UNA Aims to Enhance Community Life on Campus

Terms of reference for new committee are approved at January Board meeting; action is underway

John Tompkins
Editor

The UNA has set out to improve the quality of community life on campus.

At its January 19 meeting, the UNA Board of Directors made an ambitious statement about the committee it has formed to fetch about an enhanced quality of life.

“The Committee is to assist the Board in identifying and implementing initiatives that will improve the levels and effectiveness of resident participation in community life, with a view towards improving the overall quality of life in the University Neighbourhoods.”

Years have passed since the idea of forming a committee to expedite community engagement on campus was first put into circulation. Since then, the idea has shown little development.

The large community gardening fraternity in the University Neighbourhoods in particular has expressed frustration with the lack of progress on occasion. Now, at last, change is in the air.

In the January 19 vote, seven Directors out of seven present at the Board meeting voted in favor of mobilizing the Community Engagement Advisory Committee (CEAC).

UNA Director Jane Kang has been appointed chair, and the CEAC was given its essential first assignment: establish terms of reference (ToR).

In a joint statement at the start of the Board meeting, Committee Chair Kang and Director Bill Holmes were given the opportunity of explaining the purpose of CEAC.

Ms. Kang said she and Mr. Holmes proposed that a section of the ToR providing for the CEAC to include up to four resident members be revised.

“I am proposing that this number be increased to eight,” Ms. Kang said. This will enable broader community representation on the CEAC, particularly having regard to the fact that each member may be plugged into a different network of residents,” Ms. Kang said.

Likewise, she was of the opinion that one-year terms of service be extended to two years.

As well, in selecting residents as CEAC committee members, priority will be given to residents who have experience and qualifications in a variety of skills.

This is a volunteer committee that will serve without compensation.

Please see Community Life story on Page 3.

How Old Barn Coffee Shop on Campus Was Saved from Pandemic

Coffee shop is neighbourhood gem; community group finds successful formula for survival

Terry Mullen, UNA Director

On January 6, 2021, Richard Watson, Chair of the UNA Board of Directors, and Sundance Topham, Chief Administrative Officer of the UNA, sat down with Elsie Nguyen, President of Powered by Caffeine Enterprises Inc., removed their masks and raised their coffee cups to toast the signing of a new sublease for the Bean Around the World (BATW) coffee shop in the Old Barn Community Centre.

The term of the sublease was extended to December 31st, 2029.

For the residents of the UBC neighbourhoods and for UBC students this was an important event, another step what we hope is a return to something resembling normality. It will also be welcomed by the many cyclists and walkers who stop at BATW for a rest break and refreshment.

In addition to its handy location, BATW has the use of a spacious, outdoor patio that is coveted on good weather days and even on rainy days often has a handful of hardy persons warming themselves with coffee and sharing stories.

The survival of the coffee shop was very much in doubt following the COVID-19 outbreak. It was closed for much of March and April. It reopened in May to a greatly reduced clientele. Elsie and the UNA were keenly aware that BATW could not continue to operate under the financial terms of the existing agreement.

For Elsie, BATW is her livelihood; for the UNA, it is much more than a coffee shop. For over a decade it has been a neighbourhood gem, a community cultural centre that, if closed, would not likely be replaced. Its disappearance would have left an emptiness in our community, a loss of place.

In November, a UNA working group comprised of Richard, Sundance and Terry Mullen was given the task of consulting with Elsie to come up to a solution to the fiscal problem of operating a coffee shop in the COVID-19 era. It was a conversation by no means unique to BATW; it was happening wherever landlords and tenants had premises that were no longer financially viable.

The obvious solution was to relate rent to income. A formula for doing this was settled upon by the UNA and Elsie; rent would be determined monthly as a percentage of gross income, with a ceiling. The ceiling was the rent the parties agreed would have been paid had there been no pandemic. Accordingly, until the formula generates a rent equal to the ceiling rent, the amount paid each month by BATW will vary from month to month, always less than the ceiling. The UNA does not expect that to happen until the majority of students return to the UBC campus for classes.

