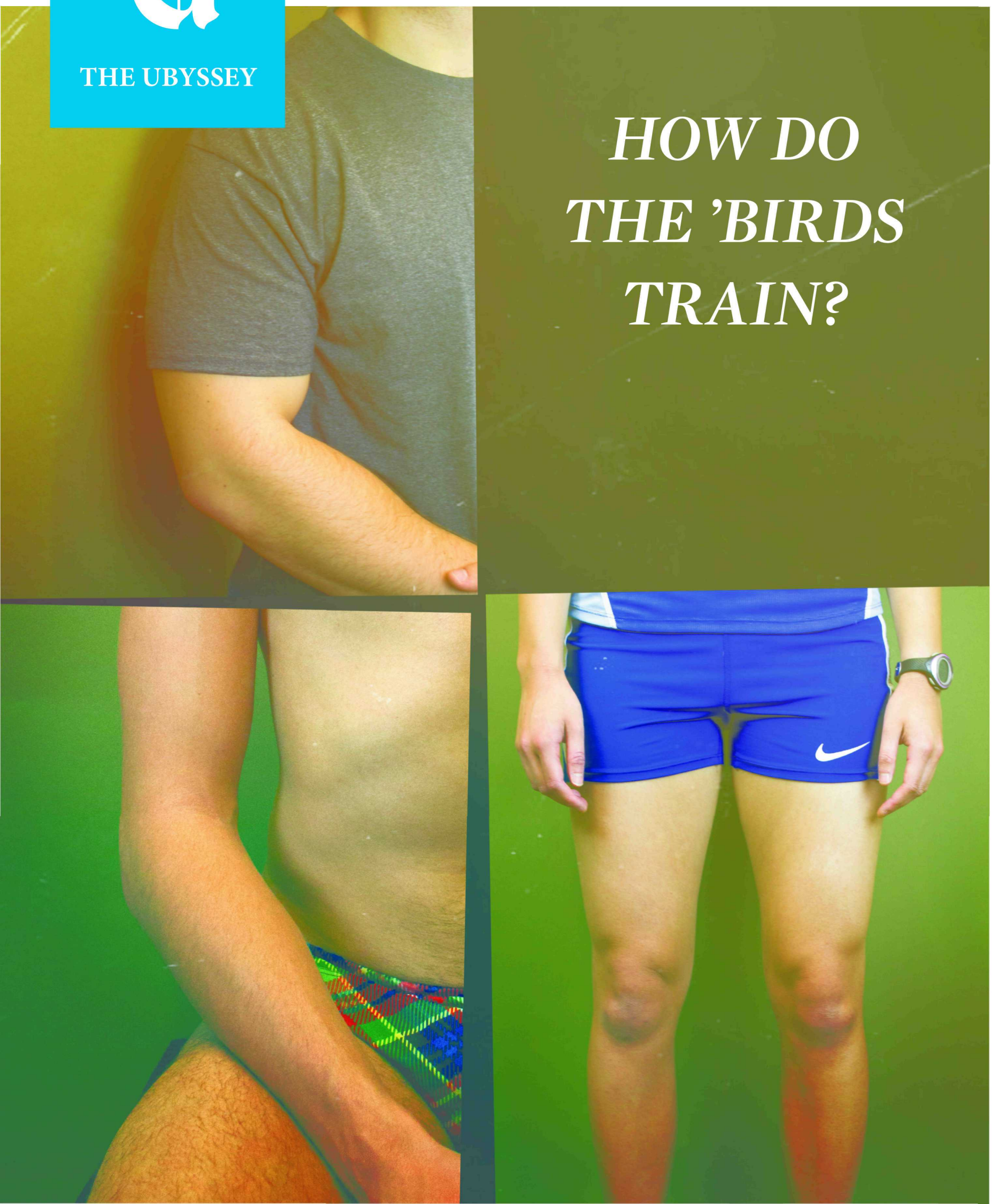
THE UBYSSEY

HOW DO THE 'BIRDS TRAIN?



