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UBC REPORTS

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Highlights of UBC media coverage in October 2012

Heather Amos

West African seahorse video

National Geographic, the *Daily Express*, *Orange News*, and *CBC News Now* posted the first-ever footage of the West African seahorse.

The video of the seahorse, taken off the coast of Senegal, comes courtesy of Project Seahorse and a joint research investigation between UBC, Imperial College London, and the Zoological Society of London.

“Our fieldwork — the first ever study of this species — is revealing the fishing and trade pressures they face, and how populations can be sustained,” said **Amanda Vincent**, the co-founder and director of Project Seahorse and associate professor at UBC.

Fish getting smaller as the oceans warm

Climate change could lead to smaller fish in the future according to new research on the world's oceans by fisheries scientists at UBC.

The study, featured in *The Guardian*, *The Independent*, *The Telegraph*, and the *Toronto Star*, used computer models to study more than 600 species of fish. Researchers found that the body weight of fish could decline by 14–20 per cent between the years 2000 and 2050.

“The unexpectedly big effect that climate change could have on body size suggests that we may be missing a big piece of the puzzle of understanding climate change effects,” said the study's lead author **William Cheung**.

Maternal depression affects language development in babies

A UBC study found that infants' language development was altered for babies born to mothers with depression, and for babies born to mothers treated with antidepressant drugs, reported *CNN*, *LA Times*, *South China Morning Post*, *Fox News*, *Globe and Mail* and many others.

Psychology professor **Janet Werker** found that babies of mothers who took a class of antidepressants known as selective serotonin reuptake inhibitors (SSRIs) during pregnancy, show signs of early language development. Babies of mothers who were not treated showed signs of delayed language development.

Iron fertilization project

UBC experts commented on a controversial project to revive salmon populations by dumping 100 tonnes of iron sulphate into the Pacific Ocean to boost nutrient levels and plankton.

Maite Maldonado, a biological oceanographer who specializes in the impact of trace minerals on ocean life, **Timothy Parsons**, a professor emeritus in the Department of Earth and Ocean Sciences, and **Villy Christensen**, a professor at the Fisheries Centre, discussed the project with *NBC*, *Globe and Mail*, *CBC*, *Huffington Post*, *Times Colonist* and others.

Cyberbullying

Jennifer Shapka, **Shelley Hymel**, **Elizabeth Saewyc**, and **Martin Guhn** provided expert commentary to *United Press International*, *Global National*, *Toronto Star*, *CTV*, *Vancouver Sun* and others, about bullying, cyberbullying and what can be done to prevent it.

“To blame suicide on bullying is, I think, overly simplistic, because there's usually a lot of factors that contribute so that a child gets to the point where... they just feel totally helpless,” said **Hymel**, a professor in the Faculty of Education, to *CBC The National*.

Beef recall

Maclean's, the *Globe and Mail*, *Global*, *CBC*, the *National Post* and others wrote about a massive nationwide recall of beef that was contaminated with *E. coli* O157:H7.

Kevin Allen, an expert on food microbiology, spoke about food safety, foodborne illness, and food processing. Microbiologist **Brett Finlay** talked about an *E. coli* vaccine for cattle that could prevent massive beef recalls. **Jim Vercauteren**, a professor of food and resource economics, discussed issues around regulations for safer food.



Bob Frid Photograph

Playing with the pros

TBirds get a taste of NHL big time with ‘Bieksa’s Buddies’

Wilson Wong

Three UBC Thunderbird goalies take on NHL player **Aaron Volpatti** in a shootout during the Bieksa's Buddies charity hockey game.

From being photographed with celebrities to battling the professionals they normally watch on TV, Wednesday Oct. 17 was a night unlike any other for members of the UBC Thunderbirds men's hockey team.

In front of 5,000 fans at the sold out Doug Mitchell Thunderbird Sports Centre, the Thunderbirds got to skate and score for charity against Bieksa's Buddies, a team of National Hockey League players and local celebrities, led by Vancouver Canucks defenceman Kevin Bieska.

But the 8-7 score for the pros and the \$200,000 raised are not the whole story. It's the experience itself that was priceless for the young TBirds.

Kraymer Barnstable played in goal for UBC for part of the game, stopping all seven shots he faced, including one on Manny Malhotra on a 2-on-1.

“This game rates right at the top of my career because it was such a cool experience to be able to play for the charities and to play with the professional guys we've been practicing with,” said Barnstable. “I'll probably never experience anything like that for the rest of my career. It's definitely a great memory.”

UBC did have one player with NHL experience. On Jan. 20, 2011, goaltender Jordan White dressed as an emergency backup for the San Jose Sharks against the Vancouver Canucks.

“During the San Jose game, I never saw any action so tonight, being able to make saves on the Sedins and company was very satisfying,” said White. He stared down 2010 NHL Most Valuable Player Henrik Sedin on the first shot he faced on the night and made the stop.

UBC head coach Milan Dragicevic thinks his program will benefit in other

ways from facing NHL players.

“We practiced with these guys a few times and our guys picked up some tips,” said Dragicevic. “Any time you play against teams that really move the puck like they do, you're going to get better.”

An added thrill was Michael Bubl's visit to the TBird dressing room after the second period. He posed for a photo with the team, no doubt making amends for mocking their iconic jerseys before the game.

Several local hockey greats also dropped in on the team: former Vancouver Canucks player, coach and general manager Pat Quinn; original Canucks captain Orland Kurtenbach, hall of fame broadcaster Jim Robson and UBC legend Mickey McDowell.

