UBC Community Remembers

University Neighbourhoods Association Directors Ying Zhou (Chair) and Laura Cottle laid a wreath on behalf of UBC residents during Remembrance Day Ceremony at the UBC War Memorial Gym. Please see story on Page 4.

Representation on UNA Board Remains Balanced after Election

Section 5.4(a) of the UNA Bylaws provides that “For more balanced representation, not more than three (3) Resident Directors may be resident in any single Local Area.”

The concept of balanced representation on the UNA Board of Directors remains intact despite an unprecedented turn of events in the 2019 Election where six candidates – three from Hawthorn Place and three from Wesbrook Place – competed for three seats on the UNA Board.

Based on 2,756 valid votes cast in the election at the 2019 Annual General Meeting (AGM) on November 6, the full result of the vote count was as follows:

Murray McCutcheon, Hawthorn Place – 627 votes
Richard Watson, Hawthorn Place – 594 votes
Martin Guhn, Hawthorn Place – 469 votes
Zheng (Jane) Kang, Wesbrook Place – 455 votes
James Ellis, Wesbrook Place – 336 votes
Qing Wang, Wesbrook Place – 245 votes.

The three candidates who received the most votes were all from Hawthorn Place. However, only the top two of them were announced at the AGM as successful candidates.

Because the UNA had one continuing Resident Director from Hawthorn Place (Terry Mullen) and one continuing Resident Director from Wesbrook Place (Matthew Delumpa), in this election, only two candidates from Hawthorn Place could take seats on the Board. The third open seat went to a candidate from Wesbrook Place.

The winning candidates who will join the UNA Board as Elected Resident Directors are:

Murray McCutcheon, Hawthorn Place
Richard Watson, Hawthorn Place
Zheng (Jane) Kang, Wesbrook Place.

In a Statement following announcement of the election results, the UNA congratulated successful candidates and thanked all the candidates who put their name forward. The UNA also thanked outgoing Directors Ying Zhou, Laura Cottle and Richard Alexander.

According to the current bylaws, Elected Resident Directors hold office for two years and can be re-elected to the UNA Board for two more consecutive terms of office.

The UNA Board of Directors is comprised of five Resident Directors elected by UNA members, two appointees from UBC (currently Tor Album and Carole Jolly), and one appointee from the Alma Mater Society (AMS) – (currently Cristina Ilnitchi).
Departing UNA Chair Feels Sense of Pride in UNA Growth

Ying Zhou, Chancellor resident, has been UNA Director for six consecutive years

John Tompkins
Editor

Addressing the UNA membership November 6 in the 2019 Annual General Meeting at the Wesbrook Community Centre, Ying Zhou, departing Chair of the UNA Board of Directors, said: “As I close my last term as a member of the Board, I look back to where we started and feel a sense of pride for how much we have grown and evolved over the last few years. No doubt, there is much still to be done, but our issues and problems always come from a desire to improve our community life and love for our neighbourhoods, and with those goals in mind, we will always find common ground.”

In the Chair’s Report for 2018–2019, Ms. Zhou told about 50 UNA members at the meeting: “Looking back, the UNA has been really fortunate to have committed directors and external partners. Despite financial pressures in the last several years, we are lucky to have a board and staff who worked through some challenging times. I have learned so much from each of you for the past six years. "The Bylaw Review work that we have committed to last year continues to be challenging, as complex issues and financial impacts have come up since we provided our recommendations to the members last spring. We are working closely with UBC, the (UBC student) Alma Mater Society and staff to make sure that we have a solid set of recommendations to put forward in our Special General Meeting in 2020. "I would like to take the opportunity to express my appreciation to Terry Mullen and Laura Cottle for their leadership, as board members, on this issue. Also, to thank Mike Feeley and Bill Holmes, as resident representatives. Bill Holmes has spent an extraordinary amount of time and efforts on the amendment bylaws for several years. "The UNA would like to thank and recognize the invaluable and tireless work of volunteers who have contributed their time and expertise to ensure that we can hold a variety of events and initiatives, both long-term and short-term projects. "Highlights of 2018–2019 include work done by two cultural groups, the Lunar New Year Working Group and the Diwali Festival Committee, who planned and delivered two very successful major events. "The UNA Multicultural Committee has played a key role on supporting the groups as well as has hosted the monthly Cooking workshop for several years. Senior volunteers significantly contributed through the implementation of Your Passport to Health project that involved delivering forty-five free programs with 881 registrations among 200 seniors. I am very proud of their dedication and accomplishments. "The UNA also owes big thanks to our youth volunteers. The capacity that exists within youth volunteers is astounding, and amazing things happen when a little opportunity is added. This year there was plenty of opportunity, and our volunteer system continued to grow by hitting over 4,200 total hours contributed by more than 310 unique volunteers." Looking ahead, Ms. Zhou said, the search for a new UNA Executive Director has started. In the meantime, Andrew Clements, UNA Recreation Manager, and Wegland Sit, UNA Operations Manager, will continue as Interim Co-Executive Directors. Ms. Zhou also acknowledged with appreciation UNA Board Secretary Shelley Milne. Ms. Milne came onboard after previously working with the UBC Board of Governors. “Shelley has played a role like lifesaver for the UNA Board with her expertise and personality,” said Ms. Zhou. Recognizing the community contribution of The Campus Resident newspaper published by the UNA, the outgoing UNA Chair said: "It keeps residents informed of developments and issues in our community, as well as providing residents with a forum for expressing their views. Thank you for serving the UNA for a decade.”