EVENTS

WEDNESDAY NOVEMBER 2

CHURROS FOR CHARITY 12 P.M. @ ABDUL LADHA
Enjoy a hot churro on a cold day while supporting Parkinson's and Alzheimers research.
1 CHURRO FOR $3 / 2 FOR $5

OCTOBER 31 TO NOVEMBER 4

THRIVE WEEK @ VARIOUS LOCATIONS
The Mental Health Awareness Club will be hosting cool events like tea parties and movie nights all week.
FACEBOOK FOR MORE INFORMATION

THURSDAY NOVEMBER 3

RISE & SHINE 9 A.M. @ ROOM 2311 THE NEST
Enjoy a full breakfast of eggs, bacon, pancakes and hash-browns from Kappa Sigma! Proceeds go to the Kappa Sigma Military Heroes Campaign.

ON THE COVER

PHOTO BY
Joshua Medicoff

DESIGN BY
Aiken Lao

Want to see your events listed here?
Email your event listings to
printeditor@ubyssey.ca

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The Ubyssey accepts opinion articles on any topic related to the University of British Columbia (UBC) and/or topics relevant to students attending UBC. Submissions must be written by UBC students, professors, alumni, or those in a suitable position (as determined by the opinions editor) to speak on UBC-related matters. Submissions must not contain racism, sexism, homophobia, transphobia, harassment or discrimination. Authors and/or submissions will not be precluded from publication based solely on association with particular ideologies or subject matter that some may find objectionable. Approval for publication is, however, dependent on the quality of the argument and The Ubyssey editorial board's judgment of appropriate content.
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OUR CAMPUS

AMS Ombudsperson Matt Perzow will settle your arguments for you

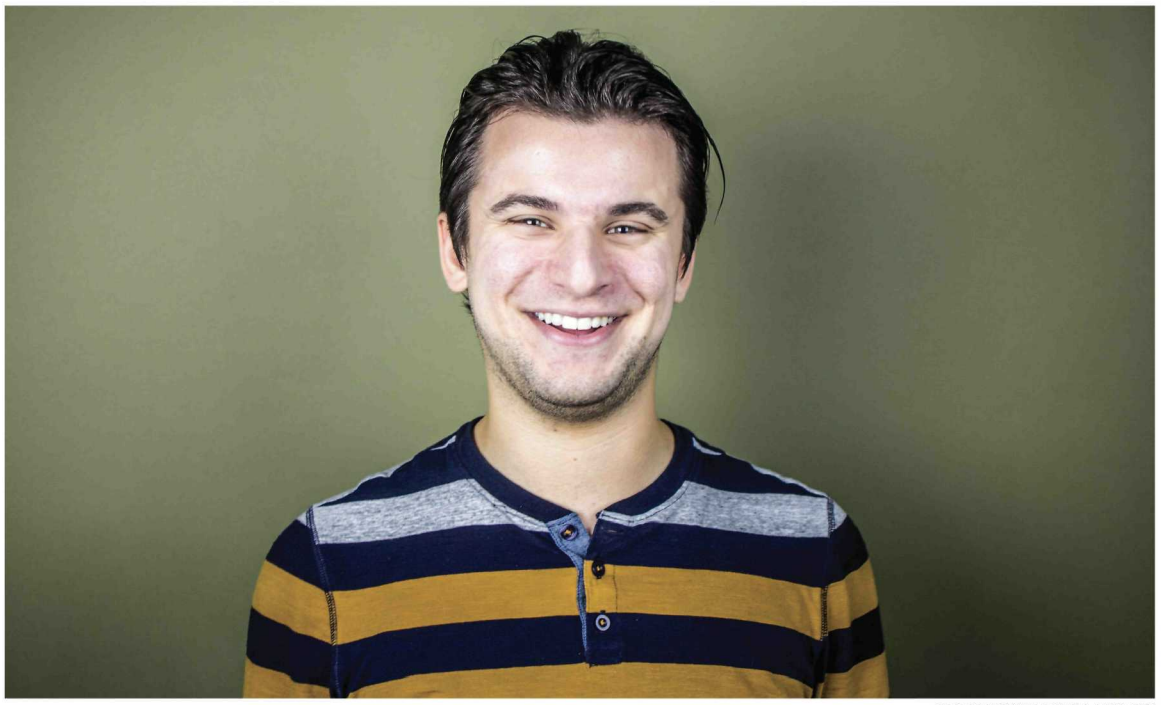

PHOTO JACK HAUEN/THE UBYSSEY

Perzow is the only mediator of conflicts between students and student bodies at UBC.

