Notes on 5 Incredible Off-campus Learning Experiences

- I-witness Holocaust Field School Project
- Photo essay: Bamfield Marine Sciences Centre
- Hakai Field School
- Silicon Valley Co-op
- Medical Social Work

Plus

Appetite for Life: Adversity, Research and the Rumble supershake

Interviews Nancy Turner and her epic "Ancient Pathways, Ancestral Knowledge"
Roundabout Way

The Finnerty Road entrance to campus has become its own smaller version of Ring Road. The addition of a roundabout at the McKenzie Avenue intersection is one of the recent upgrades along the traffic corridor. With better vehicle, bike and pedestrian access, it’s safer. It’s also greener: landscaped medians, newly planted trees, and rain gardens have been installed by the District of Saanich.

PHOTO BY ADRIAN WHEELER, BA ’15
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Back cover photo: Hakai Field School, Koeye River, courtesy of Chris Dartmont, PhD ’97.
Chalked Up to Experience

The added dimension of off-campus learning.

In off-campus learning, the world is the classroom. Growing up and going to school, what was better than leaving the classroom, boarding a bus and spending a day at a heritage site, or a farm, or a museum? Field trips throw fuel on the fires of wonder and discovery.

Bring that same idea into the post-secondary realm and you find that the university lists 19 types of hands-on learning opportunities, from clinics to work experience. During any given academic term, thousands of students are immersed in programs that enhance their regular coursework with practical experience.

Our package of cover features, Field Guide, shares the stories of some of those students, their professors, and alumni who have taken their education outside their comfort zone. The results are, in a lot of cases, powerful enough to change lives. The people we talked to came away from their experiences with changed perspectives. They discovered a deeper commitment to the rest of their academic work. Their lives were transformed in ways they couldn’t anticipate.

For example, participants in the I-witness Holocaust Field School — who travelled to central Europe this spring to gain a better understanding of how the Holocaust is memorialized — say the impact of the course is deep and it’s personal. Their emotional responses to what they saw and the people they met were intense — often in unexpected ways.

That’s the power of field schools and other types of non-traditional learning structures: they combine critical thinking skills, emotional responses, and the experience of being in a place where you can actually live and breathe the subject material.

Off-campus learning can happen in communities almost anywhere. Our cover features show how it’s happening at concentration camp memorials, in the Great Bear Rainforest, in the rich marine ecosystem around Bamfield, in the tech mecca of Silicon Valley, and on the frontlines of medical social work. Climb on board.
Served to order.

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Torch 2014 Autumn: Take the Alumni Survey

As a member of the UVic Alumni community, your opinions are important in determining the types of programs and services you are offered. That's why we need you to take a few minutes to complete a survey about your connection to UVic.

Start the survey here: alumni.uvic.ca

Complete the survey for a chance to win $1,500 in travel expenses from UNIGLOBE One Travel.
Survey closes November 30, 2014. For more information contact UVic Alumni Relations at alumni@uvic.ca.
THE VISION IS BECOMING REALITY

THE CENTRE FOR ATHLETICS, RECREATION AND SPECIAL ABILITIES OPENS SPRING 2015

The centre will be a new home for varsity athletics, fitness and recreation activities and the CanAssist program for people with disabilities. It will be a place of active living that we can all be proud of.

For more information or to support the project, go to

uvic.ca/carsa
September brought a great start to the academic year with lots of activity and engagement in faculty and student orientation programs. We welcomed our largest incoming class ever and the beginning of the fall term has been particularly inspiring.

As alumni of the University of Victoria, you know first-hand what the benefits of a UVic education are. But these days, we encounter questions about the value of higher education. The arguments we most frequently hear are that university is too expensive and that it doesn’t prepare students adequately for the workforce.

Critical questions and scrutiny are welcome: we want to be held accountable and to think carefully about what we do and how we can do it better.

The reality is that a university education is one of the best investments available.

It’s true that tuition is more expensive than it used to be. Tuition at UVic has increased by two per cent per year over the past decade. However, reflecting our commitment to reduce barriers to education, UVic has invested heavily in financial support for students. The amount spent on bursaries, scholarships and fellowships was $36 million (with an additional $30 million spent on on-campus employment for students) in 2013.

As a result, about half our students graduate with no debt. The debt levels of those who do have debt haven’t increased in real dollar terms since 2000 and most graduates reduce that debt rapidly upon graduation.

This is not to say that the costs of post-secondary education may not seem formidable to many students; and some do have unacceptable debt loads. But students know that the costs are a proven investment in their future. Surveys of alumni two years and five years after graduation consistently find that 95 per cent of our graduates are employed, mostly in jobs directly related to their education. And more broadly, the students and alumni I meet are acutely alive to their sense of personal growth during their university experience.

As a comprehensive university, we will always offer a wide variety of programs with multiple pathways for students. Many of those programs do lead directly to a career track on graduation. For example, we just graduated the first class from our new School of Public Health. Others may not have such a direct connection to immediate labour market needs or career outcomes, but will always serve our graduates well on their chosen career path and in their lives more generally.

It’s often said that universities are slow to change, failing to adapt quickly to the latest job trends or economic developments. There are two answers to this. The first is that universities do in fact change more rapidly than is commonly thought. I venture to say that for many of our alumni, a visit back to campus and an exploration of the new programs and opportunities open to students would be a real eye opener.

The second is that universities are built for the long game and we must be humble about our ability to predict the exact shape of the economy and society as it unfolds. The role of our research and education programs is to contribute to society’s needs of today, but also to prepare for a changing world in the years and decades ahead. Learning must therefore be a dynamic and lifelong process, and here UVic offers two strengths.

First, we have taken a lead in identifying desired learning outcomes and making sure that these are woven into every student’s program. The skills of research and discovery, organization, analysis, communication, critical thinking and problem solving equip our students to become lifelong learners. Second, we offer our students research-enriched and experiential educational opportunities so they can further acquire and practice their skills. Close to 75 per cent of our students engage in some form of hands-on, experiential learning opportunity, and our co-op program is one of the largest in Canada, partnering with over 1,200 employers.

Too often, the current debate about post-secondary education is framed in narrow terms: colleges versus universities; skilled trades versus liberal arts; vocational versus academic. It leads to what one author calls “the tyranny of either-or” and the sense that there is a single answer to any question.

Yet we know from biology that healthy systems require diversity. Different individuals will want to pursue different paths according to their interests and abilities. A healthy society needs a full array of educated citizens. We need men and women in all of the trades, just as we need university-educated graduates — we need it all.
A stereotypical image of the First World War would focus on the trenches of northern Europe. But the places and cultures shaped by the conflict were much more widespread, demonstrated in the Legacy Gallery exhibit, The Arts of World War I.

"The impact brought together people of other different areas and cultures — in the Middle East, Palestine, Mesopotamia, China," notes exhibit organizer, Dr. Marcus Milwright of the Department of Art History and Visual Studies.

That sense of "global dimension" comes across in the 40 to 50 objects assembled for the exhibit, marking 100 years since the start of the war.

The objects, mostly from UVic collections but also on loan from private collectors, include a "fabulous set of watercolours and sketches" by a member of the Royal Horse Artillery known only as "J.M." whose "On the March" sketchbook image is shown above.

The artist may have good reason to keep his identity secret: some of his illustrations satirized senior officers. But there are a few clues to his identity.

"On the March" was dedicated to a daughter named Adele. The image made its way to Canada before it came into the possession of UVic in the 1990s. It’s possible J.M.’s descendants are in the Victoria area.

Among the other items featured in the exhibit: rare, fragile copies of trench newspapers produced by soldiers, and wartime children’s books from Canada.

Milwright points to the hybrid nature of one particular item of trench art. "It was made in Damascus from a German artillery shell, inlayed in Islamic fashion, made for British troops, and eventually taken to Canada."

The exhibit includes related lectures on the arts, intellectual activities, and political life in countries engaged in the Great War.

The Arts of World War I exhibit runs from Nov. 7 to March 2 in Legacy Gallery at the McPherson Library – Mearns Centre.
Murray Farmer is winding down his term as university chancellor, with the conclusion of fall convocation ceremonies and board of governors meetings among his final official duties.

“The years have sped by but I have always felt that I was fortunate to have the best volunteer task in the country,” says Farmer, BA ’68. “I, with my wife and supporter Lynda, have gained and enjoyed so much while playing a small part in the evolution of this great school.”

Looking back over his six-year run, Farmer says it coincided with “an exciting time of expansion at UVic” with the addition of several new buildings to the campus landscape, growing emphasis on oceans research, CanAssist’s technologies for the disabled, the completion of First Peoples House, while “maintaining our liberal arts roots and traditions.”

More than 26,000 alumni received degrees, diplomas or certificates over the course of about 80 convocation ceremonies conducted during his tenure.

Shelagh Rogers becomes chancellor on Jan. 1. The noted CBC Radio interviewer was introduced at the end of May. “I appreciate the values that UVic holds, in particular civic engagement,” Rogers said. “I really value the Indigenous focus — this is a very powerful thing for me and for the healing of Canada, I believe.”

There are lots of factors involved in getting through course work. There’s the all important personal commitment and dedication. Friends, fun and exercise are right up there. Pretty important to find ways to pay the bills, too. Then there’s food, good nourishing food.

Campus food services really stepped up its game with the September unveiling of Mystic Market in the University Centre. It’s a big, bright, option-filled replacement for the old cafeteria.

It offers menu choices from eight kiosks (including all-day breakfast, vegetarian/vegan meals, sandwiches and paninis, stir-fried noodles, pizza, burgers, gelato, and of course coffee). There’s a small convenience store stocked with grab-and-go goods.

The décor is very West Coast. The emphasis is on local, organic and free-trade ingredients and products. It will also be the first ZERO Waste facility on campus. The streamlined payment system accepts the new ONECard (available to alumni, and includes a five per cent dining discount) or cash.
Portrait in Paddling

PADDLING AND MARINE LIFE ARE PASSIONS MARCIE CALLEWAERT, BED ’14, DEVELOPED ALL through her studies in Art and English Secondary Education. So what better time to acknowledge them than on graduation day?

