CARING

Bernie Pauly’s personal approach to research and the homeless
22  CARING
The homeless have a real ally in Nursing Prof. Bernie Pauly, PhD ’05, whose community-based research empowers the 1,500 women and men who live on the streets of the capital region.
BY KAT ESCHNER

12  MIRACULOUS MOLLUSCS
A colony of mussels in the western Pacific makes the best of conditions in a rough undersea neighbourhood.
BY PEIGI MCGILLIVRAY

15  CALMING INFLUENCES
And...relax. UVic counsellors prescribe mindfulness to the growing number of students who need help coping with campus life.
BY GRANT KERR

18  WINTER GAMES PREVIEW
Paralympic ski champion Lauren Woolstencroft, BEng ’05, and the Richmond Olympic Oval’s Gerry Di Cicco, BA ’94, prepare for the winter Olympiad.
BY LINDSEY NORRIS, BA ’07

27  PHILOSOPHER KIDS
There’s a little bit of Plato in everyone, even young people. Tiffany Poirier, BA ’04, encourages thinking about the big questions in her new children’s book about the ABCs of philosophy.
BY TOM HAWTHORN

On the cover: Prof. Bernie Pauly, PhD ’05, in downtown Victoria, September 17, 2009. Photo by Hélène Cyr.
Go Ahead, We Dare You

"WHAT’S THE THEME?"

I was asked that question before production began on this issue of the magazine. I knew what she was getting at. Would there be a particular social issue or scientific question that all of the stories would approach from different angles? There’s really nothing wrong with that; you see it in magazines all the time.

But I didn’t hesitate before responding: the theme will be the same as it always is. The theme is UVic.

That’s partly because the life of the university is too diverse, and partly because our biannual publication schedule is too limited, to devote an edition of the magazine to a single issue. And so the continuing theme of this magazine is the university, and all of its facets that link us.

Maybe the best word to describe it is “panoptic”: showing or seeing the whole at one view. It would take at least one floor of the McPherson Library to hold all of the potential stories that we could give you about the university and its people. So, for practical purposes, the stories in these pages are meant to represent the larger university community as a whole, in one 48-page shot. As will the next one, and the issue after that.

It would take at least one floor of the McPherson Library to hold all of the potential stories that we could give you about the university and its people.

AT THIS POINT I COULD Toss in a lot of hollow clichés about how the university “makes a difference.” But have a close look at the stories assembled here and tell me if they don’t speak to you on a level that I could never convey in a few sentences.

With that said, the members of the Torch team — the writers, the photographers, the designers and printers — dare you.

We dare you to not be moved at the end of our story about the brilliant young philosopher and teacher, Tiffany Poirier, who found her own “consolation of philosophy” after profound personal tragedy and who now shapes young minds in the ancient traditions of Socrates, Plato and Aristotle.

We dare you to not be amazed and blown away by the expert ability of Lauren Woolstencroft to hurtle down ski slopes on a pair of prosthetics.

We ask you to read about Nursing Prof. Bernie Pauly’s caring nature and her utter dedication to the homeless people of our region and we dare you then, to ask yourself, what you would do to resolve such an ethical and moral crisis.

We dare you because we care about the words and pictures in these pages. We care about their beauty and the truth and grand personalities that they convey.

We invite you, too, to contribute to the conversation. Send us your comments. Engage us. Bring up your own ideas. Respectfully, we dare you.

MIKE MCNENNEY
EDITOR
mmcneney@uvic.ca
Protecting Endowment Funds

How financial support has been managed through the global economic downturn.

BY DAVID H. TURPIN
PRESIDENT AND VICE-CHANCELLOR

Through the economic turmoil of the past year, few, if any, institutions and individuals have been unaffected by the devaluation of the world’s capital markets. The University of Victoria is no different. Our endowment funds experienced a loss of 18.1% for the 2008-2009 fiscal year. On the positive side, as markets began to recover this past spring, the rate of return for the second quarter of this year was 10.4 per cent.

The ups and downs of the market are to be expected — it is how they are managed that counts, and our university and its endowment funds have been well positioned to endure recent events.

I would like to share with you how the impact of the economic downturn has been minimized — both for current students and for the long-term stability of funds that have been entrusted to us by our donors.

About 70 per cent of the university’s undergraduate scholarships and bursaries are included in the university’s base budget. Nearly all — more than 96 per cent — of graduate student support comes from the university’s base budget and external resources. None of this assistance has been directly affected by the global economic downturn.

The remaining financial support to students is funded through the endowments administered by the University of Victoria Foundation.

In all, the foundation oversees nearly 1,000 endowed funds with a combined value of approximately $225 million. Proceeds provide support for scholarships, bursaries, fellowships, academic chairs, professorships, academic departmental funding and awards. The funds are pooled and invested in a well-diversified portfolio of asset classes managed by the foundation’s four investment managers.

At the end of last December (when disbursements are set for the following year) about 40 per cent of endowed funds were below the value of their initial donation. It is a practice of the foundation, and I believe it is a sound one, to withhold disbursements to protect the principal values of those funds.

In light of the circumstances, a number of donors came forward to provide bridge funding to enable their funds to make payouts this year for financial aid, academic programs and research. The university is incredibly grateful for their generosity and commitment.

In fact, through the combination of donor support and university funding, nearly 90 per cent of our endowment funds are providing disbursements this year. Our endowment funds continue to sup-
Baker Boys

Geography student Stephen Graham (left) and geosciences student Kodie Dewar have been climbing mountains since they grew up together in Kelowna—and they’ll graduate together this spring. Their ascent to the 3,300-m summit of Mt. Baker resulted in this shot.

“It was a coincidence we both brought the shirts on the trip, but not a coincidence we both wore them on summit day,” said Graham, before taking the fall semester off to do the first North American ascent of Pethangtse (6,738 m) on the Nepal/Tibet border, with his dad and another student, Colin McLean.

PHOTOGRAPHY BY STEPHEN GRAHAM
“Wow. What a privilege,” began Steve Nash, just after officially receiving his Honorary Doctor of Laws degree on Sept. 18. Then came the punch line for the crowd assembled in the Farquhar Auditorium to watch the special convocation ceremony in his honour: “And not just for the outfit.”

He might have felt a little out of place, style-wise, with the ceremonial cap and robes over a loose tie, Vans slip-ons on his feet. He’s a guy more accustomed to the uniform of his trade.

But the Victoria-raised Nash has always been less about fashion consciousness than social consciousness. His interests, exemplified by the foundation that bears his name, go way beyond the game of basketball that has provided him with a considerable fortune.

Family friend and Curriculum and Instruction Prof. Carole Miller delivered the oration, noting that Nash — the Phoenix Suns’ star who has twice been named the NBA’s most valuable player and is a six-time all-star selection — is not only the local kid who did good but “he’s the local kid that does good.”

Nash’s community work focuses on improving the lives of kids and a good portion of his acceptance remarks reflected those concerns. He reminded students to embrace their passions, travel the world, and to be grateful for “luck and the genetic lottery.

“We could easily be hungry, impoverished, child soldiers or face many of the ills that children around the world face today and also in our own communities,” he concluded. “So, our legacy should be our children. It’s an investment that will pay off greatly.”
First Peoples House, in the heart of campus between the Quadrangle and University Centre, is now open. Architect Alfred Waugh was inspired by the design from pre-contact Coast Salish longhouses. The 1,100-square-metre structure features an exterior clad in cedar planks and welcoming poles carved by the artists Doug LaFortune (Tsawout First Nation) and Charles W. Elliot (Tsartlip First Nation).

“It’s an honour to have a place on campus where Indigenous students, faculty and staff can come and feel completely respected for who and what they are,” says Social Work Prof. Robina Thomas, MSW ’00. “It is an environment where their academic journeys can be supported in a holistic way.”

Apart from offices and classrooms, the First Peoples House includes a ceremonial hall and a gallery for native art and artifacts. Landscaping includes 65 large trees, hundreds of native plants and a 370-square-metre green roof. A storm water retention pond surrounds the building’s west side.

Design and construction was completed with the goal of qualifying for LEED gold sustainability standards. Funding support included donations from BMO Financial Group and TD Bank Financial Group.
Briefly…

**CFI Grants**
Engineering and science researchers enjoyed unprecedented support from the Canada Foundation for Innovation during the federal agency’s latest round of grants. Four projects received a total of $33.5 million, including: a new superconducting electron accelerator at the TRIUMF lab in Vancouver; a university-based vessel and ROV platform for multidisciplinary ocean research on the coast; new subsea laboratories for the VENUS cabled ocean networks; and an advanced optics system for the 30-metre telescope (see story on page 14).

**Building and Renos**
A new residence building, with room for 106 students, started construction this summer near the Cadboro Commons Building. Other projects underway focus on six of the older buildings on campus. The University Centre, Clearihue, Corbett, Elliot, MacLaurin and Cunningham buildings — all 40 years old or more — are receiving upgrades to improve safety and energy efficiency and to reduce maintenance requirements. Funding of $42.4 million came from the federal Knowledge Infrastructure Program.

**Legacy Awards**
The UVic Legacy Awards were given out on Oct. 13 at the Victoria Conference Centre to a pair of outstanding researchers, an economically astute alumnus, and a key builder of the Vikes athletics program. Mechanical Engineering Prof. Sadik Dost and English Prof. Emeritus Patrick Grant were honoured for their research careers. TD Bank Financial Group senior VP and chief economist Don Drummond, BA ’76, received the Alumni Legacy Award. And Ian Stewart, QC, former chair of the board of governors and prime architect of the UVic approach to athletics and recreation received the Legacy Award for Sport.

---

**CHANCELLOR TAKES HIS CHAIR**

**Murray Farmer, BA ’68, was sworn-in as the university’s 10th chancellor on June 15.** Here are excerpts from his remarks at the start of Spring Convocation ceremonies.

> **This is a day** I could never have imagined back in 1963 when I was a first-year student commuting back and forth between the Lansdowne campus and the brand new Gordon Head campus.

> **So much has happened** in the years since Joseph Clearihue declared: “The University of Victoria...I think we should call it ‘UVic.’” You can see it all around you in the explosive growth of the physical campus. And you can feel it in the academic air.

> **At this moment** in Canada’s history, robust and vibrant institutions of advanced education are more vitally important than ever before because it is through advanced education and research that Canada will succeed.

> **UVic is up** for the challenge. We have the people. We have the pioneering spirit. And with all this we will maintain our traditions of academic independence, social diversity, of openness, community involvement and prudent financial management.

> **I pledge** to do my best to represent this university to the very best of my abilities.
Energy Waves

WEST COAST WAVES PACK INCREDIBLE POWER, WHICH ALSO MAKES them a tantalizing potential source of alternative energy. Finding ways to affordably harness that power is another thing, and it’s the focus of new research led by Mechanical Engineering Prof. Brad Buckham.

This fall, he and his team are anchoring a buoy at Amphitrite Bank, near Ucluelet, to collect information about wind, waves and tides. It’s part of the initial phase of the West Coast Wave Collaboration.

“We’ll record how the ocean surface moves up and down, and how much power the waves are bringing to our shores,” says Buckham, “There’s reliable information about offshore waves, but we have a lot of questions to answer about waves closer in.”

Amphitrite Bank is an ideal test site. “(Waves) come crashing up against the bank from the outer ocean,” says Buckham, “The central waves slow down and the waves on the edges turn inwards. Amphitrite Bank concentrates the wave power.”

The data collected by the buoy will be used along with a computer model to help determine: which wave-energy conversion devices could be most effective; which locations work best; and, how local conditions (depth, current, wind) affect wave-energy devices.

Buckham says one of the main obstacles is skepticism about the resource, and so data collection is the logical first step.

“Before wave energy can become a valued alternative energy supply, we need to have reliable tools and data,” says Buckham, “We want to provide the information developers in the wave energy industry need, and help guide wave energy research and policy development by government and regulators.”

The collaboration includes researchers, engineers, industry, entrepreneurs and computer experts. Coastal communities could be among the first to benefit from the group’s work.

“Although the market isn’t quite ready for wave energy yet,” Buckham says, “we have been talking with isolated coastal First Nations communities who currently rely on gasoline-powered generators. They’re very interested in wave energy, as a clean, quiet, reliable alternative.”

PEIGI MCGILLIVRAY

Rabbits, Rabbits

With an expanding feral rabbit population on campus, the university has asked for proposals for a pilot project to trap, sterilize and find homes for at least 150 rabbits.