Leo Soh
Our Campus Coordinator

If you've paid your student fee this semester, you're a member of the Alma Mater Society (AMS). Congratulations! According to their governance review, this means you have access to a plethora of services that you probably don't use, and have several offices working for you that you probably don't know about.

One such AMS body is the Ombuds Office, which according to their website, "helps students and AMS staff by providing conflict resolution services." The Ombuds Office has only one employee — Matt Perzow, AMS ombudsperson and aspiring psychotherapist.

As an ombudsperson, Perzow is a part of the time-honoured tradition of serving the public interest. The role originated in government, where the need for an independent body providing workers with assistance in resolving issues resulted in the creation of ombudspeople.

"If the ombudsperson didn't exist, issues wouldn't be resolved, and that angst would be contained within the person and breed discontent," said Perzow.

Perzow believes that "the ombudsperson can serve as a really crucial role in the AMS and the university." As the only mediator of conflicts between students and student bodies at UBC, this definitely is the case.

He views the role as "a release valve, in general, to smooth things over — sometimes to slow things down and sometimes speed things up." And like all other ombudspeople, Perzow dedicates himself to the impartial process.

"[I need] to find a resolution that is most satisfactory to the parties involved, and after the conflict is resolved, [make sure] that the parties feel okay with the outcome, or at least how the process went along," he said.

As the only AMS ombudsperson, Perzow services the needs of the entire UBC student body — a staggering 61,113 individuals. However, according to Perzow, the number of cases is low enough that just one ombudsperson is enough. Much of the role's workload derives from how invested the ombudsperson is in "shining a light on different systemic problems."

"One can float along," said Perzow. "However, one important component of the AMS ombudsperson, and any ombudsperson, is a look at the systemic issues."

Perzow also endeavours to balance the needs of students with this responsibility of creating systemic change.

"One side [of the role is to] exist as someone who waves the flag, saying, 'This is wrong,' and the opposite side is about mending fences. I see a middle, progressive path which is that one does both of those things."

There is one exception — AMS election season. Every March, the AMS holds elections for the executive council, and according to Perzow, the "number of [ombuds] cases peak extremely high and that's hard to handle as one person."

"I've yet to be in those shoes, but I've read the transition reports from past years and they consistently say the same thing," he said.

In his role as ombudsperson, Perzow is training for his professional career. A third-year psychology major, Perzow has discovered a passion for helping others with their issues. As ombudsperson, he currently deals with interpersonal conflicts, but hopes in the near future to help children with their interpsychic conflicts.

By volunteering with Writer's Exchange, Perzow gained experience working with children in a previously unknown capacity.

"I have a niece and two nephews, and have some interaction with them, but I didn't have real experience with kids until I started there and I love it," he said. "To help [children] along when they're struggling would be extremely satisfying to me."

Perzow also hopes to carve out a niche for himself as a child psychotherapist.

"It's important to have a specialty these days, especially in psychology, with just the massive amount of people entering into the psychology program. You see that if you are a psychotherapist, everyone tries to specialize in increasing specific things because people can't find clients."

The motivation for embarking on this career path is not only the result of his own experience, but also of Perzow's parents.

"My mother is a social worker, and my father, who passed away a few years ago, was a psychiatrist and psychotherapist. So they both worked in services for people and that introduced me to the world."

Even now, Perzow's education in psychology offers insight into his role as an AMS ombudsperson. By thinking through the psychodynamic model, Perzow achieves a more impartial and objective approach to cases, one which he believes is enhancing his ability to empathize with his clients.

