

THE CAMPUS RESIDENT

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GOVERNANCE IN UNIVERSITY NEIGHBOURHOODS

Convincing Victory: UNA Members Approve New Bylaws and Constitution

UBC residents who had lobbied for democracy are big winners; new Bylaws and Constitution are deemed in effect once they are registered with the Province

John Tompkins
Editor

The University Neighbourhoods Association became a more democratic organization at precisely 9 pm on September 30, 2020. This was the time that voting ended at a Special General Meeting called to discuss – among other things – wholesale changes to the Bylaws of the UNA.

The changes voted on included the elimination of positions for three appointed Directors on the UNA Board – two of the Directors appointed by UBC and one Director appointed by the AMS (the UBC student Alma Mater Society).

Just over four hundred UNA Members voted on the two special resolutions to repeal and replace the current UNA Bylaws and Constitution.

The new Bylaws and Constitution were each approved by almost 95% of the Members taking part in the online meeting. Now – under the new Bylaws – only UBC residents would be allowed to stand for and serve as UNA Directors, with the one exception being when a Director is appointed by the UNA Board to fill a vacancy until the next election.

Under the old Bylaws, the UNA Board of eight Directors had comprised of five Resident Directors elected by Members, two Directors appointed by UBC and one Director appointed by the AMS. According to a booklet the UNA distributed with voting material, the rationale for changes in the UNA Board composition “was that a fundamental aspect of democracy is absent with the inclusion of appointed Directors on the Board.”

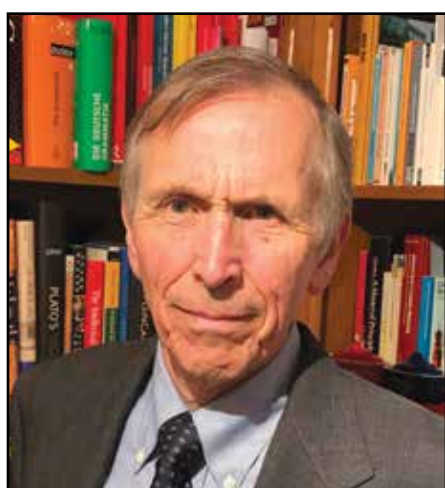
The UNA mandate includes the provision of municipal-like services (including recreational services) to the residents of the University Neighbourhoods and representation of the interests of the residents. “Given this mandate, it is anomalous for the UNA not to be governed solely by residents,” the society said in its booklet.

The new Bylaws permit UBC to appoint two UNA members who have the right to attend and participate in Board meetings, including closed and in camera meetings, except when a matter is under consideration for which UBC may be adverse in interest to the UNA. In addition, one of these members has the right to attend and participate in meetings of the UNA Finance and Audit Committee.

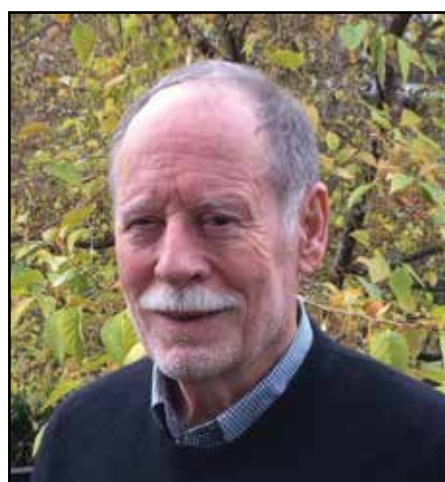
The provisions for two UBC ‘observer-participants’ are consequential on the elimination of the positions for two UBC-appointed Directors. The UNA acknowledges that the Directors appointed by UBC have brought essential expertise to the Board and have provided the UNA with UBC’s perspective on issues of mutual interest.

BYLAWS continued on Page 3

UNA Group Gears Up to Recover ‘Unfair’ Taxes Paid by Residents



Bill Holmes



Terry Mullen

Analysis shows that in 2019 the UBC neighbourhoods paid approximately \$2.7 million more in property taxes to the Province than the value of services received in return

John Tompkins
Editor

The UNA Board of Directors has formed a Taxation Working Group whose purpose is “to seek fair tax treatment for residents of the UBC neighbourhoods with respect to provincial property taxes (general rural property tax; fire service charge; and police tax)”.

At its October 20, 2020 meeting, the Board approved Terms of Reference for the group. The terms include the appointment of UNA Directors Bill Holmes and Terry Mullen (both lawyers) as members with a stipulation two more appointees are to come.

A tax lawyer until retirement, Mr. Holmes will lead the Taxation Working Group whose meetings will not be open to the public. Specifically, the group is expected

Wesbrook YMCA Child Care Opens



New Child Care Centre located next to the Wesbrook Community Centre at UBC. Photo credit Angelique Crowther, UBC Campus and Community Planning. Please read story on Page 6.

to develop a strategy for engaging with the provincial government and will target mostly cabinet ministers in a largely ‘political’ attempt to recover taxes which residents consider paid unfairly.

The October report, presented by Mr. Holmes and Mr. Mullen to the UNA Board Re: *Property Taxes Paid to the Province*

vs. *The Value of Services Provided*, says that owners of property in the UBC neighbourhoods pay, directly or indirectly, three types of taxes to the provincial government that would not be payable if the neighbourhoods were in a municipality.