Then, the formula ensures that BATW will pay a financially manageable rent.

Beyond the role BATW plays in providing a convivial place for persons to gather, places like BATW have an important part to play in the rather unique environment of the UBC neighbourhoods. As Mr. Mullen said “I have grave reservations about the healthiness of living in multi-storey buildings. They can be silos of loneliness. Without supportive social connections and readily available community activities, residents experience a narrowing in their lifestyle.”

To counteract this, it is necessary that there be amenities to provide stimulation and places for social interactions. Though it is a small step, BATW contributes importantly to that need. It’s not just the coffee and the eats.

The importance of such facilities is all the greater in this pandemic time, this time of diminished movement and reduced opportunities for connection with others. When we are deprived of opportunities for sharing and for intimacy our world is lessened and our fragility is uncovered.”

For the residents to have lost BATW would have meant the loss of scarce social capital. While a coffee shop and patio cannot rival the liveliness of, say, a European town square, it’s a substitute to be nurtured and cherished. That is why the UNA and Elsie were determined that BATW would be rescued.
Pharmaceuticals Researcher Rises from Delivery Boy to Dean Emeritus at UBC

Order of Canada is most recent top award for John McNeill; Professor McNeill is recognized for his ground-breaking research into links between cardiac disease and diabetes

Dr. John McNeill

Alumnus Dr. John McNeill (BSc 1960, MSc 1962, PhD 1967 [University of Michigan]), completed a Bachelor of Science and a Master of Science in Pharmacy at the Faculty of Pharmacy and Pharmaceutical Sciences at the University of Alberta, and a Doctor of Philosophy in Pharmacology at the University of Michigan.

He went on to work as an Assistant Professor at Michigan State University from 1967 to 1971, before joining the University of British Columbia (UBC) in 1971, where he worked as an Associate Professor and Chairman in Pharmacology & Toxicology from 1972 to 1975. He then became a Professor in the Faculty of Pharmaceutical Sciences at UBC in 1975, and further went on to serve as the Faculty’s Dean for 11 years from 1985 to 1996.

On November 27th, 2020, Dr. McNeill was appointed as a Member (C.M.) of the Order of Canada in recognition of his ground-breaking research into the links between cardiac disease and diabetes. The Order of Canada—established in 1967—is one of the highest honours awarded to Canadian citizens and is presented annually by the governor general in recognition of significant service to the nation.

Professor John McNeill, UBC Faculty of Pharmaceutical Sciences, is interviewed by Kalyna Hennig, Communications Coordinator, Faculty of Pharmacy and Pharmaceutical Sciences, University of Alberta

How does it feel to be appointed to the Order of Canada?

It feels pretty good! I didn’t realize how many people look at the announcements about who is appointed to the Order of Canada - I had congratulatory cards from people that live in our condo that didn’t really know what I did for work. It’s been heartbreaking. My family was of course very excited to hear the news. Some of my friends are quite impressed that I’m in the Order of Canada alongside Wayne Gretzky!

What career accomplishment do you think you’re most proud of?

I very much enjoyed teaching both undergraduate and graduate students, many of whom have gone on to have very successful careers all over the world. I’ve kept in touch with most, and hear from a number of them almost every year, especially around Christmas time. Certainly, when someone living on the other side of the world calls you and says, “Do you remember me? I was your student”, it’s really heartwarming to see how they’ve gone on to do great things. I can’t take credit for all of their accomplishments, but I was glad to be there along the way. I’m really proud of all those people.

One thing I learned along the way is to treat people well. I also made a lot of changes to the curriculum during my time as Dean of the Faculty of Pharmaceutical Sciences at UBC. I tried to modernize it, and since I took over the Faculty during a time of transition and change, we didn’t have a lot of resources available initially, but we accomplished a lot.

Tell us a little bit about your time at the University of Alberta, and about how you got started in your career journey.