"[It's] a holistic look at the entire person rather than, in the case of mental illnesses, diagnoses. There's a whole internal world that people can't see and is very hard to know. I think one thing that's important is I try to accept what I'm hearing as a person's experience, their truth and not translate it into my perception into the world as-is," he said.

If you have an AMS related conflict, Perzow is here to help.

HIRING
PERSONAL ASSISTANT

Part-time Opportunity

16 hours per week

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Needed to start work as soon as possible

Apply by email with a cover letter and resume

Vancouver

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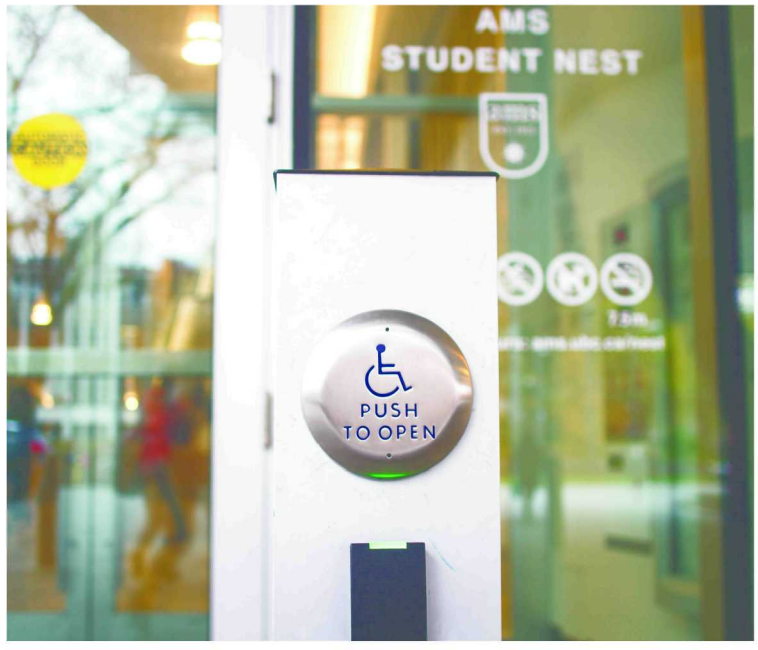
AMS
STUDENT NEST
PUSH
TO OPEN

SAUDER
School of Business
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EARLY 'BIRDS

A look at two vastly different types of athletes — a swimmer and a power lifter — and how their training regimens compare.