The game helped raise \$100,000 for three charities, Canuck Place Children's Hospice, the Canucks Autism Network

“I'll probably never experience anything like that for the rest of my career. It's definitely a great memory.”

and the Canucks Family Education Centre. Vancouver singing superstar Bubl matched that amount, bringing the total to a whopping \$200,000.

And what about the game itself? Bieksa's Buddies led 3–2 in the first period before the Thunderbirds scored five goals in a row, including four in the second period. Ben Schmidt and Nate Fleming each scored twice for UBC.

In the third period, though, the professionals took over, dominating the final 20 minutes of play and scoring five times.

The action ended with a 20-man shootout. The final shot saw UBC put all three of their goaltenders—Barnstable, White, and Steven Stanford—in net to prevent Canucks forward Aaron Volpatti, from scoring.

After all that hoopla and glamour, the Thunderbirds are back on focus—aiming for the University Cup national championship, which runs March 14–17 in Saskatoon, Sask.

UBC's final home games of the first half will take place Nov. 30–Dec. 1 against Regina at the Doug Mitchell Thunderbird Sports Centre. ●

Fans can find full information on UBC home games at gothunderbirds.ca.

Food Security: an urgent issue for B.C.

Lorraine Chan



Asst. Prof. **Hannah Wittman** harvests fall produce from UBC's Orchard Garden with **Will Valley**, a UBC doctoral student and co-operative urban farmer.

At the Faculty of Land and Food Systems, Asst. Prof. Hannah Wittman studies how small-scale, sustainable farms can survive and prosper in a globalized food economy.

With food recalls on the rise for E. coli, salmonella or listeria contamination, the question of food sovereignty is an urgent one, says Wittman, who is also appointed to UBC's Institute of Resource, Environment and Sustainability.

"Food sovereignty refers to the ability of communities and regions to control their food systems. This includes markets, modes of production, and natural resources," explains Wittman, who grew up on a farm in Idaho, her parents third-generation farmers.

She notes that B.C. has the most diverse agricultural landscape in Canada. "There are internationally recognized wineries

and fruit orchards in the Okanagan, expansive grain farms in the Peace River and highly productive market vegetable operations in the Lower Mainland."

However, the province is not food self-sufficient. Over the past 30 years, B.C. has seen a major increase in the production of crops for lucrative export markets such as cranberries, blueberries and hothouse vegetables. But B.C. still imports about 45 per cent of its food, with 60 per cent of those imports coming from the U.S.

In 2006, the B.C. Ministry of Agriculture and Lands estimated that about 0.5 hectare of farmland is required to sustain one person for one year. To produce a 100 per cent self-sufficient and healthy diet for the projected population by 2026, B.C. would need to have 2.78

million hectares of agricultural land in food production—a 300 per cent increase from 2001 levels.

"This is well within our grasp," asserts Wittman, whose international research focus includes agrarian reform settlements in rural Brazil and community-based resource management in Guatemala.

"B.C.'s Agricultural Land Reserve covers approximately 4.7 million hectares, much of which is currently underutilized for food production oriented to local and regional markets."

Challenges faced by small-scale farmers, however, include spiraling land costs, expensive equipment, labour shortages and the absence of established policies and coordinated distribution systems to get products to B.C. consumers.

To explore solutions, Wittman is

working with a non-profit, B.C.-based organization that provides education and networking opportunities for small-scale farming as well as new models for preserving agricultural land.

Founded in 2006, the Community Farms Program provides support to new farmers and communities seeking alternative approaches to implementing food sovereignty. These include facilitating the development of long-term leases on public, cooperative and community-owned land.

"The idea is to get land into the hands of new, enthusiastic farmers eager to connect urban consumers to the source of their food."

And once on their farms, many are turning to co-operative ventures and diversified business strategies to



pool resources and reduce overhead, says Wittman.

"For example, two farmers in Abbotsford are leasing one farm. Together they offer a vegetable market garden, a fruit orchard, chickens, bees and goats."

Of B.C.'s 19,759 farms, 83 per cent are small-scale operations and 16 per cent are classified as organic farms—the largest percentage in Canada.

"I'm very optimistic. B.C. is one of only two provinces where the number of farmers increased in the last five years, while there was a 10 per cent decrease in farmers at the national level."

Similarly, consumer demand for locally produced food has fueled a growth in farmers' markets, which currently contribute more than \$3 billion to local economies across Canada. ●

"B.C. is one of only two provinces where the number of farmers increased in the last five years."



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The perils of putting off pregnancy

Heather Amos

And they lived happily ever after. So many young lovers picture their future as a fairy tale, falling in love, setting up house—and when they're ready, simply getting pregnant. Few couples are prepared for the realities of fickle fertility.

"In the media, you see celebrities getting pregnant and having babies later in life—into their mid 40s and even 50s," says Judith Daniluk, a professor of counselling psychology in the Faculty of Education. At this age, most women are not using their own eggs: "You're not getting the full story and this is driving a lot of misperceptions." Daniluk is an expert in women's sexual health and reproduction; as a counseling psychologist she works with men and women who are dealing with fertility decisions and challenges. She says many are surprised that getting pregnant, especially later in life, can be so difficult. Not surprisingly, people are turning to the Internet for health and fertility answers. Unfortunately much of the information found online is by fertility clinics promoting their services. Daniluk wanted to create a website with accurate, impartial and easy to understand information.