I started as a pharmacy delivery boy in about grade eight or nine in the Strathcona area of Edmonton. MCNEILL continued on Page 3.
I am writing in response to Mr. Orata’s letter in the January issue of this newspaper regarding the UBC Tax Group. The letter displays a misunderstanding of the Taxation Working Group’s objective, a misunderstanding that needs to be corrected. Contrary to what Mr. Orata seems to believe, the Working Group is not seeking a reduction in the combined amount of taxes and services levy payable by residents of the UBC neighbourhoods. The Working Group’s objective is to have a larger portion of the amounts paid by residents remain in the community for funding the UNA. Currently, the UNA has a significant deficit. The UNA's objective is to have a larger portion of the amounts paid by residents remain in the community as funding for the UNA.

The UNA’s financial troubles exist because the provincial government extracts an excessive amount of money from our community through a combination of rural property tax, police tax, and the fire service charge (which is paid out of the services levy). The total of these amounts paid to the province in 2020 was $4.9 million. This is approximately $2.5 million more than the estimated cost to the province of the services provided to our community, which services are primarily policing and fire protection. The rural property tax, police tax, and services levy, taken together, are analogous to the property tax payable to a municipality by its residents. Municipal property tax is used to fund municipal services. Similarly, the full amount of rural property tax, police tax, and services levy payable by UBC residents should be applied for the benefit of the community. These taxes, plus the fire service charge, should not be a source of profit for the provincial government.

The problem is the rural property tax. That tax is designed for the more sparsely settled parts of the province, and is intended primarily to fund secondary roads, with a smaller portion to partially fund policing. Applying the same rate of tax to a dense, urban area as to the rural areas produces as inappropriate.

Our neighbours in the University Endowment Lands (“UEL”) do not pay the rural property tax. Instead, they pay a property tax that is similar to the property tax in a municipality. Each year’s rate is based on the budgeted costs to run their community for the year. The tax is payable to the provincial government, which in return pays the costs of running the UEL. Thus, the tax serves the same purpose as our services levy.

It is clearly unfair that we pay the rural property tax whereas our UEL neighbours do not. No justification has been given for this differential tax treatment.

While one solution to the inequity would be to impose the full rural property tax on UEL residents, that solution would be irrational. It would constitute a tax grab by the provincial government rather than payment for services provided to the community. Equitable treatment can be achieved either by eliminating the rural property tax for the UBC neighbourhoods or by imposing the tax at a much reduced rate on residents of both communities.

If the rural property tax were reduced or eliminated, there would be a corresponding increase in the services levy and hence no additional money in the pockets of UBC residents. Simplifying somewhat, this is because the amount of the services levy in respect of a property is equal to the amount of property tax that would be payable if the property were in Vancouver minus the amount of rural property tax and police tax payable in respect of the property. Thus, if rural tax is decreased, the services levy increases to offset the reduction.

For completeness, I should mention the link between rural property tax and police tax. In computing the rate of police tax payable by residents of each unincorporated area of the province (an area that is not in a municipality), the rate that would otherwise be determined is reduced to reflect the fact that a portion of the rural property tax payable by the residents is considered to fund policing service. Hence, if rural property taxes were to be eliminated for residents of the UBC neighbourhoods, the reduction would not be applied and so the rate of police tax would be higher. However, the increased amount of police tax would be substantially less than the amount of rural property tax no longer payable.

The Taxation Working Group has met with our MLA David Eby to seek his assistance in resolving the inequitable tax treatment of our community. We expect that he is sufficiently concerned by the inequities described above that he will make a concerted effort to convince his colleagues of the need for reform.

Bill Holmes
Hampton Place Resident

Some people are misled by the fact that the UEL tax is called rural property tax. That labelling is because the levy and collection mechanisms applicable to rural property tax are also applicable to the UEL tax.

Even though UEL residents do not pay the rural property tax, they pay the police tax at the same reduced rate as applied to residents of the UBC neighbourhoods. In other words, they are given credit for a tax they do not pay.
New Program Puts Seniors in Touch with Services for Free

Seniors living in University Neighbourhoods—and elsewhere in British Columbia—are encouraged to register for a new Safe Seniors, Strong Communities program otherwise called 211.