by Olamide Olaniyan

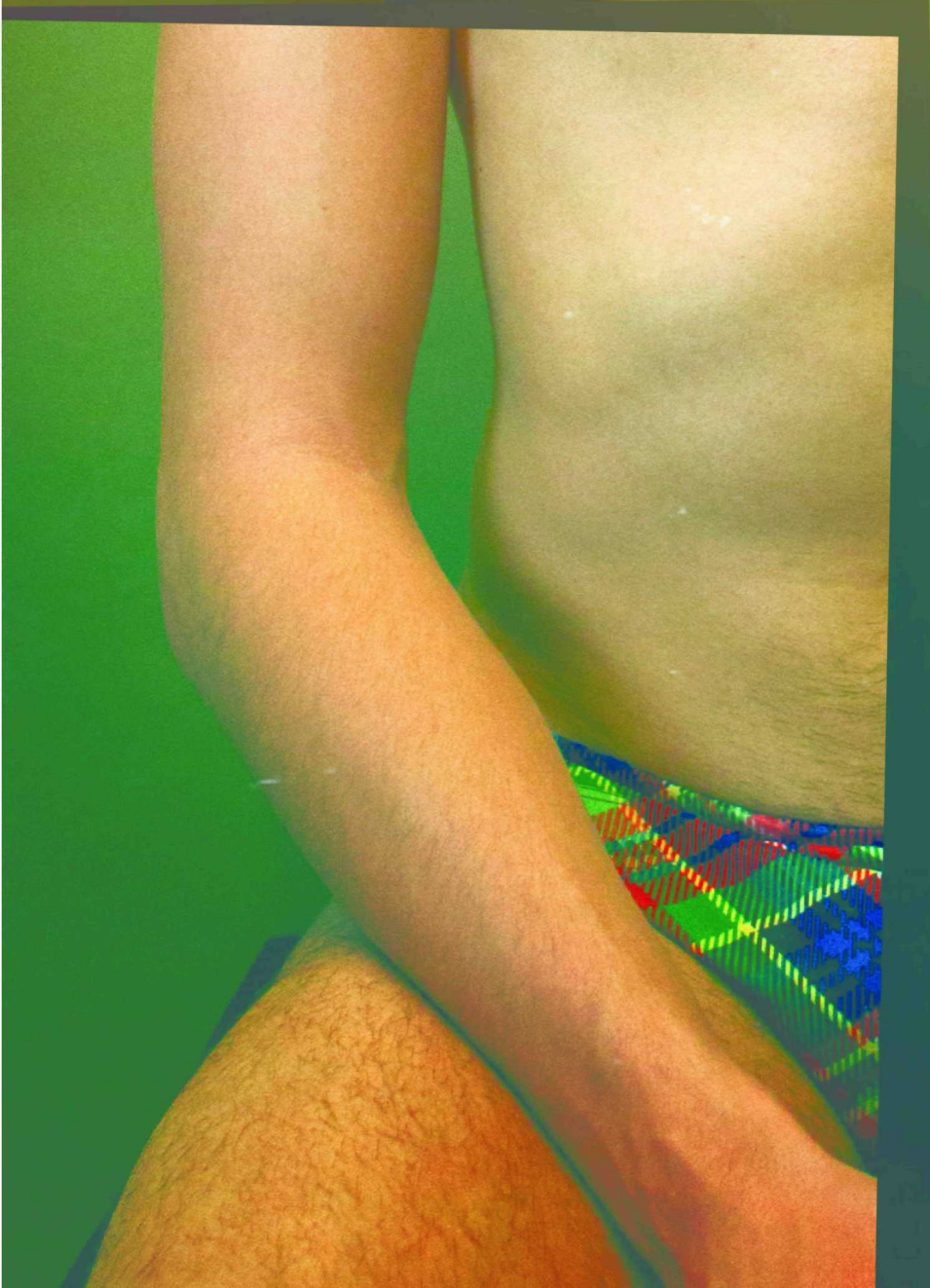

PHOTO JOSH MEDICOFF/THE UBYSSEY

“It started as a new
year’s resolution. It
started off as, ‘Oh, I just
want to get

Did you know?

If you live in student housing you don't have the same protections as every other tenant in B.C.

RENT WITH RIGHTS

Your AMS, in partnership with UBC Student Union Okanagan, the University of Victoria Students' Society, and Simon Fraser Students Society has come up with **nine** recommendations for new provincial legislation to let students living on campus Rent with Rights, just like every other tenant in B.C.

Find out more: **ams.ubc.ca/rentwithrights**

Volunteer
Opportunities Fair

Meet with Local and International volunteer organizations and gain some valuable work and life experience!

10AM - 1PM	Nov 8 & 9th
AMS Student Nest First Floor	

Volunteer Avenue

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ADVANCED SCREENING
Scotiabank Theatre - 7pm November 9

