conversations with the Island Health managers who had brought the problem to the hackathon participants, the team identified three key issues. “The pacing system is old technology, there’s no way to handle escalation of the process to find a second nurse if the first nurse doesn’t respond, and there’s no reporting process in place,” explains Pissay.

“Having worked in the field of healthcare internet technology (IT) in the past, I knew this was a very similar problem that you see in IT when a system goes down,” says Pissay. “So we looked into how IT systems manage these kinds of problems, and found a platform, xMatters, that we were able to customize for healthcare use. It had to meet all concerns around health-care privacy, cost point, ability to escalate calls, user-friendliness. It had to be simple enough that you don’t have to be tech-savvy to use it.”

The new system connects to the on-call nurses’ cell phones. It creates an cascade of all calls, and automatically escalates a missed call to a second nurse and then a third if the initial call isn’t responded to. Island Health was so pleased with the proposed solution that it plans on implementing the customized xMatters system early in the new year and has already begun staff training.

And the hackathon judges were so pleased that they awarded Team Vivek the top prize—$750 to be shared among the five team members (Pissay, Vekariya, UVic MBA exchange students Maximilian Krempl and Merle Finke, and software quality analyst Pallavi Phalathe). Challenges were scored based on their unique, scalability, user-friendliness, and creativity.

“It was great to win, but what we also enjoyed about the hackathon was the chance to meet so many people who we never would have met otherwise,” says Vekariya. “Some of those connections have already led to further meetings to identify ways to work together on other projects. We love the collaboration at UVic.”

From the Olympics to the Phoenix
New adjunct professor heads up Canadian-born Broadway hit
BY ADRIENNE HOLIERHOEK
“Mix up, mayhem and a gay wedding! Of course the phrase ‘gay wedding’ has a different meaning now… but back then it just meant fun. That’s all this show is—fun!” says the Man in the Chair. “What a show!”

The Man in the Chair says, “what a show!”

The Drowsy Chaperone is the big- song-and-dance show the Phoe- nix has presented in well over a decade: so much so that an entire set of dance shoes were needed for every performance. “This is a show that the Phoenix will use to continue the tradition of showcasing musicals from different eras, harnessing the nostalgia parodied in The Drowsy Chaperone, the musical has been performed every-where from Broadway to London’s West End, making top casts and cap- turing the hearts of musical lovers around the world.

And while the show is based on a fictional musical, the Broadway nostalgia parodied in The Drowsy Chaperone is very real, as Theatre his- torian Jacques Lemay has presented in well over a decade: so much so that an entire set of dance shoes were needed for every performance. “This is a show that the Phoenix will use to continue the tradition of showcasing musicals from different eras, harnessing the nostalgia parodied in The Drowsy Chaperone, the musical has been performed every-where from Broadway to London’s West End, making top casts and cap- turing the hearts of musical lovers around the world.

Ultimately, the Phoenix produc- tion—complete with a custom-built propeller plane—will literally do, as the Man in the Chair says, “what a show!”

The Drowsy Chaperone

The Phoenix Theatre
November 8 – 24, 2018
phoenixtheatres.ca

Tickets $30 (discounts on weekdays) at 250-721-8000

Provide your feedback on the Strategic Enrolment Plan
After ten months of working group and committee meetings and a range of engagement opportunities for different university constituencies, UVic’s first Strategic Enrolment Plan (SEM) is ready for broad campus feedback. Faculty and staff are invited to an open house session on Dec. 3 to learn more about this important initiative, ask questions and provide input.

Since January 2018, members of the Enrolment Management Working Group and four commit-tees focused on graduate recruit- ment and retention, undergraduate recruitment and conversion, under-graduate student retention and success, and data analysis and benchmarking—have been working with consultants to develop goals, strategies and short-, middle- and long-term tactics for this inaugural plan.

“The feedback we’ve received from the campus community so far has been integral to the devel- opment of our SEM plan, and we want to give as many faculty and staff as possible the opportunity to provide input as we finalize our plan,” says Vice-President Academic and Research, Valero Chickiln.