The free program, which has a long history in British Columbia, underwent redevelopment recently, and it is available now in updated form.

As 211 states at its website, life isn’t always easy. “But finding help can be. 211 connects you to programs and services in your community.”

Managed by the United Way, 211 is available by way of (dial), text or chat, and it is confidential, available 24/7 and provides connection in 150+ languages.

As 211 also states at its website, “We’re all feeling vulnerable because of COVID-19. Now, imagine you’re a senior living independently with the help of family and friends. Calls for social distancing and self-isolation to prevent the spread of the outbreak means you’re finding these supports unavailable”.

This has changed with a new province-wide initiative, Safe Seniors, Strong Communities. By simply dialing 2-1-1 or filling in an online form at www.bc211.ca, you can request volunteer services for a senior in your community.

“With Safe Seniors, Strong Communities available through bc211, we’ll be able to help seniors stay healthy, engaged and connected,” says Kahir Lalji, Provincial Director, Population Health, United Way of the Lower Mainland.

bc211 is a non-profit organization that specializes in providing information and referral regarding community, government and social services in BC. bc211 will monitor calls and online applications for the Safe Seniors, Strong Communities Program, both from seniors wanting help and from volunteers willing to step up.

This information is shared with one of 24 designated Better at Home COVID-response agencies across BC who match local volunteers with seniors who need help. Services provided follow Ministry of Health and safety distancing guidelines.

“We can each be a part of the COVID-19 solution in our own way by being a good neighbour or by volunteering,” said Adrian Dix, Minister of Health. “That is why as part of our COVID-19 response we are working together with the United Way of the Lower Mainland to expand local community services that put volunteers in touch with seniors throughout the province.”

Safe Seniors, Strong Communities is available across BC, thanks to the expansion of bc211 to include the Northern and Interior health regions. These areas did not previously have access to bc211 service by phone, which is available 24 hours a day, seven days a week.

“Safe Seniors, Strong Communities is a new partnership between United Way’s Better at Home program, bc211, and the BC Government through the Ministry of Health.

“We’re excited to be collaborating with bc211 and the Ministry of Health to deliver these essential supports to seniors,” says Michael McKnight, President & CEO, United Way of the Lower Mainland. “It is important that we support our most vulnerable citizens during this challenging time with local communities and community agencies being essential to these efforts. If you are a senior in need of support, we urge you to reach out.”

Volunteers can sign up to help a senior in their community by visiting the website www.bc211.ca. Click “NEW Safe Seniors, Strong Communities Program” link on the bc211 home page.

Remapped resources for seniors are now available for free at www.bc211.ca. Photo credit Creativa Images / Adobe Stock.

The below text is a Chinese translation of the bc211 Non-Emergency Support Hotline article published in the Vancouver Sun on February 11, 2021 at vancouversun.pressreader.com.

你知道如何正确拨打电话, 以寻求那些非紧急的求助吗?

加拿大各地的人们比任何时候都更需要支持, 但是很多人不知道该从哪里寻求支持。大多数人都非常熟悉9-1-1, 这是为人们提供紧急服务的全国性热线。很少有人熟悉非紧急支持电话号码：211。211是一条免费的保密电话热线。在全全国各地人们当地政府和社会服务体系联系起来。

当一个拨打电话2-1-1时，将连线一个导航员，该导航员会提出问题，可以收听和理解叫者的特殊需要，并可能可以帮助安排的服务或流程。平均而言，一个呼叫者的问题可以在2-1-1的通讯服务中由一个导航员回答。

“面对现实吧, 政府计划和社会服务可能像一个迷宫; 我无法想象一个新移民或一个老年人如何独自找到这些服务”211导航员Deborah Doherty说。“我们211的目标是将人们与他们需要的帮助之间联系起来。希望能够帮助那些有特殊需要的孩子找课程等, 正确途径是拨打211。211导航员可以去各种服务和机构帮忙解决来电者的问题。