www.ArrivalMovie.com
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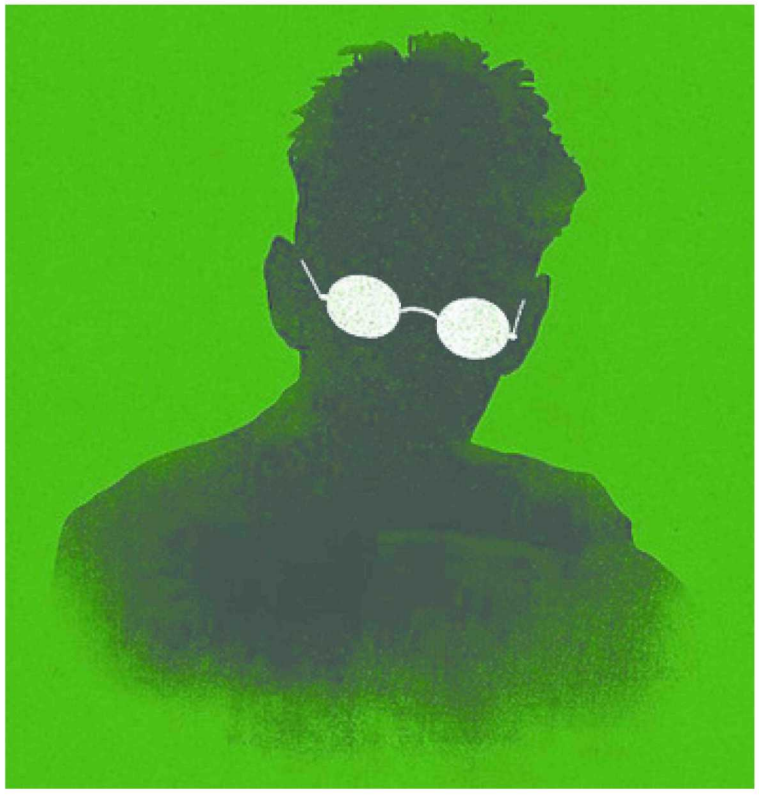


NIGHT TIMES III

These nocturnal dreams are excerpted from *Night Times* at the Press Bar, located in the Morris and Helen Belkin Art Gallery on campus. Record your dreams and contribute to the next issue of *Night Times* at the Belkin as part of *Julia Feyrer and Tamara Henderson: The Last Waves*, on through December 4. For more information about the exhibition, visit belkin.ubc.ca

october 7, 2016
about encountering the adolescenthood crush
again – a juvenile yet profound attachment, the subject that symbolized security, the feeling to be relished, the wish to be special.

october 7, 2016
I was sitting
there silently, I was sitting just watching and feeling the energy around me. Others' energy and my own, the trickling of water running down my back, the wind finding the cracks in my clothes – gusting through my sinuous lungs, but I had no mouth to exhale, so he breathed for me, his lips pressed against mine…

october 6, 2016
I dreamt that
I was in mangroves and sea water. It was sunny and clear. Some creatures came to attack us and I didn't know how to protect us but somehow we got away in clear glass tubes that skirted along the water's surface. I woke up on a rock after that.

october 7, 2016
dreaming about Paul who
has left us. Till we meet again.

october 8, 2016
Bucky
my cat had a twin. I spent much time trying to tell which one was Buck.

october 11, 2016
I dreamt that
members from the band Radiohead were trying to burn my house down, but Lapis Lazuli, who is a character from the cartoon Steven Universe, saved me, what a relief.

october 11, 2016
I had a
dream last night that I wrapped a dead bird in foil but the foil started to move like the bird was breathing. I opened the foil and the bird flew out.

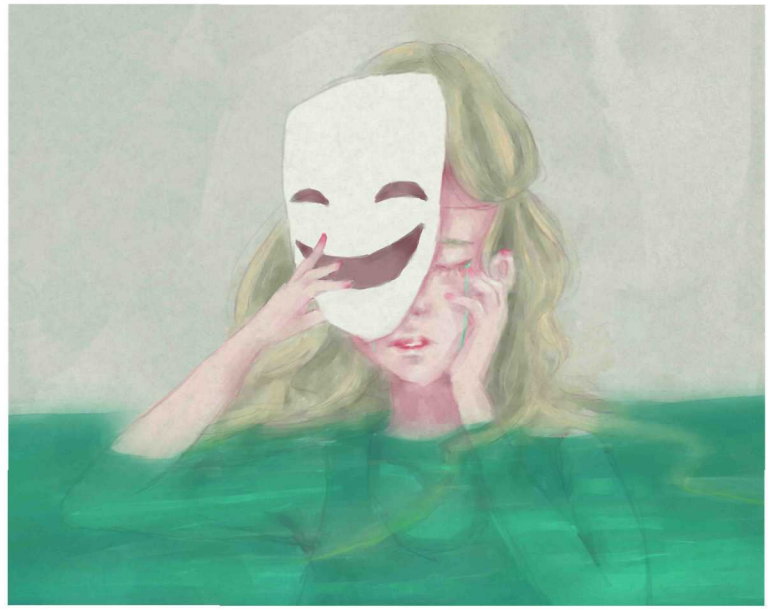
october 11, 2016
I
dreamed an orca jumped over my boat and told me to jump in the water and get a ride. It then took me to a beautiful island full of peaceful people and animals living in harmony!