Myfertilitychoices.com provides men and women with information about fertility, readiness, decision-making, relationships and more. Users can also share their personal stories or ask an expert their burning questions—reproductive, medical or mental health specialists post answers to the site. "We wanted people to have the information they need so they can know their options. It is about empowerment," she said.

Before launching Myfertilitychoices.com, Daniluk and PhD candidate Emily Koert surveyed childless Canadian men and women to assess their knowledge of fertility and assisted human reproduction. They found that most Canadians knew only a few basic facts about fertility. Although most of the 3,345 women and 599 men surveyed knew that fertility decreases with age, a significant majority incorrectly believe that good health and fitness is a better indicator of fertility than age. Most women and men are also incorrect in their belief that until menopause, reproductive technologies like in vitro fertilization

(IVF) can help them get pregnant. The survey also showed that few people realize the cost, health implications and limitations of IVF treatments. Both men and women did not realize that a man's age is an important factor in a woman's chances of getting pregnant.

Koert, a doctoral student in counselling psychology and a MyFertilityChoices.com website and content manager, wasn't surprised by the survey results—she has heard these things from both her peers and her clients. Koert works with individuals and couples that expected to have a family

"Many women who delay childbearing are devastated when they reach the end of their childbearing years and have been unable to become a mother."

and are coming to terms with the fact that they won't be able to get pregnant. The most common things she hears is: "But I didn't know" or "I thought I had more time." Koert says women have little access to accurate information about fertility. Many don't know how to talk to their partner about wanting to have children, or find themselves with a partner who is unwilling to have children. Koert says the grief and loss that these women feel made her want to get involved in the website project.

"Many women who delay childbearing are devastated when they reach the end of their childbearing years and have been unable to become a mother," said Koert. "They often feel a sense of powerlessness in being able to create the right circumstances to have children."

Since the website launched in mid-June, it has been visited more than 7,500 times, and has had over 49,000 pages viewed by people in 116 different countries. The most popular post so far is about men having children after the age of 50. ●

Top three fertility myths

Myth

Men's age is not an important factor in a woman's chances of getting pregnant.

Truth

Men's sperm can become less viable once they reach their mid-40s. Recent research suggests that children born to older fathers are at greater risk of having learning disabilities, autism, and some forms of cancer.

Myth

A woman's health and fitness are better indicators of fertility than age.

Truth

A woman's age is one of the MOST IMPORTANT factors in determining a woman's ability to get pregnant. A woman's eggs are as old as she is.

Myth

Reproductive technologies like IVF can help most women get pregnant until they reach menopause

Truth

IVF cannot fully compensate for age-related fertility declines. The chances of a woman having a child with her own eggs after the age of 44 are under two per cent. You might consider 'stopping the clock' by freezing your eggs before your mid-30s.



Eugene Lin Photograph

University Librarian **Ingrid Parent** believes the future of libraries will depend on global collaboration.

A university library for the 21st century

Lorraine Chan and Linda Ong

Academic libraries worldwide are facing rapid technological change and seismic shifts in how users access information and create knowledge in the digital age. Old models are no longer sustainable. Libraries must re-think the future. UBC Library has announced a number of collection and service consolidations at various campus branches and sites. The process started in May 2012 and will continue to 2014.

University Librarian Ingrid Parent discusses with UBC Reports how these changes will allow the Library to strengthen its position as a valued partner in research, teaching and learning on campus.

As the President of the International Federation of Library Associations and Institutions, Parent brings a unique global perspective on the changes unfolding at UBC and elsewhere.

What are the challenges facing UBC Library and other research libraries around the world?

The same services and models that worked for research libraries a decade ago need to be re-imagined for today's users. Loans of physical items are decreasing, for example, while the use of electronic resources continues to rise. More than 70 per cent of UBC Library's collections budget is now focused on e-resources, compared to 25 per cent about a decade earlier.

Budgets are under pressure; services need to be consolidated; collections are increasingly going digital. We have to deal with these in a fiscally responsible manner that ensures the sustainability of the Library.

The role of librarians has evolved greatly. Along with their archival and information expertise, librarians are now also curators, publishers, authors, instructors and information specialists. They work closely with campus partners to integrate library resources within virtual learning environments. They're using state-of-the-art digital tools to instill information literacy and knowledge management skills.

What are the economic factors?

We have to balance our budget, something we share with all campus departments and as a public sector institution. We have made some difficult choices on how to proceed given these pressures, from combining services and collections, to physical branch closures, to staffing decisions.

Libraries also need to be more nimble in responding to changes from the campus. For UBC, these factors include the rise of campus learning hubs and precincts, the creation of new departments or schools, and issues such as open access and copyright.

What are the earmarks of a 21st-century library?

We're focusing on providing digital tools and collections that support knowledge creation and collaboration among researchers and students. We're implementing a comprehensive digitization program to provide unlimited online access to materials of research and teaching value.

UBC Library is building capacity to develop and promote open access and open source methods and tools. As well, the Library is sharing expertise on new publishing models, intellectual property and rights management.

Collaboration is key. Libraries have always been good at that, but they are entering an era of deep and pervasive interdependencies – with each other and with the communities around them. The future of libraries and library "values" in the digital world will increasingly depend on us working together at the international, regional, national and local levels.

Can you describe the digitization efforts underway?

The Library invested in a digitization unit as one of our key strategic priorities two years ago. Their work provides a virtual gateway to the Library's collections of stories, histories and archives. But their expertise can also be shared with the larger community. We have been working with First Nations groups who want to digitize their written and oral information as a way to preserve their history and future. It is but one example of how library expertise, combined with cultural heritage, can have a profound impact on community groups.

What will UBC Library look like in 2025?

Users will place more demands on seamlessly accessing the Library through technology. In some educational institutions, students are already downloading the library catalogue with their smartphones. Campus space will continue to evolve with the influence of the university's campus plan and more specialized use of existing spaces.

The Library actively partners with faculty in curriculum design, teaching critical thinking, digital literacy and information fluency. It also develops and integrates library teaching programs more fully within the curriculum.

How will this benefit users?

Researchers, students and the public increasingly want more than "read only" access to content. Students also want to reuse, mash up, data mine and integrate diverse data sources.

Students and faculty can expect to see librarians working alongside them in research labs, at the hospitals, in the field and in the classroom as they become more and more embedded into teaching, learning and research on campus.

How is UBC Library collaborating with stakeholders as these changes occur?

We encourage feedback as implementation begins with a number of the Library's changes. This could include informal and formal meetings, research provided from working groups and committees, and discussions held with university administration. We understand that the changes impact some faculties more than others; we remain committed to working with them to develop new models. ●

A video interview with University Librarian Ingrid Parent can be found at library.ubc.ca

Vij's Kitchen spices up UBC

Lorraine Chan and Jennifer Honeybourn



Martin Dee Photograph

Vikram Vij shares his love of good produce with UBC dietetics student Whitney Hussain.

Vikram Vij has shared Indian recipes and cooking techniques with countless people over the years through his cookbooks and classes. Now, Vancouver's celebrity chef is lending his name—and teaching talents—to UBC.

"I'd love to see the creation of a course geared towards multicultural cuisines. I believe when you eat food from all over the world, you become more tolerant towards other human beings," says Vij who contributed \$250,000 for the extensive makeover of a UBC culinary lab originally built in 1982.

The facility, now called Vij's Kitchen, is located on UBC's Vancouver campus in the Food, Nutrition and Health Building on East Mall.

The renovated lab provides a vital learning space for basic food theory,

food preparation in a domestic setting and multicultural culinary exchange, says LFS Prof. Gwen Chapman, associate dean, academic.

"In addition to the basic skills, the goal is to provide dietetics and home economics students the opportunity to explore diverse cuisines," says Chapman, who is also the director of the Food, Nutrition and Health (FNH) program. "Students familiar with Asian traditions will learn Western cooking techniques and vice versa.

Comprising six kitchen stations and a demonstration kitchen, Vij's Kitchen has new audiovisual equipment. This allows for filming, videoconferencing and distance education, such as a recent course on healthy food ideas for childcare providers in Aboriginal communities. The majority of students using the

lab are dietetics students who are making dishes as varied as fruit pies, and butternut squash soup. Later this month, Whitney Hussain, a fourth-year dietetics major, will also be using the facility to cook a five-course meal for 100 guests as one of the volunteer chefs for the annual LFS fall harvest community dinner. Prepared and served by students, the semi-formal dinner costs \$45–\$35 for students—and includes wine and beer. "We're going to make coq au vin and vegetarian nut loaf for our mains and finish with poached pears in wine," says Hussain. "We want to source all our ingredients locally."

The prospect of making a huge, complex meal is exciting, she says, adding, "I really like the fact that the labs have a large selection

"For years, I've been sourcing organic produce and herbs from UBC Farm for my restaurants."

of modern kitchen equipment that is accessible to FNH students. It allows us to transfer the theory we learn in class to the practical setting."

Other users of Vij's Kitchen include UBC Continuing Studies, which offers a series of regional cuisine courses such as Chef Eric's French cooking classes, and UBC Food Services which gives in-service training to chefs. A student cooking club also convenes twice a month.

"As far as I know, this is the only place on campus where there are group cooking facilities that can be

used both for communal cooking and education around food theory and food preparation," says Chapman.

Vij says his involvement with the culinary lab underscores a longtime connection to UBC. His wife, Meeru Dhalwala, helped to found the annual Joy of Feeding celebration of ethnic home cooking which takes place in June at UBC Farm.

"For years, I've been sourcing organic produce and herbs from UBC Farm for my restaurants. I also support UBC's mandate to educate global citizens and to provide leadership for sustainable, urban farming." ●

Good food. Good grades.

Heather Amos

Steve Golob knows what his clients want: Fast, nutritious, local, sustainable, internationally diverse comfort foods. Feeding students in residence dining rooms is a worthy challenge for his talents.

"Healthy stomachs lead to healthy minds and healthy marks," says Golob, residence chef at UBC's Place Vanier dining hall, which serves about 3,000 meals to students daily.

"UBC was the first university in British Columbia to join the Farm to Cafeteria initiative."

Golob wants students to think about the food they eat. Healthy foods keep students alert in class, help fight off illness and are important for maintaining a positive outlook on life.

To draw attention to that essential connection, UBC Food Services will be hosting an event during Thrive, UBC's annual mental health awareness week, to present healthy food options and explain how food can impact mental wellbeing.

Golob is quick to point out that students want to eat healthy too—the salad bar and the stir-fry station are Vanier's two busiest spots. And there is a big emphasis on everything local.

"Is it local and is it fresh? This is it what we've been hearing for the past few years—at UBC, from our colleagues at other schools, from hospitals, hotels, everywhere," he explains.

Last year, UBC Food Services purchased about \$10,000 of produce from the UBC Farm—a figure they are on track to surpass this year. In total, 50 per cent of UBC Food Services food is grown, processed or produced within 150 miles of the campus.

"We're located right next to the UBC Farm, it would be criminal not to use their fresh produce."

Six years ago, none of the farm's produce was used by UBC Food Services. Golob has been a big part of this transformation, working with the Faculty of Land and Food Systems (LFS) and professor Alejandro Rojas and making it a priority to source local food, from the Farm and other producers.

Today, UBC is recognized as a leader in this area. It was the first university in British Columbia to join the Farm to Cafeteria initiative, a network that brings healthy, sustainable and local food to schools, universities and hospitals.

Now Golob and LFS students are spreading the message to the community. They frequently work with schools in B.C. to help kids and teachers discover the healthy meals that can be made with local ingredients

Martin Dee Photograph



Food for life: Chef Steve Golob makes the connection between healthy stomachs and healthy minds.

through the Think&Eat Green @School project. Golob also teaches kids cooking skills using only healthy recipes with the Sprouting Chefs program.

And that's not all. Golob is about to start his own CiTR show to get folks thinking about where their food comes from. His soup creations—made with local and in season vegetables—are posted daily to the SoupScoop blog, run by one of his biggest fans.

There's no hiding Golob's passion. "UBC is a living lab. It is our job to figure out how to do this right and then to educate our students and the community." ●

To check out some of Golob's creations, visit: soupscoop.wordpress.com/

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Martin Dee Photograph

Prof. **Stephen Sheppard** is developing a video game to demonstrate the possible effects of climate change on the city of Delta.

It is 2030 and rising ocean levels are threatening to flood low-lying Metro Vancouver neighborhoods.

Welcome to Future Delta, a new videogame created by UBC researchers to help the citizens of Delta, B.C. reduce their carbon footprint and prepare for climate change, including major flooding risks related to global warming.

In November and December, the researchers will begin presenting a prototype game to schools, city staff, gaming experts and community groups. They want to gather ideas to help make a 2.0 version of the game entertaining and engaging enough to inspire learning and action.

The project is led by UBC Prof. Stephen Sheppard, an expert on visualizing climate change and director of UBC's

Collaborative for Advanced Landscape Planning (CALP). Sheppard says it will be the world's first videogame to immerse citizen-players in an interactive, virtual version of their own real-life city, allowing them to explore future possibilities using the best available scientific data on the regional climate.

"Videogames can help to inspire and engage people on important issues, if they are compelling enough," says Sheppard, whose dramatic computer-based visualization of local flooding risks and potential solutions immediately turned heads at Delta City Hall. "We want to reach folks who don't typically participate in city-planning processes —young people and others who are concerned about climate change but don't know how to engage,

or are too busy to attend open houses." Players take the role of the mayor of Future Delta, racing to stave off flooding before the city runs out of energy. Players must reduce the city's carbon footprint and manage resources by investing in clean energy (solar, wind, geothermal), creating denser, greener neighborhoods, growing food locally, and expanding public transit, electric vehicles and bike lanes. To prepare for rising oceans, players can build floating homes and raise dykes.

"For communities to take action on climate change, citizens need to be on board," says Sheppard, adding the video is part of a series of CALP computer-based visualizations that has produced low-carbon converts across B.C., including North Vancouver,

Players take the role of the mayor of Future Delta, racing to stave off flooding before the city runs out of energy.

West Vancouver, and Kimberley. "For this to happen, greater understanding of trade-offs and climate-friendly practices is needed."

UBC Prof. Aleksandra Dulic, a digital media expert making Sheppard's visualizations interactive, says the

project shows the vital role the arts can play in communicating science. "Scientists are great at making discoveries, but not always good at communicating their findings in inspiring ways—particularly for something as big and complex as climate change," says Dulic, director of the Centre for Culture and Technology on UBC's Okanagan campus. "This is where other disciplines, from artists to psychologists, can help to communicate science in more meaningful and inspiring ways."

Sheppard and Dulic expect the videogame to be available in 2014, thanks to funding from SSHRC. They expect the game to dramatically improve with design help from the schools and Island stakeholders this winter. "We've created

an interactive, virtual representation of Delta, with a series of science-based climate scenarios," says Sheppard, who calls Delta a Canadian leader in climate change adaptation. "Our next focus will be the game elements—the story, the rewards—making it as fun and interactive as possible. We are excited to hear people's ideas, especially from high school students." ●

Play an early version of the game and learn more at: futuredelta.ok.ubc.ca. Project collaborators include Sheffield University's Olaf Schroth and Simon Fraser University's Steve DiPaola.

The guide to visualizing climate change

November marks the local launch of Stephen Sheppard's new book *Visualizing Climate Change: A Guide To Visual Communication of Climate Change and Developing Local Solutions*. A powerful review of global warming and climate-friendly practices, the book outlines tools for communicating climate science and future scenarios visually, from dramatic computer-generated images and interactive maps to videogames. Many of the techniques were pioneered and tested at Sheppard's lab at UBC's Collaborative for Advanced Landscape Planning.

The book, published with support from UBC's Peter Wall Institute for Advanced Studies, provides an important new resource for communities, action groups, planners, educators and in engaging citizens and students, building awareness and accelerating action on one of the world's most pressing issues: climate change.

Visualizations will be demonstrated at the book's launch on Nov. 15 at UBC's Centre for Interactive Research on Sustainability.

To attend or learn more, visit: www.sala.ubc.ca.



Unpaid and invisible: Canada's young caregivers carry a heavy burden

Basil Waugh

Kai Bighorn missed out in the normal teenage life while caring for his sick father.



Martin Dee Photograph

NOMINATIONS NOW OPEN

2013 UBC Library INNOVATIVE DISSEMINATION OF RESEARCH AWARD

Recipient announced at the **Celebrate Research Week Gala** in March 2013.

Award: \$2,000
Deadline: November 26, 2012

For eligibility criteria, visit scholcomm.ubc.ca

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FACULTY OF ARTS UBC KILLAM TEACHING PRIZES

Once again the University is recognizing excellence in teaching through the awarding of prizes to faculty members. Up to six (6) prize winners will be selected in the Faculty of Arts for 2013.

Eligibility is open to faculty who have three or more years of teaching at UBC. The three years include 2012 - 2013. The awards recognize distinguished teaching at all levels; introductory, advanced, graduate courses, graduate supervision, and any combination of levels.

Members of faculty, students, or alumni may suggest candidates to the head of the department, the director of the institute/school, or chair of the program in which the nominee teaches. These suggestions should be in writing and signed by one or more students, alumni or faculty, and they should include a very brief statement of the basis for the nomination. You may write a letter of nomination or pick up a form from the Office of the Dean, Faculty of Arts in Buchanan A240.

The deadline is 4:00 p.m. on January 11, 2013. Submit nominations to the department, school or program office in which the nominee teaches. Prize winners will be announced mid-April, and they will be identified during Spring convocation in May.

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When Kai Bighorn was in high school, he spent more time counting pills for his dad than doing "normal teenage things."

Bighorn's toil as a teenage caregiver started gradually, but ended up a full-time responsibility as his father's heart failure led to complications such as severe diabetes, visual impairments and a life-threatening infection.

"It was emotionally and physically draining," says Bighorn, now 28, who quit part-time jobs to become his father's primary caregiver. "I feel incredibly lucky to have been so close to my dad before he passed—but I also feel like I missed out on part of my youth," says Bighorn, whose caregiving increased when his father's homecare program fell through.

Bighorn's experience is typical of a young caregiver, says Prof. Grant Charles, UBC School of Social Work. This is a largely invisible group of young

Canadians who, for a variety of reasons, end up providing significant caregiving support to their families – both unpaid and outside the healthcare system.

"For the most part, these kids are slipping under the radar," says Charles. "They play this crucial role in society, but we are not recognizing their work, or supporting them adequately. It is important that we help to reduce the negative outcomes of these situations, while increasing the positives for the young person and their families."

Charles recently led the first study on young caregivers in Canada (aged 12-17), which included a survey of students in a Vancouver high school. The research team, which included Tim Stainton and Sheila Marshall, found that a surprisingly large proportion of students—12 per cent—identified themselves as significant family caregivers.

The study also included interviews with 50 former young caregivers, many of whom reported positive aspects of the experience, including stronger family ties and a sense of pride and accomplishment. However, there were also many potential negative outcomes: isolation, stress, depression, and adverse social, educational and employment impacts. According to Charles, negatives outcomes are most likely with youth caring for family members with severe mental or physical conditions over prolonged periods.

Published by the Vanier Institute of the Family, the study is an important first step in determining the size and nature of the issue in Canada. The next step is an adolescent health survey in 2013 that will ask all B.C. high school students young caregiver questions, thanks to Charles' efforts. Whatever the eventual figure is, he says the issue is bigger than

A surprisingly large proportion of students—12 per cent identified themselves as significant family caregivers.

most people think. Australia, for example, calculates young caregivers' value to its health care system at a whopping \$18 billion annually, he says.

Charles says greater awareness and support for young caregivers—areas where Canada lags far behind other nations – can dramatically reduce the likelihood of potential negative outcomes. "We need to do a much better job recognizing the issue—from government and schools to the health care system," he says. "We can help to reduce the incredible stress and isolation that young caregivers face by acknowledging the important role they are playing helping their family navigate the gaps in our healthcare system."

Charles points to the United Kingdom, which offers a national program for young caregivers, including training, counseling and social opportunities. In contrast, only a handful of grassroots programs exist in Canada, including one in Niagara Falls, Ont. and another in Duncan, B.C., where Charles and Bighorn serve as advisors.

"It blew my mind when I learned there were other young caregivers in my community—I really thought I was the only one," says Bighorn, who helped to create a series of online resources for the Cowichan Family Caregivers Support Society, including a documentary that he has presented to government, schools and the local

community. "Just getting to enjoy a meal together and listen to other people's experiences really helped me," he says.

"The time I spent caring for my father, I will cherish forever," says Bighorn, who put off university to care for his father. "But it was also a big job. Looking back, I really wish I had access to advice from people who knew what I was going through. So that's what I am trying to do now. I want to raise awareness to help other young caregivers out there." ●

Watch "Ending The Silence," a documentary by Bighorn and other youth caregivers: vimeo.com/15647694. View the study: www.vanierinstitute.ca.

UBC Staff Pension Plan Election

The UBC Staff Pension Plan is currently holding an election for two directors, who upon election will serve four-year terms on the Pension Board. Election packages were mailed to members on Wednesday, October 31, 2012. Voting closes at 11:59 p.m. on Tuesday, November 27, 2012. If you have not yet received your election package, you may contact the Pension Office by phone at 604.822.8100. Election results will be announced on the Plan's website at www.pensions.ubc.ca/staff on Tuesday, December 4, 2012.



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Students help a B.C. community ditch the car

Jody Jacob



Jody Jacob Photograph

From left to right **Alex Schuirmann, Luke Friesen, Sandra Iroegbu, and Cody Marwood.**

How to coax residents from a Vernon, B.C., neighbourhood to park their cars and get active is the problem facing four students in the School of Engineering at UBC's Okanagan campus.

The initiative—supported by UBC's Okanagan campus, Interior Health, and the City of Vernon—will see students develop a Vernon Neighbourhood Active Travel Plan for East Hill Residents. Active travel focuses on walking, cycling and transit as a primary means of transportation.

“Vernon is a highly automobile dependent community, with most trips taken via single-occupant vehicles.”

“Vernon is a highly automobile dependent community, with most trips taken via single-occupant vehicles,” explains Gord Lovegrove, associate professor in the School of Engineering at UBC's Okanagan campus and project supervisor. “If this trend continues as Vernon grows, residents will experience increased traffic congestion, vulnerability to an increase in chronic diseases and obesity, decreased air quality, and increased greenhouse gas emissions.”

The City of Vernon is keen to tackle these issues head on and its Transportation Plan 2008-2031 focuses on transit, cycling and walking initiatives, setting the target for 2031 of 20 per cent of trips by foot or bicycle.

“This pilot project is expanding on the successes of City's previous planning, programming, engineering and infrastructure upgrades, says Wendy Majewski, Transportation Demand Management Coordinator with the City of Vernon. “We are very excited about the opportunity to work in partnership with Interior Health and UBC.”

Fourth-year engineering students Luke Friesen, Sandra Iroegbu, Cody Marwood and Alex Schuirmann will begin their work by surveying East Hill residents to develop a benchmark database of current travel modes, as well

as identifying barriers to active transportation.

Using the data and current research into active transportation models that have been successful in other cities, students will then create a series of recommendations to encourage active modes of travel.

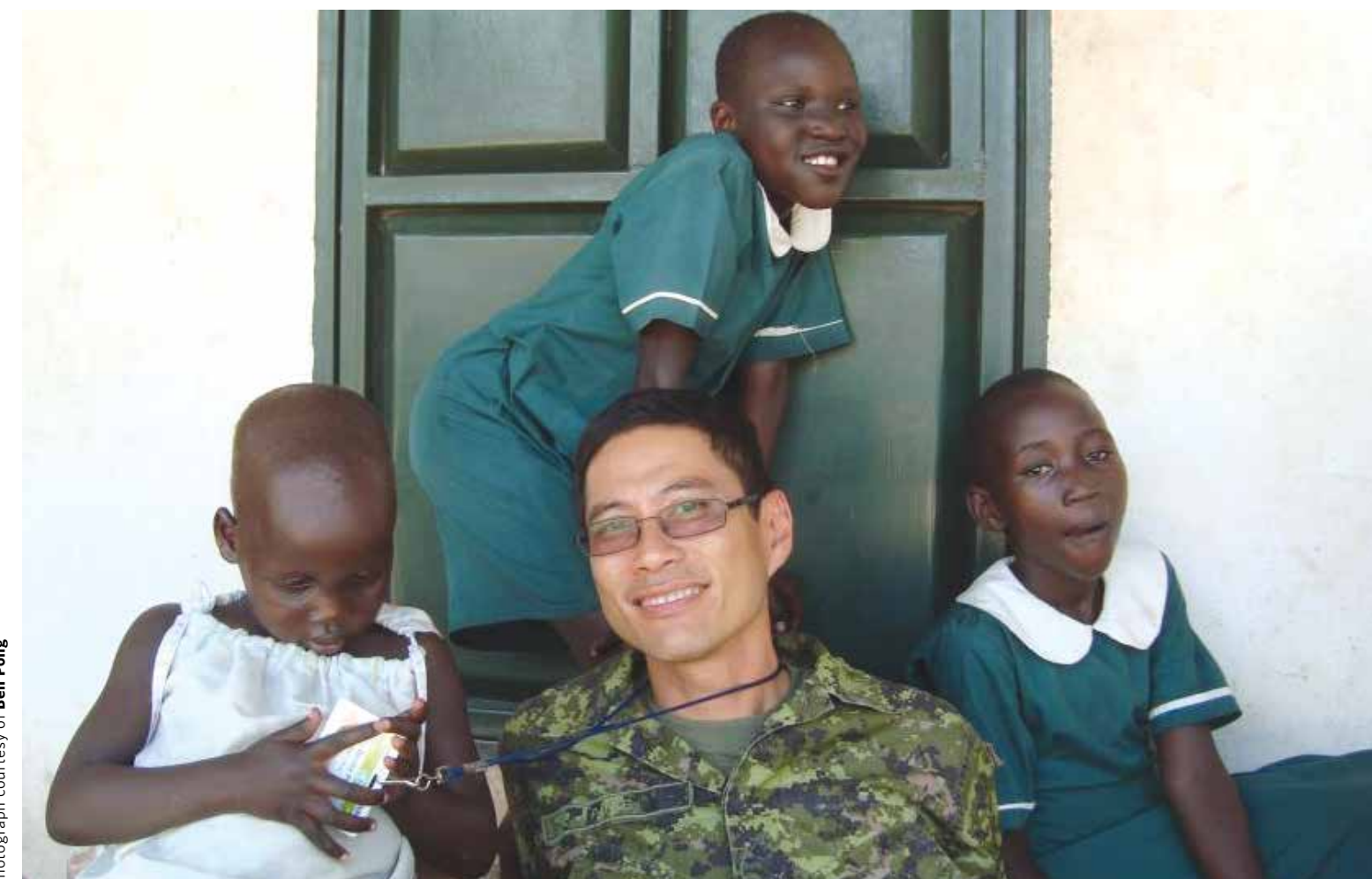
“As a final step, student engineers will create an implementation strategy for the East Hill Neighbourhood Active Travel Plan that could serve as a model for other Vernon neighbourhoods, and present it to the City of Vernon,” says Lovegrove. “This plan will include infrastructure upgrade designs needed to enhance and encourage the active travel plan, as well as an educational component.”

“The opportunity to put engineering theory into practice is important to us,” says Friesen. “We have a unique chance to prove to the university and to professionals in the community that we're ready to enter the workforce, as well as make a difference in the lives of the East Hill residents by reducing congestion, greenhouse gas emissions, obesity, and asthma.” ●

outtakes

As we approach Remembrance Day, UBC's Ben Pong reflects on his military service.

Ben Pong, supervisor of the Computer Shop at the UBC Bookstore, a former member of the UBC Board of Governors and Canadian Forces reservist, took a leave of absence from UBC to serve in NATO's Afghanistan mission in 2010 and in the UN peacekeeping mission in South Sudan in 2012. He shares his thoughts with UBC Reports on Remembrance Day.



Photograph courtesy of Ben Pong

Ben Pong was part of UN peacekeeping mission in South Sudan.

How did you come to serve for the Canadian military abroad?

In 2009, I took a leave of absence and volunteered for active service in Afghanistan with the Canadian Armed Forces. It was a warm fall evening when my fellow soldiers and I took a helicopter to the base of the Provincial Reconstruction Team (PRT) in Kandahar City. The reality of war came to us early on, as Justin, one of the people on that flight, was killed within days of our arrival.

What was your role in the mission?

By 2006, popular opinion in Kandahar had shifted from pro-coalition to indifference, or even pro-Taliban, because economic development promised by the West had not been realized. The focus of the mission had also changed: From combat to security, governance and development.

My job at the PRT was to coordinate the use of military resources with local government officials. I led a team of specialists in project management, liaison and cultural awareness.

What were the highlights of your job?

One of the most interesting aspects was advising the Mayor of Kandahar City. Mayor Hamidi was an accountant and had a well-earned, rare reputation of being an honest government official. Without a planning department, he would use the PRT as his city planners. The mayor would outline his requirements and it was our task to acquire funding and conduct these quick impact projects. Not surprisingly, his priorities and those of the donor nations often did not match. We would come up with compromises that both sides could accept. Tragically, Mayor Hamidi was killed by a suicide bomber attack in 2011.

Did serving in a dangerous mission affect you personally?

Our main threat was improvised explosive devices (IEDs). On Dec. 30, 2009, having finishing my patrol, I walked by to chat with Kurt, a member of my team. A few hours later, Kurt and four others were killed by an IED. The team gathered that evening and the event quickly turned from a sombre remembrance into a fond roast. Kurt, a Cape Bretoner with a good sense of humour, would have wanted it that way. Within 48 hours we went out on patrol, canvassing villagers on their needs while smiling and waving back

to the kids, but we had changed. Still, my team and I took comfort in knowing that the lives of some Kandaharians have improved due to our projects.

What was it like to come back home?

We arrived back in Edmonton in the middle of the night. A bus took us from the airport to our base. Still in our desert fatigues, we saw Canadians line up along the route with flags and yellow ribbons to welcome us home.

For my “sins,” I was granted a UN peacekeeping tour in South Sudan. It is less developed than Afghanistan, but despite the intertribal conflicts and abject poverty, it is also a more hopeful place. The majority of the combatants and civilian victims are young adults and sometimes children. With the lessons learned from Rwanda, we were able to protect some civilians and give warning to others. Knowing that does give me some comfort.

What are your thoughts on the 11th hour of November 11th?

I will be laying a wreath at the War Memorial Gym on behalf of the University Officer Training Corp. My thoughts will be with those who have gone, those who have fallen, the civilian victims and those who are still there physically or mentally. Lest we forget. ●

www.ceremonies.ubc.ca

UBC Remembers

Since the opening of the War Memorial Gym in 1951, The University of British Columbia has held a ceremony commemorating November 11. This year will mark sixty-one years that The University of British Columbia has hosted a Remembrance Day ceremony. This is an opportunity for faculty, staff, students and members of the on and off-campus community to honour and remember all those who served in times of war, military conflict and peace.


This year, the Remembrance Day ceremony at UBC will be held on Sunday, November 11 in the War Memorial Gym. Everyone is welcome to attend—doors open at 10:00 a.m. The ceremony will commence at 10:45 a.m. and will last for approximately one hour. Light refreshments will be served after the ceremony and all are welcome to stay.

2012 Remembrance Day Ceremony

Sunday, November 11, 2012 | 10:45 a.m.
UBC War Memorial Gym



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A photograph of an elderly couple standing on a balcony with a black wrought-iron railing, looking out over a vast blue ocean under a clear sky. The balcony is part of a building with a terracotta tiled roof. The scene is bright and sunny, suggesting a peaceful retirement lifestyle.

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