UBC Women’s Varsity Softball Seeks Home in Nobel Park

UBC is required to receive approval from UNA if playing field is to be upgraded and made home for women’s team

The baseball diamond at Nobel Park in Wesbrook Place has lain largely unused since it was installed years ago, but this inertia may soon disappear.

The University Neighbourhoods Association – which manages the playing field – has received an offer from UBC Athletics and Recreation under which the sport facility would convert the playing field to a baseball diamond. The upgrade would improve safety in the area, enhance social interaction, add community programming through youth sport and camps, provide enhanced amenities (such as a water fountain), improve safety in the area, enhance social vibrancy of the area and increase UNA revenue through field use.

Mr. Cooper also pointed to the disadvantages currently weighing on both the facility and the UNA, which has responsibility for the Nobel Park since it lies in the Wesbrook Place residential neighbourhood. In his comments about disadvantages, Mr. Cooper pointed to the following:

- Safety risks in the original field design and construction (for example, irrigation heads located along base paths)
- Limited use of the field due to its current condition
- Youth sport programming is limited
- Informal community use throughout the year, but it’s limited to a handful of hours
- Formal use of the field is limited
- September to March period typically has zero hours of booked field use
- April to August averages 7 hours of use per week.

The UNA Directors agreed that UBC Athletics and Recreation would prepare a formal application to the UNA in search of approval to upgrade the Nobel Park facility and would present it to the Board at its upcoming meeting in December.

Ying Zhou
The candidates meeting before 2019 Election presented a good selection of hopeful representatives for the UNA Board of Directors. They were earnest in offering their services, and we must be glad to have them.

One failing was their evasiveness in saying exactly what each would do about the Stadium Neighbourhood project. It is difficult to be very clear, in part because the project seems to be mushrooming in dark back rooms, but the candidate’s insistence that the UNA confine itself to managing our community centres felt unsatisfactory.

No candidate referred to the excellent The Future of UNA municipality on campus was “a little down the road.”

The ultimate model – 10 to 20 years from now – may be to become part of Vancouver, Mr. Mullen said, but there is no point addressing this issue since Wesbrook Place – the largest residential area on campus – is not built out yet.

Ms. Moore said she wanted to get away from the illusion of governance by non-profit society and urged fellow residents to be realistic about the future of their community.

Under the UNA Strategic Plan, from 2018-2021, the UNA aims to explore opportunities to evolve governance to meet the changing needs of a growing community.

This includes:
• Review the UNA bylaws and constitution.
• Review the Board’s and Director’s roles and responsibilities within the context of the UNA’s municipal-like mandate.
• Articulate and clarify the relationship between the UNA, UBC and UBC Properties Trust, and explore opportunities to enhance and strengthen the relationship.

This year, the Bylaw Working Group completed the process of reviewing the UNA by-laws, and the Board of Directors approved the proposed changes. The UNA members will vote on the proposed bylaw changes at the Special General Meeting expected to take place in 2020.

If any members have any questions with our involvement of the audit, we would be happy to respond to those in writing.
Remembrance Ceremony at UBC Stirs Feelings

FOR THE FALLEN

Written by Laurence Binyon (1869-1943)

Read by UBC Professor Nancy Hermiston

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.

The University of British Columbia hosted its 68th annual Remembrance Day Ceremony November 11 with 2,000 or more people attending it at the War Memorial Gym.

Attendees included members of the UBC community – students, faculty, staff and residents. Directors of the University Neighbourhoods Association Ying Zhou (Chair) and Laura Cottle laid a wreath on behalf of the residents – among 33 wreaths laid by the representatives of various organizations.

Others laying wreaths on behalf of the organizations they represented included Lindsay Gordon, UBC Chancellor; Santa J. Ono, UBC President and Vice-Chancellor; and Chris Hakim, President of the (student) UBC Alma Mater Society.

Nancy Hermiston, a UBC music professor and University Marshall, led the ceremony, which began with a member of the Musqueam Indian Band – in full Indigenous dress – offering words of welcome in both English and Musqueam language.

Members of the audience joined Ms. Hermiston in singing the famous lines of English poet Rudyard Kipling, Lest We Forget.

Then, a bugler stationed on the balcony of the gymnasium – packed for the occasion – played The Last Post. Two minutes of silence followed in honor of Canadians lost in war.

As people learned throughout the ceremony, War Memorial Gymnasium was officially dedicated on October 26, 1951 to the family members of service personnel who lost their lives in the two world wars. The Memorial walls have since been updated to reflect UBC’s involvement with Canada’s military. It is frequently referred to as “The Historic” War Memorial Gymnasium, which hosts the annual UBC Remembrance Day Ceremony.

Joyce Murray, President of the Treasury Board, Minister of Digital Government, and MP, Vancouver Quadra, praised the bravery of Canadian soldiers in both battle and peace-keeping duties around the world over the years, and said how proud Canadians should be that our military follows such a sterling tradition.

Ms. Murray referred to an ancestor who had fought in Italy in the Second World War – a particularly brutal campaign from which many Canadian soldiers did not return home.

David Eby, British Columbia Attorney General and MLA, Vancouver–Point Grey, told a story which, he said, made the meaning of Remembrance come true to him.

A few weeks ago, Mr. Eby attended the opening game of the UBC Men’s basketball season at the War Memorial Gym, where a spectator – a high-functioning autistic man in his forties – had approached him to say that since 2016, he had raised $6,000 for the Veteran’s Poppy Fund. “This man went not only to UBC to raise the money but to other places as well,” Mr. Eby said.

Professor Ono recounted the outstanding heroism of UBC students, faculty and staff in both the First and Second World Wars.

The ceremony at UBC brought forth excellent music as well as resounding remarks.

The UBC Opera Ensemble with pianist Richard Epp performed a portion of Sleep, Silent Night opera.

Soloist Ian Cleary with Mr. Epp on piano, sang Bring Him Home from Les Misérables.

The Canada, BC, Musqueam and UBC flags were lowered on campus on Monday, November 11 to mark Remembrance Day.
Celebrating our Thunderbird Athletes

November is Thrive Month at UBC. It’s a month-long series of events focused on helping everyone at UBC explore their path to mental health. This year, we’re celebrating 10 years of Thrive with a month of events and initiatives focused on building mental health through the "Thrive 5"—Thrive by Moving More, Thrive by Sleeping Soundly, Thrive by Eating Well, Thrive by Giving Back and Thrive by Saying "Hi!"

You can find out more about Thrive at wellbeing.ubc.ca/thrive-5, but in this column I’d like to talk about the first of the Thrive 5—Thrive by Moving More.

UBC believes that physical activity is an important part of overall wellbeing. We encourage our students (and our faculty and staff) to be as physically active as possible, and we also celebrate and support student athletics, through informal recreational activities and through intramural and varsity sports.

UBC has two varsity athletics programs: the Heat teams at the UBC Okanagan campus, and the Thunderbirds here at UBC Vancouver.

The 2018-19 academic year was a banner year for the Thunderbirds. Collectively, they won a record eleven national championships, including four sweeps in men’s and women’s rowing, men’s and women’s golf, and men’s and women’s swimming, and the Thunderbirds here at UBC Vancouver.

Academic All-Canadian Breakfast of Champions that took place last November at Robert H. Lee Alumni Centre. Photo credit Paul Joseph, UBC Brand & Marketing.

UBC President Santa Ono with Markus Thormeyer at the U SPORTS swimming nationals last February, Photo credit Rich Lam, UBC Athletics.

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UBC President Santa Ono with Markus Thormeyer at the U SPORTS swimming nationals last February, Photo credit Rich Lam, UBC Athletics.
Harvesting Food Skills at UBC Botanical Garden

Braeula Kwan
Former UBC Botanical Garden Marketing and Communications student employee and Master of Journalism student

UBC Botanical Garden is working with student partners to bridge the gap between students and food security, an issue that is prominent not only on UBC Vancouver campus but across the world.

With student partners from the AMS Food Bank and the Food and Nutrition Working Group from UBC Wellbeing, UBC Botanical Garden co-created the Harvesting Food Skills program with funding support from UBC Wellbeing. The project was designed to provide AMS Food Bank clients with the workshops and resources to build capacity around the growing, harvesting, preparing and sharing of food.

“Harvesting Food Skills is about making food, agriculture and nutrition research and programming accessible to our students so that we can advance food security on campus,” said Tara Moreau, Associate Director of Sustainability and Community Programs at UBC Botanical Garden.

The Harvesting Food Skills program has two components. The first one was a series of summer workshops where clients from the AMS Food Bank were invited to the Food Garden at UBC Botanical Garden, to learn how to grow and harvest food plants, and how to prepare and cook them. Participants shared their dishes and took home freshly harvested produce.

The workshops provided students with the skills to start building their understanding of food by teaching them how to incorporate healthy ingredients in their kitchens. One student at the workshops had never sautéed onion before.

The second component of the program was the development of a brochure: Food: Nutritious Plants for Health and Wellbeing. The brochure features plant-based diets and tips for healthy eating, while highlighting a series of student-developed illustrations of plant foods and tips for using these ingredients in the kitchen. Download UBC Botanical Garden’s new Food Guide Brochure at www.botanicalgarden.ubc.ca/food.

These resources aim to equip students to be critical thinkers about where their food comes from, asking questions about how they can eat healthier and cook more. Moreau believes that community gardens act as entry points in getting people to think critically about their food choices, and consequently, about larger food and agriculture systems.

“To me, the reason why plant-based diets are so great is that we [the Garden] can share with other people our love of plants through the important topic of food security,” said Moreau.

From a global standpoint, the EAT-Lancet report, released in January 2019, reiterates the value of plant-based diets in improving both human health and environmental health. The report notes that improving food systems will help achieve the United Nations Sustainable Development Goals (SDGs).

Like UBC Botanical Garden, organizations looking to incorporate sustainability initiatives can integrate important global issues into their existing work and contribute meaningfully towards a better future.

Upcoming at UBC Botanical Garden:
Handmade wreaths for sale November 26–December 10, Annual Member’s Sale December 4 and 7 (UNA members receive discounts), Christmas Tree Recycling December 26–January 8. More info on all events at www.botanicalgarden.ubc.ca/events.

Exploring a new hobby at West Point Grey CC’s Pottery Studio

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

When Cynthia Liu wanted to find a pottery program for her daughter, Kathy, it didn’t take long before people directed her to the Pottery Studio at West Point Grey Community Centre.

“When my daughter was in class, I would go for walks around the beach and forest nearby,” says Cynthia.

Kathy soon brought home clay cups and trays from her Pottery, Clay Works class, which now serve as planters and artistic accents in their garden.

Seeing how much her daughter enjoyed creating art from clay, Cynthia jumped on the bandwagon and signed up for Pottery, Hand and Wheel, Beginner. “It’s been a struggle sometimes,” she says, “but I see others making progress, so I know I can, too.”

Cynthia made two trays, a little bowl and other useful works of art. She especially enjoyed throwing and hand-building pottery in West Point Grey CC’s dedicated pottery studio.

“I don’t mind asking people if I have questions, and they are very kind to answer to the best of their knowledge,” says Cynthia.

“Members, teachers and students there are very friendly and informative.”

“We’re all learning a skill. As long as you take that first step, you’ll be amazed at what you can do.”

Abendau Potters’ Winter Sale will take place at the West Point Grey Community Centre on Saturday, December 7, 10 am – 4 pm.

For more info about West Point Grey Community Centre’s pottery programs, please visit www.westpointgrey.org; contact them at wpgcc@vancouver.ca or 604.257.8140; or visit them at 4397 West 2nd Avenue, Vancouver.

For the Love of Pottery

Students learn how to prepare and cook food plants in a Harvesting Food Skills workshop at UBC Botanical Garden.
UNA Residents Celebrate Diwali Festival of Lights

UNA Residents Celebrate Diwali Festival of Lights

The celebration of Indian New Year – organized by the UNA – took place at Wesbrook Community Centre on October 26.

Residents and guests at the Festival of Lights visited the cultural craft corner, painted their own diyas clay lamps, had henna designs painted on their hands, learned how to wear a sari, listened to Indian music, watched Indian classical and folk dances, participated in a Bollywood dance demonstration and class, and enjoyed Indian snacks and refreshments.

The success of this annual UNA event was assured by outstanding work of the Diwali organizing committee members: Jayasree Basivireddy, Angie Datt, Nicky Foxall, Nidhi Raina, Manali Yadav.

Local Director on Metro Board Describes Circular Economy: A Future without Waste

The circular economy is moving beyond recycling to a new zero-waste platform: make, use, reuse

John Tompkins
Editor

The Director of Electoral Area A (EAA), Jen McCutcheon, says she is fortunate to have attended the 2019 Zero Waste Conference held October 30-31 at Vancouver Convention Centre.

“One of the main concepts discussed was something that was new to me: the circular economy.

“The idea is that in our current, linear economy, products are made, used and then thrown away. However, as one speaker stated, there is no such thing as ‘throwing something away’. Everything we throw out or even recycle still needs to be dealt with at a significant cost – both financially and in terms of fossil fuels used.

“In contrast, a circular economy is aimed at continual use and reuse of resources, thereby eliminating waste.”

As Ms. McCutcheon reports in her November Electoral Area A Director’s Update, Zero Waste Conference speakers presented a number of new innovations on the horizon to address various aspects of waste reduction.

“More important than all the technological changes, however, is a significant behaviour change by each of us.

“This means rethinking each of our purchases – is this something we need to purchase? Is there a rental or used option? What are the eco-friendly and less plastic-dependent alternatives?”

Each item we choose to buy – or not to buy – sends a message to producers to make more or less of that product, says the EAA Director.

“It may feel like your individual decision in the grocery store doesn’t matter, but it does, as does that of your neighbours.

“Sometimes the ‘reduce-reuse-recycle’ motto is shown as a circle, but it is actually a hierarchy, with reducing and reusing being far superior to recycling (which of course, is much better than throwing something in the garbage).”

If you are interested in finding out more about what was presented and discussed at the Zero Waste Conference, you can visit www.zwc.ca or email Ms. McCutcheon at areajen@gmail.com.

Ms. McCutcheon reports monthly for residents living at UBC, the University Endowment Lands and in the rest of Electoral Area A on activities related to work being done at Metro Vancouver and TransLink.

In addition to her responsibilities as a Metro Vancouver Director for Electoral Area A and Member of Mayors’ Council on Regional Transportation, Ms. McCutcheon has been appointed to Metro Vancouver Climate Action Committee, chaired by Councillor Adriane Carr of the City of Vancouver.

The EAA Director says: “For me personally, being able to contribute to protecting our environment and helping our society move away from our dependency on fossil fuels was one of the drivers for me running for the position of Electoral Area A Director.”

As we move into the holiday season, this is a great time to challenge you and your family to make as many small (or big!!) changes as you can to consume less: less waste, less plastics, less stuff… just less!

Jen McCutcheon
Metro Vancouver Director for Electoral Area A
Men’s Community Network Starts Up

Nils Bradley
Hampton Place Resident

It has been said that “Men don’t talk face to face, they talk shoulder to shoulder”.

Men are more reluctant than women to socialize by joining groups or clubs and prefer to interact with other men, maybe a select few, by taking part in activities such as playing or watching sport, playing games, doing hobbies, or building something. It is also noticeable that men are slower to volunteer or participate in community centre activities. In general, women are more agreeable to this form of engagement and therefore form a larger proportion of volunteers.

Men receive a certain amount of camaraderie while working, but after retirement, they are often at home, isolated and alone. Loneliness is rapidly being recognized as a mental and social problem in both the senior and other age groups.

The Men’s Community Network (MCN) has received an UTown@UBC Community Grant and is in the process of starting a men’s support group. The aim of this group is to invite men of all ages to come together in a welcoming environment, find common activities and to discuss and share information about men’s health issues, both mental, social and physical.

MCN could also be a source of community support by providing services, expertise and volunteer participants for local activities.

There will be an open general meeting at Wesbrook Community Centre on Tuesday, December 3, at 7 pm. This will provide an opportunity for everyone to get a better understanding about MCN and register to become a part of our group.

Please call 604.827.4469 or 604.822.4227 to register for the event (#16475), or visit Wesbrook or the Old Barn Community Centres in person, or register online at https://www.myuna.ca/recreation/programs.