october 12, 2016
I
kept running and running, being followed by a number of people I've never met. I don't remember them either. I was scared and my family was running next to me, at some point we are reached by our persecutors and I don't know why, I grab a gun from my father's pants and shoot him in the head. I wake up to the drowning guilt of the dream as it mixes with the conscious guilt of my father's suicide.

october 16, 2016
I dreamed that I was
having a baby but after the baby was born the doctor told me to be careful and I didn't understand until I looked at the baby. The baby was made from cooked chicken and then I realized that I was hungry and I started to eat the chicken. I'm a vegetarian so this dream was disturbing on so many levels.

october 19, 2016
I dreamt that my friend
ran up to me and told me, "Girl, you really need to put on some deodorant!"

october 19, 2016
Last night I dreamt
that I was walking a Golden Retriever. It was perfect.



MEDIUM

#
UBC
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FALL CLASSIC

RUN · CHEER · VOLUNTEER

Join In

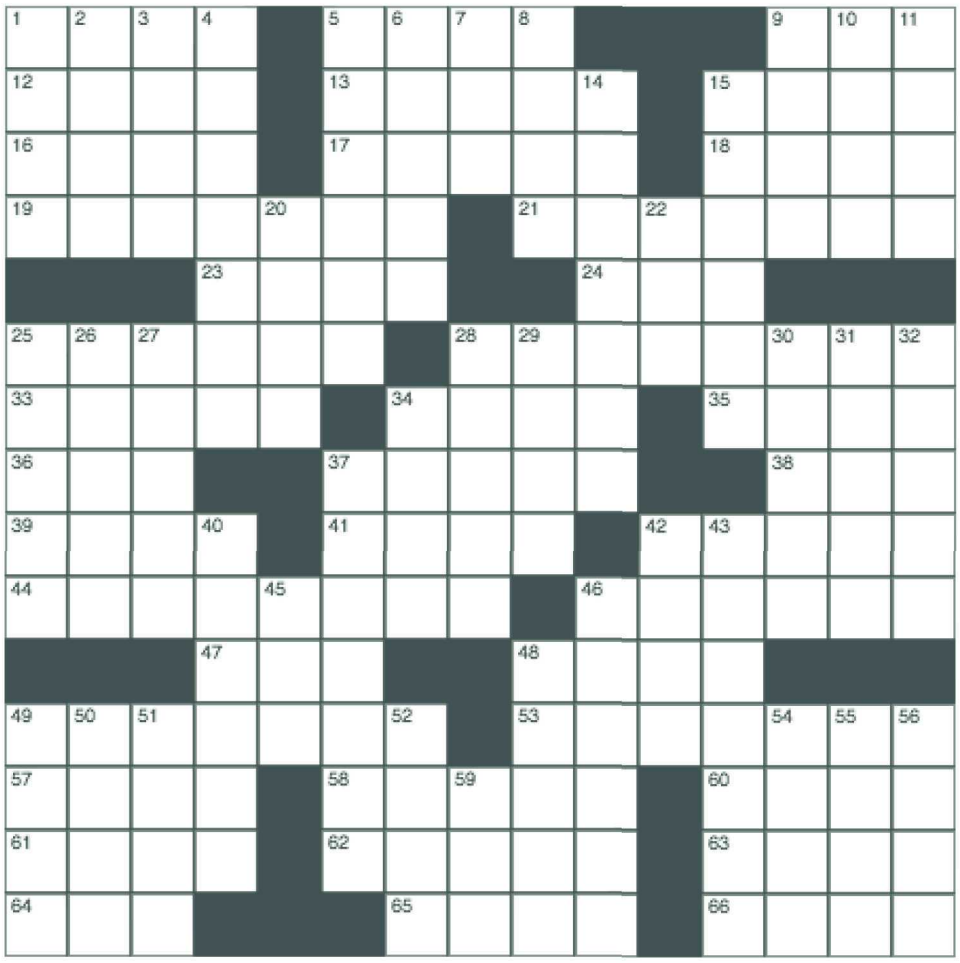
FallClassicRun.ca/Volunteers

Join our Crew and Volunteer November 13 at UBC!

