THE UNIVERSITY OF BRITISH COLUMBIA

UBC REPORTS

Volume 43, Number 1 January 9, 1997

Bill McLennan, MOA photo

A Winter's Tale

A recent snowfall dusts grizzly bear and human figures on a mortuary pole at the Museum of Anthropology. The pole was carved by Haida artist Bill Reid, assisted by Nimpkish artist Doug Cranmer, in 1960/61.

Child Study Centre to close next summer

UBC's Child Study Centre, an interdisciplinary centre for research in child development and early childhood education, will close June 30.

"This decision has not been taken lightly," said Faculty of Education Dean Nancy Sheehan.

"In spite of the high quality of its programs, the Child Study Centre is unable to fulfil adequately the three components of its mandate: research, program demonstration and training, and leadership for the early childhood education field."

Sheehan said that an absence of a representative population of children, including those with special needs, the absence of an undergraduate degree program in early childhood education at UBC, and a lack of financial support for research and program development made it difficult for the centre to fulfil its mandate.

"Each of these constraints makes it difficult for the centre to operate as befits a university-based research and demonstration centre," she said.

The decision to close the centre, which was established in 1961, was made following an extensive external review of the centre.

"It must be emphasized that parents generally hold the centre in high regard, the teachers are well trained and dedicated, and the programs for children appear to be stimulating, creative and appropriate. The reviewers' concerns result from the fact that the centre is not able to fulfil its clearly articulated mandate. Its role as a university-based centre must be questioned," the review report said.

About 150 children aged two to five currently attend the centre, in preschool and kindergarten programs.

The university will consider possible future uses of the facility in the coming months.

Anorexia kills elderly men, records suggest

by Gavin Wilson

Staff writer

UBC psychologists have uncovered evidence that fatal cases of anorexia nervosa may strike more older people, and men, than is commonly believed.

Their findings fly in the face of conventional wisdom that anorexia nervosa is almost exclusively a condition affecting young females and does not exist beyond the age of 35.

Assoc. Prof. Paul Hewitt and Prof. Stan Coren examined 10.5 million death records in the U.S. spanning the years 1986-90, looking for records of those whose death certificates listed anorexia nervosa as a contributing factor.

The results showed that the median age of death from anorexia nervosa for women is 69, and for men, 80. And while at younger ages anorexia victims are 90 per cent female and 10 per cent male, for those over 45, the rate of men doubled to 21 per cent.

The eating disorder is more common among young people, but when it strikes the elderly, it is more deadly, accounting for 78 per cent of all anorexia nervosa deaths.

The results also suggest that anorexia nervosa may be responsible for fewer deaths than is usually believed—just 149 a year in the United States, a rate of 6.67 per 100,000.

"The death rate is actually very low. It is not an epidemic," Hewitt said.

The researchers expected their findings to stir up controversy, and they did at an international congress where they presented their results. They also have a paper currently being reviewed for publication by the British *Journal of Psychiatry*.

"We scoured the literature and found that other clinicians had noted cases of anorexia nervosa among people in their 60s, 70s and 80s. This suggests that our results were not just artifacts of the data," Hewitt said.

Problems inherent in death record data were accounted for, and they were careful to ensure the records did not confuse anorexia nervosa with the related syndrome simply known as anorexia, in which appetite loss is caused by cancer and other wasting illnesses.

Hewitt said there are a number of reasons why anorexia nervosa is considered a young person's ailment.

See ***ANOREXIA*** *Page 2*

A Round Peg profiles Margaret Fulton

Margaret Fulton, former Dean of Women at UBC, is the subject of the television documentary, *A Round Peg*, airing on the Knowledge Network Jan. 22 and 26.

An educator and social activist, Fulton was Dean of Women from 1974 to 1977 and later served as president of Mount Saint Vincent University in Halifax. She now lives on Saltspring Island.

The documentary was written, produced and directed by UBC theatre alumna Michelle Bjornson, whose previous documentaries include *It Will Not Last the Night* and *The Mailboat Doesn't Stop Here Any More*, and was co-produced by UBC Film Prof. Ray Hall.

Fulton

Born in Birtle, Manitoba in 1922, Fulton taught in high schools in Manitoba and Ontario from 1942 to 1953 and completed a BA at the University of Manitoba in 1955.

From 1957 to 1960 she was a

See ***FULTON*** *Page 2*

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UBC athletes take on the world on the slopes and on the field

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Bigger plywood might keep your walls upright during the big one

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The School of Nursing seeks ways to help new mothers quit smoking

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Profile: Jack Kelso has been known to surpass his students in the pool

Anorexia

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Fatalities drop off after the late 30s, which could lead to a belief that the condition disappears with age.

Hewitt and Coren's numbers show, however, that fatalities make a dramatic increase at age 50 and continue to climb until peaking at age 80 to 85.

Hewitt and Coren suggest that there may be two types of anorexia nervosa, with the type that strikes older people responsible for a greater number of deaths and more often affecting men.

As well, Hewitt said the elderly are usually ignored in diagnostic studies because "adults" are defined as people between the ages of 18 to 65.

"The elderly are in general very much neglected in terms of research," he added.

As to why the elderly would fall victim to anorexia nervosa, Hewitt noted that there could be many social, genetic, family and biological reasons, but no definitive answers.

"We don't know the cause in younger women, yet alone in seniors," he said.

Common across all age groups, however, is that the onset or reappearance of anorexia nervosa may be triggered by major stressful events. In older people, these could include the death of a spouse, retirement or simply adjusting to different income levels.

Fulton

Continued from Page 1

graduate student, teaching fellow and lecturer at UBC. She received her MA from the university in 1960 and PhD from the University of Toronto in 1969. Prior to coming to UBC in 1974, Fulton taught at the Collegiate Institute in Fort William, Ont., York University, the University of Toronto and Wilfred Laurier University.

Bjornson met Fulton at the University of Toronto in 1964 while she was studying for a BA and Fulton was a doctoral student and residence don.

"She was quite a strong force in the residence," said Bjornson. "And I think she saw her role being not so much to administer our curfew as to inspire us to be rebels in a way, to challenge the system. She tried to make sure that she was passing on the baton.

"She has always been able to create visions in people's minds of what is possible, or what they can do. She was the reason that I came out west to do my master's. She treated us as though we were all capable of doing master's degrees."

In making the film, which received financial support from UBC and the Social Sciences and Humanities Research Council, Bjornson travelled with Fulton in 1995 and 1996 as she received awards and attended meetings in Norway, Switzerland and eastern Canada.

The program will air on Wed., Jan. 22 at 9 p.m., and will be rebroadcast on Sun., Jan. 26 at 11 p.m. on the Knowledge Network.

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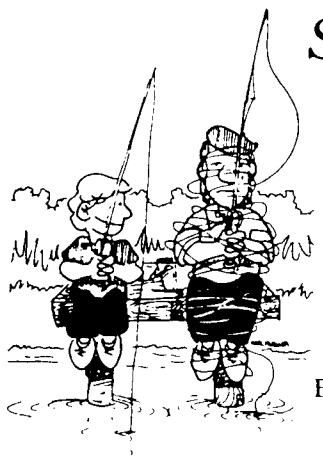

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Snow?

"The University will remain open during snow storms but may cancel or reschedule classes on a university-wide basis and/or curtail non-essential services in response to the conditions."—UBC Policy on Disruption of Classes/Services by Snow, May 1994

In the event of extreme snow conditions, listen to CBC Radio, CKNW and other local radio stations for information.

THE UNIVERSITY OF BRITISH COLUMBIA

Public Meeting
for the campus community

on the proposed
Liu Centre for International Studies

Thursday, Jan. 16, 1997, noon-2pm
Mathematics 100, 1984 Mathematics Rd.

Edwin Jackson **224 3540**

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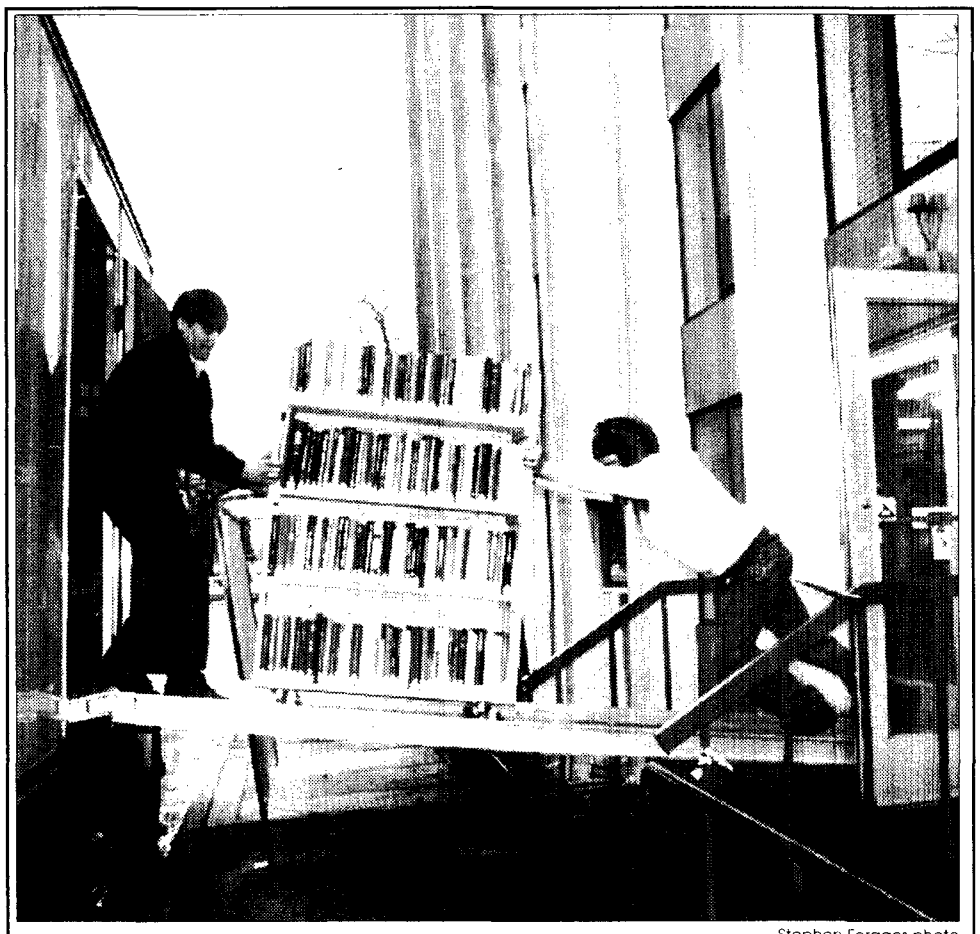

Stephen Forgacs photo

Heave Ho

Kelly Kipp (left) and Rob Josephson strain to load 500 kilograms of books onto a truck during the recent transfer of 500,000 books from Main Library to the Walter C. Koerner Library. The move, the largest in the library's history, took two weeks to complete. With the help of movers AMJ Campbell Van Lines and National Library Relocations, the move was accomplished with only a few delays caused by the Dec. 29 blizzard.

Oversize wood sheets better in earthquake

by Stephen Forgacs

Staff writer

UBC researchers have discovered that by using oversize wooden sheets in wall construction, they can as much as double the ability of many wood-frame structures to withstand wind and earthquake forces.

"We knew already that North American platform construction is an efficient method to withstand wind and earthquake forces," said Helmut Prion, an assistant professor with a joint appointment to the Dept. of Civil Engineering and the Dept. of Wood Science.

"The proof was in Kobe, Japan, where buildings with this type of construction withstood earthquake forces much better than traditional Japanese post and beam structures."

The standard method of residential wall construction in North America involves framing a wall using vertically-positioned and evenly spaced wooden studs, and then nailing sheets of plywood or oriented strand board (OSB) to the outside of the frame for racking strength and shelter, he explained.

Prion and Frank Lam, an assistant professor in the Dept. of Wood Science, found that by building a wall using standard construction techniques and a single large sheet of oriented strand board instead of multiple smaller sheets, they could double the load the wall can bear.

"What our research has shown is that by making this one change — using considerably larger sheets — we can greatly enhance the wall's ability to withstand earthquake and wind forces."

Oriented strand board is a building material that is similar to plywood but is made using small strands or flakes glued together to form a rigid sheet.

Lam and Prion are project leaders on a research team that includes research engineer Paul Symons, graduate students Henry He and Jennifer Durham, and visiting undergraduate students Henrik Magnusson from Sweden's Lund University, and Dominik Sieber from the Swiss Institute of Wood Technology.

The research team is halfway through the two-year project which has received support from the Structural Board Association and funding from the National Research Council's (NRC) Industrial Research Assistance Program (IRAP).

The team hopes to find ways to apply its research findings to the construction of larger commercial structures, such as warehouses and retail spaces, which at present usually require the use of large structural members for strength and support.

"This is an example of a very successful university-industry venture with government support through the NRC," Lam said.

"The wood products industry is growing very rapidly and is developing some very advanced products. But we're behind when it comes to using these products in a very efficient way."

Prior to the project undertaken by Prion and Lam, research efforts in this area had focused on walls built with standard size panels. Using standard construction techniques, a 7.2-metre by 2.4-metre wall would comprise six panels.

The joints between panels create discontinuities in walls that weaken their load-bearing capacity, Lam said.

"The idea that clicked in our minds was, why don't we build a wall using large sheets. It will reduce discontinuity in the walls."

The research team tested both standard walls and walls made of a single sheet using hydraulic jacks to apply a uniformly distributed vertical load along the top of a fixed wall, while applying pressure laterally in one direction across the top of the wall, or alternately pushing and pulling the wall from an upper corner.

"Almost all failures are in the nail connection, with nails breaking or bending and pulling out, or with the wood around the nail giving way," said Prion, adding that while large pieces of board have not been buckling under pressure, alternate framing methods may have to be considered to avoid stress concentration around windows and doors.

The oversize wood panels are harder to handle, Prion said, but the North American construction industry is already working with large construction components such as those used in prefabricated housing.

Update:

BoG requests optimal sites for Liu Centre

At its Dec. 12 meeting, the Board of Governors requested that the university investigate all optimal sites for the Liu Centre for International Studies and its residential component (hotel) and complete a financial and economic analysis.

The Liu Centre, funded in part by a gift from the Liu Foundation, will be a comprehensive centre of teaching and research, drawing on UBC's strength in international studies. It will bring together faculty, distinguished visitors, and students from around the world to examine complex issues.

In response, and building on work previously completed, university staff will conduct an investigation of all optimal sites. The analysis will carefully evaluate all of the possible alternatives, identify the pros and cons of each site, and make a final recommendation. Included in the evaluation criteria will be the academic linkages for this initiative.

Staff will develop a plan for construction and operation of the Liu Centre for International Studies and its residential component (hotel) on the recommended site, and complete a financial and economic analysis.

Finally, staff will also evaluate the option of integrating the Liu Centre for International Studies and its residential component (hotel) into the existing Faculty Club building and site, retaining the central "Lasserre" portion of the building.

As part of the continuing public consultation process for this project, a public meeting will be held Thursday, Jan. 16 from 12 noon until 2 p.m. in room 100 of the Mathematics Building, 1984 Mathematics Road.

Faculty Club viability to be investigated

A committee to investigate whether the Faculty Club buildings can be reopened as a financially viable gathering place has begun its work.

The Advisory Committee on the Faculty Club, chaired by Director of Financial Services Jacquie Rice, met early in January to review the terms of reference set out by the Board of Governors at its Dec. 12 meeting.

The board requested that the university "prepare a development program and cost estimates to determine whether the Faculty Club buildings can be reopened as a financially viable university gathering place with respect to both its operating and capital budgets."

Committee membership comprises: Joost Blom, Faculty of Law; Ian Burgess, Financial Services (co-chair); Cole Harris, Geography Dept.; Michael Hartwick, Internal Audit; Byron Hender, Office of the Vice-president, Student and Academic Services; Billie Housego, Education Psychology and Special Education; Tom McNeice, Human Resources; Michael Noon, Chan Centre for the Performing Arts; Estelle Paget, Centre for Faculty Development and Instructional Services; Brenda Peterson, Library; Tony Sheppard, Faculty of Law; Oscar Sziklai, Prof. Emeritus, Forest Sciences; Judy Vaz, Food Services; William Webber, Anatomy Dept.; and consultant Stuart MacKay, KPMG.

The advisory committee will be meeting throughout January and will report to the Board of Governors at its Feb. 6 meeting.

If you would like further information, please contact co-chair Ian Burgess by telephone at 822-2047 or by e-mail at ian.burgess@ubc.ca.

At its Dec. 12 meeting, the Board of Governors also requested that the university take any actions required to secure the Faculty Club buildings and landscape elements.

UBC on national ski and field hockey teams

A total of nine UBC and UVic field hockey players have been selected to Canada's Junior National Team.

The B.C. contingent forms more than half of the players who travelled to the Under-21 World Cup qualifying tournament in Santiago, Chile, Jan. 9-19.

The second Field Hockey World Cup is scheduled for Seoul, Korea in October.

The UBC players include centre-half Jacqollyne Morrisonn of Vancouver, goalie Ann Harada of Tsawwassen and 18-year-old rookie forward Jen Dowdeswell of Vancouver. Juhli Morrisonn, who is taking a year off from university competition after being named a CWUAA all-star with UBC last year, has also been placed on Canada's World Cup roster.

UBC Sports Medicine specialist Jack Taunton will travel to South America as team physician.

• • • • •

UBC is sending ski racers to the World University Winter Games for the first time. UBC's alpine ski team comprises one-third of the Canadian entry into the games which will take place in Muju, Korea, Jan. 25 to Feb. 2.

Five UBC racers, along with UBC-Cypress Ski Club coach Mike McLellan, will join 10 other skiers from Ontario and Quebec universities and will compete in slalom, giant slalom, super giant slalom and downhill. The team leaves for Seoul Jan. 20.

• • • • •

Hockey fans have had to wait more than two weeks to find out who will emerge the champion of the ninth annual Father Bauer Hockey Tournament, which was to have been completed Dec. 30.

A power failure at UBC cut short the tournament Dec. 30 when it forced the cancellation of the final game between UBC and the University of Alberta Golden Bears.

The teams and tournament officials decided to settle the score with a regular season game between Alberta and UBC already scheduled for Jan. 17 at 7:30 p.m. in the Thunderbird Winter Sports Centre.

For further UBC sports information call 822-BIRD.

Terri Snelgrove photo

Hit The Heights

Take the plunge and visit the Frederic Wood Theatre Jan. 15-25 for Morris Panych's dizzying comedy, *7 Stories*. Bryn Williams (l) stars as "The Man," whose leap from the ledge of a building is interrupted by a surreal assortment of onlookers wondering why they shouldn't jump too. Curtain time is 8 p.m. One matinee only at 12:30 p.m. on Thurs. Jan. 23. Group rates are available. For more information, call the box office at 822-2678.

Quitting not easy for smoking moms

Women who quit smoking during pregnancy don't get nearly enough support in their efforts to remain non-smokers after giving birth.

This is the conclusion of a team of investigators from UBC's School of Nursing and the Institute of Health Promotion Research (IHPR) who are testing the effectiveness of a post-partum smoking intervention program.

"It's not simply a matter of telling people not to smoke," says Joy Johnson, assistant professor of Nursing. "Women have to plan ahead about how they will handle high-risk situations where they will be tempted to smoke after the baby is born."

Johnson says the adverse effects of smoking during pregnancy should be strong inducements for women to quit. She cites evidence indicating that newborns of smoking mothers are likely to have retarded growth, reduced lung function, increased blood pressure and a host of other serious health problems.

Reports indicate that about 50 per cent of women kick the habit during pregnancy. However, studies also show that 70 per cent of those women will resume smoking after birth.

Johnson and her colleagues believe nurses can play a key role in supporting women who have quit during pregnancy.

To test its theory, the team is tracking the progress of 255 women recruited from five hospitals in the Lower Mainland. Some participants received the planned intervention, which includes receiving information and support from nurses in the hospital and later in the home through frequent telephone contact.

"Sometimes calls are brief because things are going well and other times they're in-depth because these women have a lot going on in their lives," says Johnson. "Smoking is a tempting way of dealing with the various new stresses and challenges they face."

Some new mothers receive an information package complete with no smoking signs for their cars and homes as well as advice on what to do when temptation strikes. Suggestions include: avoiding smoking places and smoking friends for a while; chewing carrot sticks; or distracting yourself by playing with your baby.

Johnson points out that cravings for cigarettes may die down during pregnancy with the natural shift in hormones. However, often these cravings return following childbirth.

Co-investigator Joan Bottorff, associate professor of Nursing, says that there is very little structured information shared by women about the effects of second-hand smoke on babies.

For instance, few realize that a small child held by someone who is smoking will breathe in more cancer-causing chemicals than the smoker. Sidestream smoke from the burning end of a cigarette has more tar, nicotine, carbon monoxide and other chemicals than the smoke inhaled by the smoker through the cigarette's filter.

Joining Johnson and Bottorff in the intervention study are assistant professors Wendy Hall and Pamela Ratner.

The smoking intervention study is funded by the National Health Research and Development Program as part of the Tobacco Demand Reduction Strategy.

Results of the study are due out in June.

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Language Programs and Services
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VOCALIZING WITH EASE: ***A Self-Improvement Guide***

By : **Linda Rammage, PhD**
Illustrations by : **Michiel Haijtink**
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Illustrations : **90 cartoons**
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***Book in brief*:** This new self-help guide was developed to provide basic information to lay-persons about vocal physiology; vocal health; and vocal "personality"; as well as a step-by-step program to optimize voice production. It can be used in conjunction with a structured voice therapy program, or for home study. Based on our current understanding of vocal physiology, the physical program includes detailed descriptions and original cartoons demonstrating exercises to: improve posture; increase relaxation and flexibility of articulators; coordinate speech breathing and phonation; enhance resonance effects; use meaningful intonation; and improve phrasing patterns. In the appendix, the program is summarized in ten removable wall posters that can be used in group therapy programs or home practice. It is ideal for instructors, clerks, public relations personnel, and other individuals who rely on their voices to conduct their daily work routines, or who need basic information for vocal performance.

For more information or order forms contact:

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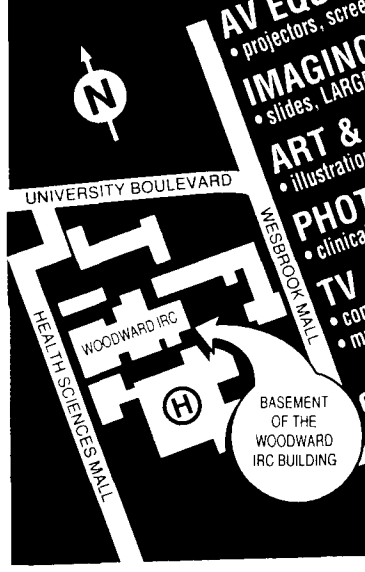

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Calendar

January 12 through January 25

Monday, Jan. 13

Applied Mathematics Colloquium
Relaxed Most Negative Cycle And Most Positive Cut Cancelling Algorithms For Minimum Cost Flow. Prof. S. Thomas McCormick. CSCI 301, 3:30pm. Call 822-4584.

Tuesday, Jan. 14

Centre for Chinese Research Seminar
Workers Co-ops In Shanghai. Profs. Pat and Roger Howard, Communications, SFU. CK Choi conference room 120, 12:30-2pm. Call 822-2629.

Botany Seminar
Powdery Mildew Diseases. Shauna Somerville, Carnegie Institute of Washington, Stanford U. BioSciences 2000, 12:30-1:30pm. Call 822-2133.

Statistics Seminar
The Relevance Weighted Likelihood: An Update. Prof. James V. Zidek, Statistics. CSCI 301, 4-5:30pm. Refreshments. Call 822-0570.

Green College Speaker Series
Tense Present: Contesting Memories Of The Residential School Experience? Jo-Anne Fiske, Visiting Scholar, Centre for Research in Women's Studies and Gender Relations. Green College, 5:30pm. Reception in Graham House, 4:45-5:30pm. Call 822-6067.

Wednesday, Jan. 15

Surgery Grand Rounds Lecture
Cochlear Implantation In Very Young Children. Dr. William Gibson, Surgery/Otolaryngology, U of Sydney. GF Strong auditorium, 7am. Call 875-4136.

Classical Studies Lecture
Socrates In Western Thought, 1750-1850. Prof. Andrew Nash, U of the Western Cape. Buchanan B-325, 12:30pm. Call 822-2889.

Centre for Japanese Research Seminar
The Setting Of Toyotomi Hideyoshi's World Order. Namlin Hur, Asian Studies. CK Choi conference room 120, 12:30-2pm. Call 822-2629.

Noon Hour Concert
Gary Karr, double bass, Harmon Lewis, piano. Music Recital Hall, 12:30pm. $3 at the door. Call 822-5574.

Your UBC Forum
Tuition And Other Fees. Maria Klawe, VP, Student/Academic Services, moderator. SUB conversation pit, 12:30-2pm. Call 822-6799.

Ecology & Biodiversity Research Seminar
Responses Of Coyotes And Lynx To The Snowshoe Hare Cycle. Mark O'Donohue, PhD candidate, Zoology. Family/Nutritional Sciences 60, 4:30pm. Refreshments. Call 822-3957.

Respiratory Research Seminar
Spiral CT For Pulmonary Embolism. Dr. John Mayo, Radiology, Vancouver Hospital. Vancouver Hospital/HSC, 2775 Heather St., 3rd floor conference room, 5-6pm. Call 875-5653.

Theatre
7 Stories By Morris Panych. Theatre, Film and Creative Writing. Continues to Jan. 25. Matinee Jan. 23, 12:30pm. Frederic Wood Theatre, 8pm. $8-$14. Refreshments sold. Call 822-2678.

Senate
The Fifth Regular Meeting Of Senate, UBC's Academic Parliament. Curtis 102, 1822 East Mall, 8pm. Call 822-2951.

Thursday, Jan. 16

School of Human Kinetics Seminar
It's Part Of The Game: Physicality And The Production Of Gender In Women's Ice Hockey. Prof. Nancy Theberge, Kinesiology and Sociology. War Memorial Gym 100, 12:30-1:30pm. Refreshments. Call 822-3913.

CICSR Distinguished Lecture Series
Hybrid Systems: A Junction Between Computer Science And Control Theory. Amir Pnueli, Applied Mathematics/CS, Weizman Institute. CICSR/CS 208, 4-5:30pm. Refreshments. Call 822-6894.

Genetics Graduate Program Seminar
Molecular Mechanism Of Alternative Splicing Of The Human Hyaluronan-Binding Protein CD44. Julie F. Dirks, grad. student, Pathology. Wesbrook 201, 4:30pm. Refreshments 4:15pm. Call 822-8764.

Critical Issues in Global Development
The Politics Of English As An International Language: Focus On Southern Africa. Bonny Peirce, Language Education. Green College, 8pm. Call 822-6067.

Friday, Jan. 17

Pediatrics Grand Rounds
Of Mice And Men - Potential For Gene Therapy In A Mouse Model Of A Human Disease. Dr. Lorne Clarke, Medical Genetics. GF Strong auditorium, 9am. Call 875-2307.

Health Care and Epidemiology Rounds
Perspectives On Community Health Councils/Committees. Dr. Donald Campbell, Pathology. Mather 253, 9-10am. Call 822-2772.

Mathematics Colloquium
The Twisting Tennis Racket. Prof. Richard H. Cushman, Utrecht U and U of Calgary. Mathematics 104, 3:30pm. Refreshments room 1115, 3:15pm. Call 822-2666.

Continuing Education Art of Career Search
Workshop. Various speakers. Continues Jan 24, 31 and Feb. 7. Unit 220, 800 W. Pender, 1-4pm. $250 (for full-time students), $500 (others). Second session starts Jan. 18. Cost includes personal assessment, course notes and certificate of attendance. To register call 822-1884, fax 822-0688.

Saturday, Jan. 18

Continuing Studies Language Programs
Ten-Week Conversational Programs In French, Spanish, Japanese, Mandarin, Cantonese, German, Italian, Arabic, Punjabi, Greek And Swedish. For times and registration call 822-0800.

Next calendar deadline:
noon, Jan. 14

Monday, Jan. 20

Modern European Studies Colloquium Series
The Concept Of The Three Historical Regions Of Europe: A Critical Reassessment. Bogdan Czaykowski, Slavic and History. Buchanan penthouse, 3:30-5pm. Call 822-5969.

Institute for Hearing Accesibility Research Seminar
Conversational Performance: Effects Of Hearing And Other Factors. Dr. Kathy Picorah-Fuller, Audiology and Speech Sciences. Mather portable classroom #1, 4:30-5:30pm. Fully hearing accessible. Call 822-6352.

Graduate Student Language and Literature Conference
Karla, Kulture, Kanada. Prof. Frank Davey, Carl F. Klinck Professor of Canadian Literature, U of Western Ontario. Green College, 4:30-6pm. Call 822-6067.

Continuing Education Building Construction Field Review
Seminar. Various speakers. Continues to March 3. CEME 1202, 6:30-9:30pm. $660. Call 822-1884/822-0688.

Green College Science and Society Lecture
Gravity, Quantum Mechanics And Measurement. William Unruh, Physics. Green College, 8pm. Call 822-6067.

Tuesday, Jan. 21

Botany Seminar
Surviving The Waves - How Some Seaweeds Cope. Rob DeWreede, Botany. BioSciences 2000, 12:30-1:30pm. Call 822-2133.

EOS - Oceanography Seminar
Recent Developments In Satellite Image Assimilation Into The Strait Of Georgia Circulation/Ecology Model. Donald Hodgins, Seaconsult Marine Research. BioSciences 1465, 3:30pm. Call 822-1814.

Statistics Seminar
Dispersion Models And Longitudinal Data Analysis. Prof. Bent Jorgensen, Statistics. CSCI 301, 4-5:30pm. Refreshments. Call 822-0570.

Centre for Applied Ethics Colloquium
Improving Access To Health Care. Joan Anderson, Nursing. Angus 415, 4-6pm. Call 822-5139.

Green College Speaker Series
In Your Ear: A Few Things You Never Knew About Tones. Donald Greenwood, Audiology and Speech Sciences. Green College, 5:30pm. Reception in Graham House 4:45-5:30pm. Call 822-6067.

Wednesday, Jan. 22

Noon Hour Concert
Michelle Mares, piano. School of Music recital hall, 12:30pm. $3 at the door. Call 822-5574.

Centre for Japanese Research Seminar
Environmental Management In Japan: Application Of Input-Output Analysis To The Emission Of Global Warming Gases. Prof. Masao Nakamura, IAR. CK Choi C-129, 12:30-2pm. Call 822-2629.

Applied Mathematics Colloquium
Solute Transport And Mixing In Groundwater. Roger Beckie, Geological Sciences, Earth and Ocean Sciences. CSCI 301, 3:30pm. Call 822-4584.

Ecology & Biodiversity Research Seminar
Predation And Vole Cycles In Norway. Harald Steen, Post-Doctoral Fellow, Zoology. Family/Nutritional Sciences 60, 4:30pm. Refreshments. Call 822-3957.

Respiratory Research Seminar Series
Childhood Respiratory Infections And The Development Of Obstructive Lung Disease. Dr. James Hogg, Pathology. Vancouver Hospital/HSC, 2775 Heather St., 3rd floor conference room, 5-6pm. Call 875-5653.

Theatre
Treated With Tango. Theatre, Film and Creative Writing. Dorothy Somerset Studio, 8pm. Continues Feb. 1, 6, 8. $7. Refreshments. Last show at Dorothy Somerset before it closes. Call 822-2678.

Thursday, Jan. 23

PIMs Distinguished Lecture Series
Recent Work In Parallel Algorithms For Linear Algebra. Jack Dongarra, U of Tennessee and Oak Ridge National Laboratory. Media Services, 2329 West Mall 112, 2:30pm. Call 822-3922.

Genetics Graduate Program Seminar
Cracking Truly Complex Traits — The Mouse SELH Neural Tube Closure Defect Model. Drs. Diana Juriloff and Muriel Harris, Medical Genetics. Wesbrook 201, 4:30pm. Refreshments at 4:15pm. Call 822-8764.

Canadian Studies Workshop
Rosedale Matrons And 'Rounders" Square Off: The Vexed Negotiations Of Feminity At Street Haven, 1965-1969. Becki Ross, Sociology and Women's Studies. Green College, 7:30pm. Call 822-6067.

Concert
Distinguished Artists. Andrew Dawes, violin, Rena Sharon, piano. Music Recital Hall, 8pm. Adult $19, Student/Senior $10. Call 822-5574.

Friday, Jan. 24

Pediatrics Grand Rounds
Otitis Media: A Pathology Viewpoint. Dr. Derek deSa, Pathology, BC's Children's Hospital. GF Strong auditorium, 9am. Call 875-2307.

Health Care & Epidemiology Rounds
Health Promotion Of Oral Health In Northern Mexico. Dr. Gerardo Maupome. Mather 253, 9-10am. Call 822-2772.

Mathematics Colloquium
Prof. Curt McMullen, U of California at Berkeley. Mathematics 104, 3:30pm. Refreshments Math Annex room 1115, 3:15pm. Call 822-2666.

1997 WUSC International Development Symposium Series
Community Involvement: Pathway To Sustainability. Graduate Centre. Two-day symposium: students and unemployed, $5; others, $10. African Dance Party, $4. Call Sara 590-9364, fax Amy 596-4016, e-mail sarae@unixg.ubc.ca.

Saturday, Jan. 25

Vancouver Institute Lecture
Brainpower: The New Natural Resource. Dr. Martha C. Piper, President Designate, University of B.C. IRC#2, 8:15pm. Call 822-3131.

Notices

Morris and Helen Belkin Art Gallery Exhibition
Exhibition by Vancouver artist Mina Totino, Jan. 10-March 1, 1997. Gallery hours Tuesday - Friday, 10am-5pm; Saturday, 12-5pm. 1825 Main Mall. Call 822-2759.

Garden Hours
Botanical Garden and the Shop-in-the-Garden re-open Jan. 13, 10am-5pm daily. Call 822-9666 (gardens), 822-4529 (shop). Nitobe Memorial Garden open 10am-2:30pm weekdays only.

UBC Food Services
We are open! Fuel your body and mind at the following locations: Arts 200, Barn Coffee Shop, Edibles, IRC, Pacific Spirit Place, Espresso-on-the-Go, Trekkers and Express, Roots and YumYums.Call UBC-FOOD (822-3663.

Surplus Equipment Recycling Facility
Weekly sales of furniture, computers, scientific etc. held every Wednesday, noon-5pm. SERF, Task Force Building, 2352 Health Sciences Mall. Call 822-2582 for information.

Piano Recital
Elena Margolina
Jan. 10, 7pm.
Music Recital Hall.
For tickets,
call 325-0797

UBC REPORTS

CALENDAR POLICY AND DEADLINES

The *UBC Reports* Calendar lists university-related or university-sponsored events on campus and off campus within the Lower Mainland.

Calendar items must be submitted on forms available from the UBC Public Affairs Office, 310 – 6251 Cecil Green Park Road, Vancouver B.C., V6T 1Z1. Phone: 822-3131. Fax: 822-2684. An electronic form is available on the *UBC Reports* Web page at http://www.ubc.ca under 'News.' Please limit to 35 words. Submissions for the Calendar's Notices section may be limited due to space.

Deadline for the January 23 issue of UBC Reports — which covers the period January 26 to February 8 — is noon, January 14.

People

by staff writers

Margaret Arcus, director of the School of Family and Nutritional Sciences, is the 1996 recipient of the Honour Award, the highest award bestowed by the Canadian Home Economics Association (CHEA) recognizing leadership and service to the profession and the association.

A leader in the field of family life education, Arcus helped create the Certified Family Life Education Program for the National Council on Family Relations, setting standards for the field.

She has represented CHEA and the B.C. Home Economics Association at the International Federation for Home Economics for the past 16 years, serving as a vice-president of the federation from 1990 to 1994.

Arcus joined UBC in 1968 after completing her PhD at Iowa State University where she also served on faculty.

CHEA is the professional association for graduates in home economics, human ecology, consumer and family studies and related courses.

The award was presented to Arcus at the organization's annual conference in Toronto.

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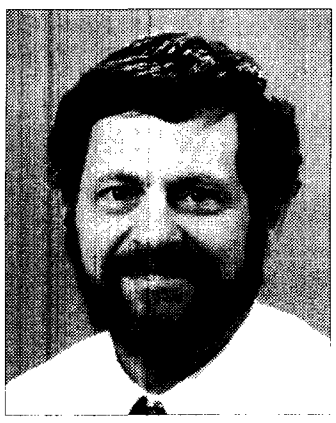
Commerce Prof. **Martin Puterman** received the Lanchester Prize for his book Markov Decision Processes at the biannual meeting of the Institute for Operations Research and Management Sciences (INFORMS) in Atlanta recently.



Puterman

The prize is the top annual award in the field of operations research published in English. Puterman spent six years working on the book which was published by John Wiley and Sons in 1994.

Markov decision processes, also called stochastic dynamic programs, are used in a wide range of applications involving repeated decisions over time and take into consideration the continual changes that occur in a given system, whether the system involves setting inventory levels in a retail business, allocating airline seats to fare classes, or releasing water from a reservoir.

Puterman teaches courses in stochastic dynamic programming and applied statistics and has been extensively involved in applying operations research models to local organizations, including the Workers' Compensation Board of B.C.

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Michael Smith, a professor in the Dept. of Biochemistry and Molecular Biology, received a Doctor of Science from the University of Toronto recently.

It is the 19th honorary degree Smith has received since he won the Nobel Prize in Chemistry in 1993.

In Ottawa recently, Smith attended the presentation of the Michael Smith Awards for Science Promotion.

Among the winners were the Shad Valley Program, Hilda Lei Ching of the Society for Canadian Women in Science and Technology, and the Vancouver Aquarium's Education and Community Programs staff.

News Digest

UBC's Annual Fund telepledge team of student staff recently set a university record for the greatest amount of money raised in one week from alumni. The students, who call alumni to seek donations for individual faculties and the university in general, raised $50,718 in five nights. The previous record, set in July 1996, was $39,986.

• • • • •

The Faculty of Science's Physics Outreach Program finally has a permanent home.

The Michael Crooks Laboratory officially opened recently in Hennings 208. The space provides headquarters for the program's numerous outreach activities which include high school workshops and weekend camps, elementary school workshops, teacher workshops, school visits and continuing education for adults.

It will also act as a base for Physics 420 demonstration projects, the Physics Olympiad and Physics Olympics. All three of these initiatives were started by the late Michael Crooks, a UBC physics professor who spearheaded faculty outreach efforts more than a decade ago.

The current Physics Outreach Program, formalized last year with the hiring of co-ordinator Sara Swenson, had been using space in Prof. Chris Waltham's lab.

More information on the Physics Outreach Program is available on the Web at http://www.physics.ubc.ca/~outreach/home.html. Swenson can be reached at 822-3678.

Classified

The classified advertising rate is $16.50 for 35 words or less. Each additional word is 50 cents. Rate includes GST. Ads must be submitted in writing 10 days before publication date to the UBC Public Affairs Office, 310 – 6251 Cecil Green Park Road, Vancouver B.C., V6T 1Z1, accompanied by payment in cash, cheque (made out to *UBC Reports*) or internal requisition. Advertising enquiries: 822-3131.

The deadline for the January 23, 1997 issue of *UBC Reports* is noon, January 14.

Accommodation

POINT GREY GUEST HOUSE A perfect spot to reserve accommodation for guest lecturers or other university members who visit throughout the year. Close to UBC and other Vancouver attractions, a tasteful representation of our city and of UBC. 4103 W. 10th Ave., Vancouver, BC. V6R 2H2. Phone or fax (604)222-4104.

TINA'S GUEST HOUSE Elegant accom. in Pt. Grey area. Minutes to UBC. On main bus routes. Close to shops and restaurants. Inc. TV, tea and coffee making, private phone/fridge. Weekly rates available. Tel: 222-3461. Fax: 222-9279.

GREEN COLLEGE GUEST HOUSE. Five suites available for academic visitors to UBC only. Guests dine with residents and enjoy college life. Daily rate $50, plus $13/day for meals Sun.-Thurs. Call 822-8660 for more information and availability.

BROWN'S BY UBC B&B. Comfortable and relaxing accommodation close to UBC in quiet area. Quality breakfasts, queen-sized beds, private bath available. Satisfaction is assured for your friends or professional guests. Reasonable rates. 222-8073.

MICKEY'S KITS BEACH CHALET. A perfect solution. Walk Kits beach. Continental breakfast, private entrance, ensuite bath, TV in every room. King or queen beds. 2142/2146 West 1st Ave. 739-3342 (phone/fax). mickeys@direct.ca.

Accommodation

PENNY FARTHING INN 2855 West 6th. Heritage House, antiques, wood floors, original stained glass. Ten minutes UBC and downtown. Two blocks from restaurants, buses. Scrumptious full breakfasts. Entertaining cats. Views. Phones in rooms. Call (604) 739-9002. E-mail:farthing@uniserve.com.

WHISTLER/BLACKCOMB TOWNHOUSE 3 bedrooms, 2 bathrooms, sauna, fireplace, newly furnished. Ideal for small family. Near village. 5 mins. to sports centre. NS. Phone 925-1048. Fax 261-6092.

VANCOUVER APARTMENT FOR RENT. 1 bedroom, Beach Avenue by English Bay. Partial view mountains and water, near Stanley Park. Furnished. Available 7 Jan. to 30 April. $750 include. utilities, cable. Phone 687-4008 (Vancouver), 384-7473 (Victoria) E-mail:samuelw@sfu.ca.

HOUSE TO RENT IN UBC AREA. Partially furnished. 4 bedrooms, 2 bathrooms, living room, dining room, fireplace, kitchen and deck. Suitable for a family. $1700/month. Call 222-8561.

FALSE CREEK. One BR + den. Fully furnished. Clean. Available Feb 1. $1400/mo. Call 264-0387.

Next ad deadline:
noon, Jan. 14

Accommodation

SUITE FOR RENT. Point Grey. Excellent south facing 1 BR bsmt suite, near UBC and bus routes. 6 years old, private entrance, sec. system, f/p, W/D. N/pets, non-smokers please, references required. $690 including cable and partial utils. 221-1294.

Services

UBC FACULTY MEMBERS who need independent assistance in selecting the most appropriate UBC Faculty pension or retirement options call Don Proteau, RFP or Doug Hodgins, RFP at 687-7526 for more information. Independent financial advice for faculty members since 1982.

COOKING AND WALKING TOURS OF TUSCANY. Participate in a Tuscan cooking class, visit medieval villages, and join us for local wine tasting celebrations. Departs June and September 1997. $3,950. Includes everything except T.I.C. insurance and tax. Ask Open Road Travel for a brochure. Call 732-9559 or e-mail: openroadtravel@bc.sympatico.ca.

ADOPTED? BIRTH RELATIVE? Those wishing to be reunited, contact Triad Society. Confidentiality assured. Contact Triad Victoria (250) 474-2280. 686 Hampshire Road, Victoria.

Alan Donald, Ph.D.
Biostatistical Consultant

Medicine, dentistry, biosciences, aquaculture

101-5805 Balsam Street, Vancouver, V6M 4B9

264 -9918 **donald@portal.ca**

Have you signed an organ donor card?

To get the facts contact your local Kidney Foundation office.

THE KIDNEY FOUNDATION OF CANADA

UBC Writing Centre

The UBC Writing Centre offers non-credit courses emphasizing English writing for academic, technical and research purposes. Registrants must be at least 18 years of age. All classes are held on the UBC campus.

Writing 097: Intermediate Composition
Focuses on the basics of grammar and composition to strengthen the writing skills of students with English as an additional language who intend to study at a Canadian university.
Wednesdays, January 22-April 16, 7-10 pm. $245.*

Writing 098: Preparation for University Writing and the LPI
Assists participants in developing the language and composition skills required by credit courses. The course also prepares students to write the Language Proficiency Index (LPI) examination.
Wednesdays, January 22-April 16, 7-10 pm, or*
Saturdays, January 18-April 12, 9:30 am-12:30 pm. $245/section.*

* No classes February 17-22

Writing 099: Advanced Composition
Enables students who have achieved a high level 4 or a level 5 on the LPI to sharpen their skills in rhetorical analysis and composition before entering university-level English courses.
Wednesdays, January 22-April 16, 7-10 pm. $245.*

Effective Written Communication
Enables students to undertake a variety of writing tasks, such as memos, journals, editorials and newspaper articles.
Wednesdays, January 22-April 16, 7-10 pm. $245.*

Report and Business Writing
Assists participants in developing effective business writing practices while brushing up on the basics of grammar and composition.
Wednesdays, January 22-April 16, 7-10 pm. $245.*

Information: 822-9564

Calling all UBC Authors!

Are you the author of a book, or the creator of a video, cd, cd-rom, or electronic book published between January 1996 and December 1996? If so, we would like to hear from you!

*On **March 11, 1997** President David Strangway and University Librarian Ruth Patrick are hosting the **7th Annual Reception for UBC Authors.***

If you're a UBC author, please contact Margaret Friesen or Pauline Willems Main Library (822-4430 / 822-2803) by January 31, 1997

Deadlines 1997

DEADLINE AT NOON	Publication Date	Vol./ Issue	CALENDAR COVERS PERIOD:
Mon. Dec. 30	Jan. 9	43/01	Jan. 12-Jan. 25
Tues. Jan. 14	Jan. 23	43/02	Jan. 26-Feb. 8
Tues. Jan. 28	Feb. 6	43/03	Feb. 9-Feb. 22
Tues. Feb. 11	Feb. 20	43/04	Feb. 23-Mar. 8
Tues. Feb. 25	Mar. 6	43/05	Mar. 9-Mar. 22
Tues. Mar. 11	Mar. 20	43/06	Mar. 23-Apr. 5
Mon. Mar. 24	Apr. 3	43/07	Apr. 6-Apr. 19
Tues. Apr. 8	Apr. 17	43/08	Apr. 20-May 3
Tues. Apr. 22	May 1	43/09	May 4-June 14
Mon. May 12	May 22	43/10	no calendar
Tues. June 3	June 12	43/11	June 15-July 12
Mon. June 30	July 10	43/12	July 13-Aug. 16
Tues. Aug. 5	Aug. 14	43/13	Aug. 17-Sept. 6
Mon. Aug. 25	Sept. 4	43/14	Sept. 7-Sept. 20
Tues. Sept. 9	Sept.18	43/15	Sept. 21-Oct. 4
Tues. Sept. 23	Oct. 2	43/16	Oct. 5-Oct. 18
Mon. Oct. 6	Oct. 16	43/17	Oct. 19-Nov. 1
Tues. Oct. 21	Oct. 30	43/18	Nov. 2-Nov. 15
Mon. Nov. 3	Nov. 13	43/19	Nov. 16-Nov. 29
Tues. Nov. 18	Nov. 27	43/20	Nov. 30-Dec. 13
Tues. Dec. 2	Dec. 11	43/21	Dec. 14-Jan. 10

For further information please contact *UBC Reports* at Public Affairs Office. Phone 822-3131. Fax 822-2684. 310-6251 Cecil Green Park Road, Vancouver, BC, V6T 1Z1.

Calendar

UBC Reports carries a two-week calendar of UBC-sponsored events in each issue. Submissions are published free of charge and are accepted from all UBC departments. **To appear in the pertinent issue, submissions must be received by the deadline for that issue as noted in the accompanying Deadlines section.**

To submit an event for publication, please:

1. Type or clearly print your submission on the following form and limit it to 35 words.
2. Fax this form to the Public Affairs Office at 822-2684.

It is the submitting department's responsibility to ensure that all information is correct.

Event: Seminar Lecture Workshop Concert
(circle one) Other _____

Date(s): _____

Title: _____

Speaker(s): _____
(please specify: name, title, department and other affiliations)
_____

Building: _____ **Room #:** _____

Time: _____ **Tel. # for information:** _____

Additional Information: _____
(fees, refreshments, etc.)

Submitted by: Name _____
Department _____
Telephone _____

For further information please contact *UBC Reports* at Public Affairs Office. Phone 822-3131. Fax 822-2684. 310-6251 Cecil Green Park Road, Vancouver, BC, V6T 1Z1.

UBC REPORTS ADVERTISING RATES 1997

Circulation: 37,000

Distribution: Twice monthly on the UBC campus and in *The Courier* on Vancouver's West Side except, once a month in June, July, August and December

Mechanical Requirements

Page Size: 260mm (W) x 390mm (H) (10.25" x 15.5")
Columns: five per page
Black and white copy only

Display ad rates:

$15.50 per column inch, GST not included

Full page (260mm x 390mm, 10.25" x 15.5")	$867.00
1/2 page (260mm x 195mm, 10.25" x 7.75")	$579.00
1/4 page (152mm x 178mm, 6" x 7")	$348.00
1/8 page (100mm x 120mm, 4" x 4.75")	$156.00
1/16 page (48mm x 127mm, 1 7/8" x 5")	$81.00
Business card (100mm x 50mm, 4" x 2")	$65.00

Classified ad rates:

$16.50 for 35 words or less, GST included. 50 cents for each additional word.

Discounts:

3-9 ads	10%
10+ ads	20%

1/8
2 columns (100mm) x 120mm
$156

1/16
1 column
(48mm) x 127mm
$81

Business card
2 columns (100mm) x 50mm
$65

1/4
3 columns
(152mm) x 178mm
$348

1/2
5 columns
(260mm) x195mm
$579

For advertising information call Public Affairs at (604) 822-3131

Profile

In the swim of things

Jack Kelso leaves some students following in his wake

Stephen Forgacs photo

Master swimmer and Human Kinetics Instructor Jack Kelso started swimming competitively as a boy in Ocean Falls. He set his most recent world record in the 200-metre individual medley last summer at age 57.

by Stephen Forgacs

Staff writer

In the early summer of 1996, Jack Kelso found himself about to go head to head with a 30-year-old former UBC varsity swimmer in the 200-metre individual medley event in the provincial master's swimming championships in Victoria.

Two minutes and 34.3 seconds later, Kelso, who's 57, had left the youngster in his wake and set yet another world record in the event, slicing five seconds off the previous record for his age group in master's competition.

"I blew him away," laughs Kelso, a senior instructor in UBC's School of Human Kinetics whose competitive swimming career spans four decades.

Kelso also coached swimming for 30 years and, from 1978 to 1990, coached UBC's men's and women's varsity swim teams. Because of his long coaching career, it's not unusual for him to race against a former student — as was the case in Victoria — at national championships where competitors race in time groups rather than age groups.

"I like swimming against younger people and invariably come up against some of the kids I've coached. It's very humorous, but it's also very competitive, and deep down they really don't want to be beaten by their old coach," he says.

Kelso started blowing away the competition 46 years ago in Ocean Falls, B.C. and set his first world record in 1961, while competing for the University of Denver. That record stood until, a week later at the U.S. national championships, he took to the water and broke it again. Unfortunately, so did an even faster swimmer from Indiana, and Kelso's first record was short-lived.

Since then Kelso has held numerous Canadian and world records, mostly in the four-stroke 100- and 200-metre individual medley events — his specialty. He currently holds world records in the 100- and 200-metre individual medley in the 55-years-and-older class, and is a member of two world record relay teams from B.C. He also holds 20 Canadian records and is the only master's swimmer in Canada to hold current records in his age group for the 50-metre event in all four strokes — butterfly, backstroke, freestyle and breaststroke.

Born in 1939 in Belfast, Northern Ireland, Kelso came to Canada with his family when he was 12. The family settled in Ocean Falls, a small community on the B.C. coast.

At that time, Ocean Falls was home to one of Canada's top swim organizations, the Ocean Falls Amateur Swim Club. And, a year after arriving, Kelso had learned to swim and had started racing and winning at meets in B.C. and Oregon and Washington states.

"The club was very fortunate to have as coach a chap called George Gate, who's still one of Canada's prominent swim coaches. He produced a lot of international swimmers out of that little town and many national champions as well," Kelso says.

While in Grade 12, Kelso narrowly missed making the team for the British Empire Games, and after graduating moved to California to swim for Long Beach City College.

"That was quite a contrast for me," he says. "Imagine a very naive and innocent boy from Ocean Falls going to Southern California and being met at the bus terminal by a guy in a powder blue T-bird convertible. I lived in a boarding house right on the beach. It was a different world down there."

Despite the distractions of California life, Kelso swam to win national junior college championships during his two years of college and his performance drew scholarship offers from universities across the U.S. He chose the University of Denver and embarked on his record-breaking career.

Unfortunately for Kelso, the individual medley wasn't made an Olympic event until 1964, and then as a 400-metre event. Kelso, still a 200-metre specialist, didn't make the Olympic team. The 200-metre individual medley was introduced as an Olympic event in 1968 after Kelso's (temporary) retirement from competition.

He still found opportunities to win medals as a member of the Canadian National Swim Team from 1962 to 1965 and claimed six medals for Canada in the Commonwealth and Pan-Am games in 1962 and 1963. He also owned the Canadian national championship titles in the 100- and 200-metre breaststroke and the 200- and 400-metre individual medley from 1960 to 1964.

Following his retirement from competitive swimming, Kelso did a master's degree in Physical Education in Oregon — where he met his wife — and a PhD in California and went into teaching. Then, for nearly 20 years, Kelso and his wife, a librarian, worked in international schools in Jamaica, Pakistan, Holland and Japan. In each location Kelso remained close to swimming, overseeing aquatic facilities, coaching, teaching lifeguards, establishing programs and building swim teams.

In 1978, the year UBC's aquatic centre opened, Kelso was hired as a faculty member and varsity coach. And by 1980, perhaps spurred on by the energy of his varsity swimmers, he was ready to start competing again.

"In 1980, master's swimming had really picked up momentum and the competition was starting to look reasonably strong," Kelso says. "I had a few good friends who were former national or international swimmers and we formed the UBC Master's Swim Club."

For the past 16 years Kelso has swum steadily through the master's age groups, breaking Canadian and world records as he goes. One record he set while in his 40s stood for a decade. He competes at provincial and national meets each year in April and May, choosing not to mix his passion for travel with his love of competition.

"We've travelled to about 70 countries," he says. "But if you go somewhere to compete, they know you're a record holder and there are a lot of expectations. That's not really my idea of a holiday."

Kelso says his uninterrupted involvement in competitive swimming, as a coach when not as a competitor, has enabled him to keep his interest in competition alive. He still spends hours each week swimming laps in the aquatic centre, picking up his pace each January as the championship season approaches.

When he's not in the pool he teaches aquatics and coaching science in the School of Human Kinetics and has written several books on swimming including *A Concise History of Aquatic Sports in Canada*, and *Swimmers and Divers: A Historical Perspective*. He also conducts master's swim clinics in B.C. and has conducted coaching clinics for the International Olympic Committee in Australia and Africa.

He is, he says, probably the best authority on the history of swimming in Canada. And given the length and breadth of his involvement in the sport, it's not difficult to accept this claim.

In more than 45 years of involvement in the sport, Kelso has witnessed and participated in the evolution of competitive swimming.

"There's no question the sport has changed drastically," he says. "The training that we did in the 1950s and '60s, for example, is a tenth of what they're doing now. I remember that if I swam a mile in a training session it used to be a lot of swimming. Now these kids swim a mile just to warm up. There's no comparison.

"In the '50s we might train two hours a day, five days a week, and that was major in those days. Swimmers today would do double that."

Kelso also now sees kids being channelled into sports such as swimming as a means to keep them out of trouble, a phenomenon that adds challenge to the coach's job.

"We have a fairly high attrition rate in kids in the mid-teens who become completely disillusioned by going up and down the pool. So coaches have to be creative and able to provide a training atmosphere that will keep the kids interested. That's always a battle."

Those who stick with swimming, whether for competition or recreation, are buying into an activity that Kelso says is hard to beat.

"It's a very healthy, very clean sport with virtually no injuries and you can do it for a lifetime. I'm living proof of that."