“Kayaking became such an important part of my life that I thought it was important to integrate it into my grad portraits somehow,” she says. “So my family and boyfriend went down (to Ocean River Sports) after the ceremony to take a few shots before returning the gown. The hardest part was keeping my sleeves from dipping in the water and my cap from blowing off my head.”

She’s teaching Grade 6 in the remote First Nations community of Ahousat, 40 minutes by boat from Tofino. “The people are so warm and welcoming and it’s an amazing cultural experience. I am learning to speak Nuu-Chah-Nulth and using it in my classroom.”

Good Form

Contemporary artist and sculptor Mowry Baden has one of North America’s most prestigious awards to add to his list of honours: a Guggenheim Fellowship.

A professor emeritus in the Department of Visual Arts, Baden is best known locally for his public art sculptures and complex tactile works. He is a prolific artist and recipient of numerous grants and awards including the 2006 Governor General’s Award in Visual and Media Arts. His one-year Guggenheim Fellowship is worth $55,000 US, and will be used to create a new haptic sculpture titled “Trisector,” which he has already begun constructing.

“My request was for money to help develop a sculpture that addresses the sense of touch — in art parlance, that’s called haptic,” Baden says. “The sculpture will be pretty complex and will, of course, also have a visual component. It’s a piece that will be able to be moved from place to place.”

Visual Arts Prof. Daniel Laskarin credits Baden as “one of two professors who joined UVic in the 1970s and who led the development of our program into what it is today. His students are among the most successful artists across Canada and beyond, and his own artistic work is internationally celebrated.”

Notable among Baden’s former students are Sobie Award winner Christian Giroux, Yale’s director of sculpture Jessica Stockholder, Visual Arts Prof. Robert Youds and 2014 Governor General’s Award winner Kim Adams.


– JOHN THRELFA LL, BA ’96
Canopy for Cornett

Fundraising is underway to add much needed study space to the Cornett Building, where about 5,000 students pass through the halls each day of class.

What's planned is a 4,350 square-foot glass canopy over the underused courtyard, creating new indoor floor space with flexible and comfortable seating for 200. It'll include workstations, lighting and display spaces for extending the Cornett's 26-piece Coast Salish art collection.

So far, about one-third of $2.2-million goal has been met. More details are at uvic.ca/socialsciences/cornettcourtyard.

Campus Green

UVic made the Green College Honor Roll, chosen by the Princeton Review. The US-based test prep and admissions services publisher measured the environmental-friendliness of 861 colleges and universities. UVic was one of 24 schools — and the only Canadian rep — to make the cut. Part of what they liked:

- 60 recycling stations on campus.
- 72% of all food waste is composted.
- Water wise. Water bottle filling stations at school events, sensor faucets and low flow toilets in a number of buildings, state-of-the-art irrigation system.
- 75% native plants in new gardens.
- Elliott Naturescape Garden Project, started by Environmental Studies students, promotes biodiversity.

Bright Ideas

Explore and debate the research and creative pursuits of UVic’s best minds at IdeaFest 2015, from March 2 to 7.

Last year, more than 4,000 people attended talks and interactive discussions. IdeaFest 2015 promises even more intellectual intrigue. Entering its fourth year, IdeaFest will aim its spotlight on dozens of examples of discovery and idea-generation from researchers and students across campus.

Safer Biking with GIS

Bike riding geographers led by Dr. Trisalyn Nelson have created BikeMaps.org. The site collects information from cyclists — collision reports, near misses, hazards, thefts — and maps the data by using geographical information system and statistical analysis.

With problem zones identified, cyclists could select safer routes. “Only 30 to 40 per cent of cycling accident data (are) captured by traditional sources,” says Nelson. “I love cycling and I commute by bike daily. But, especially as a mom, I’m always looking for ways our family can ride as safely as possible.”
Across Campus

GUSTAVSON SCHOOL OF BUSINESS

Executive Programs and the Tribal Resources Investment Corporation are in a partnership to deliver entrepreneurial training for Northwest BC’s Aboriginal communities. It’s been a great success. Led by Program Director and Teaching Professor Dr. Brent Mainprize, the fourth cohort of the Northwest Aboriginal Canadian Entrepreneurs program is now enrolled. Aboriginal students who have an idea or a skill-set they would like to transform into a business apply to participate in the nine-week classroom program, followed by a 12-week mentorship component. The program won the Industry Council for Aboriginal Business 2014 Partnership and Collaboration Visionary Award. Built on the success of NW-ACE, the Northwest Canadian Aboriginal Management Program commenced, offering learning opportunities for economic development officers and village band managers.

DIVISION OF Continuing Studies

Continuing Studies is pleased to be co-sponsoring with UVic’s Medieval Studies Program, the 28th Annual Medieval Work-Shop on Saturday, January 31, 2015. This event has been growing in popularity over the years as the “go to” event for anyone fascinated by all things medieval. The one-day event is titled “Burnt at the Stake” and will encompass the Cathars, Abelard’s books, Joan of Arc and the witchcraft trials. There will be a series of illustrated lectures by distinguished academics, displays and participation by the Pacific Association for Recreating the Middle Ages (PARMA). For more information or to register, visit uvcs.uvic.ca.

FACULTY OF Education

The faculty is pleased to welcome Dean Ralf St. Clair, who began his five-year term on Aug. 15, just in time to lead a group of alumni, faculty, and staff at the Faculty of Education Summer Book Gathering on the evening of Aug. 26 (photo). Dr. St. Clair brings a wealth of leadership and administrative experience, stretching from Europe to North America, most recently as chair of a large inter-disciplinary department at McGill University. He is a leading researcher in the areas of adult literacy and community initiatives, the formation of career aspirations among First Nations youth, and research patterns in higher education. His current research includes a national partnership study among First Nations communities in several Canadian provinces. His post-secondary teaching includes educational and social research, adult literacy and continuing education, and critical influences in educational praxis. He has substantial engagement in and knowledge of First Nations education, and online and distance learning platforms and approaches.

FACULTY OF Engineering

UVic’s ECOSAT-2 team took the top prize in the Canadian Satellite Design Challenge last June. The UVic team, led by David Pelletier, Cass Hussman and Justin Curran, together with a team of 20 students designed and built a nano-satellite with what might be the next big thing in space travel: diamagnetic propulsion. “It’s so exciting to be working on the foundations of a technology that could one day change space travel as we know it,” says Pelletier, a third-year mechanical engineering student...

FACULTY OF Fine Arts

The Department of History in Art has recently changed its name to the Department of Art History and Visual Studies. “Instead of being focused on geographical and chronologies, we’ll be focusing on visual literacy, intercultural/cultural understanding and our experiential community base,” explains department chair Catherine Harding...Alumnus Jack 2Bears is returning for a second year as the Audain Professor in Contemporary Art Practice of the Pacific Northwest for the Department of Visual Arts...Alumnus and author Mark Leiren-Young is this year’s Harvey S. Southam Visiting Lecturer for the Department of Writing, and will focus on the art of humour writing...

Department of Writing professor, poet and essayist Tim Lilburn was named a Fellow of the Royal Society of Canada this fall. Retired Writing professor Jack Hodgins won the society’s Lorne Pierce Medal for literary achievement.
FACULTY OF Humanities

On the 100th anniversary of the start of World War I — important in historical terms but also because it continues to influence contemporary world politics and international relations — several departments have planned courses, speakers, conferences, and other events. In October, the Centre for Global Studies, Department of History, and the Department of Germanic and Slavic Studies jointly hosted a conference, “The First World War: Transnational, Local, and Interdisciplinary Perspectives 100 Years Later 1914-2014,” at the Bay Street Armoury. In November, the Department of English will host a public lecture by Dr. Fran Brearton, on Irish war poetry. The Department of Philosophy has a course on the Ethics of War, while the Department of History has launched a web site, “A City Goes to War,” documenting the involvement of residents of Victoria in the conflict.

FACULTY OF Law

This coming year — 2015 — marks the 40th anniversary of the founding of UVic Law. To celebrate four decades as one of Canada’s leading providers of legal education, we will be hosting a wide range of events at the law school and at the oceanfront Inn at Laurel Point on the weekend of March 6 to 8, 2015. A gala dinner will be held on Saturday, March 7, to honour UVic Law’s founding members, the remarkable accomplishments of those in our alumni community, and the many people who have been instrumental in our school’s development and success. The anniversary weekend will be an unforgettable opportunity for alumni to reconnect with former classmates, faculty, staff and friends. For more information on how we plan to celebrate this milestone in UVic Law’s history, contact Erin Hallett, Alumni Relations and Annual Giving Officer, by e-mail (lawalum@uvic.ca) or by telephone (250.853.3518).

UNIVERSITY Libraries

How can librarians make a real difference in the life of UVic students, especially students entering first year, who may not even know all the ways they can ask for help? This September, UVic Libraries launched a new Personal Librarian Program to match each first-year student with an individual librarian to serve as their point of contact with the library. The personal librarian can help students find their way around the library, assist with research, answer library-related questions, and more. It may not be able to take the stress out of writing exams, but research assignments will be less stressful, thanks to librarians helping first-year students articulate their research question, identify the best sources and formulate their search strategy.

FACULTY OF Social Sciences

The Ethnographic Mapping Lab co-hosted a four-day workshop for Indigenous organizations to share experiences with Indigenous mapping and to learn new Google Earth tools. “The workshop connected Indigenous communities from across Canada who are using sophisticated mapping technologies to assert Aboriginal title and treaty rights, and to celebrate cultural knowledge about the land,” says Brian Thom, assistant professor of anthropology and co-organizer of the workshop. Dr. Catherine Krull began her five-year term, on July 15, as the new Dean of Social Sciences. Krull, a sociologist, joins UVic from Queen’s University where she was associate dean of arts and sciences. She has a considerable publication history with a focus on Cuba, and in 2009 co-organized a large international conference focusing on 50 years of the Cuban Revolution. “My decision to come to UVic was easy,” says Krull, “the university has an excellent research record, it is a leader in experiential learning, it prioritizes students (past and present), and it values community engagement. And of course, a bonus is that the university is located in one of the most beautiful places in the world.”
Equipped to Help

One-of-a-kind assistive technology services will take a big step forward when new facilities open next year.