TAXES continued on Page 2

Vancouver Quadra Hidden Hero Award Ceremony Celebrates Value of Community Work

UBC residents were among those who received 2020 Hidden Hero Awards in an October ceremony organized by Member of Parliament for Vancouver Quadra Joyce Murray.

In the live-streamed ceremony held via Zoom, Ms. Murray presented 25 Vancouver Quadra volunteers with her MP 2020 Hidden Hero Award and said that the volunteer work to earn these awards was done “straight from the heart.”

“These are our neighbours who have stepped up, some during COVID-19, to selflessly help others in our community or elsewhere. What an inspiring and wonderful group of people!”

The 2020 Hidden Heroes are Javier Barajas, Jessie Chen, Marianne Czerwinski, Catherine Diyakonov, Mike Feely, Robert ‘Rusty’ Gordon, Hao Hua (Howard) He, Ann Howe, Sehaj Hundal, Galen Hutcheson, Lily Jiang, Karen James, Natalie Jatskevich, Andree Helen Karas, Jean Lewandowski, Florence Luo, Fanjian (Vincent) Meng, Lana Marks Pulver, Joan Rush, Hareesh Sara, Jin Xu, Wendy Yip, Li Zhang (Caryn), Sabrina Zhang, Enav Zusman.

Every year since 2017, when the Hidden

Hero Award was created in celebration of 150th anniversary of Canada, Ms. Murray has recognized Vancouver Quadra Hidden

Heroes, whose outstanding volunteer activities make their community a better place, yet whose contributions often go unrecognized.

The winners are honoured with certificates and special pins made from the old roof of the Canadian Parliament.



Joyce Murray with Vancouver Quadra volunteers who received 2020 Hidden Hero Awards.

UNA Safely Re-Opens More Facilities

As part of the UNA’s safe re-opening plan, the Wesbrook Community Centre (WCC) Fitness Centre and Green Depot have been re-opened.

The WCC Fitness Centre Re-Opened October 15

The UNA has made some important operational changes in order to re-open the facility safely.

1. All participants must book time slots online. Each fitness centre time slot is for 75 minutes, with a limit of one time slot per participant per day. Time slots are currently available between 8:30 am – 8:30 pm, Monday – Friday.

2. Social distancing of at least two metres must be maintained at all times. Equipment has been rearranged to allow for these social distancing requirements. There is now a limit of 10 people in the Wesbrook Fitness Centre at a time.

3. New entry/exit procedures. All fitness centre users must enter the facility through

the Lounge entrance and exit through the east stairwell.

4. Reduced touch points. Participants will not be allowed to use lockers, change rooms, showers, or water fountains.

5. Increased cleaning. UNA Fitness Centre staff will be disinfecting the fitness centre throughout the day.

6. Mask wearing. UNA Fitness Centre staff will be wearing masks to protect themselves and participants when necessary. It is recommended that participants wear masks if they are able to do so while working out.

The current plan for re-opening involves a phased approach to ensure the ongoing safety of staff and participants. All facility operations will continue to be guided by the BC Centre for Disease Control, BC Recreation and Parks Association and provincial health authorities.

Upcoming changes are expected to include expanded available hours, purchasable monthly passes and the introduction of per-

sonal training sessions. The reopening of the Old Barn Fitness Centre is dependent on the reopening of the Old Barn Community Centre. Updates will be provided as these changes are implemented.

Visit the UNA website for details on how to book a timeslot online at myuna.ca/covid-19.

The Green Depot Re-opened October 28

Due to concerns surrounding COVID-19 and to provide a consistent service to the community, the Green Depot volunteer program has been paused. The Green Depot will be overseen by UNA staff.

Hours of Operation

- Monday: 12:00 pm – 4:00 pm
- Wednesday: 9:00 am – 1:00 pm
- Friday: 12:00 pm – 4:00 pm

Due to precautionary measures taken re-

garding COVID-19, the experience of coming to the Green Depot will be a bit different. The process for dropping-off items has been modified to reduce contact between staff and residents and may require more time. Please ensure that you follow all posted instructions, as well as the instructions of the Green Depot attendant.

- Allow yourself at least 10 minutes per visit
- Only one patron is permitted in the Depot at a time
- Plexiglass barriers installed to protect patrons and staff
- Reduce time spent in the Green Depot (patrons will not sort their own waste)
- Patrons will be asked to provide contact information with each visit
- Please do not leave items outside of the Green Depot.

The UNA appreciates your patience during this re-opening. Visit the UNA website for details what items are being accepted at the Green Depot at myuna.ca/covid-19.



The new UNA Green Depot Attendant Aaron Dean.

TAXES continued from Page 1

Do the UBC neighbourhoods receive services provided or paid for by the provincial government of comparable value to the taxes paid to that government?

While a precise comparison can not be made as noted in the report, a comparison for 2017 – based on reasonable estimates – produced the result that the UBC neighbourhoods paid approximately \$2 million more in property taxes to the provincial government in that year than the value of services received in return.

The analysis shows that in 2019 the UBC

neighbourhoods paid approximately \$2.7 million more in property taxes to the provincial government than the value of services received in return.

For 2020, the estimated excess will be \$2.9 million.

The report says: “The position might be taken that the neighbourhoods should bear a reasonable portion of the cost of maintaining the provincial roads connecting Vancouver with the UBC campus (*no portion of the cost of which is borne by our neighbours in the UEL*). Even in this case, the excess amount of taxes paid over the value of services received would be considerably more than \$2 million.”