211导航员训练有素, 并且知道如何提出正确的问题来全面了解某人的情况, 帮助他们将其与正确的服务机构联系起来。“我希望每个人都知道211的真正价值, 我们受到培训, 并超越了基本的要求。”另一名211导航员Wanyse Leger说。“我经常称我们为导航员或运输方面的帮助, 但是我们同时关注要以美元支付, 这令我们进一步了解情况。当我们得知原因可能而提出进一步问题, 她的耐心非常棒, 而且她也很好沟通, 她需要财务援助, 包括开支, 食物和衣服方面的帮助。她今天正在需要的是医疗转诊。很明显她需要各种各样的事情, 我们结束通话后, 她说她另外找到可获取有关她需要的其他资源信息, 而最终她得到全面的服务。”

COVID这种前所未有的自然灾害使得越来越多的加拿大人寻求支持。新西兰警方表示了对人们的这种行为表示的赞赏：不要拨打911来寻求那些不必要的帮助。“我们知道涉及到的紧急情况, 他们通常会打给911。我们需要更多知道去那里寻求帮助, 他们通常会打给211。211是人们真正的紧急情况, 他们不会拨打911来寻求帮助。但是很多人不知道去那里寻求帮助, 我们希望在211的访问, 使人们了解如何解决所对应的系统服务, 帮助人们获得所需支持的正确途径。”Larkin说道。

联邦政府对COVID-19响应的救助热线211热线在全国性扩展起来, 但是服务的价格却在降低。无论有人失业或者需要就业支持, 长着寻找社区课程或者父母有特殊需要的孩子找课程等, 正确途径是拨打211。“我们很高兴支持bc211和卫生部合作, 向老年人提供必要的支持, 希望我们可以帮助他们迈出下一步, 但是我们也帮助他们为自己寻找有效的资源。”

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This past summer, UBC committed to tackling the pervasiveness of systemic racism. We know that when any population on campus does not feel included, respected, and engaged, it negatively impacts their work and life experience.

Here are some steps that we have taken to address these important issues.

I made a commitment to listen to the UBC Black Caucus, Indigenous and Asian groups and other marginalized communities. Over the past several months, I have met with many of these groups, and I have listened and learned.

I have appointed Dr. Handel Kashope Wright as the Senior Advisor to the President on Anti-Racism and Inclusive Excellence. Dr. Wright is a Professor in the Department of Educational Studies in the Faculty of Education. He is also Director of the Centre for Culture, Identity and Education. His work focuses on continental and diasporic African cultural studies, critical multiculturalism, anti-racist education, qualitative research, and cultural studies of education.

I have also appointed Ainsley Carry, Vice President Students, and Ananya Mukherjee Reed, Provost and Vice-President Academic, UBC Okanagan as Co-Executive Leads for Anti-Racism. As senior administrators, they will provide a critical bridge between the UBC Executive and our Indigenous, Black and People of Colour (IBPOC) community members.

We are establishing a task force on systemic racism, with membership drawn from throughout the university community. Dr. Wright will chair the task force, which will begin its work in March.

We have also made a broader commitment across both campuses to hire more IBPOC faculty.

We have set up an anti-racism initiatives fund to support UBC groups and organizations across both campuses to host speakers, programs, and events that advance our anti-racism and inclusive excellence goals.

We are providing administrative support for IBPOC students to develop anti-racist initiatives.

We have set up a website, antiracism.ubc.ca, that gathers together anti-racism and inclusive excellence resources and news. Please check it out for more information. But much more still needs to be done.

As a university, we can play an important role in advancing awareness and understanding of Black history and experience, and together, improve Black representation and build a more inclusive UBC.

Best wishes,
Santa J. Ono
President and Vice-Chancellor
This Black History Month, UBC Community is Hopeful for Change

February marks Black History Month, a time to celebrate and honour the achievements of Black figures, past and present.

UBC leadership working closely with Black faculty on anti-racism initiatives

For VP Students Dr. Ainsley Carry, he says he is honoured to have been appointed as one of the co-executive leads to serve as a bridge between the UBC administration, students, faculty and staff to ensure UBC’s anti-racism initiatives move forward.