BY PATTY PITTS, DIPL. '90

A simple desktop-printed sign taped to the front door of E Hut is all that identifies the building as the home of CanAssist, the ground-breaking organization that uses existing and emerging technologies to build better lives for people with disabilities. Clients can have a difficult time finding the renovated World War Two-era structure and staff members sometimes have to explain to fellow UVic employees what CanAssist does.

That changes next spring when CanAssist moves into the main floor of the Centre for Athletics, Recreational and Special Abilities — CARSA — currently rising as the dominant campus structure on Gabriola Road.

With its offices and program area directly off CARSA’s main entrance, and its purpose-built machine shop adjacent to the entrance to the performance gym, CanAssist is about to gain a lot more profile.

“We’re front and centre,” says CanAssist Executive Director Robin Syme. “It’s a reflection of UVic’s commitment to us. There’s something about the credibility that comes with being in a beautiful building. It’s a signal we’re here for the long-term.”

“There will be so much new traffic,” adds Anne Tolson, CanAssist’s communications manager. “Our visibility will be so much greater and the opportunities for student engagement will also be so much greater too.”
Despite its current low-key location, CanAssist has managed to attract a lot of attention and spur extensive campus and community engagement throughout its short history. Established in 1999 by Biology Prof. Nigel Livingston, CanAssist has grown from a purely volunteer organization of faculty, staff, student and community members to a core team of about 20 professionals including engineers, software developers and program coordinators.

But those professionals are in spaces that limit collaboration and production. Purpose-built space fronting busy Gabriola Road that’s almost twice as big as CanAssist’s current footprint will open up cramped office space and expand collaboration and capability.

“The new space will have a huge impact on the machine shop,” says Leo Spalteholz, CanAssist’s manager of engineering. “Sometimes our team has to turn down requests because we don’t have the capability to produce the technologies. We could really benefit from an industrial quality 3D printer, but we just don’t have the space for it in E Hut.”

CanAssist is already working with the Faculty of Engineering to equip the shop for mutual benefit. “We need equipment, but we don’t need to use all of it all the time so we’ll have a shop that we can both use and share,” says Spalteholz.

A partnership with Biomedical Engineering is already planned “and we’re looking at other partnerships as well,” says Syme. “With the new machine shop we’ll be in a position to provide access to equipment to other groups on campus.”

**CROSS-Campus CONNECTIVITY ALlSIDE**, the new CARSA space will also allow better communication, access, and comfort, among the CanAssist staff. “I use a power chair and have found it difficult to access some of the offices that make up CanAssist’s current space,” says CanAssist marketing specialist and former client Luke Melchior. “As a result, I rarely get the opportunity to collaborate with the hardware engineers.”

**It’s a signal we’re here for the long-term.**

It can be a disadvantage, since Melchior does product research in advance of proposed new technologies. “It will be great to have an open concept space since a lot of our clients come to us with different needs and if we can collaborate more, we’ll get better results.”

Psychology student Nicole Heron, working at CanAssist on a co-op term, is one of four job coaches with TeenWork, launched in 2009 to help youth with disabilities find and retain meaningful, part-time paid employment while attending high school. If all four coaches want to meet, Heron’s shared office is too tiny and their teenage clients have no dedicated space.

“The space in CARSA, being so central and impressive, will boost the confidence of the teens when they walk through the doors,” says Heron. “There will be more room for employment skills development, and the open concept space will do wonders to connect the different CanAssist departments. Currently, we’re all in the same building but we’re separate. Being in CARSA will make it much easier to work as a team.”

Be it basketball fans streaming past the machine shop on their way to a Vikes game, or recreation clients and varsity athletes heading past the program area enroute to the climbing wall, weight room, and various training areas — none will overlook CanAssist’s presence in CARSA.

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**CanAssist by the numbers**

- **7,700** Square footage CanAssist will occupy in CARSA, about twice its current space.
- **2,700** Square footage of CanAssist’s new machine shop, double what it has now.
- **6,000** Students are connected to CanAssist through co-op, graduate and work study, presentations, course instruction, overseas study programs and volunteering.
- **350** Mechanical Engineering course number. Students to design and build an assistive device based on requirements set out by CanAssist.
- **84** Assistive technologies developed since 1999.
- **30** Students have found jobs through TeenWork.
- **7** Accessible parking spaces in the CARSA parkade.
- **13.7%** Canadians (3.8 million) reported a disability in 2012.
- **27** Accessible stalls throughout the various team rooms, change rooms and washrooms.
Appetite for Life
In his late 20s, Paul Underhill began the most vital research project of all — finding a way to extend his life.

BY JESSICA NATALE WOOLLARD, MA ’07
PHOTOGRAPHY BY NIK WEST, BA ’95

At six months old Paul Underhill was diagnosed with cystic fibrosis, a genetic disease that affects the digestive system and the lungs. Many succumb before their 30th birthday — fluid fills the lungs and hardens, gradually shrinking lung capacity until there is none at all.

Since the 1990s, new research and treatment methods have improved odds of reaching adulthood, and Underhill, BA ’94, LLB ’99, was determined to do whatever it took to survive.

“I realized I couldn’t rely on my doctors, no matter how great they were, to keep apprised of the latest research,” Underhill says. “You have to look at what the science is right now, and thanks to my research skills from UVic, I knew how to find the information.”

Underhill pored through medical journals, researching new treatments for CF and lung health. His wife Sandra, BSc ’94, whom he met in a fourth year Psychology class, studied nutrition and the link between diet and disease.

“It’s not in Paul’s personality to sit back and wait for things to unfold,” Sandra says. “When he wants something, he goes full steam ahead — and he wanted to stay as healthy as possible.”

Combining their research, husband and wife noted a high correlation between inflammation and many degenerative conditions. Add to that evidence that CF patients with good nutrition have better lung function, and Underhill set out to concoct a nutritious “supershake” that his body could thrive on.

“I was looking for a beverage of the highest quality that was easy to digest. I looked everywhere and couldn’t find (what I needed),” says Underhill, who is also diabetic.

The recipe for what would eventually show up in grocery stores as the Rumble supershake took six months to develop in the Underhills’ kitchen. The shake had to be gluten-, lactose-, and soy-free, low in sugar, and free of genetically modified organisms.

“Most important of all, it had to taste great. That’s what took so long in the kitchen, perfecting the taste,” says Underhill.

Rumble comes in two flavours, Dutch cocoa and vanilla maple, both naturally sweetened with organic maple syrup, organic agave nectar, and vanilla bean. Using organic oils as its base, the drink is light and fluid, not chalky, and it has no aftertaste. It’s sold in a reusable aluminum bottle.

Once Underhill was satisfied with the shake, he realized he had a product he could bring to market.
In 2008, he launched Rumble with co-founder Steve Hughes, a friend with sales and business experience. In 2009, the team expanded to include Victoria naturopath Dr. Kim McQueen, who tweaked the recipes to improve their nutritional content. Her brother-in-law James McQueen, BComm ’01, took on business development.

**All Through the Process of Creating** the business, Underhill’s CF worsened. He needed two oxygen tanks and couldn’t cross a room without help. He and Sandra left their jobs to look after his health. As he waited for a life-saving double-lung transplant, he relied on his shake for nutrients to keep his body as healthy as possible.

“The biggest risk pre-transplant is that you get so skinny you’re not going to do well afterward,” he says. “Sitting here today, (three years post-transplant), I’m two pounds heavier than the day I got transplanted, because Sandra made my shake, the essence of Rumble, every day.”

Underhill was living proof the drink lived up to its promise to be a nutritious, protein-rich drink.

The team knew they had a winning recipe, and when Underhill appeared on CBC’s Dragon’s Den in December 2013, all five dragons wanted to invest in the company.

Rumble’s biggest challenge was finding a production partner who could work with its delicate ingredients like organic flax oil, which is rich in omega-3s and believed to reduce inflammation. The team persevered, determined the oil would remain an ingredient alongside pomegranate, red beet juice, organic spinach, kale, and Rumble’s signature protein blend.

“We searched for months until we found a partner who could work with organic flax seed oil. As far as we know, we’re the only beverage in North America that contains flax oil of any kind.”

Rumble is also the first drink to be labeled a “nourishing drink” by the Canadian Food Inspection Agency (as opposed to a meal replacement or energy drink).

**With new lungs and a new lease on life,** Underhill forged ahead after his surgery, fueled by his passions and drive to succeed. A year post-transplant, he won five gold medals in the Canadian Transplant Games in Calgary. Two years post-transplant, he biked 1,200 km from Vancouver to Banff for GearUp4CF, a fundraiser for Cystic Fibrosis Canada, for which Rumble was the title sponsor. In 2014, he rode the course again — with Sandra riding part of it, too — helping to raise a record $380,000 for CF research.

Rumble has brought Underhill full circle: he developed the drink to keep himself alive, and now, the success of the business has become the perfect platform for him to advocate for both CF and organ donation to help prolong the lives of others.

Meanwhile, he continues to face health challenges. The anti-rejection medication he takes is harsh on his kidneys, which have been causing him problems. “A lung transplant isn’t a cure. I’ve exchanged one set of difficulties for another,” he says, good-naturedly.

But like every other challenge Underhill has encountered in his 44 years, he faces those to come with a positive mindset. “When I meet a challenge, when I hear I can’t do something, I think ‘Yes, I can.’ If you want to see me do something, just tell me I can’t.”
A Learning Story

Based on more than four decades of knowledge received from conversations with Aboriginal elders, Nancy Turner delivers an epic analysis and comparison of traditional uses, names and perceptions of plant life.

BY KEITH NORBURY, BA ‘85

As a child growing up in the alpine terrain around Missoula, Montana, Nancy Turner developed a fascination for wild flowers and plants and for picking berries.

“I knew by the time I was probably 10 or 12 that I wanted to be a botanist,” Turner says in a recent interview at her campus office. “And by the time I was in high school, I knew I wanted to be an ethnobotanist.”

Since earning her bachelor’s degree in biology at UVic in 1969 and later her doctorate in botany at the University of BC, Turner has visited with hundreds of First Nations elders across the province and Washington State to learn their ancient ways of what she calls traditional land resource management. Parallel to her original research, she has pored over historical records from the First Nations’ early contacts with Europeans as well as the research of other academics in fields as diverse as linguistics and archaeology.