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GOVERNANCE IN UNIVERSITY NEIGHBOURHOODS

BYLAWS continued from Page 1

The provision for UBC ‘observer-participants’ continues access by the Board to that expertise and perspective and maintains and fosters the mutually supportive relationship between the UNA and UBC.

A further reason for giving UBC a special role vis-à-vis the UNA is that UBC has ultimate responsibility for the application of the Services Levy collected under the leases.

The UNA has agreed with the AMS to allow it to designate a student to attend and participate in open and closed Board meetings. Like the UBC ‘observer-participants’, the designated student will have no vote.

The approved Bylaws do not include terms regarding this designated student. Instead, the right of the AMS to designate a student representative to the UNA Board is contained in an agreement between the UNA and the AMS, and detailed terms regarding this right are included in the Neighbours’ Agreement 2020 between the UNA and UBC, which will replace the current Neighbours’ Agreement 2015.

Contacted by The Campus Resident after the voting, UNA Chair Richard Watson said: “I am so pleased that the new Bylaws (and Constitution) passed with such significant support. Clearly the membership wanted the changes.

“As well, the Board and Staff did a great job in helping us all get to this place. Now we can put our minds to building the UNA community according to these new adjustments.

“I’m hopeful that our relationships with UBC and AMS will grow in a positive direction too. Special thanks to Directors Terry Mullen, Carole Jolly, and Bill Holmes for the significant work they put into this over the past two years.”

New UNA Bylaws also incorporate the following changes:

- **Increase the number of elected Directors to six, with the authority for the Board to further increase the number to seven.**

Old Bylaws: There is a formula for the number of elected Directors that is based on the number of leases and rental agreements for residential occupation. Although the formula produces either three or four elected Director positions, there are currently five such positions.

Rationale for change: There is no advantage to setting the number of Directors by formula. Rather, the number

should be fixed such that the Board has a sufficient number of Directors to carry out its functions and provide a diversity of views. With the elimination of the three appointed positions on the Board, there is a need to increase the number of elected Directors. If it becomes apparent that six Directors are not enough, the Board has the authority to add a further position.

- **Increase the term of office for Directors to three years from the current term of approximately two years.**

Rationale for change: A three-year term of office provides newly elected Directors more opportunity to gain an understanding of their duties and responsibilities, as well as of issues affecting the UNA and its members, and, thereby, be more effective. A term of four years (the term for municipal councillors) was considered to require too long a commitment, potentially discouraging UNA members from running for office.

- **Reduce the number of consecutive terms a Director may serve to two, except when there are fewer candidates for an election than the number of positions to be filled. Also, eliminate the Board’s discretion to allow one further term.**

Old Bylaws: An elected Director may serve a maximum of three consecutive terms, i.e., for a total of approximately six years. However, a Director may apply to the Board for permission to seek re-election for one further term. Permission requires the approval of at least 65 per cent of the Directors.

Rationale for change: Retaining a limit on the number of consecutive terms in office ensures that there are opportunities for new members to serve on the Board and bring fresh perspectives. The reduction in the number of consecutive terms to two is consequential on the increase in the term of office to three years. Directors would still be able to serve up to six consecutive years. The Board’s discretion to allow one further term is inappropriate. Instead, if there would otherwise not be enough candidates to fill the positions, a Director should be able to run for re-election regardless of the number of terms served.

- **Require elections for all Directors to be held every three years, commencing 2021.**

Old Bylaws: An election of Directors is held every year. Because the terms of Directors overlap, usually two or three of the positions for elected Directors need to be filled at each election.

Rationale for change: This change reduces the considerable cost of elections and the drain on UNA staff time. In addition, it might help to overcome the low voter turnout, which may be attributable, in part, to voter fatigue. Furthermore, the election of all Directors at the same time enables slates of candidates to run for election.

Comments: No election will be held in 2020 given that the proposed Bylaws were approved. Under the old Bylaws, the term of office of the Directors elected in November 2018 ends at the date of the 2020 Annual General Meeting. Pursuant to a transition provision in the new Bylaws, this term is extended to the start of the first Board meeting following the election in 2021.

- **Require the election in an election year to be held after the AGM in that year and by the end of November of that year.**

Old Bylaws: Elections are on the same schedule as AGMs. The deadline for the receipt of ballots for the election in a year is the date of the AGM for the year.

Rationale for change: The change in timing for elections is necessitated by (i) the requirement in the new Bylaws that the AGM for a year be held by September 30 of the year, and (ii) the inclusion in the new Bylaws of timing rules for each step in the election procedure. The change in timing avoids the need for the election procedure to begin in the middle of the summer.

- **Require the AGM for a year to be held within six months after the UNA’s fiscal year-end, (i.e., by September 30).**

Old Bylaws: An annual general meeting is required to be held at least once in every calendar year and not more than 15 months after the holding of the last annual general meeting.

Rationale for change: The Societies Act

requires that financial statements presented at an AGM be for a period ending not more than six months before the date of the AGM. The UNA’s fiscal year-end is March 31. Accordingly, for practical purposes – to avoid the time and expense to prepare financial statements in addition to those prepared for the year-end – the UNA’s AGM should be held no later than Sept. 30.