“Hearing the experiences of Black students, faculty and staff has been encouraging and heartbreaking at the same time,” says Dr. Carry. “What gives me hope is the commitment UBC has made from the President and Vice President to move the needle on important equity, diversity, and inclusion initiatives.”

Dr. Carry says he is well aware of the racism and discrimination that still exists in our society and institutions. Although he has a doctorate in higher education, three master’s degrees, and 25 years of experience in university administration, he still faces challenges about his competency.

“I have been asked if I’m concerned about being a ‘token hire,’ the implication being that I’m either unqualified or that I was only hired because of my race,” he says. “Unfortunately, my experience is not unique. This is a challenge for many BIPOC students, faculty, and administrators in senior leadership roles.”

Dr. Carry emphasizes that his most important challenge as VP Students is to balance his commitment to support all students in their personal, career, and academic pursuits while responding to the expectations of the BIPOC community.

“My professional commitment has always been to discover where our current systems produce barriers so that we can dismantle these hurdles in order to better serve all students,” he says.

UBC faculty members offer ideas to move anti-racism initiatives forward

Dr. Bathsheba Opina, assistant professor in the faculty of education and a member of the UBC Black Caucus says UBC’s anti-racism initiatives so far have left her feeling “cautiously optimistic.”

“I think we’re going the right direction, which is promising, but we should also not forget that we are operating in systems and structures with historical roots and, which need to be shaken up and torn down,” she says. “It will take a lot of time and effort for people to gain a deeper understanding of how endemic anti-Black racism is in our society and institutions.”

Dr. Opini also emphasizes that, for real change to unfold, it’s not enough for only Black scholars to do the heavy lifting. She says it’s important for everyone, especially people in positions of privilege and power, to also advocate for change, to speak up when they witness racism, and to continue doing so long-term—not only during Black History Month.

“Everyone needs to recognize that we are not only Black in the month of February,” she says. “If we are going to be examining Black excellence and tackling anti-Black racism, it needs to be a year-round project.”

Dr. Annette Henry, David Lam Chair in Multicultural Education and professor in the faculty of education, agrees that the university’s recent initiatives seem promising. She encouraged leadership at every level to be “bolder” in their thinking and actions. She suggests a focused hiring initiative to bring more Black academics to the university, additional financial support and scholarships for Black students specifically, and more Black-focused content in the academic curriculum as important first steps.

Dr. Carry recalls a course that she developed on Dub poetry that her students found so engaging, that many “didn’t want to leave at the end of the class session.” “I think that says something about the hunger for relevant Black content in our courses,” she adds.

Students of all cultural backgrounds join two Lunar New Year events, including easy and fun paper-cutting sessions with renowned Chinese folk artist, and a soiree of culture sharing

Despite its awesome spread, COVID-19 failed to blight Lunar New Year celebrations at UBC with its large and vibrant community of Chinese born residents.

Several Lunar New Year events took place on campus during festivities: the first being Crafts Online which took place on Tuesday, February 9, 4-5 p.m.

Decorating windows with paper cut-outs is a tradition of the Lunar New Year celebration.

People from all cultural backgrounds joined this easy and fun session with Cindy Zhao, a renowned Chinese folk artist, to learn paper-cutting and bring beauty, joy and good wishes to your home and to the Year of the Ox.

Meanwhile, a Lunar New Year Soiree took place on Saturday, February 13, 7-8 p.m. Others joined the Lunar New Year Soiree and celebrated the Year of the Ox at dinner time! This one-hour virtual celebration brought UNA neighbours and families together through the sharing of food, traditions, stories, and all these performances in the comfort of home!
The experience of injuring her back twice during her over 35-year-career as a dancer and choreographer taught Janice LeBlond a lot about herself and her art, lessons that have informed her LeBlond Technique classes at West Point Grey Community Centre.

“I didn’t want to stop dancing because of my back injuries. I needed to keep going and pursue my art,” says LeBlond. “It is through these experiences and the recovery process that the LeBlond Technique started to evolve.”