Now Turner — Distinguished Professor and Hakai Professor in Ethnoecology in the School of Environmental Studies — has synthesized 45 years of research into a two-volume opus, Ancient Pathways, Ancestral Knowledge: Ethnobotany and Ecological Wisdom of Indigenous Peoples of Northwestern North America. Reviewers use the terms “magisterial” and “tour de force.”

While the volumes contain copious references to arcane Latin plant names as well as charts of even more complicated translations of native plants in dozens of Indigenous languages, Turner has aimed to make the writing as accessible as possible. First Nations readers for instance might ignore the scientific names and focus on the plant names in their own languages, she says. School children might zoom in on the common English names. And scholars will love the detailed annotations.

One certainly doesn’t need to be an academic to appreciate passages such as: “The spiritual role of the western red cedar reflects an underlying belief system, or worldview, in which trees and other plants are held as generous relatives of humans, to be treated with respect, care, and appreciation and never to be used wastefully or thoughtlessly.”

Turner says the goal in her research “is making order out of chaos” — as she has joked to her husband, transportation historian Bob Turner, BA ’69 (they married the year they both graduated from UVic). The premise of Ancient Pathways, Ancient Knowledge, then, is to answer in an orderly way such fundamental questions as how did First Nations people gain such rich knowledge in order to live well, how did they share that knowledge across barriers of language and geography, how did they transmit it across generations, and how did they adapt it over time?

‘And then how can that knowledge be retained and used in a good way to help people to live sustainably in this environment,” Turner adds.

In the book, she acknowledges the contributions of scores of First Nations experts. Among them is Mary Thomas, a Secwepemc elder from the Shuswap region, who has honorary degrees from UVic and the University of North Carolina. Her name crops up dozens of times throughout the volumes as an authority on such practices as the harvesting and preserving of nodding onions. “They look almost like your regular table onions and have the same smell, the same taste,” the book quotes Thomas.
Also acknowledged is Richard Atleo, Nuu-Chah-Nulth hereditary chief. Atleo and Turner have been friends and occasional collaborators since the early 1990s when they served together on a scientific review panel in the wake of the 1993 protests over logging in Clayoquot Sound.

In an interview from Winnipeg, where he now lives, Atleo says of Turner’s book: “I think that Nancy’s lasting legacy for her work will be a major contribution to the well-being of Canada.”

That’s because, he adds, it will help the scholarly community “begin to see Indigenous peoples in a better light than what history has done in the past.”

However, while Atleo notes that Turner’s work “represents a paradigmatic shift, which I very much appreciate,” he also takes a jab at academia for failing to recognize Aboriginal scholars. “If Aboriginals said what she said, who’s going to listen? The inertia from colonization still is very strong,” Atleo says, adding that his tone isn’t meant to be resentful but simply reflects historical fact.

Turner certainly does recount in detail the wrongs that European settlers visited upon First Nations — including residential schools, smallpox, alcohol, and the banning of the potlatch. “The time following the arrival of the first Europeans in northwestern North America witnessed tsunami after tsunami of tumultuous change to the lifeways of First Peoples, including to their complex systems of plant use and relationships with their environments,” she writes as a way of summing up that horrible history.

AS AN ETHNOBOTANIST AND ETHNOECOLOGIST, she appears even more perplexed with how European colonizers, and their descendants, misunderstood the ways Indigenous people managed the land. The people of the Northwest didn’t just subsist on salmon and other seafood. Turner estimates that about half their diet consisted of plant foods, such as camas bulbs, hazelnuts, soap berries, and wapato (also called “swamp potato”), which they cultivated and nurtured.

“In some rare instances from the past when Indigenous peoples’ plant resource management practices have been acknowledged, their value has been minimized in comparison to European modes of production. First Peoples’ use of fire on southern Vancouver Island to help clear the undergrowth from wooded areas and promote the growth of key food species is a case in point,” Turner writes.

Unlike Capt. W.C. Grant, who noted that practice “in grudging and derogatory terms” in an 1848 report to Governor James Douglas, Turner demonstrates nothing but the greatest respect for First Nations and their understanding of nature — even when it’s at odds with current western scientific understanding.

For example, just before she introduces the notion that humans first came to North America about 15,500 years ago during the retreat of massive ice sheets, she states: “It is important to acknowledge that these descriptions are only one ‘truth’; the other is embraced in the origin stories of the First Peoples, many of whom would reject the notion of their ancestors originating from another place.”

That she is able to accept that there are “dimensions of truth” as she puts it later, is something Turner attributes to her own background. Her father, who was an entomologist, and her mother were raised by missionaries — in the Philippines and China respectively. One of her grandfathers was also an entomologist, a scientist who had no trouble reconciling his religious beliefs with his love of science, she says. “I guess we’re all in that dilemma, of one sort or another.”

Ancient Pathways, Ancestral Knowledge: Ethnobotany and Ecological Wisdom of Indigenous Peoples of Northwestern North America is published by McGill-Queens University Press. Dr. Turner is directing all royalties from the book to Indigenous undergraduate student awards at UVic.
Notes and images from the dynamic world of off-campus learning.

Here's how it's happening:
- at concentration camp memorials
- in the Great Bear Rainforest
- in the rich marine ecosystem of Bamfield
- in the tech mecca of Silicon Valley, and
- in medical social work.
I-WITNESS FIELD SCHOOL

Witn esses

The emotions, bonding and lifelong impact of studying the Holocaust where it happened.

By Kim Westad

Jennifer Moysa came to UVic for a course that was mainly taught half a world away.

The I-witness Field School takes students to Germany, Poland and Austria, to spaces dedicated to Holocaust memorialization. The students stood in the places where the mass murder of millions of European Jews and non-Jewish victims occurred between 1941 and 1945. They walked the streets where events that changed the world happened, learning through a sense of place and personal connection.

Moysa is one of a growing number of students who look for experiential learning in their university education, who want to augment the classroom learning with in-the-world experiences that make coursework come to life.

"No longer were these sights mythical places you see only in photos. We saw history in the very place it happened," Moysa says. "We were able to look at and almost touch the history."

The 23-year-old was one of 17 students who took part in the 2014 I-witness Field School, a course offered by the Department of Germanic and Slavic Studies. It has drawn a broad cross-section of students since it started in 2011 as the first Canadian university offering a course of its kind for undergraduate and graduate students.

Students explore how the past is reflected in the present by studying the sights, memories and history of the Holocaust, focusing on racism, anti-Semitism and homophobia. The class analyzes the ways in which the Holocaust is memorialized. The aim is to understand how the lessons of the Holocaust are relevant.

For Moysa, studying and critically thinking about the Holocaust is crucial in her goal of becoming a Holocaust educator: "It’s a gateway to look at other genocides. What led up to it? What was happening in the culture, with the people who were whipped up by propaganda? How can we educate so this isn’t repeated?"

This year, the three-week field course included visits to concentration camps in Sachsenhausen, Ravensbrück, Auschwitz-Birkenau, Mauthausen-Gusen and Dachau, Jewish museums, documentation centres, as well as monuments and memorials of all shapes and sizes.

There were joint sessions with students from the University of Osnabrück who met the UVic group in Berlin, a workshop with students from Jagiellonian University, a meeting with students at the Ludwig-Maximilian University in Munich, and lectures from noted professors such as Jonathan Webber and Annamaria Orla-Bukowska.

Seeing the sites was often emotionally difficult.

Dr. Helga Thorson, the UVic Slavic and Germanic Studies professor who created the field school along with graduate student Michael Gans, prepares students as best she can. But ultimately that too is part of the learning process.

"We talk a lot before we leave about what it means to rally your critical thinking skills when you are really digging deeply to find out what a site means to you on many levels. Add to that the pure emotion and it can bring you to a place that most classrooms can’t," Thorson says.

Students are often surprised by what they feel.

"We talk a lot about how our expectations are shaped by the emotions we think we should feel. But everyone reacts differently at every site," Thorson says. "A lot of students don’t know when it will hit them or what or if. They might expect it will be at a certain place, and then feel horrible when it doesn’t."

Several students found that sharing such intense experiences and emotions with a group created a bond many hadn’t felt before.

It can bring you to a place that most classrooms can’t.

"Constantly thinking about the fate of the victims of the Third Reich is a heavy burden to carry at all times," Miles Gelmon wrote in a paper after the trip. "This perpetual engagement allowed for amazing group cohesion as our discussions and immense
support for one another fused us into a tightly knit group — a group where we could discuss any topic, particularly what troubled us.”

That experience is unlike anything he could have studied, Gelmon says.

Often, learning comes from discussions with European students from the other universities who joined the UVic group for parts of the trip.

Gelmon remembers a student discussion about dealing with pasts and family history. One German woman told the group about her grandfather. He had been one of Hitler’s physicians. He lived to the age of 105, believing in Nazi ideals until the day he died.

Another German student wore a Star of David.

“He sincerely expressed to me that Germany today and Germans today are nothing like the Germans of the past. He spoke to me about learning about the past to build a better future.”

Gelmon says that meant even more to him than the student could know: Gelmon is Jewish, something the German student didn’t know.

Another group of German students were shocked to find out that Hitler’s manifesto *Mein Kampf* is readily accessible in Canada, and that UVic has several copies in its library. In Germany, it can’t be checked out of a library unless the person has permission. (Technically, the two-volume book is not banned in Germany because copies are online and millions of originals are still available from the days when the book was mandatory reading and the Nazis gave copies to all newly-weds. But it has not been published in Germany since 1945.)

Students met with several local Holocaust survivors before leaving on the trip, and met more while in Europe. Those close human interactions — sitting with someone and hearing about life in a time most of us know only from reading or movies — was a highlight for many students.

It was for Thorson too, particularly this year.

Before the travel portion of the class, students read a comprehensive list of books and articles in preparation. One is *Outcast: A Jewish Girl in Wartime Berlin* by Inge Deutschkron. It tells the story of her hiding in plain sight, working in the office of a Workshop for the Blind that made brooms and brushes. The owner of the factory, Otto Weidt, saved many lives, including many of his blind Jewish workers as well as that of Inge Deutschkron.