- **Update and improve the provision for Directors’ stipends**

Old Bylaws: An annual stipend is paid to Resident Directors. The amount is described as \$5,500 plus an additional \$2,750 for the Chair (i.e., \$8,250), adjusted for inflation.

Comments: The new Bylaws specify the annual inflation-adjusted amounts payable in 2020, which are \$6,271 for each Resident Director and \$9,406 for the Chair. These are the amounts determined under the old Bylaws with the application of the inflation adjustments. Also, the new Bylaws contain more precise rules for determining stipends and inflation adjustments.

- **Eliminate the provision for the expulsion of UNA members and add a provision stating that a member may not be disciplined or expelled.**

Old Bylaws: A member may be expelled for being in breach of the Bylaws or acting contrary to the UNA’s purposes. Expulsion requires a special resolution of members passed at a general meeting.

Rationale for change: Expulsion of a member terminates the member’s right to vote in UNA elections. That would be harsh and undemocratic. The new provision is required because section 70(2) of the Societies Act states: “Unless the bylaws provide otherwise, a member of a society may be disciplined or expelled by special resolution.”

UPDATE ON IMPLEMENTATION OF UNA BYLAW CHANGES

There will be a short delay in the implementation of the new UNA Bylaws that were approved by members at the Special General Meeting on September 30, 2020.

The changes to the Bylaws cannot be registered with the Corporate Registry until the Neighbours’ Agreement 2020 comes into effect. That will not happen until the requirement that the UNA arrange its own insurance coverage has been satisfied. Discussions with prospective insurers are in their final stages and, it is hoped, will be concluded in the near future.

The UNA will provide an update to members soon.

UNA Residents Talk about How They Cope during COVID-19

Vicente Regis

*Safe and Connected Community
Coordinator, University
Neighbourhoods Association*

UTown@UBC and the UNA have joined efforts to collect stories from our community about how we are all coping with the COVID-19 pandemic. Some of the stories may sound familiar to us, while others are

unique and layered. We believe hearing these perspectives can be both inspiring and reassuring. It also reminds us of the importance of being both empathetic and supportive of our neighbours. Earlier, we

heard from seniors and youth. The following is the third in our series and focusses on the experiences of families in our UNA and Acadia Park neighbourhoods.

Jessica Clasen

1. How has your family modified past traditions (or created new traditions and experiences)?

Several modifications have been made to be together, but still 2 metres apart. For example: birthday parties have become outdoor cupcake parties, neighbours have started a Sunday afternoon run club that has been both fun and motivating, and 'wine-o'clock' has been a weekly event, which allows the adults to socialize and the children to play.

2. For parents, what is one lesson you learned from parenting in a pandemic and wish to share with other parents?

Be compassionate and empathetic towards your children and yourself.

3. These days, what is an offline (away from technology) activity that your family enjoys together? Or what helps your family find balance between screen time and offline activities?

We have been doing a lot of geocaching (<https://www.geocaching.com/guide/>). I think we have added almost 100 caches to our total over the past few months. The kids love being outside, exploring different parts of the Lower Mainland and, of course, finding 'treasures'!

4. What do you feel has been key to helping your family adapt to our current situation during the last several months?

The key for us has been a somewhat flexible job situation and our community. My husband and I were able to coordinate



Jessica Clasen and family.

work time in order to be productive and available for the children. The connection to our neighbours and community has been key to surviving during these times.

5. During this time, what have you learned or observed about our community?

We truly are all in this together. Although our experiences are unique, I do feel like we are looking out for each other and as a result, have become friendlier.

Estefanía Alejandra Milla-Moreno

1. How has your family modified past traditions (or created new traditions and experiences)?

We are maintaining most of our family traditions (Chilean National day, Christmas, New Year celebration, birthdays) with some adjustments. For example, we have organized a Chilean Gathering at Stanley Park for the Chilean National Day with typical food, dances, and games. The New Year celebration will include dancing, eating and catch-ups, but the party will close earlier than usual.

2. For parents, what is one lesson you learned from parenting in a pandemic and wish to share with other parents?

We had a family council once a week and we established responsibilities around the following categories: job, mental health, family and friends, and love and spirituality. This council helped our family a lot, because it gave us some routine.

3. These days, what is an offline (away from technology) activity that your family enjoys together? Or, what helps your family find balance between screen time and offline activities?

My husband and I go for runs with our 6-year old and 10-month old, about 2-3 times per week. When it rains too much, we walk around the neighbourhood. We have done a lot more camping than in other years.

4. What do you feel has been key to helping your family adapt to our current situation during the last several months?

This community has grown even closer. We took care of each other and checked in often. We shopped for each other when someone was sick, we delivered meals when people needed it, we danced together, we had Zoom wine gatherings to support each other. Even my birthday was

heard from seniors and youth. The following is the third in our series and focusses on the experiences of families in our UNA and Acadia Park neighbourhoods.

5. During this time, what have you learned or observed about our community?

We've strengthened our bond with the community. We launched the Social Distance Social Club, an impromptu musical jamming crew inspired after several weeks of dancing every day at 6 pm for 30 min with our neighbours, each one at their backyard. Here is the playlist that all the neighbours contributed to compiling: <https://music.apple.com/ca/playlist/acadia-parks-6-oclock-dance-club/pl.u-4JomX-qmCjGRBl6>. Enjoy!