AVP Student Affairs Jim Dun-sdon, who has been leading the plan’s development, adds: “Many members of our community will be actively engaged in implementing the plan, and it’s important for us to make sure we’re heard from about the action plans that will be directly impacting their work.”

The goal of the SEM process is to align the university’s Strategic Framework with student recruit- ment goals and success initiatives—optimizing resources while maintaining overall student enrolment at all levels.

The plan’s six high-level goals fo- cus on quality, composition (includ- ing diversity) and student success:

• Strengthening the entering domestic undergraduate class
• Improving undergraduate retention and progression
• Expanding opportunities for different university constituencies
• Strengthening the international and undergraduate population
• Increasing graduate enrolment and
• Increasing the Indigenous student population.

Each goal is supported by a number of strategies and specific action plans for implementation.

Consultation opportunity
The Dec. 3 open house begins at 1 p.m. in Cadboro Commons (Haro room) with an overview of the SEM process and an introduction to the recommended goals, strategies and tactics. From 1:30-3:30 p.m. participants will be encouraged to review and provide feedback on the 15-20 action plans associated with each core goal.

Members of the SEM commit-tees and ACRAU Consulting, industry leaders in SEM work in North America, will be available to answer questions.

If you’re not able to attend the open house, your input is still welcome. Please feel free to email planning@uvic.ca or contact any member of the Enrolment Management Working Group. A list of working group members along with more information on the SEM process to date is available at www.solguard.com.
Community-university engagement a top priority at UVic

From ecocultural experiential learning on traditional Lkwungen territory and a new choir for seniors with dementia in Victoria to participatory videos for mapping waste and recycling in Kenya—there are only three of the many examples of community-engaged initiatives taking place on campus, throughout BC and around the globe.

“The community-university engagement is a core value at UVic and one of the top six priorities of our Strategis Framework,” says Vice-President Academic and Provost Valerie Kaehne, who is chair of the newly formed Community Engagement Leadership Executive Committee (CELEx), which provides direction and overall coordination with representation from academic, research, and external relations portfolios.

“This summer, we took the next step in the evolution of community-university engagement at UVic by transitioning from the Office of Community Engagement to a broader, more closely integrated, institutionally driven structure,” adds Kaehne. “This decision helps strengthen the university’s commitment to civic engagement, collective impact, community-engaged learning and community-based research. And new structures, processes, people and resources are already being put in place.”

The CELEx has been a crucial foundation created by the efforts and initiatives of many researchers, staff, advocates, community partners and others over the years.

UVic geographer Crystal Tremblay, who conducted research on recycling in Beijing and then on traditional Lkwungen territory and the economy of billows on the Down-
town Eastside of Vancouver while a UVic grad student—was appointed Special Advisor on Community-Engaged Scholarship in January and will provide leadership and research to support the community-engaged research portfolio.

“What’s exciting is finding this common vision across campus in engaging community in a range of ways,” says Tremblay: “For instance, we are exploring the most useful ways of sharing knowledge for the benefit of society. How do we think about impact, beyond peer-reviewed articles? One component includes exploring how to provide capacity-building around the rewarding of scholarship and tenure. And how are we involving community in having input into what that might look like?”

Vice-President Research David Castle notes that UVic’s strengths in community engagement are not only deep, but also broad-based: “It’s an extraordinary feature for community engagement initiatives to span all faculties at a university, and to have such widespread and deep impact, as they do here at UVic.” A small selection includes:

- the Victoria health hackathon (see story on page 8)
- Mapping Waste Governance: a UVic Geographic Information Science research project on waste governance and social innovations led by Jutta Gmitter (geography) with the implementation of multiple case studies on waste picker initiatives including production of participatory videos and photography—in Buenos Aires (Argentina), Dar es Salaam (Tanzania), Kisumu (Kenya), Managua (Nicaragua), Sao Paulo (Brazil), Vancouver and Montréal—exploring some of the challenges and social innovations in waste governance in those communities.
- Green transportation research: UVic’s Institute for Integrated Energy Systems (IIES) has been working with industry partners such as BC Ferries for more than a decade on hybrid propulsion, low carbon fuels and electric vehicles.
- Voices in Motion: a UVic research study led by Debra Sheets (musicology) that is investigating how participation in an inter-generational choir with seniors, caregivers and high schools can impact quality of life for persons with dementia, caregiver well-being and reduction of stigma surrounding memory loss.
- HighTechU: a youth skill-development academy launched by the Department of Computer Science and the economy of billows on the Down-town Eastside of Vancouver while a UVic grad student—was appointed Special Advisor on Community-Engaged Scholarship in January and will provide leadership and research to support the community-engaged research portfolio.

“Two new positions, the CommunityEngaged Learning (CEL) Coordinators, have been created within UVic’s Division of Learning and Teaching Support and Innovation (LTSI) to support instructors in developing more hands-on dynamic learning opportunities in the community for our students. UVic alumna Rhianna Nagel was appointed in July as the university’s first campus-wide CEL Coordinator. “We are pleased to be offering CEL supports for faculty, students and community members to enhance experiential learning and to continue to foster strong relationships between UVic and our broader community,” says LTSI Executive Director Laurene Shelds.

UVic continues to make a difference in local and global communities. According to a recent study, 71 per cent of community engagement occurs on Vancouver Island and 21 per cent of all engagement has an Indigenous focus. Twelve per cent of community engagement occurs internationally.

The new structures, processes and activities will be integrated into existing community-focused initiatives at UVic including those within the Research Partnerships and Knowledge Mobilization Unit, the Department of Community and Knowledge Mobilization, and the Co-operative Education and Career Services.

More info about community-university engagement: uvic.ca/cev

FIELD SCHOOL CONTINUED FROM P1

Victoria, he invited Planning Director Jonathan Tinney along to experience part of the course. “Timney joined our group as a co-instructor and co-learner,” says Owens. “It brought a unique point of view to our discussions as a city planner—the students learned a lot about the opportunities and challenges of implementing ideas back home in Victoria.”

Owens intends to further the partnership with the City of Victoria so each year a planner or urban designer can join the program.

Owens truly believes by taking students out of the classroom and into the real world you give them an immersive learning experience that sticks with them much longer than reading a textbook.

“Students reflect on the power of immersion,” says Owens, “of direct experience, place-based and emotional learning, of learning from multiple perspectives and of being part of a supportive learning community.”

The travel-study program focuses on innovation in urban sustainability and, more generally, cultural geography with the students practicing critical thinking skills through continuous individual and group debate and social interaction.

According to Owens, the course balances structured activities with individual exploration and group reflection. Each student keeps a detailed field journal and contributes to a multi-year blog.

For fourth-year geography/gender studies student, Justine Bochenek, it was a once in a lifetime opportunity to join the Urban Europe field school. “I feel incredibly lucky to have gone through this experience,” says Bo-
chenek. “We met with urban designers in Copenhagen and Amsterdam who have incorporated the philosophy of designing in the community for the community.”

Upon return, each of the 17 students developed a project, investing their new knowledge and enthusiasm in something that gives back to their local community. Bochenek was inspired by a project in Amsterdam and is hoping to create something similar in Victoria. She wants to create a space in a remote community that can come together for discussions on urban issues, asking “what does a city without displacement look like?”

In a previous geography student Alexander Mal’s legacy project documented the trip using photos and videos with a focus on student interaction with the local community. His images are now being used in a variety of promotional contexts by the department.

“I enjoyed learning about the largely unseen ‘spaces between buildings,’ says Ma, “I gained a different perspective about the cities from our local guides—something I would have missed if I was there as a tourist.” A course highlight for fifth-year geography and environmental studies student Zoe Kamis was the opportunity to learn from inspiring people working at the local level on important sustainability projects.