VANCOUVER INTERNATIONAL MARATHON SOCIETY
A LOCAL NON-PROFIT PROMOTING HEALTHY LIFESTYLES

RUN VAN

CUP CHAMPIONS - 1982,



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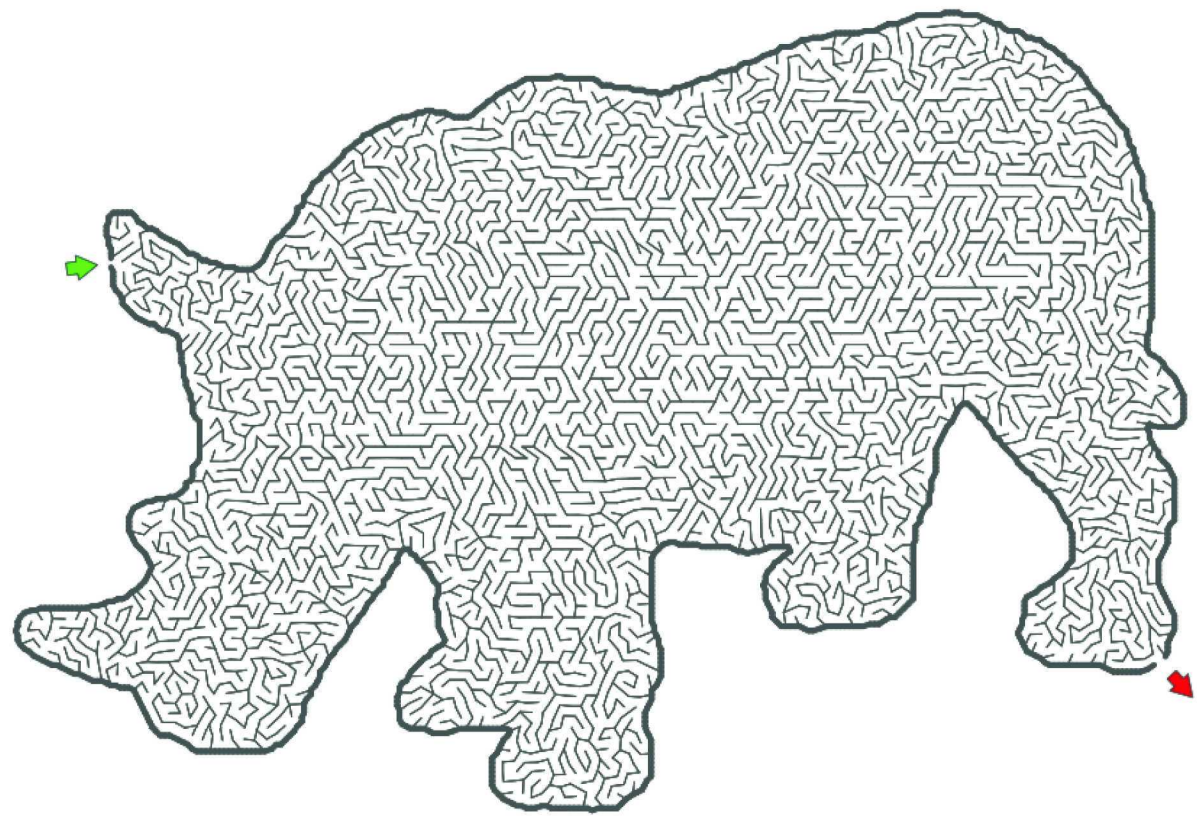

By: L. A. Bonté

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