Students visited the actual broom and brush factory where this took place. This year, Thorson was able to contact Deutschkron, who met them at the factory and talked with the group for hours. She is 92 years old.

Being a witness to such stories, and keeping those experiences alive and relevant, is something that Russell Tse, a fourth-year History student, takes to heart. “They often said they felt they had an obligation to share their experiences. That obligation now falls to us, the future generations, to share their experiences and wisdom so that their stories and Holocaust education in general does not become diluted as it may with time.”

### Power of Field Schools

Professor Helga Thorson of the Department of Germanic and Slavic Studies designed the *I-witness Field School*. When she and sessional instructor Michael Gans surveyed students during the inaugural field school in 2011, and again in 2014, the results surprised them.

They found evidence that the experience “had been transformative for many of the participants.” Combining the experiential components of the field school with the integration of critical thinking and emotional learning created a perfect storm of learning. “Its potential to change students’ lives,” they wrote, “was truly unexpected.”

Along with organizing an international conference on field schools next year, Thorson is compiling a book on the subject with campus colleagues and with support from the Learning and Teaching Centre and the Office for Global Engagement.
On the first night of a field school in the Great Bear Rainforest, students prepare a traditional feast for elders and other members of the Heiltsuk First Nation. The students in Geography 453 roast root vegetables and salmon, cook deer meat and share it with the people whose culture they will draw on and learn from for the next two weeks.

It’s a seemingly small but key part of the Hakai Field School.

“Before you conduct business, you share a meal. That is an important part of the culture, all of which we respect,” says Prof. Chris Darimont, PhD ’07. He teaches the Hakai Field School with Jessie Housty, a UVic grad student and elected tribal councilor with the Heiltsuk Nation. The course is hosted by the Hakai Institute in Wuikinuxv and Heiltsuk territories of the central coast.

The meal sets the tone of collaboration, respect and learning that is the backbone of the course. The class brings together cultural knowledge and practices with western science. It uses the tools of science to look at culturally important resource management issues.

“It really brings resource management to life,” Darimont says. “It’s situated exactly at this intersection between science and local values, knowledge and practice.”

Class member Peter Gibbs says the field class is a highlight of his university education. The chance to come face to face with wolves, to follow grizzly tracks, to measure old growth cedars — many of which had been harvested for bark by Indigenous people several hundred years ago and still bore the scars — are experiences
that have stuck with the fourth-year Geography and Environmental Studies student. The lessons couldn’t have been learned so well in a classroom.

“It is completely different. We were shown real plants, animals and cultural artifacts and practices in their natural environments. We were told stories grounded in real places. We got to meet and learn directly from experts in the communities,” says Gibbs. “We applied our knowledge through research projects that we designed to be carried out in the natural and cultural environment we were immersed in.”

Students meet with the Heiltsuk Integrated Resource Management Department as well as with elders of the community in Bella Bella, 181 km north of Port Hardy and 144 km west of Bella Coola. The Nation is 6,000 square miles. Most of the course occurs at the Hakai Institute’s headquarters on nearby Calvert Island, and much of it is outdoors.

**THE HEILTSUK NATION HAS A** long history of well-developed hunting, fishing, and gathering technologies including multiple techniques for preserving perishable food. They were also known as able mariners and keen ecologists with sophisticated agriculture (root gardens) and mariculture (clam gardens, enhancing salmon runs and habitat).

Many of these practices remain today.

Housty, 27, grew up there in a traditional family that lived off the land and has become a leader in land stewardship and policy development. She sees a future where community traditional knowledge and approaches to issues can overlap with western science and achieve stronger outcomes together.

The field school is a prime example.

“They are given a firm grounding in how we show leadership in conservation and natural conservation management. So when they go out in the field, they have an understanding of who we are and how we live on the landscape,” Housty says.

“When they are out in the field and applying academic concepts, they are able to come up with things that are direct responses to issues that are relevant. What they are doing matters.”

One example: a group of students did a project on traditional dyes in nature. Where could they best be found? They worked with community members who well know the barks, roots, leaves, berries, mosses and oxidized earth in different types of muds and clays in the forest. The students — one of them who also hailed from Bella Bella — mapped where these were and made the information available to resource managers for the Heiltsuk Nation.

Other students took a scientific look at oral evidence that Indigenous people had managed abalone for centuries before commercial exploitation by western industrialized fleets.

The culturally-enforced harvest rule was that abalone could only be harvested from what could be reached at low tide. People did not dive for it, thereby making sure they were not depleting the resource.

“The student project, although modest in scale, found some scientific evidence that what had been going on for millennia, before being interrupted by the industrial powers, was a very good thing to do indeed,” Darimont says.

He has spent much time over the last 15 years in the Great Bear Rainforest, researching environmental and resource management. Even for Darimont, the field school is special.

“It’s transformative for all of us. I learn a lot, and I’ve been doing this for 15 years. Students are out in the real world, working in authentic ways with local governments and people and making a difference.”

It was all those things for Gibbs as well, but with an added layer of magic during a camp out.

Students went for a two-night trip to Goose Island. Harvey Humchitt, the hereditary chief of the Heiltsuk Nation planned to come over that evening to prepare salmon and share cultural history. Seven hours before Humchitt’s planned arrival, the students noticed more and more bald eagles flying overhead. They circled about the point at the east end of the bay — five, then 10, then 20.

Humchitt’s brother was with the students. “Harvey must be early,” he said. “It’s his Island.”

Humchitt’s chieftainship descended from ancestors who came from Goose Island. Once he anchored his boat, the eagles dispersed.

“That is the experience,” recalls Gibbs, “that impacted me most.”

— KIM WESTAD
2013 Geography 435 members, with Dr. Chris Darimont (lower left).

PHOTOS COURTESY OF CHRIS DARIMONT

Sunset at Goose Island
PHOTO ESSAY: BANFIELD MARINE SCIENCES CENTRE

Coastal Classroom

Steller’s sea lion
It’s on the doorstep of an incredible marine ecosystem. It’s a research centre. It’s a classroom. It’s been a quintessentially coastal environment for discovery since 1972, when the University of Victoria formed a partnership with UBC, SFU and the universities of Alberta and Calgary to create what’s now known as the Bamfield Marine Sciences Centre, Canada’s western-most post-secondary campus.

Bridgette Clarkston, BSc ‘05 — biologist, Bamfield instructor, and photographer — contributed this photo essay about a remarkable place for undergraduate and graduate field courses, research, and public education in coastal and marine sciences.

bms.bc.ca
BMSC: Research and courses immersed in coastal, marine and rainforest habitats.

Brown feather boa kelp and red seaweed Mazzaella

Live Labs link with schools and university classes.
Giant green anemone
CO-OP IN THE SILICON VALLEY

Valley Foothold

The world’s technology hub, Silicon Valley, is seeing a UVic influx.

BY BRAD BUIE, BA ’99

For engineering student Angus Rittenburg, designing a 50-foot robotic reptile was the edge that landed him a co-op work term at the space-flight company, SpaceX. At the time, his résumé was sparse but his countless volunteer hours on the electromechanical snake, made to slither across the Nevada desert at the Burning Man festival, caught the eye of SpaceX interviewers. Rittenburg was hired.

He joined a new generation of UVic students, researchers and alumni employed with some of the world’s mightiest tech companies, mostly in the Silicon Valley in the San Francisco Bay area. Rittenburg quickly discovered that whether a full-time employee or student intern with these companies, you’re expected to deliver results. “It’s like the special forces,” he says. “The rate at which they get stuff done is just incredible, especially on a very small budget.”

Repeatedly, Rittenburg has proven his mettle. After SpaceX, he moved on to another co-op job with electric carmaker Tesla Motors, also run by billionaire and former PayPal entrepreneur CEO Elon Musk. He worked with a team on a four-month project to improve the coolant system for the Tesla battery pack, consisting of hundreds of tightly packed lithium cells.

Since a coolant leak into the battery pack could potentially ignite a fire, Rittenburg helped conceive new safety designs for the battery enclosure. Tesla filed a patent on one of those designs, included him on the listing, and tasked him with working with a lawyer to help him understand the application.

Most recently, Rittenburg interned at Google X, the company’s secret project division. “I can turn my imagination into an object extremely quickly,” he says. “I can email a design for a part to the machine shop and have a 3D printed object on my desk within hours. It’s like magic.”

Back on campus for fall term, he eagerly offers his lessons to other students: “Don’t make decisions based on returns. Show your interest in what you’re doing outside of getting paid for it.”

Other Silicon Valley veterans, like UVic alumnus Lior Malka, PhD’08, agrees. “Get hands on experience,” he says. “Choose a toy project and start working on it before you graduate, maybe an app for a phone, a security application, or whatever, that shows your passion and sets you apart.”

Malka has worked for the past four years at Intel, which makes the vast majority of microprocessors found inside computers and the servers that keep the Internet ticking. “People here are rigorous in their approach because they build hardware and it has to be perfect,” he says. “You can’t just change it after you manufacture it.”

However, Malka’s area of expertise, cryptology — which is critical to the computer security of governments, financial institutions and everyday Internet surfers — blurs the boundary between research and business. He and Computer Science Prof. Bruce Kapron secured a grant from Intel to research and innovate a new way to test anti-virus software. To assist them, they brought aboard Computer Science Master’s student Erkan Ersan. Essentially, they will create thousands of hypothetical malware samples to determine whether a particular anti-virus software can detect them.

Their research will of course benefit Intel, which acquired the security technology company McAfee and it has to be perfect,” he says. “You can’t just change it after you manufacture it.”

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for over $7 billion in 2010, but according to Kapron, “It is also an example of pure research for the advancement of knowledge. Whatever we create is going to be available to other researchers.”

NOT LONG AFTER THE TURMOIL OF the 2008 economic collapse, Norah McRae ventured down to Silicon Valley on an exploratory mission. The executive director of Cooperative Education and Career Services had a shopping list of companies that might be suitable co-op employers. “One of the things that first piqued my interest was discovering that Waterloo was sending hundreds of students to the US,” says McRae. “At that point we didn’t have a specific US strategy and I thought we should and given that try in a region that was easily accessible for students and still humming along despite the recession — so the Silicon Valley made sense.”