“We visited roof top gardens, foraged for our own mushrooms in the Bali Sea and cycled down the bike-centric streets of Amsterdam and Copenhagen,” says Kamis. “We are interested in urban sustainability this course is an enlightening experience that sticks with me.”

Registration for the next year’s Sustainability Field School is already open, with travel planned through Spain, France, Germany and The Netherlands.

To learn more watch and read the student blog: bit.ly/green-europe

Strawberries and sonflowers at an urban pathay PHOTO: ALEXANDER MA

PHOTO: CRYSTAL TREMBLAY

PHOTO: ALEXANDER MA
Nominate a faculty member for a Provost’s Engaged Scholar Award

Do you know a tenured faculty member who is making a difference through outstanding community-engaged scholarship? Nominate them for the Provost’s Engaged Scholar Award by Dec. 7. Recipients receive a one-time award of $10,000 to support community-engaged teaching and research. Download the nomination package at bit.ly/18-pesa.

The Edge is here

video available

A new video showcasing what makes UVic distinct—the unique combination of dynamic learning and vital impact in our extraordinary academic environment—is available for all faculty and staff to use for presentations, conferences, recruitment, orientation and more. Watch the video on YouTube: bit.ly/edge-vid

Continue to bring an extra layer

Temperatures in campus classrooms, offices and labs will continue to be 2–3 degrees lower during the day due to reduced natural gas supply throughout the province. Please be prepared to wear warmer clothing. bit.ly/18-gas-heat

DAY OF THE DEAD

Latin American Studies celebrated Día de Muertos last week with music, art, food, face painting and an altar to honour people’s late loved ones. The event included music from Mexico’s Chroma String Quartet, who are studying at UVic, as well as complementary hot chocolate and baked bread from the Latinos Without Borders Student Club. Latin American Studies program director Beatriz de Alba-Koch says Día de Muertos, which draws on Indigenous Mexican and Catholic traditions, has grown in popularity in recent years in Mexico, where the occasion is no longer necessarily about going to church or visiting grave yards.

Upper left: During Día de Muertos people often paint their faces to look like skulls. PHOTO: JAKE SHERMAN

Upper right: Latin American Studies program director Beatriz de Alba-Koch says the Day of the Dead celebrates life as well as death. PHOTO: JAKE SHERMAN

Lower left: Cellist Manuel Cruz and Ilya Ivanov, who are part of the visiting Chroma String Quartet, performed at Día de Muertos. PHOTO: JAKE SHERMAN

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Turn down the dose

Lower-energy radiation could increase access to common cancer treatment

Every year, more than 200,000 Cana-
dians develop cancer, with radiation therapy recommended for almost half those cases. The research of University of Victoria medical physicist Magdalena Razalova-Carter is striving to improve access and effectiveness of that vital treatment. “For our radiation treatments to be effective, many of the salmon need to grow and thrive in the ocean,” says Razalova-Carter. “It’s a stage where they’re very fragile.”

Razalova-Carter says she grew up fishing salmon in the Pacific Ocean. “I was always fascinated with their life cycles, and this understanding is critical to understanding the complexity of their lives, and this understanding is irrevocably linked to their recovery.”

Bazalova-Carter and grad student Dylan Breitkreutz are researching how to reduce the cost of radiation therapy. (UVic photo by Mikes)

The Ring November/December 2018 Page 11

Salmon at stake

Project investigates what young salmon need to grow and thrive as they enter the ocean

BY VIMALA JEEVANANDAM

Salmon returning to the rivers of Van-
couver Island to spawn have always had a long and perilous migration route. But in the past 10 years their time-away has become deadlier than ever, with populations dropping precipitously. This decline has led to the restriction or closure of culturally and eco-

nomically important fisheries, and is threatening the survival of species that depend on salmon, including the iconic and endangered southern resident killer whales.

