“All of the big environmental battles I’ve ever been involved in were led by First Nations.”

Tara Cullis, co-founder and president of the David Suzuki Foundation
REALM OF THE SUPERNATURAL
By April SGaan Jada White, BSc’82
To touch the realm of the supernatural, where travel in water is as in air, one must first achieve a purity of body and mind through fasting, drinking salt water and bathing in the sea. The most powerful underwater Supernatural Being, a being with both human spirit and form, wears the cloak of Killer Whale – SGaan. This time michaelson’s dorsal fin breaks the barrier between two worlds. Our challenge is to protect the magic of Myth Time by treading lightly on the natural world, the plane that connects us to the spirit of our ancestors – to maintain balance on the edge of the earth.

In 2012, UBC alumna April White of the Haida Nation donated this artwork to the Raincoast Conservation Foundation’s Art for an Oil‑Free Coast, a sale to raise money for a campaign against Enbridge’s Northern Gateway project, which would see an increase in oil‑tanker traffic on BC’s ecologically diverse coast.

Quote:
Dr. Tara Cullis is a long‑time environmental activist whose work with First Nations communities on the BC coast during the 1990s was an important part of their efforts to preserve what is now known as the Great Bear Rainforest. Read her story on page 8.
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more rapid recurrence of their cancer over a five-year period. They now begin studying what testing for 12-33 is an effective way to monitor the progression of certain cancers.

“12-33 could be among the first immune biomarkers for prostate cancer and, in the near future, we are planning to examine this in a larger sample size of patients,” says Saranchova.

Written by 45,000 academics and researchers worldwide and edited by 80 experienced journalists, The Conversation offers informed, insightful and independent analysis and commentary, as well as breaking news from scholars and researchers. The site is published under Creative Commons licensing, which allows mainstream media outlets like The Conversation, The Guardian and CNN, the UK, the US, France and Africa, to have a monthly audience of 3.8 million unique visitors, with a reach of 33 million.

NEW CANADIAN MEDIA START-UP

UBC journalism professors have been awarded approximately $200,000 from the Social Sciences and Humanities Research Council to support the launch of a national version of the successfully global non-profit academic journalism site, The Conversation.

Alfred Hermida and Mary Lynn Young, both former journalists, are working on the Melissa-based media organization to develop The Conversation, which will deliver the expertise of the Canadian research sector and share it with the widest possible audience.

Since its 2011 launch in Australia, The Conversation has expanded into an increasingly global knowledge network, with editions in the UK, the US, France and Africa.

Canada leads health promotion on campuses

Canadian universities are leading an international effort to create campuses that will improve the health and well-being of students, faculty and staff.

UBC, SFU, Memorial University, Mount Royal University, the University of Calgary and the University of Lethbridge are the first universities to formally adopt the Okanagan Charter: An International Charter for Health Promoting Universities and Colleges, which calls on post-secondary institutions to make a commitment to health and well-being in all policies and practices.

The six Canadian universities and colleges are in a unique position to inspire other institutions to adopt similar initiatives, recognizing that universities and colleges can set an example as communities that promote health.

Each institution has made individual commitments to enacting the Okanagan Charter in different ways — from campus-wide mental health strategies, to developing campus spaces that support connection and community.

As part of its commitment to the charter, UBC will invest an additional $1 million to strengthen a number of efforts already underway, including the recruitment of experienced staff to lead the team.

Research shows that health and well-being are essential to learning, retention, productivity, satisfaction and building a sense of community. Universities and colleges are in a unique position to promote well-being through education, research, policy and practices that can be developed on campuses.

The Okanagan Charter provides a common framework for universities and colleges to lead this important charge.
Vancouver is seen as one of the livable cities in the world. UBC sociologist associate professor Nathaniel Lauzier believes that’s partly because more people live in condos and townhouses than single-family homes in this city.

In his new book The Death and Life of the Single-Family House, Lauzier discusses how many Vancouverites have accepted the idea that not everyone can live in a detached house, and offers lessons for the rest of North America on how to build livable cities.

In your book, you make the case that single-family homes are bad for the environment, urban vitality and people’s health. Why is this?

It’s just about any way you look at it, single-family houses tend to be bad for the environment. Their development consumes an enormous amount of land, disrupting and displacing ecosystems. Houses also require more energy to heat and cool, and encourage people to drive everywhere, boosting greenhouse gas emissions.

In the book, you propose to transform lots that initially could only support a single household into a “Reserve” and setting so much land aside for single-family houses.

Can other cities learn from us on building a livable city?

There are ways to make a home. We have people who really enjoy high-rise living and others who thrive on the outdoor feel of some of our newer townhouses, and others who prefer the living and porch feel of some of our newer townhouses, and others who prefer the living.

A lot of people are still emotionally invested in the idea of owning a single-family house. They grew up in a house and can’t imagine not living in one. They associate a single-family house as an important symbol of success, and an important aspect of taking proper care of their children. But I suggest they re-think what’s important in terms of housing.

Just about any way you look at it, single-family houses tend to be bad for the environment. Their development consumes an enormous amount of land, disrupting and displacing ecosystems. Houses also require more energy to heat and cool, and encourage people to drive everywhere, boosting greenhouse gas emissions.

What are the advantages of building a livable city? Why is it important?

An engaging environment. Walking and biking also keep us healthier. Ways of getting around put people in contact with one another and make for a more vibrant city.

How do you see the future of livable cities? How can we encourage more people to live in them?

Lots of private and little public space. Urban vitality thrives when the private and public are balanced – when people have places to go and things to do near their homes, and they can walk or bike or take transit to get there. All of these ways of getting around put people in contact with one another and make for an engaging environment. Walking and biking also keep us healthier.

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Tara Cullis was anxious to finish packing for the family’s annual fall move from Vancouver to Toronto, so when her husband suggested they take in the second annual Stein Valley “Houses for the Wilderness” Festival on Labour Day Weekend, she was very nearly declined. She was a busy woman; she ran a thriving business, taught at Harvard, was the mother of two little girls, and was head-over-heels in love with her very public husband, David Suzuki. Living in Toronto for the school year made Cullis’s weekly commute to Harvard bearable. And it meant Suzuki, a UBC prof, could spend part of the year close to CBC headquarters for his TV and radio work.

By Rosemary Anderson, BA’74


tara cullis was anxious to finish packing for the family’s annual fall move from vancouver to toronto, so when her husband suggested they take in the second annual stein valley “houses for the wilderness” festival on labour day weekend, she was very nearly declined. she was a busy woman; she ran a thriving business, taught at harvard, was the mother of two little girls, and was head-over-heels in love with her very public husband, david suzuki. living in toronto for the school year made cullis’s weekly commute to harvard bearable. and it meant suzuki, a ubc prof, could spend part of the year close to cbc headquarters for his tv and radio work.

designed to draw attention to the logging that threatened the stein valley, the festival that year was held on a stunning site, near where the stein river and the thompson flow into the fraser. the stein valley encompasses 103,000 hectares of spectacular forests, glaciers, inland lakes, rivers, and tundra. in 1986, this complex and irreplaceable biodiversity — sacred to first nations people for eons — was at immense risk of being logged into oblivion.

when cullis and suzuki arrived that late-august afternoon with their toddler, sarika, and six-year-old savie, the place was swarming with festival goers and throbbing with feasting, music, storytelling and speeches. tepees, and tents of all shapes and sizes, dotted the landscape.

the family was hosted in a neat-looking tepee that was open at the bottom to help keep it cooler. clouds of dust wafted in, covering their belongings including the milk in sarika’s cup. the bugs were getting in, too, and were biting. that night, when it came time for the little girls to sleep, a musician named seeker sat down by the campfire just outside the entrance to their tepee and started drumming loudly, and singing in a high-pitched voice. it was so loud it sounded as though he was right there, inside the tepee. surely the children won’t sleep through this, cullis worried. but when she went in to check on them, the children were fast asleep, and the next day they were happy and well rested.

and somehow, too, the next day a switch flipped for cullis. she felt something different was going on, beyond her previous understanding. “the drumming magnified the crowns desperate passion to preserve the stein valley, and it moved cullis to a whole new level of consciousness. she felt “that frisson of excitement” that comes from sensing something really significant tugging just beneath the surface. “i love it when one gets that sense that this is the end of a string. and, if you pull on it, it’s connected to ‘unsown high events’ as malcolm lowry writes.”