With the help of the Consulate General of Canada in San Francisco, she plugged into a vibrant network of Canadian ex-pats, in particular, Cioo and the Digital Moose Lounge. Members — including executives and venture investors — support Canadian technology entrepreneurship through mentorship, partnership and investment. They’ve helped UVic and other Canadian universities solidify relationships with tech firms.

UVic Co-op shares a field coordinator in the Silicon Valley with SFU. Along with other Canadian universities, a UVic team makes an annual pilgrimage for an Alumni Canada Day meet up. This year, both Rittenburg and Malka attended. Rittenburg has mentored UVic student, Darren Fry, who followed in his footsteps and did his first co-op work term with Tesla Motors. Six more UVic co-op students started fall co-op terms with the company.

Malka, a Ciooo member, has helped secure five co-op placements at Intel since 2009: “One of the things I’ve done is work with co-op to brainstorm ideas on how to connect people in Silicon Valley, UVic alumni specifically, and what kind of events would appeal to them.”

In broader terms and specifically with his research project, he says, “it’s not just about having another master’s student graduate or building another software product, it’s also about having trained people continue to work on computer security in Canada.”

McRae has a similar broad outlook. “Our students are competing with the best and brightest from US universities like Stanford,” she says, “but this initiative is also about making connections for faculty. There are abundant, undeveloped, opportunities for UVic and the province, from health to business to the entertainment industry.”

WHEN LIA WEEKES WAS STUDYING TO BECOME A SOCIAL WORKER, STAFFING A halfway house for ex-prisoners wasn’t what she envisioned. But it ended up being the “aha” moment of her education.

“It wasn’t my first choice to work with 17 male offenders, all freshly out of prison,” says Weekes, BSW ’05. “These were people who had done the worst of the worst and I went into this experience with my guard up.”

But that guard soon came down, as Weekes put her academic learning to practical use.

“Soon it wasn’t about the label. They were people I was trying to help. We all came to it from a place of support — as allies in making their lives better and their transition back to the community a little easier and more successful.”

It showed her the value of keeping an open mind — key in her profession — and also the value of practical experience in putting education to work in the community.

As the social work professional practice leader in Richmond for the Vancouver Coastal Health Authority, she’s an advocate of the off-campus learning she found so helpful. She assists incoming practicum students and acts as a mentor for people new to the field.

“We have had students from UVic, Dalhousie and UBC complete their practicums in our setting,” she says. “It’s key that our students have the necessary foundation and knowledge base from their academic work so that they are ready for the next piece. It only strengthens and enhances the student’s practicum experience with us and prepares them for the workforce.”

Off-campus learning allows students to apply theory to practice, to be able to make sense of the literature and put it to use in real-life situations.

“You have a person crying in front of you and looking to you for a response. You can’t trade the value of that human contact and interaction in terms of learning,” Weekes says.

AT RICHMOND HOSPITAL, STUDENTS SHADOW EXPERIENCED frontline social workers before progressing to supervised, direct client interventions.

They’re immersed in what frontline medical social workers deal with everyday – from crisis intervention to offering emotional support to patients and families during times of grief or loss.

“Anything could come your way,” Weekes says. The job can vary depending on location. With Richmond Hospital being so close to Vancouver Airport, it receives anyone that security or airport staff don’t know how to deal with.

“If people are wandering and confused, we’ll see them here. Women have come off planes ready to deliver their babies and they don’t have status in Canada. They come to us,” Weekes says. “There’s never a dull moment.”

- KIM WESTAD
Where is the heart of a university? The Oxford English Dictionary reminds us that the heart is the vital or essential part of something.

"Among scholars in all the varied academic disciplines, there is agreement that the heart of the university is its library," Chancellor Joseph Clearihue remarked 50 years ago, on Nov. 14, 1964. "A storehouse for the wisdom of the past, and...a laboratory for all investigations of the present."

The day saw two significant moments in the history of the university: the inauguration of the first president, Dr. Malcolm Taylor, and the opening of the McPherson Library (now the William C. Mearns Centre for Learning/McPherson Library).

The university had come into being on July 1, 1963; the arrival of President Taylor was the end of a journey to establish an autonomous degree-granting institution in the province’s capital. The opening of the library was both a tangible and symbolic sign of this achievement, realized through the philanthropy of T.S. McPherson, whose bequest to the university of $2,250,000 contributed to the library’s construction.

The special ceremony took place in the Old Gym, and the band of HMCS Naden provided the music. Harold E. Sexton, Lord Archbishop of BC read the invocation, and Robert Wallace, Dean of Administration, presented President Taylor to Chancellor Clearihue.

Dignitaries from across Canada and abroad came with greetings and congratulations. In attendance were Dr. John B. Macdonald and Dr. Patrick McTaggart-Cowan (brother of Dr. Ian McTaggart-Cowan, later chancellor of UVic) presidents of the University of British Columbia and Simon Fraser University, respectively. Also present were representatives from the University of Toronto, Saint Francis Xavier University, the University of Aberdeen, University of London, the University of California at Berkeley, and many others.

In his remarks, George R. Pearkes, Lieutenant Governor, brought greetings as a founding member of the convocation and spoke of being present at the laying of the library’s cornerstone the year before.

In addition to the inauguration of the president, the university conferred four Honorary Doctor of Laws degrees. Dr. William Kaye Lamb, Dominion Archivist and National Librarian of Canada, was
among the recipients. Lamb was praised for bringing to scholars “his intimate knowledge of the world of books” and was called “Canada’s official custodian of the record.”

The presentation of a symbolic key — presented by the chancellor to University Librarian Dean Halliwell, architect R.W. Siddal, and contractor Alvin Narod — marked the official opening of the McPherson Library.

The chancellor remarked: “Today we are opening a library that is outstanding in the breadth of its facilities, the excellence of its design, and the efficiency of its staffing…we are paying tribute to the late Thomas S. McPherson, a man who has won the lasting respect of his fellow citizens by his great generosity both to this university and to the city of Victoria.”

The official program booklet included a special insert about the library. It noted the size of the building (86,000 sq ft, or 7989.7 sq metres), cost ($1,415,000), artists (George Norris, façade panels, and Margaret Peterson, “Source of Sources” mosaic, now near the library’s main staircase); materials capacity (315,000 volumes), seating capacity (935), construction (reinforced concrete), and interior finish (walnut, plaster, vinyl fabrics, formica).

The basement contained the curriculum laboratory and the smoking lounge (yes, you read that right), while the third floor included books stacks, student seating, the rare book room, and Xeroxing and mimeographing centre.

**IN THE HALF-CENTURY SINCE ITS** opening, there have been major changes to the library building: an expansion in the early 1970s, and again in 2007 through the generosity of William C. Mearns family, the introduction of electronic library catalogues, digital journals and monographs, increased services for students and faculty in support of teaching, research and student academic success — and a café.

Today library collections include: 2.1 million volumes, 1.4 million microforms, 137,000 journal subscriptions, 21,000 cartographic items, 41,000 sound recordings, 33,000 music scores, 11,000 films and videos, 1,600 linear metres of manuscripts and archival materials, and vast digital resources.

Alumni, students, faculty and community members continue to discover its rich holdings — welcome to the heart of UVic!

— LARA WILSON, MA ’99, DIRECTOR, SPECIAL COLLECTIONS UNIVERSITY ARCHIVIST
ALUMNI LIFE

Class of ‘64 Reunion

Members of UVic’s first graduating class reconvened during Spring Convocation week. They attended convocation, toured campus, and had a great reunion dinner at the Oak Bay Beach Hotel, ending up in the Snug pub — just like the old days.

**Front row** (left to right): Tim Price, Mike Muirhead, Sandy Forbes (McKeachie), Conrad Reifel, Wendy McKay (Hocking), Patricia Donald, Horace Mayea, Larry Cross, Barbara Phipps (Hodgson).

**Back row**: Frank Came, Bryan Ralph, Sally Petitpierre, Ian Reid, Judith Sales (Taylor), Ann Scarfe (Thompson), Susan Scott (Dickinson), Glen Crawford, John Nielson.

ALUMNI AGM
JUNE 5, UNIVERSITY CLUB

newly appointed Honorary Alumna **Lynda Farmer**, 2 Alumni Volunteer of the Year **Fraser Hayes**, BCom ’11, 3 Alumni President **Dale Henley**, BA ’71, with UVic’s first graduate, **Sandy Forbes**, BA ’64, and her husband **Robert Forbes**. 4 Alumni board members **Peter Jong**, BSc ’03, and **Pete Rose**, MPA ’05, 5 **Pavan Arora** and **Anand Shah**, event volunteers from the UVic Student Ambassadors. 6 President **Jamie Cassels** gave a keynote address on the issues and trends in post-secondary education. 7 **Lara Lauzon**, PhD ’02, and **Anne Topp**, MPA ’83.
Tip of the Cap

BY DALE HENLEY, BA ’71
ALUMNI PRESIDENT

At the end the year, Chancellor Murray Farmer, BA ’68, concludes his term. It’s been a remarkable run. The UVic Alumni Association proudly nominated Murray before he successfully ran for election to the chancellor’s position six years ago. Since then he has represented the university with charm, grace and humble dignity.

Recent graduates would know him best from convocation, where he has presided over ceremonies that represent the culmination of years of study and dedication.

Murray’s remarks for graduates are always inspiring and he never fails to include a reminder that graduation may close the book on formal education for many, but it also represents the beginning of a lifelong connection to UVic as alumni. When it comes to connection to UVic, Murray defines the concept. Since completing his Economics degree in 1968, he has maintained a proud commitment of supporting our university in countless ways.

Over the years, and through a busy working life, Murray has always been proud to promote UVic, especially in the wider community where he is so respected for his volunteer leadership.

That track record led the association to grant its Distinguished Alumni Award for Lifetime Achievement to Murray in 2007. In recent years I have had the pleasure of joining Murray and his wife Lynda Farmer at many, many alumni events. Most notably, he has graciously performed emcee duties at our Distinguished Alumni Awards night, the centerpiece of Alumni Week celebrations. The Distinguished Alumni Awards are deeply appreciated by the recipients and their families and Murray’s presence has made their experience that much more memorable.