“Despite our public awareness campaign asking people not to feed, harass or abandon pet rabbits on campus, the population continues to grow,” Richard Piskor, UVic’s director of occupational health, safety and environment, said in a media release. “The rabbits are a health and safety hazard on the athletic fields and are responsible for unsustainable damage to vegetation.”

Sara Dubois, BCSP-CA’s manager of wildlife services, added that “the situation on campus right now is not ideal for the rabbits and it needs to change.”

Shame’s World

POOR SHAME HERRISON, THE FICTIONAL UVIC STUDENT WITH THE UNFORTUNATE first name is at the centre of Freshman’s Wharf — the terrific webseries launched this summer by Writing Prof. Maureen Bradley and a production team of students and locals.

The first episode introduces Shame, who arrives in town ready to start school, relieved that “the unfortunate experiment that was my childhood is finally over.” The fast-paced story that unfolds in three- or four-minute episodes may make him reconsider those words.

Freshman’s Wharf was created by Writing student Rachel Warden. Bradley directed the first two shows before Jeremy Lutter, BA ’05, took over for the next two. Check it out on YouTube.
North of Guam, along the Mariana arc in the western Pacific Ocean, corrosive liquid carbon dioxide droplets rise from the ocean floor to the surface like wobbly champagne bubbles as hydrothermal vents gush plumes of super-heated water and dissolved minerals.

Some organisms happily thrive in this extremely acidic environment — even more than scientists initially thought.

Prof. Verena Tunnicliffe and a multi-disciplinary team of colleagues have been monitoring the site and reported their latest findings in a recent issue of the journal *Nature Geoscience*.

“We found surprisingly rich populations of organisms that have adapted to life in the very challenging conditions on active, deep sea volcanoes,” says Tunnicliffe, “These populations have grown substantially in complexity and size since our last visit to the area in 2006 — despite a very intense cycle of eruptions.”

In particular, mussels practically carpet the crater of an active volcano 1.6 km below the surface, in temperatures of 100˚C. To protect themselves from the acidic environment, they have an outer organic layer that covers and insulates their shells.

“Without this protective layer, the acid in the water would eat away the mussel’s shell within a few hours,” says Tunnicliffe, “It’s a remarkable adaptation that has allowed this species to grow from just a few small groups of animals to a vast colony covering most of the volcano.”

It also helps that predators, such as crabs aren’t able to cope in the extreme conditions.

“It’s intriguing that the highly unpredictable nature of the environment is balanced by conditions that enhance survival for some species,” says Tunnicliffe. “What would mean certain death for one species means a quiet life with plenty of food and no predators, for another.”

In the related, broader context, Tunnicliffe is concerned as more carbon dioxide is absorbed from the atmosphere and the ocean acidifies, there will be a decrease in the carbonate used by molluscs to make shells.

“It’s happening so fast that the ocean cannot buffer it,” Tunnicliffe told CBC Radio’s *Quirks and Quarks*. “As our oceans acidify, many species won’t be able to change fast enough, and we’ll lose a lot of animals. Of course, some species will be able to move in and adapt, but it’s impossible to know exactly what changes will happen. The whole balance of the system will be perturbed and it’s hard to predict what adaptation will occur. We do know there will be a change.”

— PEIGI MCGILLIVRAY

**Miraculous Molluscs**

Mussels surprisingly thrive in a small, harsh section of the western Pacific. The future of other molluscs? Not so certain.
We Have Contact

NEPTUNE Canada’s web-linked tools are ready to probe the ocean depths.

**This summer, a remote-controlled** submersible robot searched out five undersea power outlets along an 800-km loop of fibre-optic cable off the west coast of Vancouver Island and connected more than 400 instruments and sensors — bringing the world’s first regional cabled ocean observatory to life.

“We’re on the front end of a revolution in ocean science,” says Chris Barnes, program director of NEPTUNE Canada. “People everywhere will be able to ‘surf the seafloor’ on the Internet, and scientists will be able to run deep-water experiments from labs and universities anywhere in the world.”

The observatory reaches into some pretty hostile environments, or as science director Mairi Best puts it, “where things are happening. And those just happen to be really dangerous, unsafe places like volcanoes an earthquake zones, whale migration paths, and super-heated hydrothermal vents. Everything has to be close enough to observe events but far enough away to be safe.”

Over the course of the summer, the Alcatel-Lucent cable ship Lodbrog transported the massive, 13-tonne nodes, lowering them to the cable loop that was installed two years ago.

Using methods developed for installing the first transatlantic telegraph lines, it secured the cable and brought it to the surface, where it was hooked up to the massive steel node. Slowly, each node was lowered to its place on the seabed, up to 2.7 km below. “We used the ROPOS submersible to make sure the cable doesn’t get tangled or twisted on its way down,” says Best, “It takes up to four hours to place the deepest node.”

The lead engineer says the design of the thick, steel nodes was based in part on what they saw as they initially installed

---

**The Copenhagen Challenge**

In December, negotiators from 192 countries will gather for the UN Climate Change Conference in Copenhagen. Can they hope to establish a climate agreement that sets stricter emission ceilings for 2012, when the first commitment period of the Kyoto Protocol ends? Some of UVic’s leading climate researchers offer forecasts of what’s likely to be decided (or not) in Copenhagen.

Prof. Andrew Weaver, Canada Research Chair in climate modeling and analysis:

“We are trying to increase policymakers’ awareness, so that the targets they set will be strict enough to make a difference,” says Weaver, who, with a group of other international climate scientists, sent an open letter to Copenhagen negotiators. They called for a focus on reducing current emission trends, the cumulative emission burden, and the need for a global agreement to leave existing fossil carbon reserves untapped. “It may be our last chance.”

Tom Pedersen, director of the UVic-based Pacific Institute of Climate Solutions:

“The landscape is evolving rapidly in a positive direction. China’s climate advisors have urged their government to set firm targets to curb greenhouse gas emissions so they peak around 2030. That’s a huge change. And India’s prime minister has acknowledged not just the importance of the issue to his country, but the obligation India has to address it. I’m an eternal optimist. There are some good signs, and some shining examples”

>>
Next Big Thing

THE YEAR IS 1609 AND GALILEO GALILEI WANTS

A bigger telescope. So the Italian astronomer creates something strong enough to see mountains on the Moon, the four satellites of Jupiter and newly observed stars.

Cut to today: the International Year of Astronomy, celebrating the 400th anniversary of Galileo’s first scientific use of the telescope. What better time to build on Galileo’s accomplishments, with designs on the biggest telescope the world’s ever seen?

Which is exactly what’s promised by the Thirty Metre Telescope project, or “TMT”, an international effort led by the Association of Canadian Universities for Research in Astronomy, the California Institute of Technology and the University of California.

TMT — expected to be the most capable and advance telescope when it opens at Mauna Kea, Hawaii in 2018 — will let astronomers detect and study light from the earliest stars and galaxies, analyze planets around nearby stars, and test many of the fundamental laws of physics.

And the project includes a local flavour.

Mechanical Engineering Prof. Colin Bradley is working on the adaptive optics systems which will correct for the distortion caused by turbulence in the earth’s atmosphere. Astronomer alumnus Luc Simard, PhD ’96, based at the Herzberg observatory in Saanich, leads Canada’s role in developing TMT’s scientific instruments.

TMT’s primary mirror will have 492 segments that Bradley says will “basically change shape in real time to compensate for the changing effect of the atmosphere above the telescope.”

This summer, Bradley received a $2.4-million grant from the Canada Foundation for Innovation for an adaptive optics test bed.

“In terms of the engineering, this is an extremely complicated system. Canada is a world leader in this kind of work,” says Bradley. “The Herzberg Institute of Astrophysics, who we collaborate with, is generally regarded as one of the top institutes in the world for undertaking this kind of work.”

“It’s been a tremendous amount of work and there’s still a lot of work that remains but it’s quite exciting and the team is excellent,” says Simard. “Astronomers are already thinking about detailed observations they want to do with this telescope.”

GREG PRATT

Join Luc Simard, PhD ’96, for a special lecture on galaxies and the Thirty Meter Telescope, during Alumni Week 2010, on February 1 on campus.

NEPTUNE

NEPTUNE’s cable. “There were long gouges in the sea floor that had been left by trawlers scraping the bottom with their nets,” says Peter Phibbs, “We designed our nodes to be ‘trawler resistant’, as well as strong enough to withstand corrosion from sea water and the crushing deep-water pressure. I expect them to last up to five years without bringing them up for maintenance.”

The final step in creating the undersea lab was to connect hundreds of individual instruments and sensors to the nodes. The NEPTUNE Canada team used the ROPOS submersible, one of the world’s most capable scientific submersibles to connect each one.

The research potential of the undersea laboratory is unprecedented, projects include analyzing single grains of sediment to chart evolution of gas hydrates, observing ecosystems in action, recording seismic and volcanic activity, studying the effects of climate change and learning how whales hunt squid in deep water.

Copenhagen

for the world to follow — including California and BC, where our carbon tax is already making people and industries think differently about old habits.

Robert Gifford, environmental psychologist:

“We’ve identified more than a dozen (barriers to action). One of the most influential is uncertainty, if we feel uncertain about where or when or how climate change is going to affect us, we’re much less likely to do anything. If that uncertainty is reduced, action is more likely.

As climate change begins to affect more countries in more ways, the pressure to act increases. I think there’s good reason to hope for the best at Copenhagen, because the barriers to action are being reduced, for governments as well as for ordinary people.”

Gordon Smith, director of the UVic Centre for Global Studies:

“It will be extremely challenging to reach consensus on anything,” says Smith, “I just don’t think the conditions are right for a substantive agreement right now. There is no effective organization for decision-making, and policy-makers don’t seem to realize how inseparable climate, energy, and the global economy really are. It may be that all we can hope for from Copenhagen is some kind of basic framework. If that happens, and negotiators fail to reach consensus, people in countries around the world will be angry. They will put pressure on their governments, and governments will finally act.”

- STORIES BY PEIGI MCGILLIVRAY
FOOD CAN BE MANY THINGS: FUEL, COMFORT, ESCAPE, EVEN obsession. To Dave O’Brien, food opens the door to mindfulness, a technique the UVic counsellor uses to help overwrought students deal with hectic lives.

This calming method helps with everything from anxiety to depression. And it all starts with a lowly raisin. Using the methods of American mindfulness guru Jon Kabat-Zinn, O’Brien, BSW ’88, strives to teach students self-awareness and self-acceptance. In a nutshell, to live in the moment.

“Hold it. Feel it,” O’Brien tells the students who have signed up for his mindfulness groups. “Use your five senses. Now place it in your mouth. Experience the taste and texture. Don’t eat it.”

It sounds easy. But many of us live a lot of our lives mindlessly. The dinner table is a prime example. Here we are fraught with other distractions that have nothing to do with what’s on the plate: the computer, cell phone, radio, television, newspaper, friends or family, anything but the food in front of us. Even our thoughts get in the way of in-the-moment eating. Mindfulness teaches a way to take in the experiences of mind-body interactions, its proponents insist. It’s living in the moment and accepting what happens. And oneself.

Buddhism, for instance, is deeply rooted in mindfulness. The fact O’Brien and his colleagues hold many counselling therapy sessions in groups makes UVic a leader in Canadian post-secondary institutions. Many offer group counselling services but few offer the variety that UVic does, more than 40 in all. There are groups for everything from panic attack sufferers and eating disorders to grief support and social anxiety, in addition to many individual counselling sessions.

UVic is particularly open to trying new and proven techniques for helping its students. It’s a good thing too. Challenges, for counsellors and students alike, are mounting. Students across the continent are dealing with growing stress and are consequently seeking counselling with increasing frequency. UVic Counselling, which has 10 full-time counsellors and has just added a half-time position, could use double the number of counsellors to meet demand, says Joe Parsons, the department’s manager. That’s double the number of counsellors from 1980 when Parsons started at UVic.

“I can tell you, if we had more counsellors, we would have more students (seeking help),” Parsons says.
Last year, more than 2,000 people — about 12 per cent of UVic’s student body — sought counselling of some form. Parsons says that’s high for a university.

Although the department offers an array of counselling services — including help with career and learning skills — personal counselling has seen a dramatic increase in the three decades that Parsons has been at UVic. In 1985-86, about 26 per cent of students who sought help reported stress or anxiety, a number that has reached 57 per cent. Depression has also more than doubled from about 17 to 37 per cent.

So what’s eating students today?

“I wish I knew,” Parsons says. “It seems to be across North America.”

Both counsellors have theories. O’Brien posits that there is mounting financial stress as student debt climbs, which puts a lot of pressure for students to find work. Not easy in a soft economy. Parsons thinks that with the greater availability of medical treatment for conditions like anxiety, stress and depression, some students who may not have been able to attend university in past decades are better equipped to attempt an academic course-load.

It may also be that UVic has a sophisticated method of finding out what’s bothering students. Anyone who asks for help fills out a detailed survey. It’s an exhaustive questionnaire of personal and academic concerns. Everything from body image to gambling, sleep problems, breakups, drug use, work stress and even perfectionism is covered.

Mindfulness, O’Brien says, is a holistic way to deal with a whole host of problems that students face. Kabat-Zinn developed the mindfulness technique decades ago to help combat depression and anxiety in his patients. His mantra, also the title of his best-selling book, is: “Accept what is and change will happen.”

Group Counselling: It’s a Stretch
Yoga for Depression classes lift spirits.

Counsellor Emma Mason often hears students say they are feeling overwhelmed or stressed before the start of one of her “Yoga for Depression” sessions, one of dozens of group counselling services offered at UVic. In the two years that it’s been available, it’s been popular with students fighting the blues.

“You are very much a form of mindfulness,” says Mason, MEd ’05. The two, in fact, go hand in hand. “You can feel depression and not be swept away by it. With yoga, you can ride it out a bit.”

Along with standard yoga poses, students are also taught the effect that each move can have: some energize the body, some calm. Rather than picking a move to suit a mood, students are instructed to be aware of their feelings and accept them, non-judgementally. These are ultimately the fundamentals of mindfulness.

She has seen the results time and again. By the end of the workshops, students are equipped to better cope with their depression. “Anyone interested in this approach is probably doing other things: diet, exercise, personal counselling. This is a piece of what they are doing,” Mason says. Self-help takes work but letting go helps too. “Accept what is and change will happen.”

A maximum of 10 students can sign up for the 80-minute classes, giving the sessions an intimate feel. Athletics and Recreation donates the dance studio in the Ian Stewart Complex and the Yoga Club contributes their mats.

Mason selects a different theme each week, allowing students to talk through their problems. Combining that with yoga techniques help lift their spirits. One week the theme could be finding a balance between strength and flexibility (both mentally and physically). On another, it could be a non-violence theme. By that she means any harmful act or thought. “You can push yourself too hard physically or beat yourself up mentally,” Mason says.

Along with standard yoga poses, students are also taught the effect that each move can have: some energize the body, some calm. Rather than picking a move to suit a mood, students are instructed to be aware of their feelings and accept them, non-judgementally. These are ultimately the fundamentals of mindfulness.

She has seen the results time and again. By the end of the workshops, students are equipped to better cope with their depression. “Anyone interested in this approach is probably doing other things: diet, exercise, personal counselling. This is a piece of what they are doing,” Mason says. Self-help takes work but letting go helps too. “Accept what is and change will happen.”

A maximum of 10 students can sign up for the 80-minute classes, giving the sessions an intimate feel. Athletics and Recreation donates the dance studio in the Ian Stewart Complex and the Yoga Club contributes their mats.

Mason selects a different theme each week, allowing students to talk through their problems. Combining that with yoga techniques help lift their spirits. One week the theme could be finding a balance between strength and flexibility (both mentally and physically). On another, it could be a non-violence theme. By that she means any harmful act or thought. “You can push yourself too hard physically or beat yourself up mentally,” Mason says.

Along with standard yoga poses, students are also taught the effect that each move can have: some energize the body, some calm. Rather than picking a move to suit a mood, students are instructed to be aware of their feelings and accept them, non-judgementally. These are ultimately the fundamentals of mindfulness.

She has seen the results time and again. By the end of the workshops, students are equipped to better cope with their depression. “Anyone interested in this approach is probably doing other things: diet, exercise, personal counselling. This is a piece of what they are doing,” Mason says. Self-help takes work but letting go helps too. “Accept what is and change will happen.”

A maximum of 10 students can sign up for the 80-minute classes, giving the sessions an intimate feel. Athletics and Recreation donates the dance studio in the Ian Stewart Complex and the Yoga Club contributes their mats.

Mason selects a different theme each week, allowing students to talk through their problems. Combining that with yoga techniques help lift their spirits. One week the theme could be finding a balance between strength and flexibility (both mentally and physically). On another, it could be a non-violence theme. By that she means any harmful act or thought. “You can push yourself too hard physically or beat yourself up mentally,” Mason says.

Along with standard yoga poses, students are also taught the effect that each move can have: some energize the body, some calm. Rather than picking a move to suit a mood, students are instructed to be aware of their feelings and accept them, non-judgementally. These are ultimately the fundamentals of mindfulness.

She has seen the results time and again. By the end of the workshops, students are equipped to better cope with their depression. “Anyone interested in this approach is probably doing other things: diet, exercise, personal counselling. This is a piece of what they are doing,” Mason says. Self-help takes work but letting go helps too. “Accept what is and change will happen.”

A maximum of 10 students can sign up for the 80-minute classes, giving the sessions an intimate feel. Athletics and Recreation donates the dance studio in the Ian Stewart Complex and the Yoga Club contributes their mats.

Mason selects a different theme each week, allowing students to talk through their problems. Combining that with yoga techniques help lift their spirits. One week the theme could be finding a balance between strength and flexibility (both mentally and physically). On another, it could be a non-violence theme. By that she means any harmful act or thought. “You can push yourself too hard physically or beat yourself up mentally,” Mason says.

Along with standard yoga poses, students are also taught the effect that each move can have: some energize the body, some calm. Rather than picking a move to suit a mood, students are instructed to be aware of their feelings and accept them, non-judgementally. These are ultimately the fundamentals of mindfulness.

She has seen the results time and again. By the end of the workshops, students are equipped to better cope with their depression. “Anyone interested in this approach is probably doing other things: diet, exercise, personal counselling. This is a piece of what they are doing,” Mason says. Self-help takes work but letting go helps too. “Accept what is and change will happen.”

A maximum of 10 students can sign up for the 80-minute classes, giving the sessions an intimate feel. Athletics and Recreation donates the dance studio in the Ian Stewart Complex and the Yoga Club contributes their mats.

Mason selects a different theme each week, allowing students to talk through their problems. Combining that with yoga techniques help lift their spirits. One week the theme could be finding a balance between strength and flexibility (both mentally and physically). On another, it could be a non-violence theme. By that she means any harmful act or thought. “You can push yourself too hard physically or beat yourself up mentally,” Mason says.

Along with standard yoga poses, students are also taught the effect that each move can have: some energize the body, some calm. Rather than picking a move to suit a mood, students are instructed to be aware of their feelings and accept them, non-judgementally. These are ultimately the fundamentals of mindfulness.

She has seen the results time and again. By the end of the workshops, students are equipped to better cope with their depression. “Anyone interested in this approach is probably doing other things: diet, exercise, personal counselling. This is a piece of what they are doing,” Mason says. Self-help takes work but letting go helps too. “Accept what is and change will happen.”

A maximum of 10 students can sign up for the 80-minute classes, giving the sessions an intimate feel. Athletics and Recreation donates the dance studio in the Ian Stewart Complex and the Yoga Club contributes their mats.

Mason selects a different theme each week, allowing students to talk through their problems. Combining that with yoga techniques help lift their spirits. One week the theme could be finding a balance between strength and flexibility (both mentally and physically). On another, it could be a non-violence theme. By that she means any harmful act or thought. “You can push yourself too hard physically or beat yourself up mentally,” Mason says.

Along with standard yoga poses, students are also taught the effect that each move can have: some energize the body, some calm. Rather than picking a move to suit a mood, students are instructed to be aware of their feelings and accept them, non-judgementally. These are ultimately the fundamentals of mindfulness.

She has seen the results time and again. By the end of the workshops, students are equipped to better cope with their depression. “Anyone interested in this approach is probably doing other things: diet, exercise, personal counselling. This is a piece of what they are doing,” Mason says. Self-help takes work but letting go helps too. “Accept what is and change will happen.”

A maximum of 10 students can sign up for the 80-minute classes, giving the sessions an intimate feel. Athletics and Recreation donates the dance studio in the Ian Stewart Complex and the Yoga Club contributes their mats.

Mason selects a different theme each week, allowing students to talk through their problems. Combining that with yoga techniques help lift their spirits. One week the theme could be finding a balance between strength and flexibility (both mentally and physically). On another, it could be a non-violence theme. By that she means any harmful act or thought. “You can push yourself too hard physically or beat yourself up mentally,” Mason says.

Along with standard yoga poses, students are also taught the effect that each move can have: some energize the body, some calm. Rather than picking a move to suit a mood, students are instructed to be aware of their feelings and accept them, non-judgementally. These are ultimately the fundamentals of mindfulness.

She has seen the results time and again. By the end of the workshops, students are equipped to better cope with their depression. “Anyone interested in this approach is probably doing other things: diet, exercise, personal counselling. This is a piece of what they are doing,” Mason says. Self-help takes work but letting go helps too. “Accept what is and change will happen.”

A maximum of 10 students can sign up for the 80-minute classes, giving the sessions an intimate feel. Athletics and Recreation donates the dance studio in the Ian Stewart Complex and the Yoga Club contributes their mats.

Mason selects a different theme each week, allowing students to talk through their problems. Combining that with yoga techniques help lift their spirits. One week the theme could be finding a balance between strength and flexibility (both mentally and physically). On another, it could be a non-violence theme. By that she means any harmful act or thought. “You can push yourself too hard physically or beat yourself up mentally,” Mason says.

Along with standard yoga poses, students are also taught the effect that each move can have: some energize the body, some calm. Rather than picking a move to suit a mood, students are instructed to be aware of their feelings and accept them, non-judgementally. These are ultimately the fundamentals of mindfulness.

She has seen the results time and again. By the end of the workshops, students are equipped to better cope with their depression. “Anyone interested in this approach is probably doing other things: diet, exercise, personal counselling. This is a piece of what they are doing,” Mason says. Self-help takes work but letting go helps too. “Accept what is and change will happen.”
book is, “Wherever You Go, There You Are.” The founding executive director of the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts’ Medical School has summed up our society’s mental state this way: “It’s like driving a car with the brake on. Huge amounts of burning goes on, worrying, worrying, worrying.”

Whatever the causes of student angst, elements of mindfulness can be taught using yoga, meditation, breathing exercises and body scans. It’s a way of tuning into the world and accepting it, which Kabat-Zinn has pointed out is non-existent in our culture.

“From the perspective of the meditative traditions, our entire society has attention deficit disorder. Big time,” Kabat-Zinn said in a 2005 speech.

O’Brien and his colleagues have noticed that a large number of students who seek help have problems with time management and procrastination. “I wonder about the degree of distraction that students face: cell phones, Facebook, the Internet.”

Mindfulness, he says, helps sweep away such distractions. For him, mindfulness takes the edge off the day-to-day stresses as he confronts the challenges that students face. “It’s an open-minded and non-judgemental awareness. These are skills that we would say are simple. Simple, but not easy.”
Multi-medalist Lauren Woolstencroft sets her sights on her third Paralympic Winter Games and the nearby slopes of Whistler.

**NEARLY FOUR YEARS AGO, LAUREN WOOLSTENCROFT STOOD** on the podium in Turin, Italy, and contemplated what she would do next. The not-unfamiliar weight of a gold medal seemed to make it an easy decision. She had just won the giant slalom. This victory was particularly sweet, as even before the final strains of the Canadian anthem had drifted over the chill alpine air, she was certain it would be her final Paralympic Winter Games appearance.

Her decision was as solid as her medal. She was done. Done. She had nothing left to prove. Her trophy case was filled with more than 50 medals, including five Paralympic medals and eight world championship titles. During much of her skiing career, Woolstencroft, BEng ’05, was also completing her electrical engineering studies. Her life, she admits, can be “a bit ridiculous. Just mentally, it’s very tiring. It’s not a complaint, because I love what I do. Though it’s still very much a job.”

On the podium in Turin, she was contemplating how her life might be different. Maybe, instead of riding her bike on Saturday, she might occasionally take in a matinee with her boyfriend. Maybe she would catch up on a project at work. Maybe she might go on a holiday — a holiday! — perhaps to Chile, where she would exit the airport and visit the wide beaches of Viña del Mar instead of the vertiginous slopes of the Valle Nevado Ski Resort.

But fate has a way of upending the best plans. With the 2010 Paralympics being hosted by Vancouver, her adopted home, she began to wonder if she might be able to pull off one more special race. The sponsorships and the attention her sport would receive would skyrocket. Then she landed a job with BC Hydro, a games sponsor with the ability to give her the time off to compete, and suddenly the games seemed possible. And it is not as if she ever really wanted to lie on a beach sipping margaritas — that’s not her style.

“She has very good balance, so she can produce the same kind of edging,” he says.

A couple of weeks after our conversation, she will be on a plane headed to Chile, not for a holiday (of course not) but to begin on-hill training. “After Chile, we go to Europe,” she says. “I’ve taken a leave of absence from work for eight months, until after the games. It’s busy.”

Woolstencroft is prone to understatement.

Her passion for skiing was fostered early by her athletic family. She grew up in Calgary and was skiing the slopes of Viña del Mar instead of the vertiginous slopes of the Valle Nevado Ski Resort.

She can bomb down a hill like a woman possessed and beat the ski pants off any of her competitors.
Whitefish, Montana and Lake Louise by age four. At 14, she skied in her first competition. She joined the national team in 1998. Her first big competition, in 1999, “I was dead last,” she says. “But I accelerated really quickly.”

Another understatement. She won gold in the slalom and the super G, to go with a bronze in the giant slalom at the 2002 games. Then in 2006, she won gold in the giant slalom and silver in the super G. It’s an extraordinary achievement. The slalom is a technical event, with shorter, slower courses and sharper turns; the super G is a speed event. It is very unusual to find a skier that can do both consistently well.

**Still, Woolstencroft always knew she** could not live on a skiing paycheque alone, although she’s in a better financial position now than earlier in her career. She has two sponsors for 2010 — Bombardier and the Vancouver law firm of Singleton Urquhart, to go with her funding from Sport Canada. But before you reach that level, you’d better hope you have supportive parents. Even now, she says, “You’re not buying a house in West Van; you’re renting a basement suite.”

So she chose to become an engineer, “because I liked that it is very applied,” she says. “I wanted the going-away-to-university experience, and when I was trying to decide where to go, I was thinking of going east. I found that most engineering schools are very rigid, whereas UVic offered a more flexible program. They wouldn’t kick me out if I took time off for training and competing.”

So UVic it was. She spread her degree over six years, taking one winter off so she could compete in the Salt Lake games. After she graduated, she landed the job with BC Hydro, mostly working on power distribution infrastructure for Olympic venues.

On a summer Saturday, though, Woolstencroft has a date with a bike. Just before she leaves, I ask her what she thinks about the women ski jumpers. Right now, male ski jumpers compete in the Olympics. Female ski jumpers cannot. The International Olympic Committee cites ‘technical issues,” and even though the BC Supreme Court ruled it discriminatory, it lacks the jurisdiction to do anything about it.

Woolstencroft has seen her own sport labour to establish credibility. During the Nagano Paralympics in 1998, she says, “I couldn’t even find the alpine results, never mind live coverage.” But when it comes to the women ski jumpers, she says, “I can see both sides.”

Both sides?

“From what I understand, the event doesn’t meet the criteria to be included.”

You can’t see both sides!

“I do,” she insists. “I also understand how difficult it must be to be unable to compete.”

You get the sense there are few things about which Woolstencroft does not see both sides. She is an engineer, after all; she chose a discipline where problems can be broken down into their component parts. She is very analytical, and this has helped make her one of the most technically skilled skiers out there.

Her coach lauds her ability to put aside troublesome nerves. “She is a very well-rounded person,” Labrie says. “She’s mature, she makes the right choices, she is able to control her emotions. Since I’ve known her, she’s been very good at performing on demand. When it counts she’s always solid, with the right focus and right intensity.”

That ability to focus helps when disasters happen, like when she fell before the Salt Lake Paralympics and twisted her knee. It will also help her maintain her composure through the inevitable media circus of 2010. The Paralympics receive a lot more attention than they once did and should certainly see more in Vancouver, as the organizing committee promotes the Olympics and Paralympics concurrently, placing both logos on all of its marketing material.

But Woolstencroft isn’t terribly interested in logos or the press. Her concentration is on the training sessions in Chile and Europe, and most importantly, the Paralympics in Whistler in March. Her goals for the games are either modest (if you consider her past success) or large (if you consider the competition). “I’ll be unhappy if I’m not on the podium,” she says.

Don’t believe this for a split second. She may be an engineer, and her field may be rooted in codes and rules and equations, and she may be a technical skier who looks at a course and sees not a sheer face of a mountain, but a series of curves and angles that need to be negotiated. But she is also an athlete who believes in the power of the stars, and she can bomb down a hill like a woman possessed and beat the ski pants off any of her competitors. Make no mistake: Lauren Woolstencroft wants gold.
So how did you wind up in this job?
I played rugby at UVic for three years, and playing at that level inspired me to pursue a career in sport. During my last year at UVic I was working part-time at Oak Bay Rec, and things steamrolled from there. I went to the Torino games with my former employer, and that led to the people at Richmond, who made me an offer I couldn’t refuse.

What appealed to you about the Olympics?
The indelible impression the games can leave on a community, and even a country. When the games are held elsewhere, you hear about the gold medal performances, but what may be really inspiring are the stories about the people who finished dead last but sacrificed so much to get there.

So what do you do, exactly?
I’m responsible for programs and operations within the facility and liaise on anything related to high performance. It’s a challenging job, because I can’t go to Chapters and take out a book on managing a speed skating oval. Our model is very different.

How so?
In Torino, and to a certain extent in Salt Lake City, the legacy component for Olympic venues was not well thought out. The facilities built in Athens are already dilapidated. We built a facility that will be used. From the beginning, we said we wanted to build a first-class sport and wellness facility that could also host a speed skating competition.

What was it like at that first major event held at the oval?
The opening ceremony was December 12, 2008. We didn’t move into the building until the 11th. We had 30,000 people come through the facility over two days. Imagine you’ve just bought a house, you move in the day before, and you’ve invited your parents, your in-laws, your friends and the world media. And you have 24 hours to get ready. The crisis of today is always the laugh of tomorrow, right?

This building is green, yes?
There are a lot of green innovations in the facility. For example, storm water is used to flush our toilets and urinals and run some of our mechanical systems. We have a 6.5-acre freestanding wood roof that is made from recovered wood infested by the pine beetle. Imagine the catalyst for the forest industry when three billion people look at this facility and see that this wood can be structurally sound and beautiful.

What needs to be done to prep the facility for the Games?
One of the biggest jobs will be to put in the 6,000 temporary seats. Olympic-specific facilities, like the anti-doping lab, are being operated by VANOC. Things like the media room already exist and just need retrofitting.

What will you do during the games?
VANOC takes operational control of the oval during the course of the Games, but we’ll be involved in other initiatives. We have protocol and hosting obligations, so I’ll be liaising with VANOC and Speed Skating Canada.

Athletes aren’t the only ones living their dreams at the Olympics. In 1994, Gerry De Cicco was a freshly minted UVic grad with a BA in human performance (now kinesiology) when he decided to devote his life to the true spirit of sports. Today, the 37-year-old is second-in-command at the Richmond Olympic Oval — a world class speed skating centre and public recreation centre on the banks of the Fraser River.
As a registered nurse, Bernie Pauly’s life was all about access to health care services. As a professor and community-based researcher, she turns to the broader picture and imagines a day when people don’t have to sleep on concrete beds. Here’s how academic research and street-level realities are combining to take on homelessness in the capital region, beginning with the simple act of Caring.

BY KAT ESCHNER
PHOTOGRAPHY BY HÉLÈNE CYR
Sisters in arms: Pauly, PhD ’05, and advocate for the homeless Rose Henry.
One snowy Sunday morning last December, a homeless man and three women sought warmth inside the Victoria church that happens to be attended by Bernie Pauly.

Pauly is a nurse, a professor, and a community-based researcher concentrating on the best ways to find an end to homelessness in the capital region.

After the service, the congregation gathered for a pre-Christmas lunch. Things were wrapping up when Pauly and the minister realized the man and his friends had nowhere to go but back into the cold streets.

“Everybody in the street community would have known this, but there’s a gap on weekends,” Pauly says, recalling the incident. “There’s a gap for food, and there’s a gap for shelter.”

In the end, a group of service providers for the homeless pulled together funding and made sure a drop-in place was open on every wintry weekend. “I loved it,” says Pauly. “I was hearing all of these people’s stories, we were talking. It just reminds you that research can be so one-dimensional, when this is so rich.”

1,500 men and women.

In recent years, homelessness has rarely been far from the local headlines. There was the controversial needle exchange closure. A bitter legal battle over camping on public property reached the BC Supreme Court. A young homeless woman lost her life after she was allegedly pushed in front of an oncoming bus. An estimated 1,500 men and women live on the region’s streets, in extreme poverty. About half of them are mentally ill or addicted to drugs or alcohol.

For Pauly, PhD ‘05, homelessness is as much an ethical issue as it is a social issue. She looked up from her doctoral research on homelessness and access to health care, and began to ask: what would it take to maintain the health of people from the streets instead of treating preventable illnesses over and over again?

“I went from looking exclusively at access to health care services, to looking at those things that impact health like housing, food, and income,” she says. “I don’t want to keep fixing people up when they come into the emergency ward (with) street feet from walking, and their feet are raw and tender and sore. I want to deal with the reason they have street feet.”

Since completing her PhD and joining the faculty of the School of Nursing, Pauly’s remained directly involved in homelessness: leading community-based research projects that engage community groups; playing an instrumental role in developing public policy, primarily through former mayor Alan Lowe’s 2007 Task Force on Homelessness; and currently as chair of the research and evaluation working group of the Greater Victoria Coalition to End Homelessness, which aims to end homelessness in the region by 2018.

Without action, the coalition says, the homeless population would increase four-fold within five years.
Would you translate that?

“Everyone thinks of this as an unsolvable problem. Research says it isn’t,” says Victoria Mayor, and coalition co-chair, Dean Fortin, MEd ’97.

“The work that Bernie does is fundamental to the work of the coalition,” adds coalition program manager Robert Mitchell. “(It) happens at the working group level.”

In one example, Pauly and fellow UVic researchers are employing a “knowledge mobilization” strategy to determine whether “housing first” strategies (that move people from the streets or shelters into permanent housing) are the best approach in every case, before treating addictions, mental illnesses, or other challenges.

“[Academics] sit around and read peer-reviewed articles, but that’s not necessarily what other people do. That’s what I think we can contribute,” Pauly says. “As researchers, we can translate what we know and develop research that fills the gaps.”

In a related study, Pauly and Anthropology Prof. Margo Matwychuk conducted surveys to assess the effectiveness of a transition house operated by the Cool Aid Society.

“Intuitively, looking at housing first information that’s out there, one would think [it’s] probably not (effective), and we don’t need to have that interim step (of transitional housing),” says Cool Aid executive director Kathy Stinson.

But early findings from the survey suggest that transitional shelters do have some benefits, partly because the level of care helps people deal with multiple health concerns, Pauly says. Another key finding, she says, lies in the difficulties that study participants say they experience in just trying to navigate the housing system.

Images, first person.

At the core of her approach to research Pauly tries “to understand the solutions from the perspective of people who have experienced homelessness. Because they have lived it.” A new community-based research project that she’s initiated — Street Stories — aims to do exactly that.

A group of people who are, or have been, homeless will use photography and videotape to document their experiences and, essentially, create their own research data. Pauly hopes it will empower them to communicate the everyday challenges of being homeless.

“The value is in the process,” says Pauly. “But the value is also that (the images) will get presented to people who make decisions” about policies on homelessness.

Rose Henry, a Victoria homelessness activist who has been homeless herself, shares Pauly’s vision for Street Stories. “My...”
hope is that we can educate housed people about how valuable homeless people are,” Henry says, adding that people with valuable skills can wind up in the streets. She challenges the mainstream stereotype that all homeless persons are addicts or alcoholics with mental illness.

Pauly says Street Stories has already proven the point. She was surprised to discover how many participants had prior photography or video experience, and how many different talents they bring to the table.

“Bernie will be the first to admit that she’s never been homeless and she has to rely on other people to reach into (that) world,” says Henry, who views Pauly as a valuable liaison between the homeless and policymakers.

“It can be fixed.”

The answers she began seeking during her PhD research still propel Pauly’s academic work. “It’s so simple,” she says. “It’s just so simple. People need houses to live in. People need food to eat. They need money to survive.

“One of the primary issues is that there’s no affordable housing,” she says, calling for a national social housing policy. In the interim, rent supplements are key to ensuring people are housed, she says. Third, it’s vital that people accept that “in a society as wealthy as ours, nobody should have to live without basic things they need to survive.”

Near the end of our conversation, she opens up about her motivations behind her work.

“I’ll tell you the two things that drive me. One is, that [homelessness] is simple, and it can be fixed.”

She pauses, and her voice catches a bit.

“The other thing that keeps me going is knowing that every night when I go to bed, there are other people who don’t have a bed. You know, when you get into bed, and it’s all warm and cozy and think, oh my god, somebody is lying on the cement. I can’t live with myself if I’m not actively trying to change the community I live in, because [homelessness] isn’t fair.”

Case Study: The Needle Exchange

Bernie Pauly and fellow School of Nursing researcher Joan MacNeil were reviewing AIDS Vancouver Island practices in 2008 when AVI’s 20-year-old needle exchange was evicted, replaced by a mobile service.

Their research took on a whole new direction.

“I approached Bernie and said, this is a research opportunity. We need to document what happens when a needle exchange of this size closes,” says AVI communications coordinator Andrea Langlois, BA ’01. The site on Cormorant St. had a higher volume of clients than sites in cities three times Victoria’s size, like Edmonton or Ottawa.

In a collaborative research project with AVI, Pauly and MacNeil interview 33 people who used needle exchange services on Vancouver Island to find out how access to exchange services could be improved.

The resulting report drew national media attention. University research “illuminating some of what, anecdotally, we could articulate as having seen on the street” had a major impact on AVI’s ability to communicate what they saw happening after the exchange closed, Langlois says.

“It brought forward the fact that closing the exchange meant less access, not just to needle exchange services, but it meant less access to health and social services,” Pauly says.

The needle exchange was a gateway to other services. And the study also revealed that the rates of reusing needles or unsafely disposing of them rose dramatically.

“Bernie and I have done presentations about it,” Langlois says. “It was like the ground kind of shifted in the middle of their research.”
As a little girl, Tiffany Poirier lay awake at night pondering the big questions. What is happiness? How did I get here? What happens when we die?

She sought answers from the grown-ups in her life, a fruitless exercise. Then, as now, children were not considered capable of handling profound truths. Instead, she heard fairy tales and folk wisdom. She was told to not bother her pretty head with such thoughts.

Today, at age 29, she still seeks answers to her early questions, having embarked on a lifelong quest that has taken her from University of Victoria philosophy studies back to elementary school classrooms. She is a teacher who encourages her precocious charges to be as inquisitive as she had been at their age.

She may have more understanding today than she did as a child, but the supply of unanswered — and, sometimes, unanswerable — questions is never exhausted.

It is her belief, which she puts into practice every working day, that children are natural philosophers.

Philosopher Kids

Tiffany Poirier appeals to the philosophical instincts of kids — in her classroom and in a new children’s book about the ABCs of rational thought. It’s rooted in a quest she’s been on since an early childhood tragedy.

By Tom Hawthorn
Photography by Candice Albach
“Some people think philosophy is the domain of university professors in tweed blazers with long white beards in some bookbound library covered in cobwebs,” she says.

She prefers to introduce philosophy to adolescents with scuffed knees and a natural curiosity. Often, it is the teacher who gets schooled.

“Kids have so much wisdom,” she says.

POIRIER, BA ’04, WAS FORCED TO CONFRONT THE BIG QUESTIONS AT an innocent age because of a shocking tragedy that befell her family. Even today, a quarter-century later, the memory of what happened quickly reduces her to tears, an understandable reaction to so deep a loss.

Poirier brings passion to any conversation, especially one touching on teaching. On a recent visit to Victoria from her home in Surrey, she brought with her to a downtown coffee shop a thick binder of teaching notes, through which she eagerly searched for examples of the lessons she uses in class.

She has flashing eyes, a clever sense of humour, and a rapid-fire patter that no doubt enraptures even unruly classrooms. She would be played in the movies by Reese Witherspoon as Tracy Flick in Election, all the achievement without the Machiavellian plotting. Poirier has accomplished much since graduating from UVic, gaining an education degree and becoming an accomplished public speaker and conductor of teacher workshops.

She has contributed to “The Teacher Diaries,” a series published by the online magazine The Tyee.

Did we mention she has won awards as a teacher? As a vocalist? A songwriter? As an actor?

Earlier this year, O Books published her children’s primer, Q is For Question: An ABC of Philosophy, which she both wrote and illustrated.

“This is a book of questions,” she tells children. “There are no answers. You have the answers.”

Children should be introduced to philosophy at their level, she argues, not through instruction from old textbooks.

Even simple misbehaviour in the classroom raises philosophical questions. Take a pupil tapping a pencil. The irksome noise is disruptive, but Poirier is not distracted by the tap tap tap. She hears the student asking, “Do I matter? Do you hear me? Am I alone?” A push in the schoolyard, while obviously transgressive, also poses questions: What are society’s rules? What can I get away with?

A lot of philosophical lessons come from child’s play. While she was a teacher at General Brock Elementary on Main Street in Vancouver’s gritty Riley Park neighbourhood, some students complained about the condition of the playground, which they regarded as ugly and dirty.

She told them a former pupil, the entrepreneur Jimmy Pattison, was donating $50,000 to improve the facility. She asked the students to consider what would make an ideal playground.

Giant slides, someone offered. Bumper cars, another suggested.

Some children had objections based on their own experiences. What about kids in wheelchairs? How about a bus service to the new playground for poor children?

“Philosophy classes should be more like playgrounds of the mind. I think we’d get more done.”

“Young people, their hearts are open,” she says. “They’re open to these truths.”

The children slipped easily from describing a dream list of features to negotiating which playthings should be included, and why they should be. Next, she had them construct an architect’s model in cardboard of their perfect playground.

Sometimes, the lessons are delivered in response to trauma. One of her nine-year-old students came to class one morning eager to talk about the aftermath of a gang shooting and fatal home invasion in his neighbourhood. The boy had no end of questions. Why did that happen? Will that happen to my brother? Will it happen to me?

“Forget the curriculum,” Poirier recalls thinking that morning. She also knew she had to address the incident. “You can’t protect kids from the world completely.”

So, she altered the day’s lesson by having the class talk about the event their classmate had witnessed. She asked, Why do you think someone would shoot another person? “He’s sad,” one child answered. “Nobody loves him.” The discussion went from there.

“They’re so fresh and honest. They didn’t go home and practice their didactic speech. It’s happening in the moment.”
Another time, she had a dialogue with the class in which they wrestled with the question, Where is your mind?

Some had a knee-jerk response: “It’s your brain and it’s in your head.”

One boy got frustrated because the other students said what he was thinking before he got a chance to speak. When it was at last his turn, his anguished response caught the teacher’s attention. “I think my mind is all around me,” he said. “Every time I’m about to say something, somebody takes my idea.”

Whoa. Now, that’s a statement worthy of philosophical contemplation.

**IF POIRIER HAS A KEEN UNDERSTANDING** of the thinking of children, perhaps it owes to the trauma she faced at age five. Her father, a firefighter, departed the family home to go to work fighting a blaze in a forest in the interior of British Columbia. He gave his daughter a hug and kiss, promising to bring her back a gift on his return.

On June 29, 1985, the Bell 206 Jet Ranger helicopter in which he was a passenger crashed and burned while trying to make an emergency landing on Highway 23, about 50 kilometres south of Revelstoke. Roy Friesen would not be coming home, a fallen firefighter. “I was mad,” she says now, blinking tears, “because I felt he never came through with his promise.”

Before long, she began wrestling with such questions as, “Where does that love go?”

She did not get any satisfactory answers.

Later still, she suffered the stigma of not having a father to participate in Career Day at her own school. “I was ashamed,” she admits. “It was so shameful I didn’t have a nuclear family.”

Her own brilliant academic career, which included graduating as top arts student at Abbotsford Senior Secondary, led her to UVic, where she more fully indulged her querying nature. She interrupted her work towards a bachelor’s degree with several semesters at the Canadian College of Performing Arts in Victoria.

Her time in this city was also one of newfound freedom and experimentation, an opportunity to push boundaries. Against her own best judgment, she took up skydiving.

Why?

“He never came down from the sky.” For her, jumping from an airplane was “a way to take back that event from nature.” She called it quits after 25 successful jumps.

---

“Some people think philosophy is the domain of university professors in tweed blazers... (but) kids have so much wisdom.”

---

These days, her working life is spent encouraging children to indulge such thoughts as, “I exist. I’m thinking about thinking.” It’s like a play within a play. As soon as someone gives you the language, your thoughts make sense.”

Should she ever become a university philosophy professor, Poirier thinks she would use the same lessons of hands-on philosophy. She’d use popsicle sticks and she’d have a discussion group pass around a ball of yarn as they exchanged ideas, building a dialogue web. Just like she does in Grade 5.

“Philosophy classes should be more like playgrounds of the mind. I think we’d get more done.”

In the pain of her childhood loss, she wrestled with big questions, launching a lifetime of enquiry for herself and those around her. In a way, you might think of this relentless curiosity, this never ending quest for understanding, as a father’s gift to a little girl he never intended to leave.

---

Excerpts from Tiffany Poireir’s *Q is for Question: An ABC of Philosophy*, published earlier this year by O Books of Britain:

**Existence**

What is existence?
Can you define it?
Is there a boundary?
What is outside it?
At the edge of space, if you poked your fist, could you scoop in your hand what doesn’t exist?

**Happiness**

What is happiness?
What is worth?
Is pursuing happiness our purpose on Earth?

**Justice**

What is wrong? What is right?
Is justice more than black and white?
Who decides what justice is — Is it those with greatest might?

**Logic**

What makes an argument hard to tear down?
When is it valid? When is it sound?
What can we prove with logic alone?
Can logic reveal the world unknown?
*And if all A’s are B’s, and all B’s are C’s, then all A’s are C’s; don’t you agree?*

**Rights**

What are your rights?
Are rights equal for all?
Which rights apply to an animal?

**Virtue**

What is noble?
What is good?
Can you always do what you should?
For better than 40 years, UVic Theatre and its predecessors have brought theatre to local audiences. A peek into the UVic Archives’ poster collection evokes a history of entertaining and innovative productions.

An early example is the 1966 production of the Braggart Warrior by the Campus Players (graphics by Pat Daniel and Sue Denny). Theatre at UVic has its origins in several enthusiastic groups including the Campus Players, the AMS’ Player’s Club (which began in Victoria College’s English Department) and the Department of Theatre. As recounted by Peter Smith in A Multitude of the Wise: UVic Remembered, the Campus Players established the first physical stage on campus in 1963 in the work-shop of Q-Hut, an original Gordon Head army camp building constructed in the 1940s and still standing near Sinclair Road. Smith fondly remembered the group in his well-known history, noting that the Campus Players nurtured a sense of community during a period of rapid university expansion: “This cosy little space (of Q-Hut) saw the birth of the Campus Players, a ragtag collaboration of faculty, faculty wives, students, university staff and townspeople.” Smith himself provided the translation from the Latin for the Braggart Warrior.

The Phoenix became the primary generator of productions on campus and continues to occupy a predominant position in Victoria’s theatre community on and off campus. The archives’ theatre poster collection documents the
Phoenix’s range of productions, delivered through various programs, including Victoria Fair at McPherson Playhouse, with productions such as 1969’s Tartuffe by Moliere (with graphics by Frank Edmonds) and Summer Theatre, which presented Romeo and Juliet in 1968. A number of poster and set designs for the Campus Players and Phoenix Theatre years were the work of the late William D. (Bill) West, who before his appointment to the Department of Theatre in the 1970s, headed the art department at Oak Bay High School while volunteering his skills to UVic productions beginning in 1964. Among his poster graphics is 1977’s Revenger’s Tragedy and 1984’s Fool for Love. West was also instrumental in design of the Phoenix theatre itself.

Phoenix productions over the years have included classics such as Euripides’ The Trojan Women from 1971 (graphic by Jim Bennett), the Music Theatre Workshop’s The Man of La Mancha in 1986, as well as the sexually-charged melodrama Zastrozzi (graphic by Bridget McGuire) in 1987 and Theatre of the Film Noir (graphic by Mark E. Anderson), both written by Canadian George F. Walker.

In addition to the theatre poster collection, UVic archives holdings include the set and sculptural designs of Bill West, the costume designs of Biddy Gaddes, the theatre production files of John Krich and Harvey Miller, and an extensive collection of theatre production photographs.

By Lara Wilson, MA ’99, University Archivist

University Archives is open to the public Monday to Friday, 8:30 to 4:30 (September to April) and 10:30 to 4:30 (May to August).
Funny Papers
All the small town news that’s fit to print nets the Leacock medal for humour.