While many factors have contributed to the dwindling numbers of salmon—hatchery competition, freshwater habitat destruction, and disease—it’s difficult to pin down the most significant causes. “If we don’t know why the returning numbers of Pacific salmon are so low, we can’t take effective measures to protect them and the many species that depend on them,” says Razalova-Carter, who is working with graduate student Dylan Breitkreutz on the project. “There’s a large body of evidence that shows that when young salmon are in a lower dose, which should have a larger volume of irradiated tissue but at a lower dose, which should have little impact on healthy tissues, while the tumour receives the same dose.”

Better still, the new machine—

which could be commercially avail-
able within five years—can be used for a fraction of the cost of high-voltage X-ray equipment. That’s important in light of the need for greater ac-
cess to radiation therapy around the world, says Razalova-Carter, Canada Research Chair in Medical Physics.

The high-energy machines cur-
rently used for treatment sell for upwards of $5 million each. They require rooms with two-metre-thick concrete walls to protect others from the impact of radiation waves, and a team of engineers to maintain them.

The machine Razalova-Carter is helping to develop is expected to cost one-tenth of that. Its energy emissions can be contained with nothing more than one-centimetre-thick lead walls.

“It’s not a solution for all radiation therapy cancer treatments, because some tumours are deep in the body and you need that high voltage to reach them. But if you’re talking about lung or breast cancer, it could be a good option,” says Razalova-Carter.

“Having lower-cost equipment would mean easier access to cancer care all around the world. Even in Canada and the UK, the demand for radiation therapy is not being met. The goal is to end the lineup for radiation, as 10 low-energy ma-

chines could be bought for one, with less space requirements, less concrete, less technical support,” Razalova-Carter will also be re-

searching radiation therapy using gold nanoparticles, each smaller than a cell nucleus. The nanopar-

ticles can be injected into cancer patients as a means of concentrating radiation in a tumour while reducing damage to healthy tissue surround-

ing it. “You target radiation more effectively with less impact on the body,” she says.

Known as ‘dose-enhanced radia-
tion therapy’, gold nanoparticles are most effective in combination with the low-energy radiation that Razalova-Carter is studying.

Her research is funded through her Canada Research Chair grant and the Natural Sciences and Engineering Research Council, with support from the Vanier Canada Graduate Scholar-

ship program that funds the work of Breitkreutz, the Canada Foundation for Innovation, and the BC Knowledge Development Fund.

Through the Salish Sea Marine Sur-

vival Project—a bi-national initiative to determine the primary factors af-

fecting the survival of juvenile salmon and steelhead in the region—Juanes and his team are working with Fisher-

ies and Oceans Canada and others on Cowichan River chinook salmon to discover what they’re eating and how they grow. They’re also tagging the fish to track their migration patterns and when they return to spawn.

In addition, the team is looking at how the salmon use nearshore forag-

ing habitats such as eelgrass meadows and kelp forests. Good nourishment from these habitats allows them to grow quickly enough to avoid preda-
tors and survive into adulthood. Unfortunately, these vital habi-

ats are being rapidly degraded by shoreline development, overwater structures such as docks and mari-

nas, and more subtle forms of human disturbance, such as climate change.

“Food sources may be responding to climate change in different ways than the salmon themselves,” says Juanes. “This could cause a mismatch between when young salmon are en-

tering the ocean and when their food is available.”

To test how sockeye and chinook salmon are responding to climate change, his team uses a combination of lab tests and examination of a fish’s inner ear known as an otolith. Researchers can learn a lot about a salmon’s life from an otol-

ith—from its daily growth to when it entered salt water.

“There’s a distinct mark on the oto-

lith showing that change,” says Juanes. “We can even see how fast they grow and infer how quickly they migrate.”

Juanes is also looking at how noise pollution may be impacting marine and salmon health. “Some models predict that increasing noise will stress the ability of salmon to communicate, find prey and avoid predators,” says Juanes. “We’ve just beginning to understand the complexity of their life cycles, and this understanding is irrevocably linked to their recovery.”

GIVING TUESDAY

UVic is once again celebrating Giving Tuesday—a global day to celebrate philanthropy. On November 27, join Giving Tuesday volunteers at the fountain for hot chocolate, whip cream and sprinkles, or purchase a Giving Gram at the University Centre for someone who makes your UVic experience special. Participation is key—last year, our campus and alumni community gave $25,000 to support student clubs and activities. This year, you can give online at uvic.ca/givingtuesday or text “sprinkle” to 20222 to give $5. Engage on social media using #UVicDinkleUVic. For every use of the hashtag on Twitter and Instagram or Facebook post share, the Alumni Board will donate $2. Thank you for adding sprinkles to the student experience at UVic.

Pathway lights go LED

During November, Facilities Management is working with Riley Power to replace campus pathway lighting with new LED lights in various locations. Some sidewalks may be closed temporarily while work is underway—please watch for signage. As a result, energy costs are expected to be reduced by 25 per cent of the university’s electricity consumption, LED lights present one of the best opportunities to reduce energy by bill. New LED technology can provide up to a 60 per cent reduction in electricity use compared to traditional lighting, and last up to 50,000 hours, lowering repair costs over the long term. The upgrade project supports the goals of UVic’s Sustainability Action Plan, bit.ly/UVs-LEP.

Instructional grants available

The Division of Learning and Teaching Support and Innovation (DLTSI) provides many different types of support for instructors. Grant applications for course design/redesign and a separate community-engaged learning grant are due by January 7, 2019. Contact Joe Parsons (ltsidircr@uvic.ca) for course design/redesign and a separate community-engaged learning, bit.ly/18-LED.

United Way campaign update

There’s still time to show your local love for UVic’s United Way campaign. On Nov. 22 look for UVic athletes doing good acts of kindness in the quad during the Amazing Race. This year United Way has secured donors who will match all donations up to a first-time donation. If current donors increase their gift by 15 per cent or more, that portion is also matched. The United Way depends on people like you who show your local love by giving back to this place that’s irrevocably linked to your recovery. Donate today at bit.ly/UVic-uwpg.
The Ring

As not everyone with severe food allergies always carries an epinephrine device, UVic Food Services, Student Health and Campus Security Services have collaborated to provide stock-epinephrine—to save lives in the event that someone suffers a reaction and isn’t carrying medication. UVic Food Services dietitians Nicole Fetterly and Leanne Halligey initiated the ‘stock epi’ program. “EpiPens get forgotten, they expire yearly and someone may have never experienced this severe a reaction prior, so many don’t know they need to carry an EpiPen,” says Fetterly. “Stock epinephrine is then the best practice to save a life in the event someone doesn’t have their own EpiPen or they possibly need a second dose.”

Campus Security Services responds to more than 400 medical emergencies every year. So Student Health Services got involved in training security officers as first responders in using epinephrine, and events such as Connect U and the Freshman BASH.

In an average day, Kaiser shifts gears many times between meetings, project work and email correspondences. “I always like working with different people,” says Kaiser. “I also feel like I can make recommendations that get heard, and see my input being used. Since my position was new, I’ve been able to carve out a job that’s perfect for me.”

Originally from Shawnigan Lake, Kaiser calls herself a “gigantic nerd” with a penchant for board games and trivia quizzes. She plays a five-hour Dungeons & Dragons game every Sunday with a “guild of adventurers” and enjoys slipping into the role of someone else, especially in the sci-fi and horror genres.

She also loves to “lift really heavy things” and finds weightlifting not only makes her feel strong but improves her overall health. A dog lover, she is looking forward to a future that includes a multiple-dog household, as well as more international travel. “I’m proud to be here,” she says of UVic. “I’m a bit of a smalltown girl, but I’ve always felt safe and comfortable at UVic and it fits a really welcoming place to be. I’m close with my team and really happy with what I’m doing.”

Last month’s Day in the Life column, about Libraries’ Shahira Khair, was written by Lisa Abram.

Campus food allergy program a collaborative effort to reduce risk

Kylie Lauzon knows the fear of four food allergies. The third-year UVic English student has an arm’s length list of ingredients that trigger her for potential reactions to carrots and sunflower seeds—that she can’t eat without triggering an anaphylactic reaction, constricting her throat, or severe itching.

“I have an abusive relationship with food,” says Lauzon. “I love it so much, but it hurts me. I thought it normal to be in pain when you eat.” Lauzon has suffered severe reactions to unknowingly ingesting food allergens and carries an Auto-Q auto-injecter device. Similar to the more common EpiPen, it delivers epinephrine to counter the allergic attack. Untreated, anaphylaxis can become fatal within minutes due to respiratory distress and possible cardiovascular collapse.

As not everyone with severe food allergies always carries an epinephrine device, UVic Food Services, Student Health and Campus Security Services have collaborated to provide stock-epinephrine—to save lives in the event that someone suffers a reaction and isn’t carrying medication. UVic Food Services dietitians Nicole Fetterly and Leanne Halligey initiated the ‘stock epi’ program. “EpiPens get forgotten, they expire yearly and someone may have never experienced this severe a reaction prior, so many don’t know they need to carry an EpiPen,” says Fetterly. “Stock epinephrine is then the best practice to save a life in the event someone doesn’t have their own EpiPen or they possibly need a second dose.”

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Campus food allergy program a collaborative effort to reduce risk

Kylie Lauzon knows the fear of four food allergies. The third-year UVic English student has an arm’s length list of ingredients that trigger her for potential reactions to carrots and sunflower seeds—that she can’t eat without triggering an anaphylactic reaction, constricting her throat, or severe itching.

“I have an abusive relationship with food,” says Lauzon. “I love it so much, but it hurts me. I thought it normal to be in pain when you eat.” Lauzon has suffered severe reactions to unknowingly ingesting food allergens and carries an Auto-Q auto-injecter device. Similar to the more common EpiPen, it delivers epinephrine to counter the allergic attack. Untreated, anaphylaxis can become fatal within minutes due to respiratory distress and possible cardiovascular collapse.

As not everyone with severe food allergies always carries an epinephrine device, UVic Food Services, Student Health and Campus Security Services have collaborated to provide stock-epinephrine—to save lives in the event that someone suffers a reaction and isn’t carrying medication. UVic Food Services dietitians Nicole Fetterly and Leanne Halligey initiated the ‘stock epi’ program. “EpiPens get forgotten, they expire yearly and someone may have never experienced this severe a reaction prior, so many don’t know they need to carry an EpiPen,” says Fetterly. “Stock epinephrine is then the best practice to save a life in the event someone doesn’t have their own EpiPen or they possibly need a second dose.”

Campus Security Services responds to more than 400 medical emergency calls every year. So Student Health Services got involved in training security officers as first responders in using epinephrine, and events such as Connect U and the Freshman BASH.

In an average day, Kaiser shifts gears many times between meetings, project work and email correspondences. “I always like working with different people,” says Kaiser. “I also feel like I can make recommendations that get heard, and see my input being used. Since my position was new, I’ve been able to carve out a job that’s perfect for me.”

Originally from Shawnigan Lake, Kaiser calls herself a “gigantic nerd” with a penchant for board games and trivia quizzes. She plays a five-hour Dungeons & Dragons game every Sunday with a “guild of adventurers” and enjoys slipping into the role of someone else, especially in the sci-fi and horror genres.

She also loves to “lift really heavy things” and finds weightlifting not only makes her feel strong but improves her overall health. A dog lover, she is looking forward to a future that includes a multiple-dog household, as well as more international travel. “I’m proud to be here,” she says of UVic. “I’m a bit of a smalltown girl, but I’ve always felt safe and comfortable at UVic and it fits a really welcoming place to be. I’m close with my team and really happy with what I’m doing.”

Last month’s Day in the Life column, about Libraries’ Shahira Khair, was written by Lisa Abram.