Estefanía Alejandra Milla-Moreno.

Nadia Adame

1. How has your family modified past traditions (or created new traditions and experiences)?

We have reduced the number of people we have at birthday parties and don't have as many gatherings and dinners with our friends. However, we created a dance routine while we were all in lockdown and asked people to come onto their patios so we could all dance together for 15 minutes everyday. During that time, people had a place to come together as a community and say Hi to each other from their patios. It's become a tradition for the entire community and a beautiful moment of community building.

2. For parents, what is one lesson you learned from parenting in a pandemic and wish to share with other parents?

We should not put all the pressure on ourselves. During the lockdown, we wore not just the parents' shoes, but also the shoes of teachers, psychologists, and friends. We need to recognize that we are all in this together and should support each other, while also giving ourselves a break.

3. These days, what is an offline (away from technology) activity that your family enjoys together? Or what helps your family find balance between screen time and offline activities?

We do art projects. We like to take walks in the woods and talk about the plants we see. We play lots of board games, music and dance a lot. The screen time is very limited in our house.

4. What do you feel has been key to helping your family adapt to our current situation during the last several months?

It was difficult and easy at the same time. We have talked about the things that scare us to make it OK to be afraid. We have collaborated more on the cooking and the cleaning and included the kids in these tasks. Being open and vulnerable with each other made our kids realize that we, as parents, also have difficult times.

5. During this time, what have you learned or observed about our community?

a neighbours' Zoom gathering. This community is an amazing multicultural place that I hope many generations after us can enjoy.

STORIES continued on Page 5

Wear Poppy to Remember

FOR THE FALLEN

They shall grow not old,
as we that are left grow old:
Age shall not weary them,
not the years condemn.
At the going down of the sun
and in the morning,
We will remember them.

Written by Laurence Binyon (1869-1943)

The online Remembrance Day Ceremony at UBC begins November 11 at 10:45 am. Due to COVID-19, in-person Remembrance Day service at UBC is cancelled this year.



LETTER FROM UBC PRESIDENT

Looking Forward to the Next Five Years

Dear friends and neighbours,

I hope you all had a good Thanksgiving and that you're looking forward to a wonderful holiday season.

Earlier this year, the university's board of governors ratified my reappointment as president and vice-chancellor of UBC for a second five-year term. I would like to thank the Board for their confidence in me, and I look forward to working with them, along with the entire UBC community – students, faculty, staff and neighbours – to help achieve our mission to inspire people, ideas and actions for a better world.

In my installation address in 2016, I noted that in a large, decentralized organization such as a modern research university, no one person holds the keys to the organization. The truth is that we, students, faculty, staff, alumni and friends, all hold the keys – in trust – to preserve, strengthen and ultimately to leave the institution to the next generation a better place than it was left to us. The secret ingredient is our collective effort, an alignment within the organization; everyone rowing in the same direction.

I'd like to thank all the members of the UBC community who have made this university one of the world's foremost institutions of higher learning. The Board of Governors, the Senates, the members of my executive team, the Deans, the AMS, SUO and GSS and other student groups, faculty, emeriti faculty, students, staff, residents and neigh-

bours, alumni and friends of the university – all of us have played our part.

We have achieved much, and we can achieve more. In my second term as president, my key priorities include a commitment to academic renewal and to reinforcing the disciplinary strengths that exists within each faculty. I am also committed to reaffirming and reinforcing our unwavering protection of academic freedom.

Climate change and the transition to a low-carbon future will also continue to be one of my key priorities. At this pivotal moment in our planet's future, I am committed to helping bring about significant and lasting systemic changes to curb greenhouse gas emissions and promote sustainability.

I am also resolved to continuing to improve the university's relationships with Indigenous communities and to reaffirming our commitment to reconciliation. I will also continue to make anti-racism and anti-discrimination a priority in my second term.

It is my hope that we can work to model a different kind of community—one where we embrace difference and work to build each other up while enacting values of dignity, mutual respect, and justice. We must work together to eliminate the oppression that remains prevalent and entrenched in our everyday systems and find a way to support and elevate those who have been traditionally, systemically, and historically marginalized.

We face many challenges, but together, we

can meet those challenges, and make UBC – and the world – a better place.

I mentioned about my commitment to improving our relationships with Indigenous communities and our commitment to reconciliation. I am pleased to note that earlier this Fall, we celebrated the unveiling of the Indigenous Strategic Plan. This has been a priority for me since I came to UBC in 2016, and I am pleased to see the plan come to fruition.

It is especially significant in the current fight against racism as it is a concrete action plan to advance Indigenous human rights in all spheres of society.

The plan's goals include 'Leading at all levels' and 'Advocating for the truth' to 'Moving research forward', 'Indigenizing our curriculum' and 'Creating a holistic system of support'.

This plan looks to change UBC at a structural level, to bring us into the 21st Century and to leave its colonial roots behind.

We need to keep ourselves accountable and ensure this plan is enacted and embedded into the structures, processes, and daily life of the university.

We must now collectively take this action plan and implement it – together – for a better and more just future for Indigenous people on our campuses, in BC, nationally and around the world.



Professor Santa J. Ono. Photo credit Paul Joseph, UBC.

I encourage you to learn more about the Indigenous Strategic Plan and UBC's commitment to Truth and Reconciliation at indigenous.ubc.ca.