Mark Leiren-Young shot a stampede queen in Williams Lake and escaped to tell the tale. And write the tale, too, in *Never Shoot a Stampede Queen*, about his adventures as a 22-year-old small town newspaper scribe. The book took the prestigious 2009 Stephen Leacock Memorial Medal for Humour, which is something the author still can’t quite get his head around.

“It’s just amazing,” says the enthusiastic Leiren-Young (who, it should be noted, hasn’t actually shot a stampede queen with a gun; the title comes from taking newspaper photos of the would-be models that grace small town rodeos).

“What was shocking for me about being nominated was, while there are a lot of funny parts, this also talks about my run-in with slum landlords, it talks about covering really horrible trials, it talks about a triple murder. It goes to some pretty dark places,” says Leiren-Young, BFA ’85 (Writing and Theatre).

“I had assumed the Leacock medal was going to go to something that’s funny all the way through.”

But while not a laugh-a-minute, the book certainly has its moments. And perhaps this can be partly traced to Leiren-Young’s time at UVic, where he took a course taught by local freelance writer Sid Tafler.

Back to the Beginning
New president reconnects by volunteering.

*I HAVE A CONFESSION. I WASN’T SUPPOSED TO BE ON THE ALUMNI board of directors. When the alumni association first asked me to join the board, I turned them down. After some encouragement from my partner Karl, I called back and accepted. After all, I wanted to start volunteering again and was thinking I should get involved in the community. This, on second thought, could be the perfect opportunity.*

Looking back, I was not really involved in the university community when I was attending classes. As a student, my work-load was significant with intense classes and labs. I had moved from Saskatchewan to Victoria in 1994 for the Earth and Ocean Sciences program at UVic, after doing a biology degree at the University of Regina.

Moving to Victoria was an adventure since I only knew one person here, my great-aunt, and I had not seen her for years. She is now a great friend. I eventually settled into my new city and new school and enjoyed (most of) my classes at UVic. Also, two of my best friends are women I met while attending UVic.

UVic really shaped my life as it is now. One of my UVic friends got me a lead on my first job in my field. It was at the Geological Survey of Canada in Sidney.

I still work in my field, as a marine geologist, for a small hi-tech company in Saanichton. Part of my job involves travelling to train users of our seabed mapping software. There are places I have seen which I may have never seen on my own. I also met my partner at Quester Tangent and as I mentioned, I would not be here without his support.

Since joining the alumni board and getting reacquainted with the University of Victoria community, I’ve met a lot of fantastic people. I have never regretted my decision and now, as president, I’m more excited than ever about being involved with UVic alumni.

I hope to make our younger alumni more aware of the alumni association and how they can benefit from the great programs the association offers.

Enjoy another fantastic edition of the *Torch*, and if you have not done so, be sure to let us know what you are up to by submitting a note for “Keeping in Touch.”
“I had some amazing professors at UVic,” says Leiren-Young. “But Sid changed my life. He told me he’s a freelancer and I said, ‘You are going to tell me about this thing called freelance...’”

Tafler was impressed with his enthusiasm and recognized Leiren-Young’s knack for humour writing. “Editors and other people who buy writing generally really like that, because it’s pretty unusual, and readers obviously enjoy humour,” Tafler says. “So he took that pretty seriously and thought, ‘That’s good, that’s something I can develop.’”

And develop it he did, through his various ventures over the years, which include his comedy troupe, Local Anxiety. There’s a book and DVD — The Green Chain — due before the end of the year, about the human side of the battle between loggers and environmentalists.

Meanwhile, Stamped Queen is being optioned for TV (although it may bear the name Local News, one of the original ideas for names for the book, which, ironically, got rejected because it wasn’t funny enough).

Still, sorry, Leacock Award folks: despite the award and despite his strengths as a humour writer, Stamped Queen is not funny through and through. Consider this: the book begins with Leiren-Young stuck in a courtroom with a man who has a bomb strapped to his chest. “When I first started doing readings of the book, I would read from the opening chapter,” says Leiren-Young. “People were laughing. I’m flashing back to being a few feet away from this guy and I’m trying to keep my happy smiley face on. But there have been times when I’ve been reading it and all I’ve been doing is picturing this guy and I’m picturing his kids and wife and the whole trial and I’m not going to the happy funny place.”

His solution? Simple: “Now I read about the stampede queens instead.”

– GREG PRATT

Vic College Reunites
Alumni Week 2010 includes big get-together for Victoria College grads.

BY SHANNON VON KALDENBERG
ASSOCIATE VICE-PRESIDENT ALUMNI AND DEVELOPMENT

GREETINGS FROM RING ROAD, AS THE SCHOOL YEAR IS WELL underway and as students and professors are hitting their stride with a new term of learning and discovery. So too is the alumni services group gearing up for an exciting year of activities to keep our graduates involved in the life of the University of Victoria.

At the hub of all of our efforts is the volunteer-led board of directors of the UVic Alumni Association and it’s my pleasure to welcome their new president, Glenda Wyatt, BSc ’98. For the next two years, Glenda will be working with nearly 20 other volunteers who give their time and energy to the great programs and services that are available to all alumni.

Welcome, Glenda, and I know that you’ll really make your mark on the alumni mission.

I noted with sadness the loss this summer of a dear friend and alumnus, Dr. Bill Gibson, VC ’29. Not only was Bill accomplished in his medical and teaching career, but he also maintained a life-long engagement with UVic, including serving as our chancellor 1985 to 1990. He gave freely of his time, ideas and wisdom. He believed in his alma mater and supported it in every way he could. We’ll miss him.

Our university is fortunate to enjoy such a rich depth of forerunners, like Bill Gibson. They are a vital link to the incredible history of post-secondary education in our region, beginning with Victoria College’s days at Craigdarroch Castle and continuing at the Lansdowne Campus, where Vic College merged with the Provincial Normal School.

A major part of our efforts in reaching out to alumni lies in preserving and celebrating that history. One example is the big Victoria College Reunion that my staff and the Victoria College Alumni Chapter are putting together for Feb. 1, during Alumni Week 2010.

I look forward to meeting many of you there, I can’t wait to hear your stories about the “Vic” days, and to marvel with you at how the college has evolved into the incredible university that we share today.

Be sure to visit the alumni.uvic.ca website for more details about Alumni Week 2010, and to keep in touch with fellow alumni and all that is going on at the University of Victoria.
ALUMNI PHOTO GALLERY

VICTORIA
Alumni annual meeting, May 26
Tanisha Shore and Jasmine Parmar, Student Alumni Association

Moreno Stefani, BA ’84, and Kathy Stefani, MEd ’91

NANAIMO
Galaxies lecture, April 15
David Goodenough, VC ’60, Genevieve Goodenough, BA ’65, and Nels Granewall, BA ’64

Bruce Deacon, MEd ’07

Ann Saddlemeyer, Hon. D. Litt., ’89

BEIJING
Alumni reception, Canadian Embassy, May 12
Christina Li, MBA ’08, Mandy Zheng and Holly Ma

Sam Frketich, BEd ’67

President David Turpin and Ivy Yuan, MA ’05
Keeping in Touch
Let your friends from UVic know what’s been going on in your life. Send your latest news to torch@uvic.ca. You can also go to uvic.ca/torch to find our online reply form.

**VICTORIA COLLEGE**


CHARLES LA VERTU, VC ’62 The former Martlet editor (64-65), after 20 years in the news business and another 20 years in government communications has come out of a short retirement to launch a Vancouver Island sports news network (islandsportsnews.net). A weekly local sports newspaper is slated to follow. Noting that there is virtually no coverage of local non-professional sports in the mainstream media, La Vertu says ISN will be relying on the teams, the leagues, parents, spectators, the athletes themselves to feed the network with stories and picture from their games, tournaments, events.

**1966**

SYD BULMAN-FLEMING, BSc (Physics), and BARBARA (MCKEL-LAR) BULMAN-FLEMING have news: “We’re very excited to be returning to Victoria after living for over 40 years in Ontario, 37 of them in Waterloo. Syd is a long-time member of the Wilfrid Laurier University math department and will enjoy a ‘terminal’ one-year sabbatical before officially retiring in June, 2010. Barbara has been retired from the University of Waterloo psychology department for the last couple of years. Our sons Jon and Neil and their wives, many old friends, and the (normally!) mild Victoria winters are part of the magnet that draws us back to BC. The saddest part, of course, is moving farther from our eldest son Andy and his family in Montreal, as well as from our many other dear friends and relatives in ‘the East’. But we will continue to...”
visit them, and hope they will come to see us often as well.”

JAMES GOFF, BA (Geography). After 25 years as a travel wholesaler, Jim is now a realtor with Royal LePage Coast Capital Realty in Saanich.

CAROL WOOTTON, BA (English and German), has published a new book, Out of Hungary, which includes an account of her days as a piano student in Vienna in 1956 and the influence on that city of the Hungarian Revolution.

1967

SAM FRKETICH, BEd, began his teaching career at Pemberton elementary/secondary school in 1960. “With the exception of one school year to complete my degree, I have been involved with teaching at all grade levels and in a variety of teaching and administrative positions since. After retirement in 2002, I began supervising student teachers—a task I greatly enjoy. My goal is to be involved in education for 50 years.”

RUPEE PALLAN, BEd, and COROL PALLAN (née SMITH), BEd, are living in Victoria and have retired from their teaching careers. They celebrated their 40th wedding anniversary on July 5, 2009.

1970

RICHARD BROWN, BSc (Psychology), writes from Halifax: “I have been reading the spring 2009 Torch and was saddened to read of the death of Dr. Bill Gaddes of the Psychology Department. After graduating from UVic, I completed an MA, a PhD in psychology at Dalhousie University and then spent two years as a post-doctoral fellow in the animal behaviour research group at Oxford. I was inspired to go into psychology by professors at UVic, especially Charles Tolman, Dick May and Howard Simmons. I was inspired by Nicolas Tinbergen’s lecture at UVic in 1967 or 1968 to study animal behaviour and was fortunate to work in the research group that he founded at Oxford. Since 1978, I have been teaching psychology at Dalhousie University and from 1989-96 and 2002-2008 was the chairman of the psychology department. During the 2008-09 academic year, I was the senior visiting research fellow at St. John’s College Oxford, and worked on projects in psychology and physiology. So, although I did not take any courses with Bill Gaddes, I do have fond memories of my UVic years and am happy that I was so well prepared at UVic for my future in psychology.”

1974

MARJORIE (MARDI) DAVIS MCKELLIPS, BFA (Theatre), has “moved back to Portland from Ashland, Oregon. It has been a long, strange ride but all is well. I have been terrible at keeping in touch. Please feel free to contact me, all you early ’70s theatre people mmckellips@jeffnet.org.”

RICHARD STEVENSON, BA (English), is an English teacher at Lethbridge College and in 2008 published three books, bringing his total to 23 titles. A former editor-in-chief of Prism international, he has served in various editorial, jury, and writing/arts group executive capacities over the years. His own reviews and poems have appeared in hundreds of magazines, anthologies, e-zines, and journals published in Canada, the US, and overseas. He has also given numerous workshops in writing and publishing and has read to enthusiastic audiences at venues across the country. He also performs with the jazz/poetry group Naked Ear and rock music/YA verse troupe Sasquatch.

1975

CATHY LAVOIE (née Clarkson), DPED, retired in June 2008 after 33 years of teaching French at the secondary level. She’s remained in Victoria all her life and “is loving the retired life in this beautiful city.”

1976

SOPHIE LANG, BA (Linguistics), returned to live and look for work in Victoria. “After leaving UVic, I became a registered nurse, then a stay-at-home mother, and now a psychologist. I have two grown sons, and have had a thriving career as a counselling psychologist in Calgary, but now am eager to come ‘home’ to Victoria and hope to bump into several old classmates.”

1978

THERESA KISHKAN, BA (Writing), has released a new novel, The Age of Water Lilies (Brindle & Glass). It tells the story of the relationship between a seven-year-old girl and a 70-year-old woman and is set near Ross Bay Cemetery. Theresa wrote about the development of the novel in her Vox Alumni contribution to the spring 2007 edition of the magazine.

EVELYN LEROSE, BEd, sends this: “After teaching 36 years in BC I retired because I had reached the magic number. But I still was keen and energized to continue teaching so I accepted a job at the American School of Dubai, UAE. This is teaching like it used to be in BC in the 70s: lots of money, camaraderie, fun and teachers are respected. Only 18 kids in a class and a minimum of two preps a day and sometimes three a day. I am in teacher heaven. If there are UVic alumni in Dubai I would love to hear from you or if you would like more info on teaching overseas please write me, teach-dubai@gmail.com.”

1979

MONICA KULLING, BA (Writing), continues her authorship of books that introduce biography to kids who are just learning to read. Her latest, It’s a Snap (Tundra Books), is about film and Brownie camera inventor George Eastman. She has written 26 non-fiction and fiction books, including picture books, poetry and biographies.

1980

MARIAM S. PAL, BA (Sociology), writes: “After working in international development for 20 years, I returned to Canada in 2002 and studied law at McGill. On March 16 I was appointed to the Immigration and Refugee Board’s Montreal office, in the immigration appeals division.”

RICHARD “RICK” PHILPS, LLB, is practicing law in San Jose, Costa Rica, with the law firm of Petersen & Philips. “I love Costa Rica, but I still dream of Vancouver Island in the summer.”

1981

EVERETTE SURGENOR, MD, writes from Castlegar: “I have recently completed a book called The Gated Society (Rowman and Littlefield) in partnership with the American Association of School Administrators. The book calls for a fundamental reform of public education systems around the “form, function and practice” of the Information Age.”

1984

THOMAS LOWRY, BA (Political Science), writes from his home in Ottawa: “I have been with the RCMP for the last 24 years. I have been posted to Quebec, Northwest Territories, Saskatchewan and now Ottawa. I am currently the senior financial officer for Quebec and Ontario. I have been married for 20 years and have two boys, 14 and 10, who are both busy with hockey. I continued my studies and completed a Diploma in Public Sector Management with UVic, an MBA from the University of Regina, and a master’s degree in economic crime management from UBC College in upstate New York. We moved to Ottawa two years ago and decided to stay since the children are getting older and looking for some stability. We have had seven transfers over the last 24 years. All my family live in Victoria so I try to get home as often as I can.”

KELLY ORR, LLB, ran a sole practic for many years and has been practicing with Browne Associates for the past 10 years. “I am also a founding member of the Mount Douglas Secondary Alumni Association and invite all graduates of Mount Douglas Secondary School to join by going to mount-dougalumni.com.”

TRACY REDIES, BA (Economics and Asian Studies), was appointed president and CEO of Coast Capital Savings this spring. Her hiring followed a 20-year career with HSBC,
recognizing his work in advancing nursing education and inspiring public confidence in nursing. He is the manager of general surgery and women’s health services at the Victoria General Hospital and a team member of program and home therapy support with the Vancouver Island Health Authority. Rob was a representative at the World Health Organization through the International Council of Nurses, helped establish major funding for HIV/AIDS education in South Africa, and led funding efforts for the Canadian Nurse Practitioner Initiative.

Douglas Clark, BSc (biology), has been named the centennial chair in the University of Saskatchewan’s school of environment and stability. He spent 11 years in natural resource conservation with Parks Canada after earning his PhD in geography and environmental studies at Wilfrid Laurier University.

Vanessa Winn, BA (English), is a writer in Victoria: “My first novel of historical fiction, The Chief Factor’s Daughter (TouchWood Editions), has been released for fall 2009.”

1991
Gary Anderson, BSW, is working for the new Albert Health Services as a mental health therapist in Three Hills, Alberta.

Andrew Hendry, BSc (biology), received a 2009 NSERC Steacie Fellowship for research. He is an evolutionary biologist based at McGill University.

1995
Troy Griffiths, BCom, president and CEO of Vigil Health Solutions, was recognized as one of the 100 Most Influential People in Business in Vancouver magazine’s Top Forty under 40 for 2008. Vigil specializes in seniors housing technology, including nurse call and dementia monitoring systems.

1997
Brad Crand, BFA (Writing), is the City of Vancouver’s new Poet Laureate for 2009-11. Under the city’s terms of the honorary appointment, he will be “a champion for poetry, language and the arts, and create a unique artistic legacy through public readings and civic interactions.” His book, Hope in the Shadows: Stories and Photographs of Vancouver’s Downtown Eastside (with Gillian Jerome, Arsenal Pulp Press) won the 2008 City of Vancouver Book Award.

1999
Bevin Carithers, BA (Geography), writes from Colorado: “I am serving as the director of outdoor stewardship programs at Volunteers for Outdoor Colorado. Our organization works with federal, state and local agencies to execute large-scale conservation and preservation programs throughout Colorado and the Rocky Mountains. We are currently embarking on a strategic effort to create citizen stewards of our natural resources through hands-on outdoor volunteer experiences.”

Mary-Anne Neal, MEd, went to Africa this summer: “I accompanied a small team of five Canadians from Teachers Without Borders Canada. We developed curriculum materials and resources to share with teachers in Kenya. We met with government officials, school staff and community members. Our primary goal was to build capacity within the community by conducting professional development workshops, collaborating, mentoring and supporting our African colleagues and their students. This project is something I have wanted to do since I was 12 years old.”

Sarah Roberts, BA (English), has published her first book, a collection of short stories entitled Wax Boots (Caitlin Press). “I studied writing and it was the amazing connections I made at school which helped keep me focused all these years on this lofty goal of being a writer. My teachers Jack Hodgins, Patrick Lane, David Godfrey, and Mark Jamran, inspired with such fire that my passion kept burning for a decade purusing trophy bass, looking to hang another one on my wall (see photo of eight-pounder caught late last summer). Any of my old friends from the SUB who want to come to Florida for a visit can e-mail: rotiesofpd@embarqmail.com.”

DIANA WELD, BEd, has been teaching social studies and geography for 10 years at her old high school. She finished her masters in administration and supervision in 1994 (Gonzaga). Her husband Bill has recently sold a business he spent 10 years building and has bought a fishing gear distributorship. They got married earlier this year and have two young children (4 and 1).

1986
Terence A. Schultz, LLB, has been appointed a judge of the BC Supreme Court after six years as Vancouver’s regional Crown counsel.

1987
Kerry Godfrey, BSc (Geography), writes: “I’ve returned to Canada after 20 years in the UK, to take up the position of director of the school of hospitality and tourism management at the University of Guelph. It was only ever meant to be one year abroad, but…”

1990
Rob Calnan, MEd, is the 2009 winner of the School of Nursing Alumni Award of Excellence. Rob, who completed his BSN in 1987, was the post of executive vice-president. Tracy lives in Surrey with her husband and four school-aged kids. Coast Capital Savings is the second largest credit union in Canada, with 50 branches on Vancouver Island and the Lower Mainland.

Warren Taninbaum, MPA, writes: “Since February, I have been mobilized to active duty, serving with the Navy Seabees in Iraq as their supply officer. I have been a commander in the US Navy Reserve for 22 years. When not in command, I spend much of my summers spending much of my summers fishing and it was the amazing connections I made at school which helped keep me focused all these years on this lofty goal of being a writer. My teachers Jack Hodgins, Patrick Lane, David Godfrey, and Mark Jamran, inspired with such fire that my passion kept burning for a decade purusing trophy bass, looking to hang another one on my wall (see photo of eight-pounder caught late last summer). Any of my old friends from the SUB who want to come to Florida for a visit can e-mail: rotiesofpd@embarqmail.com.”

DIANA WELD, BEd, has been teaching social studies and geography for 10 years at her old high school. She finished her masters in administration and supervision in 1994 (Gonzaga). Her husband Bill has recently sold a business he spent 10 years building and has bought a fishing gear distributorship. They got married earlier this year and have two young children (4 and 1).

1999
Bevin Carithers, BA (Geography), writes from Colorado: “I am serving as the director of outdoor stewardship programs at Volunteers for Outdoor Colorado. Our organization works with federal, state and local agencies to execute large-scale conservation and preservation programs throughout Colorado and the Rocky Mountains. We are currently embarking on a strategic effort to create citizen stewards of our natural resources through hands-on outdoor volunteer experiences.”

Mary-Anne Neal, MEd, went to Africa this summer: “I accompanied a small team of five Canadians from Teachers Without Borders Canada. We developed curriculum materials and resources to share with teachers in Kenya. We met with government officials, school staff and community members. Our primary goal was to build capacity within the community by conducting professional development workshops, collaborating, mentoring and supporting our African colleagues and their students. This project is something I have wanted to do since I was 12 years old.”

Sarah Roberts, BA (English), has published her first book, a collection of short stories entitled Wax Boots (Caitlin Press). “I studied writing and it was the amazing connections I made at school which helped keep me focused all these years on this lofty goal of being a writer. My teachers Jack Hodgins, Patrick Lane, David Godfrey, and Mark Jamran, inspired with such fire that my passion kept burning for a decade purusing trophy bass, looking to hang another one on my wall (see photo of eight-pounder caught late last summer). Any of my old friends from the SUB who want to come to Florida for a visit can e-mail: rotiesofpd@embarqmail.com.”

DIANA WELD, BEd, has been teaching social studies and geography for 10 years at her old high school. She finished her masters in administration and supervision in 1994 (Gonzaga). Her husband Bill has recently sold a business he spent 10 years building and has bought a fishing gear distributorship. They got married earlier this year and have two young children (4 and 1).
(while waitressing, etc.) until I got a book deal!"

**2001**

**Daniel McElroy**, BA (History), writes: "I'm back in Victoria, working as in-house counsel, after doing my law degree in Halifax and working in Calgary for three years."

**Kelly W. Sundberg**, BA (Political Science), and Caroline D. Lesser Sundberg "would like to announce the birth of our first child, Maxfield Thomas Sundberg. He was born March 24th, 2009 at the Peter Lougheed Hospital in Calgary, at 9 lbs. 7 oz."

**2002**

**Gerald Chang**, BCom (International Business), is the new chief financial officer of ImmunoPrecise Antibodies Ltd. of Victoria, a supplier of antibodies for research labs. Chang co-founded the Commerce Mutual Investment Club at UVic and he studied and worked in Beijing in the year after graduation. ImmunoPrecise was founded by Robert Beecroft, BSc ’84, and is based at the Vancouver Island Technology Park in Saanich.

**Tara Lynne Cox**, BSN, writes: "I am very excited, as I have just purchased a new home. Moving from Vancouver (Marpole area) to Maple Ridge. Can’t wait to be settled in to the place."

**Charlotte Rennison**, BA (Psychology), is the owner of Victoria Costumes, offering costume rentals for practically any occasion. “Saanichton’s costume sweetheart” earned the 2009 Saanich Peninsula Chamber of Commerce award for best new business and second prize for innovation and entrepreneurship.

**2003**

**Sarah Kobayashi** (née Edwards Glide), BSW, moved to Toronto after graduation and married Toshi in 2005. She got her MSW from York in 2008 and had a baby girl, Naomi Marie, on October 27, 2008. She has been on maternity leave from the Children’s Aid Society of Toronto.

**Philip Kevin Paul**, BA (Writing), made the shortlist for a 2009 ReLit Award for his poetry collection *Little*...
Hunger (Nightwood). The ReLit Awards were founded in 2000 and emphasize the importance of ideas over big-money prizes. A member of the WSÁ, NEC (Saanich) Nation, he resides in Brentwood Bay.

SHAUN WYSIECKI, BA (Political Science), was elected to Colwood City Council in November 2008, at the age of 23.

2004

EMILY MCGIFFIN, BSc (Biology), won the RBC Bronwen Wallace Award for Emerging Writers, with a cash prize of $5,000. Emily was selected for her collection, Wokkpash and Other Poems, which the judges found to be “perceptive, visceral, and steeped in lyrical wisdom.” Her poetry has twice been shortlisted for the CBC Literary Awards and has appeared in the Malahat Review. She is working toward an MSc in rural development through the University of London. Last year’s recipient was also a UVic alumna, Marjorie Celona, BA ’06 (Writing).

COREY NEWCOMB, BA (History), and Wanqing Wang, BA (Linguistics), send an update: “After finishing UVic, we spent three years in Japan. I taught English on the JET program while my wife completed her MA in linguistics at Kobe University. After returning to Canada I completed my urban planning diploma at Langara College, and my wife worked in tourism in downtown Vancouver. We currently live in Surrey because of its geographic location, proximity of transportation connections, lower housing costs, and mix of cultures and food choices.”

BENJAMIN PERRY, BSc (Linguistics), is in Vancouver and works as a speech language pathologist: “I work for the First Nations Steering Committee. We are a provincial resource body for First Nations schools (on reserve). I fly, boat and drive to on-reserve schools and provide consultative speech and language services.”

2005

AMANDA DALGETTY (née NOWAK), BSN, was one of the first three recipients of the Rising Star Award from the College of Registered Nurses of BC. The award is for “registrants who have exceeded the expectations of their employers or colleagues and demonstrated excellence in the nursing profession.” She’s a clinical nurse educator at BC Children’s Hospital, serving as a preceptor to countless new nurses and designing a mentorship program.

2006

JOHN KIRKPATRICK, BEng (Mechanical), writes: “I have just about finished my training to be a Wireline engineer, but with the slow times it has been difficult to get the hands on experience I need to complete my training. The ‘compact’ tools I will be working on have all sorts of capabilities to tell us about rock formations such as density, resistivity and porosity (nuclear, resistive and sonic tools). Some of the wells I have been working on were more than 3000 m deep, other wells have been down to depths of 6000m or more.”

ALEXANDRA SEIDENSHAW, BSc (Psychology), sends this: “My husband (BLAKE SEIDENSHAW, BA (Anthropology/Environmental Studies), and I moved to New York City after both being accepted to schools here. We had been traveling and living in India for the last two years studying yoga. I am doing an MA in the applied psychology – counselling program at NYU Steinhardt. I am also teaching yoga and developing a yoga program as addictions therapy for people in 12-step programs. Blake got a full scholarship to Fordham University in interdisciplinary studies, and we are happy to be back in school together. We are just enjoying life in the big city.”

2007

DACIA DOUHAIBI, BA (Psychology), became one of the first two members of the public to receive an e-mail from Queen Elizabeth, in April. The message was in response to a blog the social worker wrote for the Buckingham Palace website in conjunction with the Commonwealth’s 60th anniversary. Dacia, 24, blogged about her experiences in northern BC working as a youth and family program coordinator for an aboriginal run non-profit organization.

HELEN HL WONG, BSW, is currently working towards her diploma program in counseling psychology at UBC. Beside her employment as a social worker with the Providence Health Care, she works at several residential group homes to provide support to individuals with developmental disabilities. She also volunteers on the crisis line, and facilitates a weekly parent support group.

2008

ISAIAH BELL, BMus, won the classical voice competition and the Jan Simons Award for Song Interpretation at the National Music Festival this summer in Saskatoon. The competition included 45 minutes of singing the music of Rossini, Gluck, Bach, Schumann and Britten. Bell, who performed at the 2008 UVic Legacy Awards, is part of Calgary Opera’s Emerging Artists Program.

FAREWELL

MOLLIE ARCHIBALD, VC ’77, passed away on April 19, 2009 in Duncan and is lovingly remembered by her family.

ALAN H. BATEY, VC ’38, died on April 10, 2009. He taught wood-working at Victoria High and later became principal of the Institute for Adult Studies. He was a driving force for the creation of Camosun College.

PEGGY BELL, VC ’31, died on March 5, 2009 in Victoria. Peggy taught kindergarten for many years and travelled much of the world.

MURIEL BULLER, PNS ’58, died on April 4, 2009. She was committed to caring for others and loved horseback riding, driving her 1967 MGB, and being among family and friends.

DON CAMERON, VC ’43, passed away on March 14, 2009. Don served as a pilot in the RAF and worked in forest engineering for the BC Forest Service. He’s remembered for his humour, loyalty and smile.

Marilyn Clayards, VC ’42, passed away on April 7, 2009. Born into a Saanich pioneering family, she was an active volunteer with the St. Stephen’s ACW, Saanich Peninsula Hospital Auxiliary, and the Saanich Agricultural Society.

Margaret Colley, VC ’46, died on April 15, 2009 in Victoria and is remembered as a kind, gentle lady.

Pat Collis (née Payte), VC ’42, died on February 3, 2009. She was a born teacher and enjoyed many years with her students.

Norman Colvin, VC ’37, died on May 15, 2009. He worked as a chemist for the provincial government and enjoyed painting and music—especially baroque and jazz.

Arthur William Eede, VC ’45. A trusted insurance agent, he worked for Boorman’s for many years, he was also a talented hockey player and coach in his younger years and maintained a lifelong interest in the game.

Dr. William Gibson, VC ’29, University Chancellor from 1985-90, died on July 5, 2009 in Oak Bay. From 1950 to 1978, Dr. Gibson was at UBC, initially as professor of neurological research and then professor of history of medicine and science. Dr. Gibson was involved in municipal politics in Vancouver and generated support for construction of the Stanley Park seawall and Van Dusen Gardens. He wrote 11 books and more than 150 scientific papers. His achievements were recognized with the awarding of the BC Centennial medal in 1967, the Queen’s Jubilee medal in 1967 and the Order
of Canada in 2002. “Long before becoming our chancellor, he was involved in advising the university on forward-thinking academic program development and after his two terms...he remained engaged with many aspects of university life,” Vice-President of External Relations Valerie Kuehne told the Times Colonist. “We have lost one of the university’s true builders and friends.”

ROBERT HARRISON, MSc (Physics) ’72, joined BC Cancer Research after completing his master’s degree and worked with medical biophysics team and the medical physics group. His work involved the development of advanced treatment systems.

GORDON HARWOOD, VC ’41, passed away on March 14, 2009. He spent his entire career as an accountant for Victoria Plywood. He was beloved for his humour and unfailing generosity.

DR. WILLIAM LEVIS, VC ’47, completed his medical training at UBC and was a co-founder of St. Anthony’s Clinic in Colwood. He was born in Allan, SK and moved with his family, in 1933, to Dr. Tolmie’s Braefoot Estates subdivision.

SHIRLEY MCPHAIL (née COOK), VC ’39, died after a short illness in her 88th year, in Victoria. She had a keen interest in national and world events, music, history, art, archaeology, reading and wildlife.

LESLIE MILLIN, VC ’59, died at the age of 66 on June 10, 2009. A career writer, editor administrator, and a Globe & Mail columnist by his mid-20s, he held positions with the CRTC, Secretary of State, Science Council of Canada, Expo ’86, the Spicer Commission on Canada’s Future, the Task Force on the Atlantic Fishery, and Health Canada’s Science Advisory Board. Leslie leaves a sister, Roseann, daughters Deirdre and Sarah, and his wife ELsie WOLLASTON, BA ’65 (English).


JOHN RICHARDSON, VC ’44, died on Dec. 26, 2008 at the age of 81. John served in the Princess Patricia’s Canadian Light Infantry from 1945 to 1973, retiring as regimental sergeant major.

HUGH RUNDLE, VC ’40, died on April 19th, 2009, in Victoria—a wonderful father, devoted husband, and a kind, generous man. He served in World War II from 1942-45.

BOB THOMPSON, VC ’46, died on Dec. 26, 2008. He taught in BC for 30 years, including 25 years as a science teacher in Maple Ridge.

CLARA WILSON, VC ’33, died on April 10, 2009. She was a long-time member of the Oak Bay United Church and active at the Monterey Community Centre where she played crib and attended photo club meetings.

BOB ZELLINSKY, VC ’42, passed away on Jan. 22, 2009 after a brave struggle with pulmonary fibrosis. He was a mechanical engineer and a passionate golfer, joining Point Grey Golf Club in 1977. 

T DR. WILLIAM GIBSON, VC ’29

LESLIE MILLIN, VC ’59
Laptop Luck

Joan Doyle, BEd ’76, (above) made the drive down from Qualicum Beach, anxious to pick up her new 13-inch MacBook from the UVic Alumni Association. She won the laptop when her name was selected at random from the 4,816 alumni who participated in this summer’s engagement analysis survey. Invitations were e-mailed to 38,000 alumni to complete the web-based survey, resulting in a solid response rate of 12.4 per cent. “The results are still being analyzed,” says Don Jones, Director of Alumni Services, “but they are expected to give us some very valuable information about how best to connect with and involve alumni in the life of the university.”

EcoCAR Awards Add Up

The student-led, and UVic Alumni Association-supported, EcoCAR Challenge team earned the MathWorks 2009 Modeling Award for their excellence in model-based design. The EcoCAR Challenge is a three-year competition organized by the US Department of Energy and General Motors. Teams of engineering students are re-engineering a GM Saturn Vue to improve its fuel economy and reduce emissions. The MathWorks award caps the first year of the competition. See the spring 2009 edition of the Torch for a profile of the UVic EcoCAR crew.

Economics Network

The Economics Alumni Network is a new group reaching out to UVic Economics alumni through networking, mentoring and fun activities. If you are interested in staying in touch with fellow alumni working in various fields, then this group is for you. The network’s pages on Facebook and LinkedIn have details about upcoming events. There’s also a page on the Economics website (econstudents.uvic.ca/alumni). Contact network chair Jennifer Davison, BA ’03 by e-mail at econalum@uvic.ca.
Two, Walking
Of endings, beginnings and continuing journeys.

BY WAYNE EMDE, BA ’69

THE FIRST TIME I HELD JOAN’S HAND was at a UVic frosh dance in the Student Union Building on September 25, 1966. The last time I held her hand was as she died on July 20, 2005.

I had retired after 33 years of teaching; Joan had quit her job in retail. We were going to hockey games and movies, spoiling our grandchildren, taking short holidays. In the evenings, we walked and talked, of our children and grandchildren, of our plans for the house, of trips we would take, of our concerns for our aging mothers.

Four years ago, our spontaneous final journey took us back to Vancouver Island where we had both grown up, to our favourite streets and restaurants in Victoria, to the beaches of Tofino, and to Campbell River. We visited relatives and friends, shared memories and planned for the future.

Two months later, I was suddenly and unexpectedly faced with a future that I hadn’t ever considered, let alone planned for. An artery in her brain ruptured and Joan was gone. My life wasn’t just instantly upside down; it was inside out.

Relatives, friends and colleagues reached out. My friend, Terry, who had tragically lost his teen-aged daughter, guided me through the first desperate days and weeks. My children held me up. And then, a lifeline was tossed, and I ran away to sea.

A small ad in the BC Teacher newsletter caught my eye while I was looking for something else. “Digital photographers wanted.” Out of curiosity, I responded, and five months later I was sailing the western Caribbean on a luxury cruise ship, teaching digital photography to the guests. Later assignments took me to the Mediterranean, where I walked the stones of many of my old lesson plans—Rome, Florence, Pompeii, Istanbul, Crete, Venice. I photographed everything and wrote travel pieces for newspapers and magazines.

I kept busy.... I made sure of that. Acquaintances told me how lucky I was to be traveling the world. I bit my tongue and didn’t remind them of the loss I was grieving every day. A colleague insisted on describing his favourite food as “to die for.” I bit my tongue and didn’t tell him he didn’t know what he was talking about. I cried, often, mostly in private.

And daily I looked to the west, following the yellow arrows and the sun straight into an uncertain future.

Two years ago, I flew to Japan to celebrate my eldest son’s marriage. Jason recognized a need in me I didn’t understand and suggested I accompany him on a Buddhist pilgrimage to the 88 sacred places on the island of Shikoku. I knew little of Buddhism and nothing of the Shikoku pilgrimage, but something called out to me.

We walked the 1,200 kilometers around the island. We talked and talked, about music and books and movies, cities we loved, girlfriends, fistfights, dreams and failures and worries. We talked about family history. We talked about Joan and her final days in the ICU. Walking alone in the afternoons, I relived our 39 years together, remembering, reflecting. I read Basho’s poetry and Thich Nhat Hanh’s No Death, No Fear. I lit candles in Joan’s memory. I grappled with the Heart Sutra, which says that nothing ever disappears. I walked with my son. In the seven weeks, a lot of the pain eased.

Back home, I told Jack, an old friend and retired priest who had conducted Joan’s funeral service, about Shikoku. He said that he had always dreamed of walking the Camino de Santiago in Spain, an 800-kilometer pilgrimage across the northern part of the country. I suggested that we could walk it together.

The Camino is a different kind of pilgrimage. Not a circle, but a path marked by yellow arrows, up lush green mountain passes, through ancient, crumbling hilltop villages, across the flat meseta. We slept in alburgues, pilgrim hostels. We entered small village churches and soaring cathedrals. We met pilgrims from across the world, as varied in their reasons for walking the ancient route as the countries they came from. Jack and I talked, about Christian history and architecture, about the importance of ritual, about belief and sacred places. I lit more candles. And daily I looked to the west, following the yellow arrows and the sun straight into an uncertain future. In five weeks, more of the pain slipped away.

Two pilgrimages. Two companions. The first helped to reconcile the past. The second pointed to the future. Some questions have been answered, others have leapfrogged; still others have fled, maybe for good. My journey continues.