And so as the end of the calendar year approaches, I look upon it with mixed emotions. I look forward to joining you in welcoming Chancellor-designate Shelagh Rogers to our university and we’ll miss the presence of Murray in his formal capacity as chancellor.

But knowing him, we’ll be seeing a lot of Murray wherever alumni gather and whenever we need a friend.
1960s & '70s

ROSALIND BOYD, BA ’65 (English/Political Science), has edited The Search for Lasting Peace: Critical Perspectives on Gender-Responsive Human Security (Ashgate), which presents “the human security agenda as a policy response to the changing nature of violent conflicts and war.” Rosalind is an independent researcher, writer and editor based at McGill University since 1968.

IAN ARMOUR, BA ’74 (History), writes: “After eight years teaching at Grant MacEwan University in Edmonton, I am taking early retirement and returning to the UK. My book, Apple of Discord: The ‘Hungarian Factor’ in Austro-Serbian Relations 1867-1881, has been published by Purdue University Press. I intend on continuing with research as a private scholar in the UK, and hope to do some part-time teaching in east European history at the University of Exeter in Devon.”

STUART BERRY, BA ’78, recently graduated from Athabasca University with a doctorate in education focusing on distance education. His research examined the value of persistent artefacts in online learning environments and how current and future learners might benefit from their use.

STEPHEN ELLIOTT, MFA ’78, writes: “After spending 10 years teaching at the University of Toronto and being totally immersed in every aspect of the theatre business, we headed to Seattle where for the past 25 years, I have been managing performing arts facilities and working as an arts consultant. I spent six years on the board of one the largest public funding agencies in the western US. When not working, I spend time fishing with our daughter, traveling with my wife, climbing mountains, backpacking, running half-marathons and tending to my edible garden. I sincerely wish to thank UVic for my long career of sustained employment as it would not have been possible without the graduate degree. Doors were opened which I did not know even existed!”

CRYSTAL HURDLE, BA ’79 (English), has published a novel in verse for teens, Teacher’s Pets, (Tightrope Books).

DR. ROBIN LOVE, BSc ’79, is the medical director for palliative care at the Nanaimo Regional General Hospital. Since helping to create the unit, it has grown to a 12-bed world class palliative care system that includes in-patient and outpatient consulting services and community house-call services. His work in palliative care has received international recognition for initiatives such as the palliative care twinning partnership between local palliative care programs in Nanaimo and a program at the Bhaktapur Cancer Hospital in Nepal. His leadership earned him a 2014 Award of Excellence in Medical Practice from the BC College of Physicians and Surgeons.
Environmental Studies at UVic marked its 40th anniversary in October (and the 15th anniversary of the start of the School of Environmental Studies). The meet up brought together alumni and friends for an open house, the inaugural ES Awards presentation, and a keynote talk by Dr. Nancy Turner. The Change-maker in Residence Project was also launched to enable scholars to conduct short-term residencies at the school.

Contact esadmin@uvic.ca for details. (Photo: Old Salmon Coast Research Station dock (2007), via flickr/UVic School of Environmental Studies.)

1980s

ROY CULLEN, MPA ’88, contributed a chapter to Corruption and Legislatures, published by Routledge Press, 2014. The authors/editors are Frederick Stapenhurst and Riccardo Pelizzo, advisors to the World Bank Institute. Roy’s chapter is entitled “Putting a Stop to the Laundering of Corrupt Money.”

BARRY LITUN, Med ’88, retired as superintendent for the Lethbridge School District in 2013 and is now the executive director for the College of Alberta School Superintendents.


WARREN TANINBAUM, MPA ’84, has “retired from the US Navy after 28 years of service and have started a company selling tactical products to the security industry.”

1990s

LESLIE D. BLAND, MFA ’99 (Theatre), has produced and directed the comedic documentary, Gone South: How Canada Invented Hollywood. It’s billed as a funny and investigative look at the long history and major influence Canadians have had on the development of American pop culture. It features exclusive celebrity interviews and classic archival images from the very beginnings of Hollywood right through to the present day. The lineup includes actor ERIN KARPLUK, BFA ’00 (Theatre).

SHANE BOOK, BA ’99 (Writing), travels “aural truths” that mash together layers of voice, diction and music in a new collection of poems, Congotronic (University of Iowa Press). He is a winner of the Prairie Schooner Book Prize in Poetry and the Great Lakes Colleges Association New Writers Award. He is also a filmmaker whose award-winning work has screened around the world in numerous film festivals and on television.

ADAM DUNNETT, BA ’97, and his wife Wendy, writing from Beijing, are pleased to welcome a new and aptly named addition to the family: Victoria Dunnett.

HARVEY JENKINS, BSW ’97, is retired from his position at Vancouver Island University. In 2013, he published a book about his walk across Spain titled, Haiku Moments on the Camino: France to Finisterre. This book is now available as an e-book or at McNally Robinson Booksellers. Harvey and his wife Sharron moved back to Winnipeg in early 2014. They are now closer to family. Since retirement, Harvey has taken up writing in a serious way and is a current member of the Manitoba Writers’ Guild and Haiku Canada.

W. PAUL LOOFFS, DiplALing ’96, completed his 102nd, and at age 85, a nearly 1,000 mile medical mission with Medical Ministry International Canada, an eye care project in Peru. Over the past 30 years his volunteer work has spanned Mexico to Paraguay and from the Andes to the Amazon — totalling some 200 weeks living in developing Latin American countries. His book, In His Hands, was published last year. His three solo around-the-world tours in the same 1955 VW Beetle have been documented by Volkswagen Canada in a documentary, available on YouTube, called “Once More.” He shuttles several times a year between Victoria and Honduras, where his wife and son live.

RICHARD MOSELL, BA ’95 (Pacific & Asian Studies), has returned from Tokyo, where he had spent nearly 10 years teaching karate, to join Karate Canada national team coach Kraig Devlin in opening high-performance karate training centre in Victoria.

JOHN WENSVEEN, BA ’96 (Geography), has been named head of aviation technology and full professor with tenure at Purdue University in Indiana. He also completed authorship of the best-selling industry textbook, Air Transportation: A Management Perspective (8th edition; Ashgate Publishing).

H. LOUISE PATTERSON, MBA ’98, recently received her PhD from the University of Sheffield’s Management School in the UK. “I am currently a non- tenure assistant professor in HR with the management school of Kyung Hee University in Seoul, Korea where I have been employed by the university since the fall of 2007.”

SHERI RADFORD, BA ’96 (Writing and English), raised more than $15,000 for Team Diabetes (part of the Canadian Diabetes Association) by organizing two comedy-night fundraisers. In August 2013 she ran a half marathon in Reykjavik, Iceland, with Team Diabetes.
In August 2014, she’s hiking the Inca Trail to Machu Picchu, Peru, with Team Diabetes. She has a new children’s book titled Not Just Another Princess Story coming out in September 2014. Centred on a math-loving princess, this swashbuckling tale is brimming with romance, algebra problems and at least one very large pickle.

MARGARET SUTTON, MEd ’96, received the Governor General’s Caring Canadian award (presented by Lieutenant Governor Judith Guichon) for her volunteer work in her hometown of Dawson Creek. This follows a career of teaching in BC, Saskatchewan, London and Singapore.

MANUELLA VINCTER, PhD ’96, was one of 10 Canadian researchers to receive a two-year fellowship worth $70,000 a year from the Killam Foundation and the Canada Council for the Arts. Vincter will use the award to focus her work on the ATLAS international physics experiment. She’s based at Carleton University.

2000s

ELIZABETH EFFA, BA ’09, and BRYN STEPHENSON, BA ’08, sent this: After a few years of work following graduation, Elizabeth made a change and graduated from UBC nursing this spring and will be working as an RN. UVIC remains her alma mater. She still loves politics and literature and is already plotting how one or both will be used within her career as a nurse. Bryn finished an MA in theology at Regent College this spring. His thesis can be found in the international database. Elizabeth and Bryn were married in summer 2013 after reconnecting in 2010 at a friend’s philosophy group. They currently reside in Vancouver with a pet budgerigar.

JOY PEACOCK, BSN ’05, has been appointed executive director of the Association of Registered Nurses of BC. She had held a similar post in the Yukon where she helped to manage a number of significant legislative changes. She also had an advisory role to the Canadian Nurses Association and served on the board of the Canadian Council of Registered Nurse Regulators.

ANNA STUKAS, BENG ’04

Degree in Diversity

Engineering has led Anna Stukas, BEng ’04, to unexpected opportunities — and her field’s evolving career options inspire her to keep connected to students.

Stukas studied Mechanical Engineering but her job managing intellectual property and regulations for the BiC Corporation bridges technology and business.

It was that promise of variety that first drew her to engineering. It offered aspects of a lot her other interests — physics, chemistry, English literature and law. Her choice came down to “a combination of a lofty desire to design sail boats for the America’s Cup, and indecision. Engineering was a degree that allowed me to do all of the above.”

It’s a message she brings to the groups she volunteers with to promote the idea that engineering can be a solid career option for anyone. It’s about breaking down perceptions that engineering is “boring” or that it’s only right for the nerdy, “Big Bang Theory” type.

“There are so many opportunities available to someone with an engineering degree that simply may not be on your radar,” she says. “I never would have guessed that my career would take me as far away as Japan, or include presenting papers at the United Nations.”

She’s a key supporter of Leadership Through Diversity, the campus group led by Faculty of Engineering students to promote all forms of diversity in engineering. “It’s inspiring to work with students, to see the passion they have for what they’re doing,” she says. “I’ve been very involved in their tri-mentoring program (with upper level and first-year students) and one of the things I’ve learned is that mentors get as much, if not more, out of it than them. It would be great to see more Engineering grads involved in mentoring.”

Women remain a minority in engineering (across Canada, women make up only 17.5 per cent of undergraduate enrollment in engineering and computer science). While it’s an improvement from when her mum was the only woman in her engineering program there is still a long way to go.

“It’s so cool to see the ideas brought to the table by students,” she says. “I think it really brings home the idea that diversity is one of the fundamental components of innovation. And diversity just makes good business sense. Companies with a diverse workforce are more competitive. They have better financial performance. And they have access to a deeper talent pool.”

Leadership Through Diversity: ltd.uvic.ca

– BENJAMIN YONG, BA ’04


JOY PEACOCK, BSN ’05, has been appointed executive director of the Association of Registered Nurses of BC. She had held a similar post in the Yukon where she helped to manage a number of significant legislative changes. She also had an advisory role to the Canadian Nurses Association and served on the board of the Canadian Council of Registered Nurse Regulators.

DAGMAR ROTHWELL, BA ’03 (English), currently resides near Armstrong, BC. “My husband Lex and I recently sold our llama/alpaca farm and moved closer to town. It’s much less stressful. We can’t say we look back on the llama experience with any fondness at all. The regrets are more than we can count. On the bright side, Lex has regained the use of his legs (scary accident during shearing season last spring). There were hard lessons but at least now we know: domestic livestock is best left to the experts!”

CATHARINE PENDREL, BA ’04 (Psychology), won the women’s mountain bike gold medal at the 2014 Commonwealth Games in Glasgow, Scotland. She’s a former world champion and two-time Olympian whose interest in cycling began when she joined the UVic Triathlon Club.

CATHARINE PENDREL, ’04

torch@uvic.ca
Gratitude

Ten years ago, some linguistics students headed out to Tsartlip to study SENCOTEN (language of the Saanich people) with T'QOŁÉCTEN, Ivan Morris Sr.

Once a week we spent two hours learning from him in LING 461/500. We were profoundly touched by the knowledge he shared and by his patient encouragement as we stumbled through, trying to understand his language and transcribe and record his words.

We didn't realize it, but it was the start of a decade of building a community-university relationship and engaging in SENCOTEN language documentation and revitalization. Some from the class have gone on to write MA theses and dissertations on SENCOTEN, studying with T'QOŁÉCTEN.

Some of this work has paved the way for further projects, some from the class have introduced linguistics faculty to him to study the sounds of the language. Still others have gone on to document other Indigenous languages and work on language revitalization projects in various local communities and the university.

Getting his language taught to his people was his goal. His soft voice held no hint of his status as one of the strongest defenders of WSÁNEC (Saanich territories) language and culture. He generously and kindly extended this goal to us. And, by allowing outsiders to learn, he built a bridge, across different cultures and generations.

There was joy in what he did, much laughter and fun, coupled with a seriousness of purpose and dedication that seemed rooted in his strongly emotional connection to the language.

We did not belong to the community, but he welcomed us in, taught us how to say things, how not to say things, the importance of stories, the importance of community, the importance of family.

We are grateful to the Elder for his patience and his profound effect on our lives. We are deeply saddened that he left us this spring. Our thoughts and prayers go out to him and his family. HISWÆKE

– SUBMITTED BY DR. SUZANNE URBANČZYK, MA ’89 AND THE LING 461/500 CLASS OF ‘04.
Big City Plans: Alumni in Vancouver

Rob Sarkassian may not live on the Island anymore, but that didn’t stop him from staying connected with his post-secondary roots by joining the UVic Alumni Vancouver Branch.

“I was looking for an opportunity to network, and I went to an event last year. I really liked the idea of participating and keeping in touch with other alumni,” says Sarkassian, BA ’10, a business development manager at a local IT company.

In a relatively short time, Sarkassian has taken on more roles, like co-organizing, with the 12 other committee members a well-attended panel discussion last February on the BC economy led by former Coast Capital CEO Tracy Redies, Interfor CEO Duncan Davies, and Rick Schultz, COO of SoMedia Networks — all UVic grads.

“I had a big hand in helping it — we brought out some pretty big names who were willing to take the time to educate their peers,” he says.

Not all events are purely academic-oriented — there were two networking socials at brewpubs in Surrey and Yaletown in June complete with tours, and almost 100 alumni gathered at BC Place in July to participate in a Q&A with Vancouver Whitecaps COO Rachel Lewis, BA ’96, and of course catch a soccer game.

The branch is already gearing up for more activities — with the aim of holding four each year — leading up to the New Year and beyond. Another panel discussion is in the works for February 5 as part of Alumni Week 2015.

If you’d like to be part of the committee (volunteers can be involved in different capacities with varying levels of involvement), or just learn about what’s coming up, follow the “Connect” tab at uvic.ca/alumni. And make sure the alumni office has your current contact information.

– BENJAMIN YONG, BA ’04

Psychology

Free Traits

During a recent TedX talk, personality psychologist Brian Little, BA’64, revealed that he is by nature an introvert. One of his strategies for avoiding the over-stimulation that grates on an introvert is to seek refuge in a bathroom stall after he speaks. To avoid detection from any garrulous extroverts, he props his feet up against the stall door.

It’s in Little’s newly published, Me, Myself and Us (HarperCollins Canada). The book is largely based on lectures he delivered at Harvard University, where for three straight years he was honoured as a Favorite Professor.

“I guess one of the key concerns I have in the book is disabusing people of the notion that we’re simply the victim of traits,” Little says.

Nevertheless, he does outline five major personality traits: conscientiousness, agreeableness, neuroticism, openness to experience, and extroversion (or CANOE). We all possess each of these traits in varying degrees — unlike the categories in the controversial Myers-Briggs Type Indicator, which assigns either one or the other of opposite pairs of traits.

Little makes it clear he has little use for Myers-Briggs as a tool for evaluating personality, although the anecdote he uses in the book to illustrate his disdain reveals that he can also rush to judgment. In a similar way, those big five traits tend to be stable and have a huge influence on character. But it’s possible to break away from their constraints and explore what he calls “free traits,” or acting out of character. Just like his introverted self does when delivering a lecture.

While the book isn’t intended as a self-help manual, Little admits that he does draw on examples “often based on my own experience of attempts to move in directions that will enhance our well-being.”

One of those is to focus on what he calls “core projects,” which can be anything from a plan to lose weight to writing a book. And another is acting out of character, “what is more technically called counter dispositional behaviour,” he says.

One reason he emphasizes the point is because of the runaway success of a recent bestseller by a former student of his at Harvard. Quiet: The Power of Introverts in a World That Can’t Stop Talking was written by Susan Cain, a former Wall Street lawyer. Cain has even written a blurb on the back cover of Little’s book, which she calls “monumentally important.”

That endorsement itself is pretty monumental considering that Cain’s 2012 Ted Talk has received more than nine million views.

It all sounds like serious stuff, except Little delivers his message with generous doses of humour. “But I’m hoping people won’t see the content of the book as laughable,” says Little, the first male graduate at UVic’s first convocation ceremony in 1964.

– KEITH NORBURY, BA ’85
What’s New?

New job? New town? New chapter in your life? You send it, we print it in Keeping in Touch and your UVic contacts stay in the loop. Easy.

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Say it with pictures: e-mail high resolution photo files (300 dpi, at least 5cm wide) along with your text update.

We also welcome news about fresh babies, new marriages — even election to public office. All updates may be edited for style, clarity and length.

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Evidence of Complacency

After more than a dozen years as a foreign correspondent, coming home brings a sense that Canadians take basic rights for granted.

BY LAURA LYNCH, LLB ’88

Over the course of 13 years abroad, I encountered the following: a rocket exploded little more than 100 metres away from me in northern Israel. I was repeatedly groped as I made my way through a sea of men and boys, some as young as six, in Afghanistan. I was detained and questioned by agents of a foreign government in Saudi Arabia. A man scraped human flesh from the site of a car bomb and held it up to my face in Syria.

There have been other disturbing, life-threatening episodes in my time as a foreign correspondent, but I have also borne witness to moments of profound inspiration, watching people rise up and rise above repression and poverty. These were, by turns, mass movements and intimate scenes where I learned some universal truths: people yearn to live with dignity, to be treated with respect and to have a sense of meaning.

Perhaps there is no greater measure of these deeply rooted desires than something we Canadians are at risk of taking for granted. It is the act of voting. Time and again, in Africa, in the Middle East and in Latin America, I have watched as people rose before dawn, took their places in lines that stretched around city blocks and waited, often for hours, for their chance to cast a ballot. It is a remarkable, invariably moving sight, particularly in countries where people believed their nations stood at the brink of change.

And when, as too often happens, the people sense their will was ignored or cast aside, they swarmed to the streets, risking their lives. I walked among the hundreds of thousands in Tehran after an election in 2009 that many condemned as fraudulent. They marched in silence, their hands raised to the sky, demanding change that did not come. Instead, there were bullets and beatings. In those moments, as militias rode through the streets on motorcycles beating people with sticks, I ran beside them. Dozens were killed, hundreds arrested in the days and weeks that followed.

I have watched this happen, to greater and lesser degrees in other countries: Saudi Arabia, Syria, Zimbabwe and Russia to name a few. Commitment to political change when it endangers your life and liberty was unfamiliar to me when I left Canada. Of course, I was — and am — well aware of the struggles of Aboriginal people and of Quebec sovereigntists and I am not minimizing nor disparaging their own campaigns for change.

Now back in Canada, I cast my views of my home country against the backdrop of all I have seen and heard in my work abroad. Of course, we live in relative safety and security. And while there are far too many Canadians living in poverty or experiencing racism, ours is a land of remarkable prosperity. What concerns me most though, since I have returned, is a nagging sense that we, as a nation, are becoming complacent.

As evidence, I offer this: I had been prohibited from voting in Canadian elections for several years, owing to the recent enforcement of a law disenfranchising expatriate Canadians if they lived outside the country for more than five years. (That law was recently struck down by a judge in the Ontario Supreme Court; the federal government is appealing it.)

Anyone who knows me and who lives in Ontario will attest to my urgent appeals to get out and vote this past June in the provincial election. And yet, when I cast my ballot, there was no lineup. The turnout was 52.1 percent, an improvement of four points over the previous election. I wonder if more Canadians had seen the things I have seen, if they had a greater awareness of what price others pay for the things we take for granted, if that might change.

Laura Lynch is a correspondent with CBC News. She graduated from the university’s law school in 1988, an education that has informed much of her reporting and work abroad. She recently won top honors from both the Canadian Bar Association and its equivalent in England for a documentary series she produced examining judges and the rule of law in an international context. The series aired on the BBC World Service.
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