It's been a privilege to serve this amazing institution over the past five years as president and vice-chancellor, and I look forward to the next five years.

Thank you and stay safe.

Best wishes

Santa J. Ono President and Vice-Chancellor

STORIES continued from Page 4

Carolina Mantilla

1. How has your family modified past traditions (or created new traditions and experiences)?

Our family has increased the use of board games and puzzles, as well as arts and crafts at home. We have also reduced big meetings or parties at home. To relax and get fresh air, we have been doing weekly walks in a forest or park. For our child, we created something useful: self-regulated cards for screen time. Now, he has 10, 15 and 20-minute cards, and he decides how to use them.

2. For parents, what is one lesson you learned from parenting in a pandemic and wish to share with other parents?

I believe it is important to help kids balance their time between activities that they want to do and activities they need to do. One strategy is to set a daily schedule that includes both kinds of activities. We did that, and every time we saw that our son was bored, we proposed that he does one of the activities on his calendar.

3. These days, what is an offline (away from technology) activity that your family enjoys together? Or what helps your family find balance between screen time and offline activities?

Definitely, the self-regulated cards have been amazing to control screen time. This has helped to make more time to do what



Carolina Mantilla and family.

we love to do with him: play Lego and board games. Bingo is also one of the family activities that we enjoy the most.

4. What do you feel has been key to helping your family adapt to our current situation during the last several months?

I believe quality time with our son is fundamental. The current situation is challenging, but the key is gratitude. When we keep saying and feeling thankful for all we have – such as health, food and a place to sleep – things get better because of the energy we

Hyunok Ryu

1. How has your family modified past traditions (or created new traditions and experiences)?

To boost our immune systems, we keep our home temperature relatively low and sometimes take a cold shower.

2. For parents, what is one lesson you learned from parenting in a pandemic and wish to share with other parents?

I listen to positive talks online. When I feel happy, parenting becomes much more joyful.

3. These days, what is an offline (away from technology) activity that your family enjoys together? Or what helps your family find balance between screen time and offline activities?

We mix physical exercise with fun activities at home using music and games. My seven-year-old son Minu enjoys his push-ups and lifts double 10 lb dumbbells.

..... spend on being grateful.

5. During this time, what have you learned or observed about our community?

I feel the community has been collaborative and families helped each other in many different ways. I have learned that it is possible to try to help even when people are afraid of asking.

4. What do you feel has been key to helping your family adapt to our current situation during the last several months?

The mix of physical exercise with fun activities that I mentioned above was fundamental to the process of adapting to this new situation.

5. During this time, what have you learned or observed about our community?

I am glad to see we are 'physical' distancing and not 'social' distancing. We have felt connected to the community through the playground or neighbourhood interactions.



Hyunok Ryu with her son Minu.

Latest Child Care Centre at UBC Is Greenest Yet

*Angelique Crowther
UBC Campus and
Community Planning*

UBC's youngest residents were excited to see the doors open to the Wesbrook YMCA Child Care Centre on September 1, 2020. Located next to the Wesbrook Community Centre on the south end of the UBC Vancouver campus, it is UBC's greenest child care yet.

"We are really thrilled with this new building, and the parents and children who've visited have been very excited," said Kim Adamson, General Manager of Child Care Development for the YMCA of Greater Vancouver.

The Centre is operated as a partnership between the YMCA, University Neigh-

bourhoods Association (UNA) and UBC. The YMCA provides child care staff to manage the educational programming and the UNA provides operational support to maintain the building.

The new Centre offers 49 childcare spaces in total, with 12 spaces designated for children under 18 months, 12 spaces for children ages 18-36 months and 25 spaces for children ages 3-5 years. This summer, spaces were offered via a lottery system which prioritized children of UBC residents who are not affiliated with the university. Spaces were then made available to UBC residents who are affiliated with the university (e.g., they work or study at UBC), then UBC Staff and students who live off campus.

Wesbrook is the second, multi-age YMCA-operated child care centre to open on campus with the first being Vista Point YMCA Child Care in 2016. Vista Point,



Room for toddlers.



Tall trees and wooden structures in the playground.

located across from the Doug Mitchell Thunderbird Sports Centre, has 25 spaces for children ages 30 months to 5 years. The YMCA also operates two out of school care programs at Wesbrook and Old Barn Community Centres.

The Wesbrook YMCA Child Care Centre is the greenest child care centre to open at UBC according to Penny Martyn UBC's Green Building Manager. The building was designed by Franci Architects and Atentus Landscape Architecture. Development of this project was managed by UBC Properties Trust.

It is the first building on campus to meet the UBC Green Building Action Plan strategies in energy, water, materials and resources, biodiversity, health and wellbeing, quality, climate adaption, and place and experience.

One example of the green building design are the large roof overhangs. "The building is south facing and gets a lot of sun, so the overhang helps with thermal cooling and providing shade for the building," said Martyn.

Martyn explained that energy use in the building will be monitored and the building envelope was designed to reduce energy loss.

The YMCA provided input into the child-centred design which includes nap and quiet rooms, multi-purpose rooms and cubbies for kids to store their belongings. All the areas are stocked with high-quality and age-appropriate furnishings and toys. The Centre is divided into three separate areas to accommodate different age groups – 3 to 5 years, toddlers, and infants under 18 months. A central staff area provides sight lines to all sides of the facility for effective supervision.