Born in Ottawa, Ontario, LeBlond’s family moved to the North Shore of British Columbia when she was six years old. Apart from playing several sports and roughhousing with her four brothers (she also has a sister), LeBlond began training as a gymnast - achieving BC championships status at ages 13 and 14. An avid painter, drawer and sculptor, LeBlond later earned a degree in fine arts from the University of British Columbia (UBC). But destiny was met in her late teens when she began training at the Anna Wyman dance studio in West Vancouver.

“I fell in love with dance in one second,” recalls LeBlond, who trained in ballet and modern/contemporary dance and performed mostly in modern dance with local, national and inter-national teachers and collaborators.

The experience of injuring her back at age 25, which immobilized her for over one year, LeBlond developed a water training technique. “I was already doing a lot of yoga and pilates for my back, but I went deeper; and that’s how my own technique [the LeBlond Technique] originated.”

While LeBlond’s back injuries delayed her dance career on a few occasions, they also taught her the value of perseverance and led her down a new path.

After her second back injury in her 40s, LeBlond “started to work more with people with injuries and disabilities. The movements in my dance classes also became more therapeutic,” says LeBlond, who continues to work one-to-one with clients at a Vancouver back clinic.

LeBlond Technique classes - originally run out of UBC before they were transitioned over to West Point Grey Community Centre - are also heavily informed by her rehabilitation experience.

“When I teach classes at West Point Grey Community Centre, they are very therapeutically oriented. I encourage people to do the best with what they have, but to push their boundaries to increase their strength, stamina and flexibility,” says LeBlond.

Exercising the mind and body

LeBlond takes a holistic approach to movement training that she describes as preparing the individual for “fitness for life.”

“I start my classes by working with the mind,” she explains. “We go through breathing techniques and clear out all of the noise that might be in people’s heads. Then we start with some really simple, gentle movements of the head and neck that are achievable by anybody. We move into the pelvis and then start working with the spine.”

“As the class goes on, the movements get more and more challenging, and people get limber, stronger and healthier. By the end of the class, everybody feels really good.”

LeBlond says that class participants are adults of all ages, and some of the fit-test are seniors. “Some class members are doing things in their 70s that they couldn’t do when they were 17!”

Coping with coronavirus

One member of LeBlond’s program has attended her classes at West Point Grey CC since they first started over 32 years ago. Many others have been regulars for years. This, Le-Blond notes, has made cancelling classes due to the COVID-19 pandemic particularly challenging for her and her participants.

“Many people who came regularly to my class have bonded together over the years. We’re like a family,” she says. To help bridge the distance, LeBlond has offered online classes and private lessons. “I find a way to persevere in the face of challenges,” she says. “I find a way to burrow through.”

When she’s not teaching the LeBlond Technique or dancing, LeBlond keeps busy on the hiking trails, in a kayak and as a dog trainer.

“My philosophy is to take care,” she says. “When you take care of others, you take care of yourself, too. I believe we are all connected, so we all need to take care of our planet and one another.”

Find LeBlond Technique classes by visiting the Park Board registration site, filtering for West Point Grey Community Centre and searching for “LeBlond Technique.”

After Female UBC Student Assaulted, Police Plead with Park Users: Jog in Pairs

Police issue warning after female jogger was struck in the face and her cellphone stolen

RCMP say a University of British Columbia student jogging in Pacific Spirit Regional Park in Vancouver around noon on Wednesday, January 27, 2021 was attacked and robbed by a man.

The victim was on the Lily of the Valley Trail in the park when police say she was approached by a man that she didn’t know who hit her without warning.

University RCMP spokesperson Const. Christina Martin said the woman was hit in the face and was treated in hospital for her injuries and then released later the same day.

Martin is warning the public to be vigilant about their surroundings.

“If you are jogging or walking with ear buds, keep the music volume low. If possible, exercise in pairs or in populated areas. Also, let someone know your route and when you’re going and be aware of noises and of others around you,” said Martin.

Police describe the suspect as white, in his mid to late 30s, six feet tall with a brawny build with brown eyes. At the time of the incident, he was wearing a dark-coloured toque, green jacket, black pants and black sport sunglasses.

RCMP are asking anyone who was in Pacific Spirit Regional Park on Wednesday afternoon, January 27 and has any information about what happened to contact police at 604-224-1322.
**UBC Upgrades East Mall Crossing for Safer Use**

Completion of work is expected in February when weather improves; flashing lights are part of the new system.

A dodgy cross walk in the Hawthorn Place neighbourhood at UBC has been a source of complaint for years.

A made-in-Canada approach to producing the world’s most commonly used medical isotope has received Health Canada approval, ushering in a new era for patients in Canada and around the world who rely on these isotopes for critical diagnostic procedures.

A Canadian consortium, which includes the University of British Columbia, BC Cancer and TRIUMF, is the first in the world to obtain regulatory approval for this approach, allowing for the production of technetium-99m (Tc-99m) for clinical use in Canada using small particle accelerators known as cyclotrons.

These workhorse medical isotopes are used in tens of millions of cardiac tests, cancer scans, and other diagnostic nuclear medical procedures around the world each year. However, global disruptions in reactor-based supply chains and isotope shortages have become a growing concern for medical professionals and patients.

Over a decade in the making, this landmark development—led by Dr. François Bénard and Dr. Paul Schaffer—helps secure a domestic supply of the isotope for Canadian patients.

“This new technology will provide Canadians with consistent access to the resources they need for life-saving medical scans, including cancer diagnostic scans,” said Dr. Bénard, professor of radiology and associate dean of research at UBC’s faculty of medicine and senior executive director of research at BC Cancer.

“Medical isotopes help so many people every day, so it’s critical to have a multi-faceted supply chain to avoid unexpected disruptions to their availability,” said Dr. Schaffer, associate professor at UBC’s faculty of medicine and associate laboratory director, life sciences at TRIUMF. "The approval of cyclotron-produced Tc-99m by Health Canada is an important milestone for this Canadian innovation that will ultimately deliver direct benefit for Canadian patients.”

With Tc-99m now able to be produced for clinical use at regional cyclotron facilities in Canada, starting in B.C., dependence on nuclear reactor technology will be reduced, helping secure a stable, and environmentally friendly supply chain. The approval also clears Canada to bring the new technology to the global marketplace, facilitating regional production of Tc-99m either by upgrading existing cyclotrons around the world or installing new, dedicated high-capacity regional production facilities.

A spokesman for UBC Campus and Community Planning said the plan of improvements consist of curb bulges to shorten the crossing distance for pedestrians and bring them into a more visible location for approaching motorists.

There are also flashing lights that are activated by pedestrians wishing to cross to bring more awareness to approaching motorists.

Meanwhile, speed humps will go in to reduce travel speeds approaching the crossing and to deter speeding along the corridor.

The UBC spokesman said the goal of this project is to enhance the safety and pedestrian’s experience while using this cross walk, especially for residents and families that frequently travel between the Hawthorn/Westbrook/Hampton areas.

**Newly Approved Cyclotron Technique Takes UBC, TRIUMF and Partners to Forefront of Cancer Diagnostics**

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**Quick facts**

- Radioisotopes (radioactive isotopes) are used in diagnostic imaging tests to detect bone and cardiac diseases as well as in diagnosing cancers.
- Technetium-99m is the most commonly used medical radioisotope, accounting for approximately 80 per cent of all medical scans in Canada.
- Cyclotrons are particle accelerators that can be used to make isotopes for medical imaging or research purposes. Cyclotron facilities represent a small fraction of the cost of typical reactors and offer a greener, more sustainable approach for producing critical medical isotopes such as technetium-99m and fluorine-18.
- BC Cancer has operated a cyclotron facility since 2010.
- TRIUMF maintains a number of cyclotrons for research. In 2022, a new, high-power TR24 cyclotron will come online in the Institute for Advanced Medical Isotopes and will be dedicated for medical isotope production.

Andrew Robertson, TRIUMF Research Officer (Therapeutic Isotope Product Development), working in a TRIUMF radiochemistry laboratory. Photo credit TRIUMF.