“it wasn’t the first time cullis had experienced a catalyzing event. in december of 1972, she was a 22-year-old graduate student enrolled in environmentalism. it was a drastic shift that meant stepping completely out of her comfort zone.”

when, in 1989, suzuki did a five-part radio show, “it’s a matter of survival” on global warming and the future of the planet, the response was mind-boggling — 17,000 people sent letters to the cbc asking what they could do to make a difference. suzuki acquired a nickname: dr. doom and gloom. "you’ve got to start giving people hope. we’ve got to start offering solutions," cullis insisted. "and that, says sarika, was ‘the genesis of the david suzuki foundation.’"

with the help of friends, cullis mailed a letter to each of those 17,000 supporters, asking: “if we create an organization designed to find solutions, would you be willing to support it?”

they hadn’t reckoned on all on the response. when the first bag of mail arrived at their tiny office above a fume-filled autobody shop on west 12th avenue in kitsilano, cullis and patricia kelly sat down to open the envelopes and see what people were saying, and they were shocked. in one case was $10; in another, 30 dollars. one woman sent a cheque for $1000. when the second bag of mail arrived, they were flooded with letters from people who wanted to help. cullis and suzuki were overwhelmed by the support. "i think that’s what allows her to do the heavy things she does in life. she’s friends with everybody who comes into her house, or works on her house, or drops things off, like the milkman — those are her people, and she’s one of them.”

now, 14 years after meeting suzuki, cullis was again entering a whole new world. she signed on to help coordinate future stein valley festivals, involving such personages as buffy ste. marie, john denver, and gordon lightfoot, to boost attendance. strong public support led to the area being preserved for posterity as the stein valley nlaka’pamux heritage park. at the same time, cullis also became involved in the fight to save gwaii haanas, (then south moresby.) she and canada’s green party leader elizabeth may worked together on this project. “she has a natural instinct for campaigning for a cause,” may notes. one of cullis’s ideas was to hire a plane with a banner, spreading the word to literally thousands of people as they lay tanning on the beaches of vancouver. “she thinks of the best and smartest things to do,” says may. and she has fun in the process.

“i don’t know anyone who has as much fun as tara cullis,” says her daughter sarika. “i think that’s what’s allowed her to do the heavy things she does in life. she’s friends with everybody who comes into her house, or works on her house, or drops things off, like the milkman — those are her people, and she’s one of them.”

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finding environmental needs more urgent than her teaching work, cullis resigned her coveted position at harvard and immersed herself in environmentalism. it was a drastic shift that带走 steeping completely out of her comfort zone.

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As Kelly says, “Tara was a feminist in the sandwich generation.” She managed her household and helped look after her parents and Suzuki’s parents while taking on the almost overwhelming work of starting the David Suzuki Foundation (DSF) and serving as its volunteer president. She edited Suzuki’s written work. She did the paperwork for their other business and, through all this, she was a fiercely loyal and deeply devoted wife and mother. “She’s always said that she wanted to raise her kids without baggage,” Sarika says. “And people would actively emulate her, because they could see what a great mom she was – I found that fascinating, that other people recognized that as well.”

Michèle Souza, a friend from student days and former Harvard colleague, says Cullis was a great inspiration to her as a mother. “When I look back at the years when my daughter was completely with my daughter, because Tara had helped me understand the importance of this. I could get other things done, but not while I was being with my daughter.”

Cullis managed all those things superbly well, but she was out of balance and she knew it. In fact, balance was something she’d spent years thinking about, at least in a theoretical way. She wrote her doctoral thesis on the rupture of science and literature in the 20th century, which she saw as a reflection of an emerging tendency to think in left-brained ways, substituting the increasing convenience of technology for the beauty of the arts, instead of holding the two in balance. “Back in the 1960s in English literature,” she says, “Swift and Pope and others were showing the way. They’re very sophisticated, 21st-century natural, when you’re trying to re-find the balance, to destroy and break us apart; I choose to be part of the forces that bring us together.”

The key to this success was recognizing that these First Nations had managed the area sustainably for millennia, and acknowledging that they should therefore be relied on to continue managing the area sustainably. It was Cullis’s diplomacy in the first place that helped broker an alliance that remains strong today. “All of the big environmental battles I’ve ever been involved in were led by First Nations,” says Cullis. “It’s natural, when you’re trying to re-find the balance, to appreciate the leadership of First Nations in helping show the way. They’re very sophisticated, 21st-century people, but they live more in the right brain than does our own current culture, and I think they’ve got more of a balance than we’ve come to.” Launching the Suzuki Foundation, moving it forward, and enabling this unprecedented alliance among the coastal First Nations was immensely fulfilling for Cullis, and a balance than we’ve come to.”

For two years she travelled up and down the coast on behalf of the DSF, visiting communities of the ‘coastal First Nations, observing their needs, listening to their concerns, helping dissolve differences. At the outset, many of these groups were not even speaking to one another, but Cullis could find their commonalities and share them. “Oh, by the way,” she’d say, “I was here, and...” She became a unifying force. “From the visits she would make with them, with the Haisas, with the Bella Bella, the Bella Coola, the Haisa...” says Patricia Kelly, “all of the people ended up knowing one another. Tara was that slender thread tying people and their ideas together.”

A turning point was born.” This evolved into Coastal First Nations, the powerful, coherent alliance that negotiated the preservation of what is now known as the Great Bear Rainforest, comprised of 4.1 million hectares along the BC coast.

The physical damage left dormant for years but on a hot July day in 2013, while swimming off Kitulano beach, Cullis suffered acute heart failure. Realizing her survival depended on remaining calm, she swam gently back to shore, where a woman called 911 and then called Suzuki. He raced down from their nearby home, barefoot and buck naked beneath his Yakuta (a Japanese housecoat). He went to grab his bag, to hug her, but she told him softly that she needed to just focus on breathing. The ambulance came, took her to hospital. “I can’t think the unthinkable, which is life without Tara,” says Suzuki. “Without Tara, I’m nothing – I am nothing as a human being without Tara. We are truly joined at the hip.”

Tara Cullis and David Suzuki in 1997.

Wired to work hard and solve problems, Cullis had taken on too much. As her daughter Severn says, “She’s of that generation of feminists that says, ‘You can do it all, but you do have to do it all.’ It’s kind of a reverse sexism. We have so many brick walls, but I learned something about myself through it all. I never give up. But I felt I was doing myself an injury – I could feel the strain, though I didn’t know what it was going to result in.”

“Tara was a feminist in the sandwich generation.” She managed her household and helped look after her parents and Suzuki’s parents while taking on the almost overwhelming work of starting the David Suzuki Foundation (DSF) and serving as its volunteer president. She
turned points
There’s a simple genius to Dr. Deanna Gibson’s research: What we eat— or, more precisely, what we excrete—is who we are. In plain language, a mother’s diet can tell us some very significant things about what’s going on in our bodies.

Gibson is head of the Microbiome and Inflammatory Disease Research lab at UBC’s Okanagan campus. Along with her husband, Sanjoy Ghosh, she leads a team of investigators who focus on the gut, its health, its contents, and its end products. This work may lead to new therapies for chronic inflammatory diseases such as inflammatory bowel disease, diabetes, colitis, and Crohn’s disease.

The results of her research are both shocking and fascinating, and go against popular conceptions of nutrition that have dominated our understanding of what’s good for us and what isn’t for most of the last hundred years.

Gibson’s interest in the gut (and the route she took to become known as the “Poop Lady”) began at an early age. “Members of my family have been subject to gastrointestinal issues for as long as I can remember,” she says. “Even my kids call me the ‘Poop Lady’.” To find out what species of microbes exist in a person’s gut (there are hundreds!), with a goal to learning what impact these microbes have on digestion, the development of gastrointestinal (GI) diseases, and the overall health of the individual.

One of the first successes of her research came with development of a standardized procedure for storing stool samples. She found that simply storing samples in the freezer resulted in inconsistent results—the process itself affected the microbes—and that the microbes appearing in one part of a sample may be different from those that appear in another. Her team developed a process she calls “homogenization,” where each sample is mixed and suspended in liquid nitrogen, ensuring no microbial changes can take place between diaper and microscope.

The primary goal of her research was to show how the diet of the mother had an impact not only on the fetus, but on the long-term health of the child. In experiments with rodents, Gibson learned that a “bad” diet in the mother resulted in later development of GI diseases such as colitis and diabetes in the offspring, while mothers with a “good” diet tended to produce offspring with better health outcomes later in life. “It works in the rodent model,” she says, “because we can change the conditions to test certain ideas, and the life spans are quite short. But it seems clear that the same results will happen in human babies.” As well, a mother’s diet is reflected in the immune cells and microbes expressed in her breast milk, and these have a direct impact on infections the individual.

In fact, according to Gibson, nutritional research is often considered to be on the flaky side of science, partly because of bizarre claims made by some less-than-scientific researchers, and partly because, as we learn more, old sureties are replaced by better evidence. In 2011, Gibson won a Grand Challenges Exploration Grant from the Gates Foundation to investigate the relationship between a mother’s diet and a child’s long-term health, a line of research characterized in media reports as “weird,” and “science fiction.” That attitude, along with a long history of snake oil—magic elixirs, Carter’s Little Liver Pills, celebrity diets and various other forms of snake oil—makes for a Doubting Thomas atmosphere in the nutritional field.

Though Gibson and her team continue to delve into the relationship between mother’s gut and offspring’s poop, her current research runs right at the heart of comparable nutritional research, and threatens to turn the field—and your diet—on its head. It’s all about fat, and no topic in the nutritional canon is more rife with suspicion, second guessing and slight of hand than the function of fat in the human diet.

Good Fat/Bad Fat
Fat has been the bad guy in dietary circles for decades, particularly saturated fat, such as that found in meat, butter, and tropical oils. “We tend to call all fats,” Gibson says, “especially saturated fats. But our research shows that some of these fats are protective in some serious GI diseases.”

CONSPIRACY THEORIES ANYONE?
“Good fat” is essential to the human body, and has been shown to reduce the risk of heart disease and diabetes, among other benefits. In his attempts to get his research published he was ridiculed and his work considered suspect, but he persevered. Ultimately, his work won him an international research award, and started him on his path to wider research into fat and how it metabolizes in the body. Now, working with Gibson, he and the team have made some ground-breaking discoveries about how the gut interacts with the fats we consume.

Our modern nutritional best-thinking says saturated fat is just this side of poison. Many studies dispute this claim, but while investigators like Andrew have that cash in on this fad, Sanjoy Singh, assistant professor in the Irving K. Barber School of Arts and Sciences at UBC, is poster boy for hating it. He can’t take to refute traditional in this fad. Sanjoy Singh, assistant professor in the Irving K. Barber School of Arts and Sciences at UBC, is poster boy for hating it. He can’t take to refute traditional wisdom that saturated fats are bad for you, yet a growing body of research is showing them to be false. These findings, which ultimately show that saturated fats do not, in fact, have an effect on heart disease, follow a huge study conducted, coincidentally, by the Harvard School of Public Health. That study looked at 72 published papers on heart disease involving more than 500,000 subjects worldwide that exonerated saturated fats.

“No one expected a child’s long-term health to be so directly impacted by the mother’s diet during pregnancy. It was an amazing result.” To the scientific community, it seemed to go against accepted nutritional dogma.
The trans fats story

Trans fats are produced by adding hydrogen to liquid vegetable oils to make them solid. The resulting product, usually referred to as “partially hydrogenated oils,” on product packaging, has a long shelf life, works well in cooking and is cheap to produce. Margarine, shortening, snack items, deep-fried foods and bakery products benefit most from the use of trans fats, but research in the 1980s showed that consumption of trans fats had a detrimental effect on human health. It tends to increase the production of lipoprotein LDL (bad cholesterol), while decreasing the production of lipoprotein HDL, the good one. Also, it promotes a dangerous level of inflammation in human cells and has been shown to increase the risk of heart disease.

Some trans fats occur naturally in meat and dairy products, including beef, lamb and butter fat, but in very small quantities. However, research has shown that naturally occurring trans fats may have a beneficial effect as they promote an increase in both LDL and HDL lipoproteins.

Recognizing that trans fats aren’t good for human health, their use has been severely reduced, by legislation, in the US, with an outright ban scheduled for 2018. The Canadian government, while monitoring the use of trans fats in industry, has yet to introduce a plan to eliminate them from the Canadian diet. The use of trans fats in commercial food production has, however, decreased considerably over the past decade due largely to consumer demand. For this reason, trans fats are not being investigated at the Gibson lab.

But fats are extremely complicated. They are essential for good health – many vitamins and minerals are unavailable to the body without fats to metabolize them - and vital in maintaining a healthy gut microbiome. Their function in the gut goes beyond nutrient metabolism. They are responsible for maintaining microbial balance, regulating inflammation and discouraging bad bacteria. The roles of the various kinds of fat are only now being understood.

Fats found in vegetable oil (called Omega 6 fats which also occur in poultry, eggs and grains) have, historically, made up a relatively small part of the human diet. However, fats processed from vegetable sources and made into edible oils have been a part of the human diet for less than one hundred years. These oils, including corn, canola, and sunflower, make up the vast majority of oils used in processed food and in cooking oils at home. Researchers are only now understanding their negative effects.

Omega 3 fats (found in fish oils, nuts and some seeds) have been touted as “good” fats and, as a result, have been added as supplements to many foods, including infant formula. Omega 3 supplements are claimed to improve brain function, vitamin A absorption (resulting in better eyesight) and general heart health, while Omega 6 oils are promoted as good for heart health and its positive impact on diabetes. Saturated fats are just bad.

All suspect, says Gibson. Her meta-data shows that Omega 3 supplements have no impact on fat health, brain function or vision development and suspicions that Omega 6 fats play a role in the development of diabetes are now coming to light. Even scarse, Gibson is now investigating data that shows Omega 3 supplements are actually detrimental to a baby's health, because they encourage the development of a harmful microbiome.

The problem is, according to Gibson, inflammation in the gut. While some inflammation is essential for good health - to kill bad bacteria and counter some infections - too much inflammation has been associated with a host of diseases such as diabetes, GI disease and even cancer. Omega 6 fats encourage inflammation at gut bacteria, while Omega 3 fats discourage it. Our North American diet is fed up on Omega 6 fats, with a much smaller portion of Omega 3, while saturated fats are discouraged. This combination is a recipe for dietary disaster because the presence of all that Omega 6 fat in the gut produces a constant state of inflammation.

Ironically, supplementing one’s diet with Omega 3 fats, such as with fish oil pills or in baby formula, just causes more problems. Too little inflammation in the gut encourages the development of bad bacteria and infection in other parts of the body.

The team’s research now points to saturated fats as being a possible solution to the imbalance in our gut created by a diet of Omega 6 fat. “Saturated fat also causes inflammation in the gut,” she says, “but we’re discovering that it has all sorts of other, positive effects.” It encourages the production and health of the gut’s microbiome, and helps to mitigate the effects of inflammation. It also doesn’t have the negative effects that some previous, erroneous research said it did have.

What’s a person to do with all this seemingly contradictory information? Balance, says Gibson.

“Saturated fats aren’t toxic,” she says. “They actually have the ability to promote healing. My recommendation of the ideal diet for those with, and without, IBD is to have a good balance, including olive oils, some saturated fats, and a little fish oil - but from fish in the diet, not supplements.” We should, she suggests, start cooking with butter again, drinking whole milk and eating cheese. In moderation, of course. And if the Doubting Thomases need more proof of the validity of this advice, they’ll find it in the data contents of the next generation.

No topic in the nutritional canon is more rife with suspicion, second guessing and slightheartedness than the function of fat in the human diet.

Trouble with butter

Recent data about the positive effects of saturated fat has people looking twice at the old standbys, like butter. Up against trans fat and vegetable based fats, butter seems to be climbing back on top of the good for you food mountain.

But is it true? A study of Canadian dairy products by Sanjoy Ghosh and lead author Amy Botta, a PhD student at UBCO, might put a serious drag on butter’s ascent.

Canadian butter, along with that made in the US and China, has an extremely high Omega 6 to Omega 3 fat ratio as compared to butter produced in countries like France and Germany. Why? Because our dairy cows are fed a diet almost exclusively made of grain, while those in France and Germany are grass fed. The fat produced in grain fed animals reflects the high Omega 6 fat content of their feed. Grass fed animals produce fat much lower in Omega 6 fats. An overabundance of Omega 6 fats in the diet will increase heart disease.

A study was published in the Journal of Agricultural and Food Chemistry.

The trouble with butter
Taiwan may not be on your radar yet - but it should be! There’s fabulous food, a trendy contemporary art scene, gorgeous scenery, clean and efficient infrastructure and, before it gets on the mainstream radar, great value.

Your travel leader is Susan Lahey, a proud UBC alumna and Asian art expert who lived in Taiwan for two years.

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Kony, deployed for his practice of using child soldiers to achieve his aim of turning Uganda into an ethnically pure theocracy. Over the span of three decades, his Holy Spirit Movement has displaced more than 2 million civilians and turned 66,000 children into soldiers and sex slaves. "They described their kivas, continues Plowright, which involved a great deal of suffering and insecurity, as well as stories of them suffering on others. At the same time, they seemed so nice and normal. I can't think of any word to describe it other than 'surreal."" Jailed by the unexpectedly polite reception in Gulu, Plowright began to realize how little we know our enemy. "That was the defining moment," he says from his temporary home in Holland as he prepares for new missions in Afghanistan and Central African Republic. "You read a lot about kivas like that, and the dominant narratives of most conflicts — but especially people like the LRA — is that they're monsters, they're brutal, they're cruel. But if you're sitting down and talking with them, they're just normal people in sort of horrendous situations. They're able to rationalize why they're involved in conflicts. They don't seem like inhuman psychopaths, just normal guys who got pulled into the conflict against their will." Plowright would spend the next six years trying to understand the nature of fighters in armed groups, focusing not on the dogma of the group, but on the motivations of the individual. Rotating between the field and the classroom — a master's in conflict studies from the London School of Economics before returning to UBC for his PhD — he questioned the widely held assumption that these men and women don't care what the world thinks of them, that they are willing participants in a game of unthinkable brutality. He wanted to collect their individual stories, to trace the many paths that led them each to hell on earth. Where others saw evil, Plowright saw a cycle of victimhood. Sometimes they are born into war. When Plowright visited Myanmar, he discovered a country under harsh military rule for more than 50 years, locked in an ethnic civil war that has been raging longer than most Burmese have been alive. But most are re-born into war. They have ordinary lives: jobs, families, futures. And then a "barell bomb" — an army of nags packed into 1,000 kilos of high explosive — indiscriminately falls into their living room, and they have nothing. "Teenage boys who were fighting with groups like Al Nusra," says Plowright, "they were saying, 'Look, we would never have signed up, but our city's being bombed, and people are being killed, and no one is trying to help us. These are the only people showing up to help us fight back. So in that kind of context, what do you say to someone? That they're wrong for going up with the only group of people that's trying to help them?' It's heartbreaking for these guys, By Chris Cannon
People in combat zones — soldiers, rebels, journalists, humanitarians, other — are there for a variety of reasons, and cope in a variety of ways. But one thing they have in common, especially the fighters, is that none of them really want to be there, a subtlety missed by the media when they report on non-state armed groups.

This isn’t exactly new information in the conflict community. The ones who understand are the ones duly noting the injuries and hiding the same shrapnel scars, the humanitarians and mediators and other conflict workers who must negotiate access with the armed groups. But there are Plowright’s allies and the most likely means for his work to take meaning — non-military and non-government organizations have this privilege to stop the carnage, but they can alleviate the suffering of those caught in the middle.

Plowright hopes to cooperate with humanitarian workers to address the use of child soldiers, who are far easier to snare and indoctrinate than adults, and who represent the cycle of victimhood he sees repeating itself — a tragedy not lost on the groups that employ them. He hopes by understanding why armed groups use child soldiers despite the international contempt the practice generates, he can figure out the how that would get them to stop.

But in most Western democracies, this knowledge doesn’t translate into political will. “You could imagine what would happen to most politicians if they came out and said what I just said,” offers Plowright. “No politician is going to stick their neck out to argue we should be humiliating people in armed groups.”

In the absence of leadership, we turn to our screens for the message. Even when the terrorist is homegrown, or when our own soldiers can’t tell the enemy from the people, we blame the demons lurking in the rubble. We inform ourselves with a two-minute video on our news feeds — bodies piled in Paris and Orlando, hospitals bombed in Afghanistan and Syria — we see these atrocities and we blame it on monsters. The media stamp our involvement in these conflicts justifies what these armed groups do. Because a lot of them see us as terrorists, they’re seen as greedy, they’re brutish, they’re thugs, they’re warlords. But it’s very rare that people are doing it out of a love for violence, or even just a lust for power, because most of the people attached in armed conflicts have little or no power. They’re not seen as human beings, and they’re not treated in a lot of the literature as human beings.”

It’s called pseudospeciation: the practice (often unconscious) of relegating others into non-human categories. It’s why conflict is so often articulated in racial terms, especially by soldiers who lean on this coping mechanism to rationalize the sheer inhumanity of their mission. It’s what allows us to relegate armed groups — sometimes entire nations — to prey status because they are something other than human.

Plowright wants to bring this insidious narrative into the public discussion, to help us understand the people behind these atrocities and how they got there. “The entire point is to try to connect with people on a human level,” he says, “not just get data from people, but to try to understand them, what they think and feel about what they’re caught up in. In short, ignorance of one’s role in the cycle of violence. It’s why we keep dropping bombs, landing troops, tripping over our own best intentions, neglecting our lack of foresight, and then doing it all again. It’s no coincidence that ISIS and similar groups are targeting Western countries, says Plowright. “These things don’t just happen out of nowhere. We used to remember our own role in historical events. Over the last 10 or 15 years, the West has invaded, bombed, and/or occupied Afghanistan, Pakistan, Yemen, Syria, Palestine, Libya, Egypt - the list goes on and on. We need to think about these actions and how our involvement in these conflicts justifies what terrorist groups do. Because a lot of them see themselves as responding to something we started.”

War has never been a battle between opposing military forces. In terms of body count, it’s simply the slaughter of innocents, in any great conflict, more than half of the dead are civilians — far more if you account for noncombatants who take up arms in desperation — with exponentially more forced into the night as refugees, a status that can last for generations. Those of us who enjoy the relative safety of superpowers or “peaceful” nations may be surprised to find out who we’re fighting. We see animals, and they want to hurt people, so we drop some bombs and then sit surprised when they turn their attention our way. “Conflict rarely comes from a military cause,” says Plowright, “and when you engage the military in someone else’s conflict, that conflict’s going to follow you home.”

Time and again, we repeat this fallacy that conflict is something that emerges from nowhere. We need to think about the people behind these atrocities and how they got there.

But he regularly puts his life on the line to steal a quiet moment with the devil. Tea with ISIS.

This isn’t exactly new information in the conflict community. The ones who understand are the ones duly noting the injuries and hiding the same shrapnel scars, the humanitarians and mediators and other conflict workers who must negotiate access with the armed groups. But there are Plowright’s allies and the most likely means for his work to take meaning — non-military and non-government organizations have this privilege to stop the carnage, but they can alleviate the suffering of those caught in the middle.

Fear became the norm, but also a reminder of what normal is. “Anyone who works in conflict workers who are in armed groups, they’re seen as terrorists, they’re seen as greedy, they’re brutish, they’re thugs, they’re warlords. But it’s very rare that people are doing it out of a love for violence, or even just a lust for power, because most of the people attached in armed conflicts have little or no power. They’re not seen as human beings, and they’re not treated in a lot of the literature as human beings.”

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Time and again, we repeat this fallacy that conflict is something that emerges from nowhere. We need to think about the people behind these atrocities and how they got there.

But he regularly puts his life on the line to steal a quiet moment with the devil. Tea with ISIS. How about having “Tea with ISIS,” says Plowright. “They’re a 19-year-old guy who wanted to go to university until a Russian bomb destroyed his household and killed his family. What is he supposed to do after that? What would you do after that?”

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When people set foot in Wesbrook Village for the first time, the reaction is often one of astonishment. With its forest-fresh natural location, best-in-class sustainable architecture, enviable parks and public spaces, and a strong commitment to a healthy community fabric, Wesbrook is certainly a remarkable West Coast neighbourhood. Today, UBC’s fifth (and largest) community boasts 4,600 residents, five full parks, and more than 25 shops and services. For the UBC community as a whole, Wesbrook Village affords some big-time benefits.

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2. SHOP AROUND
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WESBROOK VILLAGE IS FULL OF NEW STORIES, AND NEW TRADITIONS. THE BEST PLACE TO START IS AT THE WELCOME CENTRE. SWING BY SOON, SAY HI, AND SEE WHAT LIFE ON CAMPUS IS LIKE TODAY.
An annual outreach dental clinic in a remote Aboriginal community provides a powerful learning experience for UBC students.

By Roberta Staley

Photos by Tallulah Photography

Wearing a dirty straw cowboy hat, grey t-shirt, suspenders and jeans, Jack Ward, 73, sips coffee at a wooden table in Lee’s Corner Gas coffee shop along Highway 20, west of Williams Lake in British Columbia’s Chilcotin region. Ward’s deeply tanned face is as weathered as an old log, the result of decades spent on horseback herding cattle, keeping a watch out for wolves and thieves. “Back in ‘82 or ‘83 we lost 20 of our herd to cattle rustlers,” he reminisces, surrounded by the shop’s collection of stuffed wild animals, including a shifty, snarling mountain lion.

Ward is at the store, which was founded in 1916 as a trading post, gathering his nerve for a trip to the dentist — his first since the 1970s. “Had a bad experience,” he explains. A dentist had responded to Ward’s complaint of an aching tooth by poking the offending molar with a periodontal probe. Ward, whose mouth wasn’t frozen yet, nearly ricocheted out of the dental chair. He never visited a dentist again. And this, says Ward, displaying two desolate rows of teeth — three upper and four lower, as grey and askew as neglected tombstones — is the sorry result.

Ward’s date with dental destiny would take place later that day at the Anaham reserve, a short drive west along Highway 20, where students from UBC’s Faculty of Dentistry are running a three-day clinic. This is the fourth year that UBC dental and hygiene students have made the July trip to provide free dental care to Anaham residents. The volunteer initiative is a partnership between UBC and the Richmond, BC-based non-profit group Dental Mission Project, which provides the equipment and supplies needed to set up mobile clinics in far-flung communities like Anaham as well as in the developing world.

The fact that the clinic is free — in addition to a health-centre nurse’s insistence that Ward deal with the infection caused by his rotting teeth — has helped him muster up the courage to face a dentist for the first time in nearly half a century. “I’m on a pension, so I can’t afford a dentist,” says Ward, who is Aboriginal only on his mother’s side and thus not eligible for Health Canada’s First Nations and Inuit Health dental benefits. Neglect as severe as Ward’s isn’t unusual among the 83 patients that the 16 UBC dental students and four UBC dental hygienists see during their stay at the reserve, home to the Tl’etinqox-t’in, one of six separate bands that make up the Chilcotin First Nation.

The three-day undertaking, which takes place every summer, may seem like a stopgap measure in a community whose members — children to adults — not only suffer a myriad of dental problems but are woefully uninformed about oral hygiene. The clinic, however, with its eager students supervised by UBC dentistry faculty, is part of a sea change that is helping the Chilcotin people to not only establish a foundation of community health but also to extricate themselves from the psychological and physical horrors of the residential school system. In a small but significant way, the clinic is helping rectify some of the tragic history between European settlers and Canada’s Aboriginal peoples.

“For us, because of the residential school system, dental work is very intimidating, especially for our elders,” says Anaham chief Joe Alphonse, dressed in cowboy hat, jeans and meticulously pressed shirt. He notes the importance of the temporary clinic being set up on the reserve: “Coming into our home to do this work — it’s part of our healing.” Alphonse is also tribal chairman for all six bands that make up the 5,000-strong Tsilhqot’in (Chilcotin) nation, which means “People of The River.” In addition to the Tl’etinqox-t’in (Anaham) band, there are the Yunest’in (Stone), Xeni Gwet’in (Nemiah), T’sxq’aqw’iit (Tossey), Ts Du’Dil (Redstone) and Tl’edlagh (Alexandra) bands.

UBC dean of Dentistry Charles Shuler, who isn’t present this July but has attended Anaham clinics in the past, says that some residential schools used veterinarians rather than dentists to care for pupils’ teeth, generating a life-long fear of dentistry. “I was stunned when I first heard this,” says Shuler. “The elders said, ‘they treated us like animals.’” The result is that many former residential school residents avoid dentists for a lifetime and end up losing their teeth. Until recently, the Anaham reserve had a day school that was run by Catholic nuns, and these students returned home at the end of the day. However, many other Chilcotin children were sent to St. Joseph’s Indian Residential School, also known as Cariboo Indian Residential School, on the outskirts of William’s Lake.

In comparison, the UBC dental students have developed a reputation for patience and kindness, helping to nurture a dentist-positive outlook with youngsters like nine-year-old Safire ShaNeil Lovett Cooper. Safire has just been dropped off by her mom at the Tl’etinqox-t’in Health Services building for a checkup. She’s nervous and has to be coaxed into climbing onto the dental chair. Dental students Amar Des and Emily Thong, as well as Dr. Kelvin Leung, who graduated from UBC dental school this past June, take their time examining Safire’s teeth.

They find eight cavities on her permanent molars and diagnose the white spots speckling her front teeth as pre-cavity lesions. The discovery is, perhaps, not surprising. Safire recounts what she had for breakfast: Cocoa Puffs, and admits that her favourite things to drink are juice boxes and bottled ice tea. Thong takes the time to explain to Safire the danger of “sugar bugs”: sweet things contain sugar that in turn creates acid, which eats away the teeth. Safire, who later says that she stayed calm during the examination by “thinking about horses,” leaves happy, gripping a new toothbrush—in her favourite colour of purple.

An annual outreach dental clinic in a remote Aboriginal community provides a powerful learning experience for UBC students.

By Roberta Staley

Photos by Tallulah Photography

Some residential schools used veterinarians rather than dentists to care for pupils’ teeth, generating a life-long fear of dentistry.
oral history

The long-term treatment plan needed to deal with Safre’s raft of cavities is beyond the UBC clinic’s capabilities. This is where Dr. Christine Constabel comes in. Constabel is in contract with the Tulalip on National Government to provide dental care three days a month to Anaham band members and one day a month to members of nearby Nemiah reserve. A retired associate at Cariboo Dental Clinic in Williams Lake and a part-time dentistry faculty member at UBC, Constabel says that the annual student dental mission helps improve her efforts to boost oral health awareness in the community, as many people attend the clinic who normally wouldn’t bother going for a checkup. “It’s a bit of a happening event; sometimes I compare it to a circus coming to town,” says Constabel, who sports a short blond bob and wire rim glasses. “I have a reputation to be quite friendly and not so scary, yet the students are a bigger draw – gentle and kind.” The trust generated by the students is invaluable, she says, helping her build rapport with the community.

As it turns out, Jack Ward’s courage doesn’t fail him on the drive to Anaham’s Tl’etinqox-t’in Health Services building, and he trodges into the clinic room and sits down in a dental chair. He will be examined by Nick Aytoğlu, a fourth-year student, and third-year student Kimberly Paterson. Ward’s fear and trepidation are evident from the outset: “If I’m in pain,” he blusters to Aytoğlu, “I’m going to grab your testicles!”

“They are there for you to grab anytime,” Aytoğlu counters good-humouredly.

Aytoğlu and Paterson can tell that there is no saving Ward’s teeth, which include five molars, some ground down to the roots, in addition to the seven decaying front ones. Aytoğlu, however, errs on the side of diplomacy, giving Ward the final decision on the fate of his frail chompers. It turns out that Ward wants them pulled so he can get dentures. After thoroughly freezing both sides of Ward’s mouth, Paterson and Aytoğlu set to work.

Aytoğlu refers to Ward throughout the procedure as “boss” – an acknowledgement that the patient is in charge. Aytoğlu and Paterson extract four teeth and ask Ward to return the following day to extract the remaining eight. Afterwards, they help initiate arrangements for Ward to see a denturist, who will fit him for dentures once the extractions have healed in six weeks’ time. Aytoğlu advises Ward – a heavy smoker since age 13 – to cut back on the cigarettes to support recovery. Upon leaving Tl’etinqox-t’in Health Services, however, Ward stops to light up.

In “The Children’s Oral Health Initiative,” recently published in the Canadian Journal of Public Health, lead author and UBC pediatric dentistry assistant professor Dr. Kavita Mathu-Mujju wrote that First Nation and Inuit children have higher rates of tooth decay and untreated dental caries than other Canadian children. Among Aboriginal children aged three to five, 85 per cent had decay. The average number of decayed, missing or filled primary teeth was 8.22 per child. Nearly half (49 per cent) of the decayed teeth were untreated.

The UBc dental students have developed a reputation for patience and kindness, helping nurture a dentist-positive outlook with youngsters like nine-year-old Safre.
How a shy young man transformed from “nerdy” student with a musical bent to university president with “rock star” status.

By Richard Littlemore

Santa Ono was born in Vancouver on November 23, 1962. The second son of a UBC mathematics professor named Takashi Ono and a language teacher, Sachiko (Morita) Ono. But before his second birthday, the family was off to the US, where Takashi taught at the University of Pennsylvania for two years, and then settled in Baltimore, teaching at Johns Hopkins University until his retirement in 2018. There was a strict and diligent house, full of books and music. Takashi plays piano, and Santa’s older brother, Momoru, also a pianist, is now a professor of music at Creighton University in Omaha, Nebraska. His younger brother, Ken, is a professor of mathematics at Emory University in Atlanta, Georgia. Santa Ono plays cello, an experience that has been life-changing in more ways than one. After graduating from Towson High (and sneaking out of the house in his father’s too-small suit to attend the forbidden high school prom), Ono did a bachelor’s in biology at the University of Chicago. He then went on to pursue a PhD in experimental medicine at McGill University in Montréal, where he once worked in a lab with two other musically inclined students, a flautist and a pianist. They started playing as a trio; but the pianist, a Montrealean named Gwenulyn (Wendy) Yip, seemed the more committed of the two. As Ono’s father-in-law (the late Gar Lam Yip, professor at McGill University) said at Ono and Yip’s wedding three years later, “The trio became a duo.”

An immunologist who trained at McGill, Yip passed up an opportunity to study medicine at the University of Toronto to follow Ono to Boston, where he was a postdoctoral fellow at Harvard. Instead, Yip attended the Boston University School of Law and went on to practice patent law, which she later taught at the London School of Economics. More recently, she has devoted herself to volunteer work in the community, homemaking and the raising of their two children, Juliana (the flautist and artist), and Sarah, 12 (pianist and athlete).

Perhaps most remarkable, for someone who Ed Gosnell remembered as being intensely introverted, Ono had long since emerged as a skilled administrator – at the Schepens Eye Research Institute at Harvard; at University College London, where he was associate dean clinical and Senate; and middle Georgia State University as senior vice provost for Undergraduate Education and Academic Affairs; and finally as provost at UC.

The news release dropped late on a hot afternoon in August: the president was resigning, early in his term, for unspecified “personal reasons.” There were rumors, unconfirmed, of a problematic relationship between the President’s Office and the Board of Trustees.

This scenario played out at the University of Cincinnati (UC) in 2012 and was followed by an ugly public controversy surrounding the reported spending habits and the $1.3-million severance package of outgoing president Gregory Williams. But UC had an ace in the hole: a popular provost and vice president of Academics, named Santa Ono, who stepped into the president’s role on an interim basis but was soon appointed formally as Williams’s successor. In addition to an impressive career as a researcher, particularly in the immune basis of age-related macular degeneration, Ono had long since emerged as a skilled administrator – at the Schepens Eye Research Institute at Harvard; at University College London, where he was associate dean clinical and Senate; and middle Georgia State University as senior vice provost for Undergraduate Education and Academic Affairs; and finally as provost at UC.

Perhaps most remarkable, for someone who Ed Gosnell remembered as being intensely introverted, Ono also established himself as the most open and accessible president in UC history. UC Board of Trustees member Ron Brown says, “Santa could connect with anyone at any level.” In addition to developing a high-functioning and mutually respectful relationship at the board level, Brown says, “The students loved him.”

The speaker is Edwin Gosnell, a man much-celebrated for the influence he had during a 30-year career as high school biology teacher in Towson, Maryland, just across the county line from Baltimore. And the extracurricular universe of whom he speaks is his former student, Professor Santa Jeremy Ono, the gregarious and ebullient 15th president of the University of British Columbia.

Gosnell came across the “typical, nerdy” young Ono at Towson High School in the late 1970s. “Santa ran the AV (audio/visual) crew, and you know what those kids are like,” Gosnell says. But try as he might to keep a low profile, Santa stood out. First of all, Gosnell says, “If you booked a 16-millimetre camera and Santa was in charge, you knew it would be on your room on time; he was really good at every single thing he did.” Santa was also tireless. “That Santa guy – he’s a rock star.”

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There might be two explanations for that shift. There was, of course, the dramatic and swift rise of social media. He had more than 77,000 followers on his UC Twitter account and was famously responsive, amplying student concerns by
The selfless CEO

The second reason for President Ono’s popularity among students might be his tendency to reach out personally to support students in need. One such student was Jacob Turner, a sophomore at UC when he first heard from Ono. Turner had caught Ono’s attention with an angry online outburst about the creationist religious community around Covington, Kentucky, currently home to the organization Answers in Genesis (AiG), which is dedicated to convincing Americans that the world is only 6,000 years old. Turner had rejected a retention bonus of a further $1 million.

One says the cut in pay was certainly the personal and professional draw of UBC was overwhelming. “Money is not my primary motivation,” he says. “I am paid more than enough, and I wanted to set an example. It’s not a matter of how much you yourself have, it’s a matter of what you can do to make the lives of others better - especially those who are most needy.”

This, clearly, is what the website Upworthy had noticed when it included Ono among nine exemplary CEOs who had distinguished themselves for selfless leadership in 2015. The honorees ranged from people like Virgin CEO Richard Branson, who instituted a one-year parental leave at 100 per cent pay, to Ono, who had donated his $200,000 USD bonus to programs supporting first-generation college students, LGBTQ and low-income UC students, as well as local schools and community groups.

Of all the questions that you might ask Santa Ono, the one he seems least willing to answer is: what are his plans and preferences for UBC? Having launched a visioning exercise in the beginning of September, he says he would like to leave the door open to others, adding: “When the CEO speaks early on, it stifles the conversation.” This is not to say he doesn’t have priorities: research, and “what UBC can do for Vancouver, for British Columbia, for Canada, and for the world.”

As for a big direction, “I keep saying, from excellence to eminence,” Ono says, adding that not enough people know how good UBC really is. “That’s something I’d really like to change.”

home to the organization Answers in Genesis (AiG), which is dedicated to convincing Americans that the world is only 6,000 years old. Turner had grown up in the same congregation as AiG founder Ken Ham, and Turner’s parents had worked in the Creation Museum in Petersburg, Kentucky. Yet, on reaching UC, Turner discovered and quickly fell in love to his office. Santa’s a Christian and he shared with me a side of Christianity he says, “for other kids trapped in sheltered circles of education.” It was on occasions such as this that Ono was bringing the issue to the dean’s attention, not ordering a particular action. This was good, since the fire marshal forbade the addition of a microwave in the library. But Ono’s next retweet highlighted a student request that at least one library study space be open 24/7. Wang says Ono worked directly with the library and the provost to find budget to make that happen. The net effect, Wang says, was that students recognized that their voices were being heard and taken seriously.

The trendsetter messages that he received directly and sorted personally. For example, UC librarian and dean of libraries Xuanmei Wang says that he wasn’t the least surprised to get a retweet from President Ono with a student request to have a microwave installed in a library study hall. It was clear on occasions such as this that Ono was bringing the issue to the dean’s attention, not ordering a particular action. This was good, since the fire marshal forbade the addition of a microwave in the library. But Ono’s next retweet highlighted a student request that at least one library study space be open 24/7. Wang says Ono worked directly with the library and the provost to find budget to make that happen. The net effect, Wang says, was that students recognized that their voices were being heard and taken seriously.

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The Duke and Duchess of Cambridge visited UBC Okanagan on September 27 as part of their 2016 tour of Canada.

The Cambridges in Kelowna

Prince William meets biology student Carmen Chelick.

There was a public ceremony in the Central Courtyard to dedicate a new Aboriginal art installation commemorating UBC’s centennial and the 10th anniversary of the Okanagan campus.

The duke and duchess then headed to the gymnasium, joining approximately 1,500 UBC students to watch an inter-squad game with the UBC Okanagan Heat women’s volleyball team.
Tetsuro Shigematsu returned to university mid-career. His PhD thesis is based on a one-man play he wrote and stars in, and the critics are raving.

When I was accepted into UBC’s MFA Creative Writing program back in 2011, I was returning to school mid-career as a mature student, which is a euphemistic way of saying my career wasn’t exactly on fire. I had tried my luck in Hollywood and failed. Life had given me a good beating, and I needed a cave to crawl into so I could gather my energy, buy some time and figure out my next move. That cave turned out to be Acadia Park, UBC graduate student housing on the edge of the rainforests of Pacific Spirit Park.

Six years prior in 2005, I had moonwalked out of a national hosting gig on the CBC. “Hi, I’m Tetsuro Shigematsu. You’re listening to The Roundup here on CBC Radio One! Does that ring a bell? No? Well lemme tell you, every weekday my voice was heard from coast to coast by over a million weekly listeners. These days of recording an audio clip that got played on the radio, and then BANG! I was thrust into the world of Canadian broadcasting.