A large playground area contains plenty of spaces for children to climb on wooden structures built with natural materials. Majestic trees provide shade throughout the yard including a 28m tall Western Red Cedar and a 33m tall Douglas Fir.

"We've used wood from the trees that were removed on site to create spaces for kids to climb on and roll over. We even asked (the architects) to leave some of the pieces as 'loose parts' for kids to move around and be creative with," said Adamson.

Skylights in the ceiling provide natural light and the ceiling lights have dimmers. "If you're finding it's a busy and chaotic day and the kids have lots of extra energy, sometimes just bringing the lights down calms them," said Adamson.

The Centre is built to encourage children to move and enjoy the space, inside and out. "For example, with our YMCA Playing to Learn curriculum you'll never see all 25 children in the 3 to 5-year space playing together. We work in small groups, children move through the various activities throughout the day and there is a constant flow all day," said Adamson.

UBC is the largest university-operated provider of on-campus child care in North America. In the past 40 years the supply of child care and out of school care spaces has progressively increased. As of August 2020, there are a total of 1,000 spaces serving the UBC community, including the Wesbrook YMCA Child Care Centre.



Gardens and curving pathways add to the playfulness of the playground area.

Photo credit Angelique Crowther, UBC Campus and Community Planning.

THANK YOU Vancouver-Point Grey



David Eby and family – proud residents of Vancouver’s Point Grey/UBC neighbourhood. Mr. Eby has been re-elected as MLA in Vancouver-Point Grey.

Fitness and Wellness at West Point Grey

After taking a hiatus to address health concerns surrounding the COVID-19 pandemic, West Point Grey Community Centre has reopened its doors for a limited number of fitness and wellness programs at its facilities – nestled in West Point Grey next to Jericho Park/ Beach. New cleaning and social distancing measures are in place to keep everyone safe!

For adults, the Centre is offering programming that ranges from Folk Dance to fitness classes, such as BollyLatin Fitness, Dance & Stretch and LeBlond Technique (a combination of dance, pilates and yoga).

For preschoolers, parents can register their 3.5- to 5-year-olds in Sportball soccer. The Centre also has openings for its Licensed Preschool (ages 30 months, 3 years and 4 years).

Community members can register for on-going programs with available spots at a prorated cost.

See a full listing of Centre programs online: westpointgrey.org/programs or contact Centre staff at 604-257-8140. West Point Grey Community Centre is located at 4397 West 2nd Avenue.



Fitness class at West Point Grey Community Centre.

Passion for Dance that Never Fades

Sarah Ripplinger
Community Engagement
Coordinator, West Point Grey
Community Centre Association

The love of dance has been an on-again, off-again relationship for Eileen Fogarty-Ellis. Born and raised in West Point Grey, the now 72-year-old recently revived her passion for the art with West Point Grey Community Centre’s Collaborative Creative Dance program.

“We’re a very verbal culture, and the thing about dance is that you are communicating



Eileen Fogarty-Ellis.

with your body,” says Fogarty-Ellis. “You silence your voice, but you speak through your body, and I find that very uplifting.”

A retired high school theatre and English teacher, as well as a provincial resources teacher in acute rehabilitation, Fogarty-Ellis cut her teeth on dance when she was still in grade school herself. However, that was not the experience that ignited her love affair.

“I was an Irish dancer as a child because of my family heritage,” she explains. “That was way before Riverdance, and I more or less skulked off to Irish dance because back then it was decidedly uncool.”

While studying theatre at the University of British Columbia, Fogarty-Ellis underwent movement training and instantly fell head over heels for modern dance.

“Something in me was ignited.”

Finding her footing

Fogarty-Ellis went on to study with notable modern dance figures such as Paula Ross and Anna Wyman, who passed away in July 2020. She took the occasional dance workshop and performed in shows here and there in between teaching and raising three daughters with her husband.

Then, in 2017, Fogarty-Ellis got wind of the fact that acclaimed Canadian choreographer and dancer Margie Gillis had open-

ings for a five-day workshop at Hollyhock on Cortes Island.

“I had wanted to work with her my whole life,” she beams. “After my first session with Margie, she came up to me and said she could see my dance training and wanted to know who I had danced with. I was gobsmacked. It let me know that I still had it!”

Gillis encouraged Fogarty-Ellis to find a dance group in Vancouver, which is when Fogarty-Ellis discovered that the West Point Grey Community Centre’s Collaborative Creative Dance group was mere steps away from her front door.

“That showed me that my return to dance was meant to be,” she says.

A return to her roots

Fogarty-Ellis rediscovered her passion for dance through West Point Grey CC’s Collaborative Creative Dance program and, more recently, the small but strong Elan Dance Project, both of which are led by West Point Grey CC artist in residence Desirée Dunbar.

With the Elan Dance Project, Fogarty-Ellis recently danced in several performances inspired by Greek goddesses: *Persephone Rises and Hecate Below*, recorded by David Cooper, as well as a *Dancing with Trees* performance for Culture Days. She divulges that their upcoming ensem-

ble is inspired by Greek goddess Demeter and autumn.

“Everyone in the group has some quite extensive dance experience,” says Fogarty-Ellis of the six-member company. “Either they were or are professional dancers, and the ages range from mid-40s to, well I’m the oldest of the group right now.”

