



Out of Our Minds...

July 2006
Volume 1



University
of Victoria

Department of Psychology
<http://www.psyc.uvic.ca>



Out of my mind ...

E. Brimacombe, Dept Chair

INSIDE THIS ISSUE

- 1 Chair's Comments
- 1 United Way Campaign
- 2 News from Psi Chi & PSYCHOS
- 2 Ironwoman Valerie Gonzales
- 3 Meet Julie Rodgers
- 3 Statz 4 Life
- 4 What's Cookin'?
- 4 NOWCAM News

Welcome to the inaugural edition of *Out of our minds ...*, the newsletter I have created for our Department. The title reflects my playful approach to working together. I am pleased to have had the opportunity to serve as Acting Chair this past year and I am looking forward to 4 more years at the helm. I envision this newsletter as a connective piece in our sense of community. I welcome your ideas and input. My hope is to roll with a once a month publication schedule (starting September) and invite input from a diverse mix of people. As we sail through the days of summer, I wish to recognize the individuals teaching summer courses for our Department. We have 24 courses running this summer. A hearty round of applause to the instructors moving to the hectic rhythm of summer course scheduling!

And a warm welcome to Dr. Fred Grouzet who has made the journey from Montreal, joining us as an Assistant Professor. Bienvenue!

I invite you to sit back, read, and appreciate the cool folks (and hot recipes) of our Department!

United Way Campaign: Rah Rah Ron!

The 2005 United Way Campaign, chaired by Ron Skelton, raised more than \$180,000!

Ron reflects on his experience as campaign chair ...

As chair of last year's United Way campaign, I really appreciated the help and support I got from the department. Most importantly, I was given an office (with phone and NetLink!) for 4 months in which to house my co-op student. Thanks again, Liz. I was given a warm welcome for my pitch at the department meeting, and was glad to see that the department has quite a few regular donors, with a good number giving at the leadership level. As you may know, leadership contributions, mostly from faculty, make up more than half of the total contribution from UVic. We are blessed to live in Victoria and to have such fulfilling work to do, among such congenial colleagues. It is heartening to see so many sharing their good fortune with those in the Victoria community who have not been so lucky. Thanks for all your help in 2005!

Ron Skelton.



Ron speaks to local media

"It is heartening to see so many sharing their good fortune with those in the Victoria community who have not been so lucky."

All the money our United Way campaign raises stays in Victoria!

News from PSI CHI

Janet Stepaniuk, PSI CHI President



Janet (2nd from left) with psych honours students, Erin, Lara, and Meaghan.

Bravo Janet!

Janet Stepaniuk won first prize in Psi Chi's J.P. Guilford Award Competition! The award recognizes the excellence of Janet's honours thesis research. Check the September issue of *Eye on Psi Chi* for more information about Janet and her award-winning research. Janet's honours supervisor is Dr. Holly Tuokko.



"We hope to add some new faces and ideas to our club next year!"

<http://web.uvic.ca/~psychos/>

It has been an exciting year as the University of Victoria chapter of PSI CHI celebrated the completion of the first full year as an active chapter. As an honours society of Psychology we wanted to set an example of a presence within the department of students who were dedicated to pursuing psychology as a career path, combined with a pride in achieving high levels of scholastic excellence, yet keeping a balance in life of playful exuberance. Although we sponsored social events in efforts to provide a sense of community, we also organized a "graduate school information symposium" and spoke at information sessions for potential upcoming honours students. Our displays of appreciation for faculty and staff in the department were an extension of our gratitude to those who have taught and mentored us through the year.

Summer finds us in the planning stages for the new year and we want to build on the foundation that this year's chapter has set. Look for the revamped bulletin board in July and check in with our website on a regular basis.

And on a final note....I would also like to say a special thank you to our faculty advisors, Dr. Stephen Lindsay and Dr. Elizabeth Brimacombe. Their dedication to the department, to the success of PSI CHI, and most of all, their encouragement to students gave us a shining example for which to model ourselves after.

<http://web.uvic.ca/~psichi/>

PSYCHOS Drama

Regi Nevada, Psychology Organization of Students (PSYCHOS)

The Psychology Organization of Students (PSYCHOS) has been quite active this year. We had two successful pub crawls, a Christmas charity event with proceeds going to the Cridge Centre for the Family, and have started selling a line of UVIC Psychology Clothing as well. A new event we had this year was a Valentine's rose grams, where we delivered flowers to classes for the students. We also held the ever popular and successful bake sales. This year we improved the Resource Room amenities by purchasing a new computer which all Psychology students are welcome to use in addition to old textbooks, APA guides, and some other resources. The club will be headed next year by Tom Johnson, and an e-mail will be forwarded to the Psychology mailing list of meeting times for next year. We will also be going to first and second year Psychology classes in the beginning of the semester to recruit new members, and to add new people to the mailing list! We hope to add some new faces and ideas to our club next year!

Valerie Gonzales triumphs at the Ironman Triathlon in Brazil!

Dr. G, Ironwoman extraordinaire, does it again (1st place in her division at the Ironman Triathlon in Brazil!). She's off to the World Championships Hawaii in October.

Check out more at http://web.uvic.ca/psyc/kadlec/VG_1.htm. See her trophy in the display case, 2nd floor Cornett.

Go, Valerie, go!

Getting to know you: An Interview with Julie Rodgers

By Janet Stepaniuk

This past year the department welcomed a new member into its midst, Dr. Julie Rodgers. Our undercover reporter managed to steal a few minutes of this illustrious researcher's time.

Julie Rodgers arrived from sunny Berkeley, California with a screaming baby (Antonio) at her side in August 2005 - unfortunately leaving her husband Antonio to follow at a later date. Although she loved "action hero" Arnie Swartz as her state governor, she never-the-less was drawn to the prospect of returning to her native country Canada and the natural, spectacular beauty of the west coast.

Dr. Rodgers focused her PhD work on "cultural differences in self and social perception" and believes that UVIC also offers much of the same opportunities. "UVic, and West Coast universities in general, are becoming more and more international and multicultural. East Asians are an especially important segment of the student body and much of my research focuses on cultural differences in Eastern and Western epistemologies".

Now that "Julie" has made Victoria her home by almost one year, she admits that although she misses almost nothing (except of course her advisors and colleagues in her department) about life as old (overcrowded, traffic congested, and polluted) she does wish that drivers in Victoria would learn to perhaps go a little over the speed limit. However, she treasures the "free time" spent with her two Antonios in the parks of Victoria (Gyro being one their favorite) and with the incredibly nice, genuine and friendly folk of this fine city.

As a final note, Julie expresses how wonderful her first year was and how delighted she is to have joined the department. She leaves us with this parting reflection. "Always remember that your own resolution to succeed is more important than any other one thing" (unknown).



Dr. Julie Rodgers

"she treasures the "free time" spent in with her Antonios in the parks of Victoria..."

Statistics and the 'hood

You might be familiar with a funky stats video that is sweeping the nation. Did you know that one of our honours program graduates played a starring role in the video and its creation?

Cara Lewis (graduated in 2003) gives us this behind the scenes news of Statz 4 Life:

Statz 4 Life originated as a piece for a recent Research Methods class at the University of Oregon. As Social Psychology PhD student, Chuck Tate, reintroduced his students to statistics, as a required portion of their psychology research paper, he did not wish upon them the dread he and others had once felt when in this position. What better way to "bring back the statz" than in the form of modern day rap/hip hop backed by beats offered by superstar Nelly? With Statz 4 Life climbing the charts and circling the globe look forward to a fabulous rendition of Britney Spears' work entitled, "Oops I picked the wrong test."

Check out Cara and her creative stats-lovin' classmates at:

<http://video.google.com/videoplay?docid=489221653835413043>

Words from a Happy NOWCAMper

Meaghan Newton-Taylor (see photo p.2)

NOWCAM (NOrthWest Cognition And Memory) is an annual conference designed for students and researchers from Universities around the Pacific Northwest to share their ideas and research with others in the area of cognition and memory. This past May, the University of British Columbia played host to NOWCAM. The event covered two days with students presenting their B.A. honors thesis as well as Master and Ph.D. theses through both paper and poster sessions. Topics ranged from attention and perception to brain imaging (e.g., fMRI, fERN, and ERP) and memory (including eyewitness memory).

At NOWCAM I presented a poster on the priming of gesture knowledge by manipulable object names in abstract sentences. The poster was based on my honors thesis completed here at the University of Victoria. I was encouraged by the positive feedback I received from both other students and professors from other universities around the Pacific Northwest.

As my first conference experience, NOWCAM was both a great platform to showcase my research as well as learn about other people in areas I am interested in. Beyond that, I also appreciated the informal and supportive atmosphere that put me as a first timer at ease, allowing me to enjoy the experience much more. The conference brought together researchers with varying levels of experience and knowledge. For me, the highlight of the conference was having the opportunity to get to know and learn from other researchers in the field that I otherwise would have been able to meet.

Visit the NOWCAM site: <http://web.uvic.ca/psyc/nowcam/>

Holly Tuokko's Mouthwatering Mexican Soup

- 1 tsp olive oil
- 1 chopped onion
- 1 green bell pepper, seeded and chopped
- 2 garlic cloves minced
- 1 tbsp chili powder
- 2 tsp ground cumin
- 4 cups low sodium chicken broth
- 1-14 oz can stewed tomatoes
- 1 tbsp lime juice
- 2 tsp grated lime rind
- 8 drops hot pepper sauce
- ¼ cups fresh cilantro chopped
- 2-6 inch tortillas cut into ½ inch strips
- ¼ cup shredded Monterey Jack cheese



Coming in our next issue: the recipe for the dessert that sparked a proposal of marriage at a Psi Chi bake sale last year!

Heat a large non-stick saucepan over med-high heat. Swirl in oil; add onion, pepper and garlic. Cook, stirring occasionally until veg. are tender (approx. 8 min.). Add chili powder and cumin and cook 1 more min.

Stir in broth and tomatoes and bring to boil. Simmer uncovered 25 min. Remove from heat and stir in lime juice, rind, hot sauce, and cilantro.

Meanwhile, spray a skillet with nonstick spray and set over med-high heat. Add the tortilla strips and cook, turning occasionally, until crisp and golden (approx. 5 min.). Stir in tortilla strips and Monterey Jack into the soup. Serve at once. Yield 4 servings.
Prep time - 10 min. Cooking time - 30 min.

Announcing the arrival of Peter Donald Newall! Congratulations to Mom, Lisa Van Bruggen and Dad, Colin. Peter was born June 23rd, 10:09 pm; 6 lb. 3 oz. Welcome to the world!