Inheriting The Roundup radio program from the Mozart of Canadian broadcasting, the Great Bill Richardson, was an incredible honour, but as someone who was not of art school, I found the day-to-day low level of creativity that the position demanded, like crafting witty promos, was slowly killing me. Don’t get me wrong. Meeting fascinating people who sat across from me over the console was brilliant, but as they waltzed off to their next adventure – another concert, another movie, another space mission – I’d often feel like over the console was brilliant, but as they waltzed off to their next adventure – another concert, another movie, another space mission – I’d often feel like this illusion of success. As someone who gives the impression of having seen it all and done it all in Canadian arts and entertainment, I am sometimes asked for career advice. This question always makes me feel a bit proud. To think, that I could be so forthcoming at professing this illusion of success.

For more than 20 years, Tetsuro Shigematsu, MFA ’11, has been telling stories across an array of media. He is a writer, actor, performance artist, and the critics are raving.

Former CBC Radio broadcaster Tetsuro Shigematsu, a former host of CBC’s The Roundup.

For more than 20 years, Tetsuro Shigematsu, MFA ’11, has been telling stories across an array of media. He is a writer, actor, performance artist, and the critics are raving.
My dad died two weeks before our show opened. So he never did get to see it, which was actually kind of a relief, because Empire of the Son isn’t exactly a son’s glowing portrait of his dad. It’s an unflattering portrait of a complicated man, but it’s also an entertaining ride through the 20th century.

One of the things that makes our production of Empire of the Son special is our use of a live cinema camera. This is how Vancouver theatre critic Jo Ledingham described it in her review: “The best part is how inventively it is told... most innovative is his use of real-time videocam projections: a tiny paper boat in a dish of water projected as he squirts paint into a dish of clear water”.

I didn’t want to say, “I don’t know.” So when he began to ask questions about who they are, where they came from. And if they ever started asking questions about their grandpa, we never spoke with each other. In my whole life, I never had a single conversation with my dad beyond, “pass the soya sauce.” And I was fine with that, but now that I was a father, I knew that one day my kids would begin asking questions about who they are, where they came from. And if they ever started asking questions about their grandpa, I didn’t want to say, “I don’t know.” So when he began to die about a couple of years ago, I took it upon myself to record his stories. It was now or never.

Here’s something you might not know about my dad beyond, “pass the soya sauce.” He was actually kind of a relief, because Empire of the Son.*

Empire of the Son* was actually kind of a relief, because Empire of the Son went on to garner six Jessie nominations, including Outstanding Original Script, Outstanding Performance by an Actor in a Lead Role, Outstanding Production, plus the Critics’ Choice Innovation Award.

The show is being remounted at the Cultch in East Vancouver this November, before it tours across Canada, debuting at the National Arts Centre in Ottawa. I recently got a text message from my publicist Teresa Trovato letting me know that, as part of the promotional efforts, I’m booked to be a guest on Q on CBC Radio. So now I’m in the guest chair, and even though I don’t have dental insurance, and I’ll likely be renting for the rest of my life, so far I’m liking the view from here.

You can follow Tetsuro Shigematsu @tetsuro, shyguy.com, or on Facebook.com/tetsuro.

*Empire of the Son

Upcoming tour dates for Empire of the Son:

OTTAWA - National Arts Centre, November 21 - December 3, 2016
MONTREAL - Centaur Theatre, January 10 - 14, 2017
TORONTO - Factory Theatre, January 18 - 29, 2017
NEWFOUNDLAND - Artistic Fraud, 2018
CALGARY - High Performance Rodeo, 2018

<Tweetsuro>
INTRODUCING THE WALTER GAGE BOOK PROJECT

Walter Gage touched the lives of many students as a master professor, dean of Inter-Faculty and Student Affairs, and later as president of UBC. A number of UBC alumni have joined together to develop a book project to recognize the personal impact of Dean Gage on students, faculty members, and staff at UBC.

With your help we would like to collect stories, letters, and images to capture the essence of Walter Gage. The collection will lead to the publishing of a book.

To participate, go to the dedicated online website: waltergagebook.ubc.ca

If you would like to learn more, please email alumni@apsc.ubc.ca

On December 7, 1943, Frank Adams and other pilots were practicing take-offs and landings in twin-engine Anson aircraft. Adams and another pilot lost sight of each other and landed at the same time, with Adams’ plane sitting on top of the other. Neither pilot was injured. Adams also survived a crash two months earlier, when he stalled during pilot training in Canada, he went to Europe for a short time, and then the war was over. He returned to UBC and graduated with a degree in commerce. Adams turned 92 this summer and is still going strong and playing golf several times a week.

Celebrating the local by connecting communities to their water.

– celebrating the effect of local collaboration driven by passion for place, and encouraging Canadians to come together to plan for their water.

– Lorelie Druehl, M.C.E., SIU professor emeritus, received a 2015 British Columbia Community Achievement Award for his contributions to the village of Bamfield.

– Druehl lives in Bamfield, where he produces the local newspaper, The New Bamfylnder, and runs a sea vegetable business with his wife, Rae Hopkins.

– Druilin Leminges, 81, a chemist who has been in residence on Vancouver Island since 1975, has published a new book and UBC Press. Ecology of Salmonids in Estuaries around the World: Adaptations, Habitats and Conservation

– His book covers salmon, trout, and char species and has as an extensive reference list and a primer for citizen scientists. Author royalties are being donated to the Pacific Salmon Foundation. Leminges is an emeritus scientist with Fisheries and Oceans Canada in Westminster.

– Organized by the Canadian Water Network, yours to protect: a primer on planning together.

– Professor Emeritus John M. MacKenzie

– the iris hybridizer, was recently published his book Druehlia fistulosa, his dragoon kelp. He has concentrated throughout his academic life to the study of kelp, for which he had


– Frank Adams

– B.C. o.m.49

– played soccer for UBC. He contacted the current UBC soccer coach, Mike Mozer.

– very quickly a new sweaters were provided. Adams played one year at UBC (1942-1943) before going to war. After a couple of mirror but spectacular crashes during pilot training in Canada, he went to Europe for a short time, and then the war was over. He returned to UBC and graduated with a degree in commerce.

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They were all pursuing different majors but were united by their common experience as exchange students. After leaving UBC, the group met up for the first time in 2007—reuniting 15 people into a 40-square-metre Parisian apartment for a weekend—and have held reunions every other year since then. They call them their “T-Bird reunions.” Some of them have ended up in the same or related fields of work, and have even collaborated on professional projects. The group met in Brussels this year to celebrate 10 years of knowing each other. The group met in Brussels this year to celebrate 10 years of knowing each other. The group met in Brussels this year to celebrate 10 years of knowing each other.

Kevin, a master’s in Urban Studies from SFU, is a member of the group. Kevin is currently the deputy chief staff to the mayor of Vancouver. • Shirin Eskandani, BMus’06, is thrilled and honored to be making her Metropolitan Opera Stage debut next season (2016–2017) as Marie in Carmen. She’s still pinching herself. • Hana Labeeb, BMus’03, has founded Fresh Roots—a non-profit with the mandate “good food for all.” Using community gardens, the organization works with children and other community members to encourage healthy eating, sustainable farming, and community building. • Aaron Sanders, BMus’06, has been a fellow of the Association for Healthcare Philanthropy, the highest level of achievement in the field. Sanders has worked in philanthropic programs for both the BC Children’s Hospital Foundation in Vancouver and the SickKids Foundation in Toronto, and is currently development director for Toronto-based War Child Canada. • The Man in the Shadows, BMus’06, Adam Tomlinson’s, LTT, that premiered in competition at the prestigious independent film festival, Dances with Films. The film is a horror, based on shadow people and sleep paralysis. In the summer of 2015, Zee Shipley, BMus’06, studied model community-based efforts to preserve Bornean species along the Kinabatangan River in Sabah (East Malaysia) on the island of Borneo. Shipley, a SUN America member and Community Initiative Specialist at Clear Creek Middle School in Tualatin, Oregon, took the graduate course in pursuit of her master’s degree from Miami University’s Global Field Program. • Naomi Caissi, BMus’07, has founded NeuroFit BC, which offers specialized exercise classes for people living with Parkinson’s, including boxing classes. Caissi was featured on Global News and CKOM radio talking about the benefits of exercise for people with Parkinson’s, and why boxing is so effective at treating symptoms. Find out more at: www.neurofitbc.com • Mia Hart, BMus’07, has launched her debut young adult novel Queen of the Geppetto with Thistledown Press. Lydia finds herself unable to relate to her peers at school or to her new surroundings in rural Saskatchewan. To top it all off, her parents are constantly fighting and abandoning Lydia and her younger sister, Victoria, for days on end. Soon the sisters have had enough, and they decide to set out alone into the brutal Saskatchewan winter. • Christine Wilson, BA’11, has an independent publishing company in Vancouver, BC, called Rossetti Press.

Since leaving exchange studies in 2006, the group has been in regular touch with each other through a Facebook group. They have held reunions every other year since then. They call them their "T-Bird reunions." Some of them have ended up in the same or related fields of work, and have even collaborated on professional projects. The group met in Brussels this year to celebrate 10 years of knowing each other.
LEWIS HOWARD GREEN, BSc '49

Lewis Howard Green was one of the original members of the Geological Survey of Canada in the “Golden Age of Geology.” Lewis was born in Vancouver in August 1925 and died peacefully in Vancouver on November 11, 2014. His parents, Howard and Marian, both fathers who settled in BC before the coming of the railway! Lewis attended Lord Byng and went on to McGill. The war intervened, and he spent a year and a few months with the Black Watch regiment. In 1947 Lewis decided to switch to geology at UBC and completed his studies in 1949. Along the way he met Kathleen Montgomery, BSc '42, with whom he spent 64 happy years. The Greens had five children: Janet, 81; Barbara, John, Richard and Donna. The family moved to Whitehorse in the summer of 1962, when Lewis was appointed resident geologist for the Geological Survey of Canada. This opened a whole new world for all of us. While in the north, Lewis became very interested in mining history, publishing three books from 1977 to 2001. He was particularly skilled in interviewing old-time miners, whom he admired greatly. Later the family moved to Vancouver, where they spent 44 years at Balmoral and 51st. The family, including four grandchildren, and friends admired Lewis’ quiet humour and integrity. He was an inspiration to us all.

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Visit https://facultystaff.students.ubc.ca/triennial167 for more about the nomination process, or connect for more information through elections.information.ubc.ca / 604-827-0003
CALVIN OLIVER BARDAL, 83*P
cal passed away on April 20, 2015. He was born in Winnipeg on September 16, 1923. Cal proudly served as an officer in the Royal Canadian Naval Volunteer Reserve in WWII. Graduating from UBC as a forester in 1943, his career was spent in BC’s forest industry. His work culminated with a 15-year term teaching forestry and mathematics at the College of New Caledonia in Prince George. He retired to Kelowna and eventually to Victoria. Cal is survived by his wife, Shirley Margaret; children Harry (Joan Watkinson) and Beverly (Gerald Vandermerwe); four grandchildren; and nephew Paul Bardal.

MORLEY KOFFMAN, 83*P, LLB’52
Morley was born in Vancouver on March 11, 1930, at Vancouver General Hospital, where he died on July 26, 2015. He went to Lord Tennyson Elementary and Kelkano High, where he skipped two grades. Morley received his BA from UBC after three years and graduated from UBC law school in 1952, where he was the youngest in his graduating class. After law school Morley joined a firm with leading practitioners Harold and David Freeman. When he was 25, Morley became a name partner at the new firm Freeman, Silvers and Koffman, and immediately took on the responsibility of managing the firm. Thus began Morley’s decades of law firm management, a business firm. Morley was awarded the prestigious title of QC in 1986. Morley’s current firm, Koffman Kalef LLP, was created in 1995 by a number of the partners of Freeman and Company. Morley loved practicing law, and worked – even from his hospital bed at many times over the past few years – until just a few weeks before he died. For over 60 years, he advised prominent clients locally and internationally, including some of the most important entrepreneurs in the history of the City of Vancouver and the Province of BC. He was consistently referred to as a lawyer’s lawyer. He was notorious for his prodigious work ethic, arriving to the office most mornings before 6:00 am. He also served as a director of numerous domestic and foreign corporations. He is lovingly remembered by his wife and best friend of 57 years, Myrna Koffman; four children, Lor, Ted and Robert; his sister, Thelma; his children-in-law and eight grandchildren.

GEORGE C. SHAW, BA’51
George Charles Shaw, born April 20, 1926, in Winnipeg, died June 18, 2014, of complications from kidney stones, at his home in Halifas. His two daughters, Andrea and Cathy, son Matthew, and family, friends, and family, kind caregivers were at his side. He was predeceased by his wife, Christine, in 1977. George put himself through UBC with odd jobs, including some modelling in newspaper adds, for which he was teased mercilessly. His philosophy extended to his grandchildren, and he was especially pleased that few of his judgements were overturned. Mike loved life, including blueberries, every day. George took up painting at 80 and worked joyfully until his 90s. He also served as a part of Cranbrook family dinners hosted by his nieces, Marian, Joan and Jim-Pat and grand-niece Lisa. He loved independently and drove a car until he was 90. He was a man who loved life.
Eszter Somogyi was born in Turkei, Hungary. She was raised on a farm, where she developed her love for all God’s creatures. Her tender heart and love toward animals would continue throughout her life. Eszter’s studies at Sopron University were cut short when she and thousands of her countrymen left Hungary during the 1956 Revolution. Eszter came to Canada in 1957, completing her Bachelor of Science degree from McGill University. Her Tulanean Romanian variety was recognized by the Royal Horticultural Society with an Award of Merit and his Totem Strawberry received the Outstanding Cultivar Award from the Canadian Society for Horticultural Science. Throughout his career he sought to improve the genetic base of the cultivated strawberry and raspberry by utilizing indigenous species of the respective crops. Hugh was a Friend of the Garden (FOG) at the UBC Botanical Garden. He regularly contributed articles in the magazine Seeds of Diversity and the newsletter of the Native Plant Society of BC. Hugh enjoyed canoing (including several marathons) and hiking the life he described. The spark went out of his life. During his final months he reflected on dying his two greatest loves were family and Jesus Christ. He would tell you that his two greatest loves were family and Jesus Christ. He was a fellow of the American Society of Horticultural Science, from which he received the Wilder Silver Medal for fruit breeding (Himalayan treks) in his younger years, in addition to gardening, books, and family in Canada and Hungary. We will miss her dearly. Special thanks to Dr. John Havens, Dr. Crowley, and the staff of Fraserview Intermediate Care and long term care. In lieu of flowers please donate to the Alzheimer Society of Canada.

DARYL DUBPERNELL DICKMAN

Dwight (Daryl Dubperrnell) was born on February 15, 1943, in Watertown, CT, and passed away on July 7, 2021. Dwyt married Mike Dickman, MCM, in 1962, and in 1965 they moved to Canada to attend UBC. They lived on campus in a plywood row house on Mustang Avenue, or originally constructed for soldiers returning to Canada after WWII. Dwyt was used to roughing it and was always happy. She did everything in top of her class in library science and was offered a job as a librarian at UBC’s Sedgefield Library. This started Dwyt on a long and rewarding journey of helping students. She did everything in top of her class in library science and was offered a job as a librarian at UBC. Carleton University and Brock University. In St. Catharines, ON, Dwyt was an active member of PENS and LACAC, which involved in local planning and heritage issues respectively. In August 2021 Dwyt retired from the Brock University library. She passed away on January 24, 2014, on Galiano Island. She arrived in Montreal as a wee lassie, married Paul Wisnicki, a former aeronautical structural engineer in the Priates to remember, of whom they moved to Vancouver, where she became the second female member of the Architectural Institute of BC and worked as an architect with the prestigious firm of Sharpe, Thomson, Berwick, Pratt. Somehow she also found time to start a family, with the twins Nina and Michael arriving in 1965, followed by Julia in 1969. In 1965 she began a career as a lecturer and assistant professor at UBC's School of Architecture. In 1965 she married Paul Wisnicki, a former aeronautical structural engineer in the Priates to remember, of whom they moved to Vancouver, where she became the second female member of the Architectural Institute of BC and worked as an architect with the prestigious firm of Sharpe, Thomson, Berwick, Pratt. Somehow she also found time to start a family, with the twins Nina and Michael arriving in 1965, followed by Julia in 1969. 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Describe the place you most like to spend time. The beach.

What was the last thing you read? The Glass Castle

What or who makes you laugh out loud? My sons: five-year-old Jordan and Braden, one. She likes Jennifer Aniston, but other than our oversized noses, I don’t really see a resemblance.

Which famous person (living or dead) do you think (or have you been told) you most resemble? I would like to be able to sing. I’d settle for being able to sing Happy Birthday.

If you could invent something, what would it be? I would have filled it with potato chips and mini bottles of wine if it was for me. I would have filled it with potato chips and mini bottles of wine if it was for me. I would have filled it with potato chips and mini bottles of wine if it was for me.

What is your latest purchase? My flip flops. Is that gross?

What is your pet peeve? Slow drivers.

What is the most important lesson you ever learned? Whatever life brings your way, small or big, take advantage of a range of insurance options at preferential group rates.

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