When the COVID-19 pandemic shut down their rehearsal space, they nimbly transitioned to Jericho Park and, more recently, the Oak Room in West Point Grey CC’s Aberthau mansion facility.

Being able to continue to dance and perform has not only been a highly rewarding experience for Fogarty-Ellis, she also hopes that it sets an example for other women of all ages who may be considering a return or introduction to dance.

“I didn’t think that at the age of 72 I could even begin to perform, and this has helped me to realize that, yeah, I’m not the same dancer that I was in my 20s or 30s, but I still have that training and ability to move.”

“It’s been an unbelievably amazing experience to realize that about myself and all the other dancers in the company.”

Learn more about the Elan Dance Project and watch videos of their recent performances: <http://www.dezzadance.com/elan-dance>.

Tips from Dr. Wong for Building Community Connections while Physical Distancing due to COVID-19

Physical distancing has disrupted the lives of many active seniors.

Maybe you're no longer going to the gym. Your book club is on hold. The friends you used to meet for coffee every week don't want to venture out. You're feeling a bit down – not to mention soft around the middle.

What do you do when physical distancing has thrown a wrench in your social routines?

As the weather gets cooler, we need to rethink the activities that usually sustain us through winter. Dr. Roger Wong, a clinical professor of geriatric medicine in UBC's Faculty of Medicine, knows that especially for seniors, balancing the need to stay safe with staying physically and mentally fit can be challenging.

"Routines give us a sense of fulfillment," Wong explains. "A change to a routine is a loss." The first step to establishing new routines is to recognize that loss. "It's okay to not feel okay right now," he says. Telling people can help you move forward.

Adopting a productive mentality also matters. "Things are not going to change back to the way they used to be," he emphasizes. "This is important to recognize, because it motivates us to look for change and find strategies to mitigate our losses."

Risk of social isolation

It's not just seniors living in long-term care who are at risk of isolation. Dropping our regular social activities can threaten our physical and mental health.

"The negative impact of social isolation and loneliness on health is equivalent to smoking 15 cigarettes a day," says Wong. It can shave off life expectancy by an average of eight years.

There's no single way to combat isolation and build social and community connections. Instead, Wong offers many tools that work together to help us take positive action to build connections.

Do the next best thing

Instead of dwelling on what you can no longer do, "find the next best thing and do it," Wong says. For example, he used to swim six days a week, but when the pools closed



It's ideal to combine physical activity with social engagement, says UBC's Dr. Roger Wong. Photo credit Andy Fang.

due to COVID-19 last spring, he started to hike regularly instead.

He encourages older adults to be flexible. "Venture into something completely different. It's not just young adults who do things outside the box."

Get creative socially

Some indoor social activities, such as playing bridge or bingo in groups, may no longer be a desirable option. Yet socializing with only those in our bubble can feel limiting. "It's nicer to connect in person," Wong acknowledges. "But as a stopgap, you can use a blend of virtual connection and some in-person contact to connect socially, provided you keep your social bubbles small."

For example, you could take group bridge or bingo games online. "It does require some thinking and planning," Wong says, but virtual activities can help us maintain and expand our social connections.

Many older adults are adept with technology such as FaceTime, WhatsApp and Facebook chat groups. Those who feel daunted by the learning curve can turn to neighbourhood and community groups for help.

Get physical while you get social

"What's good for the body is good for the mind," Wong reminds us. "So physical activity is especially important during times like this."

It's ideal if you can combine physical activity with social engagement. A UBC

"Things are not going to change back to the way they used to be. This is important to recognize because it motivates us to look for change and find strategies to mitigate our losses."

Dr. Roger Wong,
UBC Faculty of Medicine

study shows that seniors stick with fitness routines when they work out together, and exercise helps mental health. However, physical distancing restrictions make group workouts a challenge. But yoga or tai chi classes that took place in neighbourhood parks over the summer could be moved online via Zoom, with participants maintaining social interaction virtually.

Tune into music

Music is a great way to combat social isolation, even if it's virtual. People who used to attend community concerts can still enjoy virtual performances, such as UBC School of Music's live online concerts and VSO @ Home Digital performances, both recorded and livestreamed.

Wong encourages older adults who play an instrument to connect with other musically minded people online.

Reach across generations

Music can also help seniors connect with their children and grandchildren when they can't meet in person. "Intergenerational involvement can be very helpful in times of crisis," Wong says. "There's some evi-

dence to suggest that intergenerational engagement can be beneficial to both seniors and young people."

Need help taking the first step? BC211 is a non-profit organization that provides information and referrals regarding community, government and social services in B.C. It can also refer family members and caregivers to services to help the seniors in their life.

"When you're supporting seniors, you also have to think about supporting their families or their loved ones," Wong says. "The family members may feel helpless. They don't know where to turn. Perhaps Grandma used to go out and exercise in the community centre and hasn't been going for the last six months. So caregiver burnout and stress becomes an issue."

Wong believes a combination of seniors helping themselves, support from family, and initiative from individuals and groups in the community can help combat isolation.

Source: *UBC Beyond People, ideas and actions for a better world* <https://beyond.ubc.ca/older-adults-new-routines/>



Exploring Pacific Spirit Regional Park near UBC. Photo credit Paul Joseph, UBC.

2021
WINTER

PROGRAM GUIDE

Keep an eye on our website over the coming weeks for the release of our Winter 2021 Program Guide

myuna.ca/recreation

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION