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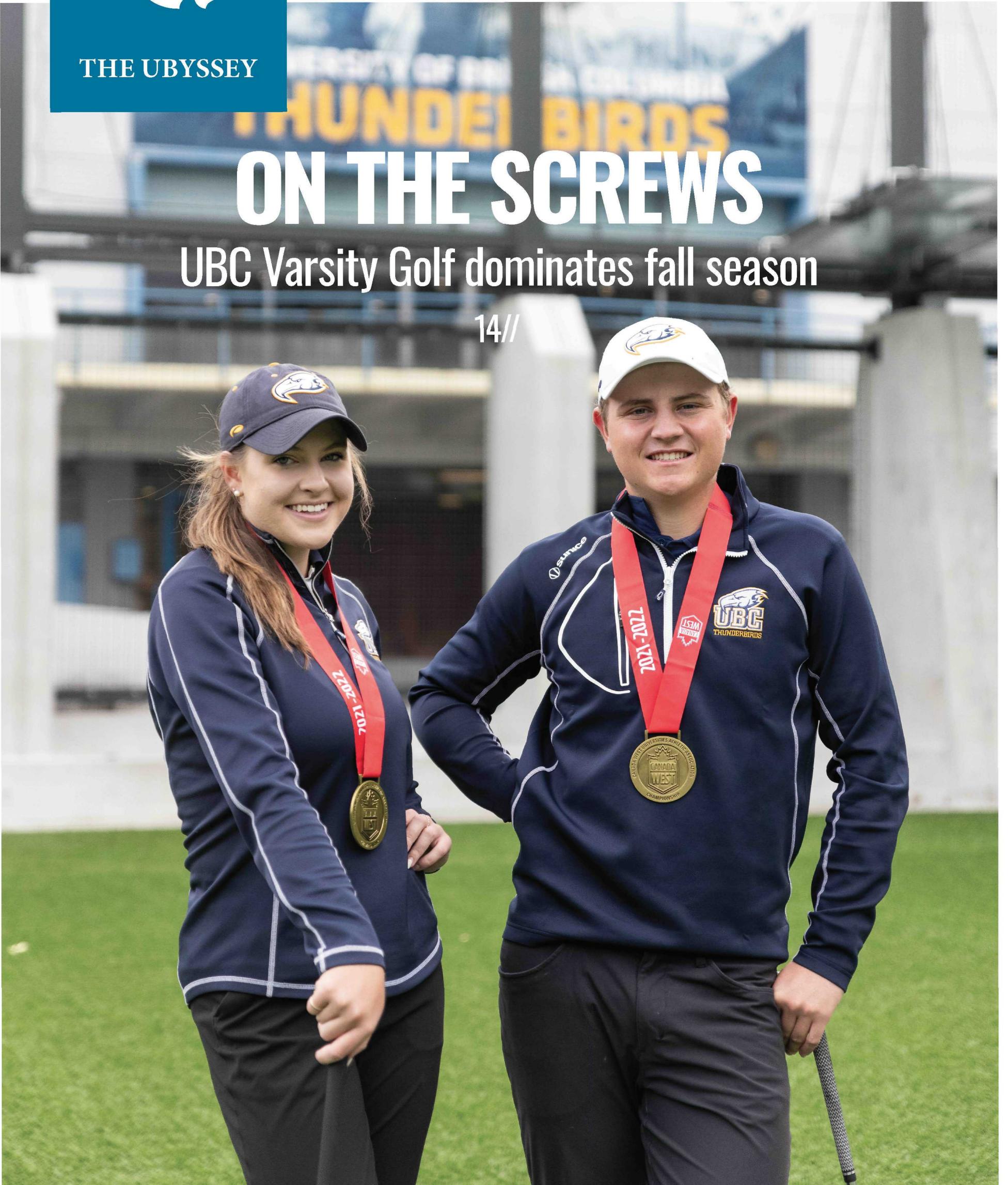
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OUR CAMPUS

Haley Branch is trying to make disability visible in academia



"Do I need to go above and beyond in order to roll up in my wheelchair and be accepted as a scientist?"

ISABELLA FALSETTI

Jasmine Manango
Staff Writer

Haley Branch's passion for her research gives the Lorax a run for his money.

Branch, a fifth-year PhD student studying botany at UBC, hopes her research can further climate justice and show fellow disabled students they are capable of succeeding in academia.

But she didn't always expect to become a scientist. Branch's first love was ballet and she attended a specialized high school to train to become a professional ballerina. At the age of 16, Branch had to make the painful decision to leave ballet.

"I had suspicions that I was disabled but there wasn't really any proper inquiry into what was going on with my body," she said. "I took the initiative to say, 'No. I know something is wrong and I'm going to leave ballet.'"

Leaving ballet sent Branch into her first depressive episode. After spending years dedicating herself to ballet, she struggled to imagine a career path that would make her feel just as fulfilled.

Branch had always been interested in science, so she decided to pursue a Bachelor of Science (BSc) from the University of Toronto (U of T). Branch, however, wasn't able to take all of the admission prerequisites at her specialized high school, so she attended night and summer school to obtain all the prerequisites for the U of T BSc program.

By 2011, she had completed all the prerequisites and successfully enrolled at U of T, fully expecting to study animal physiology.

"I remember being a bit disappointed that the only biology class I could get into in my first term of second year was this plant biology class," she said. "I thought, 'Well, I don't know if this is going to be really exciting.'"

But after the first day of class Branch's perspective changed.

"It was love at first sight," she said. "Once someone was finally properly explaining plants to me, I couldn't get enough of them."

But she still wasn't exactly quite sure what she wanted to study. Her friends knew she had a passion for the climate, encouraging her to focus her studies on it, but she wasn't sure she could dedicate herself to something that made her so angry.

It wasn't until the second year of

her degree that she realized she could transform her anger into action.

By the end of Branch's fourth year, she knew she wanted to spend the rest of her life studying plants and the climate crisis.

When climate change causes the weather to start becoming more erratic and more intense, animals are able to hide or escape to tolerable conditions. Plants don't have that option.

"What's going to happen to [these plants]?" she asked. "Who's going to care about them?"

Branch decided that she would be the person who speaks for the trees.

Now, as a PhD student, Branch studies how extreme weather changes can affect the scarlet monkey flower's ability to adapt to drought.

Branch loves her research but navigating graduate school and academia as a scholar with a disability isn't easy.

Branch said that most of the accommodations made for students with disabilities at UBC are targeted towards undergrads. Graduate students have a different set of needs, and therefore require a different set of accommodations.

Graduate students are often expected to complete their research within a standard amount of time. Branch explained that graduate students with disabilities often need a longer amount of time to complete their research. This is because they might need to take more medical time-off than their able-bodied colleagues and may only be able to do their research a few days a week.

This also means that some graduate students with disabilities may not be able to complete all the research they wanted to do within that time frame.

This puts disabled scholars at a disadvantage because their non-disabled peers may appear better on paper when applying for jobs post-graduation because the latter group might have had more time to dedicate to their research and develop a more cohesive or complete study.

"It's part of this funneling and filtering out of disabled scholars in academia," said Branch.

Many graduate students rely on research grants or awards to finance their studies. Often, these grants will only finance a research project for a set amount of time, requiring graduate students to complete their research within that predetermined time frame.

This would put graduate students with disabilities who need more time to complete their research at a disadvantage, Branch explained.

Some graduate students with disabilities also need research assistants and lab technicians to help them conduct their research. The compensation for these assistants are often not covered by research grants and awards.

Fighting systemic ableism is an uphill battle, according to Branch. To cope, she emphasizes the importance of finding community.

"Find people who know what [you're] going through," she said. "At some point, you will have to advocate for yourself to your advisor or department and it becomes exhausting to go through that by yourself all the time."

Last June, Branch started UBC's Disabled Graduate Student Association in order to help create a community for disabled graduate students at UBC. She stressed the importance of having an official presence on campus as not only a symbol of resistance but as an act of solidarity.

"I think when there isn't visibility of disability on campus, it makes disability invisible and more isolating," she said. "Having a presence on campus is important, so that the university knows that we exist and also that undergraduate students know that we exist and that there is a place for them in grad school."

Branch hopes that this type of association will become common practice in academic institutions and also that there will be more community-building events for scholars with disabilities at academic events such as research conferences.

But Branch doesn't restrict building community to campus or even to Canada. Through a STEM mentorship program, Branch has built a close friendship with a faculty member at an English university who not only shares her field but also her disability.

"I've been so fortunate to find someone who I can talk to about the disability aspect of research," she said. "It's just incredible that this happened and we found each other."

Community-building is a crucial component for maintaining emotional health as a graduate student, according to Branch, but it cannot be your only coping strategy. Some of her other strategies include having daily check-ins with herself, asking for help from her friends, walking her dog and going to the beach.

When she does need to clock back in, she does so with a spirit of hope, ambition and resistance.

"I get worried [about] ... how [I will] be perceived," she said. "Do I need to go above and beyond in order to roll up in my wheelchair and be accepted as a scientist?"

Branch hopes her work will contribute to making academia a more equitable and accessible space for scholars with disabilities.

And to the disabled undergraduate students reading this article who aren't sure if graduate school is right for you, Branch wants you to know that "you can absolutely do this. It won't be easy, but you can absolutely do this." 🌱

INTERNATIONAL STUDENTS //

'You have to reach out': International students concerned about lack of guidance from UBC around vaccine cards

Khushi Patil
Contributor

As of September 27, BC has required everyone to show their BC vaccine card to enter shared nonessential public spaces and businesses. On campus, students now need their vaccine card to attend student events and enter gyms and restaurants. But what if students are unable to access their vaccine card?

According to the province, if you are a visitor who was vaccinated outside of BC, or a post-secondary student from outside BC, you should still be able to use your own provincial or international proof of vaccination alongside a government-issued passport or photo ID in place of the BC vaccine card. But due to ambiguity, businesses have varying rules when it comes to those without vaccine cards — with some turning away students who don't have their vaccine card.

For many students who were vaccinated outside BC or Canada, obtaining the vaccine card has proven to be a challenge. Although the steps to register for the card are relatively simple, many have found that the system took longer than anticipated to process their immunization records.

BC said processing immunization records from out of province can take up to 14 days. However, some waited for weeks for their vaccine card to update, and some have been waiting to no avail.

Charlie Zhong, a first-year student from China, said he applied for his vaccine card weeks ago, but it has not been updated yet.

Zhong voiced his frustration about the lack of clarity in information provided by the province and UBC — he said he's confused about where he needs a BC vaccine card and where he can just use his paper vaccination card.

This lack of clarity has been reflected in his experience on campus. Zhong said he has not been allowed into indoor establishments in certain cases, but has been in others.

Most places accept UBC card as valid ID, but some have asked for government-issued ID in particular, he said.

One restaurant, which he did not name, refused him entry without physical proof of vaccination, although other places have allowed a verifiable picture as proof.

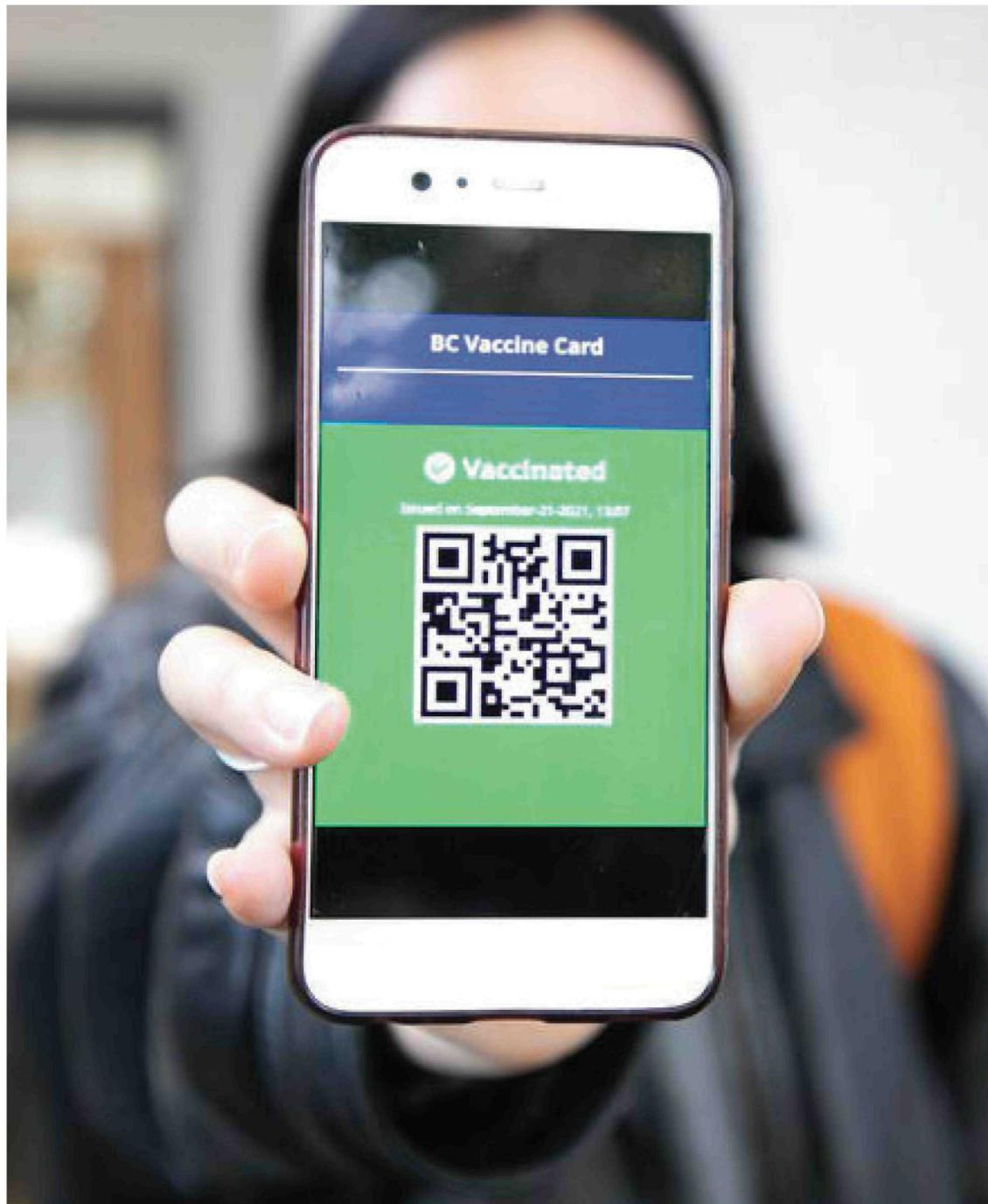
"It's not consistent," Zhong said.

STRUGGLES TO APPLY FOR THE BC VACCINE CARD

Other students have been unable to apply for the vaccine card itself.

One subset of students in this situation is those who have just arrived in BC and do not yet have a BC Medical Services Plan (MSP) or Personal Health Number (PHN). MSP and a PHN are required to submit immunization records to the official provincial registry and to access Health Gateway — the platform on which the BC vaccine card can be accessed.

Typically, MSP coverage begins three months after arrival in BC,



Some students have been unable to apply for the vaccine card itself.

ANDREW HA

which means that these students have been unable to immediately apply for their vaccine card.

Alexa Elizondo Gil, a second-year student who moved to Vancouver from Mexico on September 1, applied for MSP as soon as she arrived. She's been carrying around her physical proof of vaccination documentation and government ID to access indoor spaces.

"I haven't had a problem ... so far with people letting me in," she said. "But a lot of people just stare at it ... I just feel bad."

When the provincial health order was initially released, Gil was worried about her proof of vaccination and awaited official information from UBC, but does not recall seeing specific guidance or a direct contact in emails sent out by the university.

"You have to reach out," Gil said. Although International Student Advising does exist for such inquiries, she said advising was only able to redirect her to the general informational websites, which she had looked at already.

'I DON'T THINK IT'S FAIR'

The concern is even greater for those vaccinated with vaccines

not yet approved by the World Health Organization (WHO).

Ria Sandhu, a second-year student in the faculty of science, was vaccinated with Covaxin, a vaccine developed by India's Bharat Biotech. This vaccine is expected to be approved by WHO this month.

Although she was vaccinated this summer, she is currently considered unvaccinated in BC.

The only solution offered by UBC, apart from participating in weekly rapid testing, is to get vaccinated again here in BC.

"That solution doesn't make sense to me," Sandhu said, who said she is uncomfortable with mixing vaccines from different manufacturers. "I don't think it's fair."

UBC Broadcast emails sent to students in August and early September did not provide extensive guidance for international students with out-of-province vaccinations.

Since then, UBC's COVID-19 response page and rapid testing page now both provide guidance on the necessary steps to take based on your vaccination status. On October 5, UBC released a Canvas course which included some instructions on how to get

the BC vaccine card.

Upon contacting UBC about vaccination information specific to international students, *The Ubyyssey* was also directed to the UBC COVID-19 response page.

"It's a great place to find information for all students, international and domestic," wrote Matthew Ramsey, director of university affairs at UBC Media Relations.

However, there is still no direct point of contact for those with specific queries. For students in grey areas, like Gil and Sandhu, the web pages by themselves are not sufficient.

"I expect some more transparency on behalf of the university. And with regards to this unapproved status, I think it's also their responsibility to keep us updated We are checking, but if there is no information that is easily available to us, it just makes this a whole other issue to deal with among so many other responsibilities you have," Sandhu expressed, unsure of what steps to take next.

"There's no information going forward. We don't know what consequences there will be. It's really stressful." 🙄

CRIME //

Driver strikes pedestrian week after deadly collision



ISABELLA FALSETTI

The RCMP was still blocking off NW Marine Drive around 9:30 p.m.

Nathan Bawaan
Web News Editor

The RCMP blocked off a section of Northwest Marine Drive between the Chan Centre and the Rose Garden on Monday, October 4 after a car struck a pedestrian while they were crossing the street.

The accident occurred after the driver failed to stop for the pedestrian, according to an RCMP officer at the scene.

The car that hit the pedestrian was parked along the side of the road and did not appear to have any noticeable damage at around 9:30 p.m. on Monday night. The road was also clear of debris.

Campus Security told *The Ubyyssey* that the Vancouver Fire Department was called to the scene at 7:42 p.m. They would not say anything more on the matter.

The pedestrian — a male — sustained "some injuries," but the RCMP officer did not provide any further details.

"We are going to follow up with the person to see what kind of injuries exactly he received," he said.

Whether or not the pedestrian was a student was unclear as well.

When asked if the driver of the car had been arrested, the RCMP officer said they were "still investigating."

On October 5, in an email to *The Ubyyssey*, RCMP Constable Ian Sim said that the identity of the pedestrian was still unknown, but that he had a broken leg.

Sim also wrote that the driver had not been charged or arrested "at this time."

According to a message from Eshana Bhangu, the AMS vice-president academic and university affairs, two ambulances were at the site of the crash earlier that evening.

This incident comes a little over a week after two student pedestrians were struck and killed by a car along Northwest Marine Drive behind cōsna?əm house in the Totem Park residence area. Students have since set up a memorial nearby to mourn the victims.

The university and AMS Council have recently discussed ways to make NW Marine Drive safer — although that authority lies in the hands of the BC Ministry of Transportation. The Ministry said that it is conducting a review of the area to determine if additional safety measures are needed. 🙄

CAMPUS SAFETY //

'Not just isolated incidents': Community members call for safety improvements to NW Marine Drive

Vik Sangar
Contributor

Members of the UBC community are calling for increased safety measures on Northwest Marine Drive after two separate pedestrian-involved collisions took place in the span of a week.

On September 26, a driver killed two student pedestrians when he veered onto the sidewalk along NW Marine Drive near Totem Park residence. A little over a week later, another pedestrian was struck along the road behind the Chan Centre. Whether the pedestrian in the second incident is a student remains unclear.

Still, the safety of pedestrians along NW Marine Drive has become a pressing issue.

Georgia Yee, a biology student and Board of Governors representative, tweeted her concerns, saying that she was once almost struck by a vehicle on the same road.

"These are not just isolated incidents. This has been a pattern of a lot of dangerous activity around Marine Drive, particularly caused by drivers," Yee told *The Ubyyssey*.

While she believes that factors such as the winding road, lack of proper lighting and inefficient speed limit signage contribute to the problem, it's the dangerous driver culture that is leading to the

high volume of incidents in the area.

"A lot of students have also reported there is racing in the area. There's also potentially drivers that may be returning home under the influence."

Yee added that there should be more feasible alternatives to driving, such as more sustainable transit infrastructure.

"The emphasis is just really on making sure that we're addressing it holistically, both from the culture and as well as the physical infrastructure that needs to be updated."

AN UPDATE TO PHYSICAL INFRASTRUCTURE

In a statement to *The Ubyyssey*, the BC Ministry of Transportation and Infrastructure — which has jurisdiction over NW Marine Drive — said it recently made safety improvements in the area, including "refreshed bike stenciling, maintenance spot paving, and improvements to active transportation infrastructure including hard surfacing of the pedestrian pathway."

The Ministry added that its staff have been in contact with UBC and have begun a "review of the corridor to determine if there



"The emphasis is just really on making sure that we're addressing it holistically."

ANDREW HA

are any additional safety measures that can be added." No specific details were given.

Matthew Ramsey, director of university affairs at UBC Media Relations, confirmed that the university has been in touch with both the Ministry of Transportation and the RCMP about possible safety improvements in the area. These include "improved

lighting, enhanced enforcement of speed limits and possibly some other technologies."

Ramsey added that pedestrians should maintain vigilance when walking around campus late at night.

"Wear some reflective clothing, cross marked crosswalks, stay in well lit areas ... basic safety tips for folks who are walking around

at night may go some distance to avoiding another incident."

"It's an absolutely incomprehensible tragedy for their families and loved ones," he added.

Mental health resources can be accessed at AMS Peer Support, Campus Lightbox and UBC Student Health Services.

AFFORDABILITY //

UBC increased student tuition in a pandemic. Where did the money go?



We broke down where exactly this allocated money went, and what it means for students.

KYLLA CASTILLO

Emiko Wijesundera
Contributor

UBC has released information around what incremental revenue from its latest tuition increase will be put toward.

When the Board of Governors narrowly approved a tuition increase last spring, one of the biggest arguments for the increase from the university was that the incremental tuition revenue would help mitigate the negative impacts of the pandemic on students.

In total, UBC Vancouver and UBC Okanagan plan to use \$15.2 million and \$2.8 million respectively to support student financial aid, cost of living and delivery of

hybrid teaching, programs and services, according to documents presented at the Board's September 8 Finance Committee meeting.

These four areas were deemed priorities by the Board in June, as informed by the student consultation process during the first months of 2021. Students voiced opposition to a tuition increase in that same consultation process.

In a statement sent to *The Ubyyssey*, the VP Students Office said that, "It is important to note that these allocations are subject to change to allow UBC to be responsive to students' needs as a result of ongoing uncertainty and the impact of COVID-19."

We broke down where exactly

this money is intended to be allocated, and what it means for students.

FOLLOWING THE MONEY

A significant amount of the incremental tuition revenue went toward various bursaries to support students. In total, an additional \$5.5 million has been added to the pre-existing \$14.1 million that UBC dedicates to these funds, according to the VP Students Office.

For example, \$912,000 and \$235,000 at UBC Vancouver and UBC Okanagan respectively have been allocated towards a bookstore bursary — a 10 per cent discount for all students on course materials and supplies.

UBC has also created new quarantine bursaries to help international students who are not exempt from quarantining upon entry to Canada. UBC Vancouver has dedicated \$2.4 million towards this financial aid, but such aid was not mentioned in UBC Okanagan's financial plan. The university has also created a self-isolation bursary to assist costs for those that have been asked to isolate by provincial public health.

Besides investments in new bursaries, the university has dedicated funds to help with the delivery of hybrid learning and the cost of living for students.

To assist with hybrid learning, UBC Vancouver and UBC Okanagan portioned \$2.95 million and \$750,000 respectively toward installing lecture-recording equipment in around 160 classrooms.

In addition, UBC Vancouver allocated \$450,000 to Students as Partners, a new pilot program that facilitates student and instructor collaboration in course design. The VP Students Office said this program is "organized by [the Centre for Teaching, Learning and Technology]" and that "more information on how students can get involved will be announced later."

Both campuses are also putting aside money for food security initiatives. According to the two campuses' financial plans, money will go directly towards groups like AMS Food Bank, Community Food Hub, Agora and Sprouts, Food and UBC Meal Share.

'WE NEED A LONG-TERM AFFORDABILITY PLAN'

When asked about the one-time nature of these investments, the VP Students Office said it was currently "too early to speculate on whether these will continue to be priorities in the future."

Max Holmes, one of the student representatives on the Board, voted against the tuition increase last spring.

In a written statement to *The Ubyyssey*, Holmes said he "didn't think [the increases] were necessary or well justified" at the time and continues to feel this way without a "comprehensive and funded affordability plan."

Holmes agrees that allocations arising from COVID-19 and a return to in-person learning are one time expenses, but said that some of these allocations should have been implemented sooner.

"A great deal of these allocations are long-term supports that have been needed to support students for years," he wrote. "It risks potentially hurting students if we increase support 'one-time' and then take away that increased support the next year."

Holmes suggested that UBC adopt a long-term affordability plan — which he noted has been requested by student governors for years.

"We need a long-term affordability plan that will allow the University to better understand where we need to invest in increased supports for students in a more sustainable and impactful way."

TALE AS OLD AS TIME //

The United Players of Vancouver take on *Amphitruo*

John Chen
Contributor

Content warning: This article features mentions of slavery, physical violence and sexual assault.

To kick off its 62nd season, the United Players of Vancouver is presenting a modern production of ancient Roman playwright Plautus's tragicomedy *Amphitruo*, directed and translated by UBC's Dr. Toph Marshall of the classical, near eastern and religious studies department, who is in his inaugural season as the troupe's artistic director.

This play, in which the god Jupiter sleeps with — or, more precisely, rapes through deception — the mortal woman Alcumena by disguising himself as her eponymous husband who is away at war, has rarely been performed due to the loss of considerable portions of its manuscript.

Translating a millennia-old theatrical work both into contemporary language and onto the contemporary stage is no small task, and one that requires immense creativity and artistic discretion. This is especially the case when one has to ensure the grim plot remains humorous even to audiences today, whose attitudes to serious matters featured in the play — such as slavery and violence against women — have evolved considerably. In their groundbreaking production, Marshall and the United Players have been exceptionally successful in balancing



There is little that is archaic about the play that graces the stage at the Jericho Arts Centre.

ANABELLA MCELROY

authenticity and resonance.

Save for a few phrases here and there which have been updated for the sake of clarity, some slight but impactful insertions and more notably, the sung portions of the play (done in collaboration with composer Alex Silverman), the script is a fairly direct translation of the original text.

It is in the onstage presentation, as well as the aforementioned songs, that the perhaps more difficult task of translating the work in spirit takes place. Apart from some of the longer monologues in which certain sections are quite unavoidably lost in translation, there is little that is archaic about the play that had graced the stage at the Jericho Arts Centre. Through reinvented costumes, creative set design and the addition of new elements such as slapstick choreog-

raphy, mime and the use of spoken onomatopoeia as a running gag, the United Players successfully approximate the humorous impact that the play would have had on its original audience of Roman festival-goers.

Most notably, they make great use of the metatheatrical nature of the play: even in its original form, *Amphitruo* was a play where the fourth wall hardly existed, and this production only turns things up a notch, particularly when the need arises to address the lost pages.

The production's soundtrack by Alex Silverman — whether the hyperbolically eerie muted-trumpet blares in the overture or the various songs in which one can hear shades of everything from jazz and klezmer to pop and marching band music — also further ensures that it is a lively experience.

Unsurprisingly, though, it is the company's players themselves who steal the stage. Claire DeBruyn and Camryn Chew stand out the most with incredibly lively and entertaining renditions of their roles — respectively, the slave Sosia and his Olympian doppelgänger, the god Mercurius. Ayush Chhabara and Matt Loop also shine while playing the proud but wroth general Amphitruo and the sleazy Jupiter. Joan Park perfectly executes the tragic and matronly figure of Alcumena — even while allowing for moments of immense humour — and Erin Purghart is exceptionally versatile and lifelike while playing various secondary characters.

All this work appears to have paid off, as the production has been well-received by its audience. At the September 17

matinée performance, laughter rang throughout the theatre, even in situations where one might normally wince — such as when Sosia describes the brutal corporal punishment he is so frequently subjected to that it has become part of his identity — which is a testament to the production's persuasiveness. Nonetheless, the majority of attendees fell silent for particularly tragic moments, such as those in which Alcumena's position, as a falsely accused adulterer and unknowing victim of sexual assault, is laid bare. This was a stark reminder of the ultimately tragic underpinnings of a play in which Jupiter, by his own, albeit nonchalant, admission, commits a rape that nearly destroys a household — and also destroys Alcumena's mental and physical health. 📺

CULTURAL PRIDE //

Letter: The uncomfortableness of my existence



It is crazy how much I've changed.

FILE THE UBYSSSEY

Akanksha Pahargarh
Contributor

Dear me,
It's you from the future. I'm here to pass down all the profound wisdom I have learnt in the past eight years. Spoiler alert, it's not a lot. Though, it is crazy how much I've changed. I mean, I can't even recognize you; it's as if I'm looking at a pixelated version of myself, blurry and unresponsive, yet still me. The reason I'm writing to you is to leave you with one main thing I've learned in my life so far: it's okay that the people around you are uncomfortable because of your

existence. You couldn't possibly know what I mean yet, after all, you are just ten, but let me explain.

Now, I need to preface something and it's not something I take great enjoyment in telling, but it is something you need to understand: the world isn't what you think it is. Some people will tell you that you owe your life to them because they colonized your land and without that, you would be living in poverty. Don't listen to them. They will tell you they are superior to you because they come from a developed nation, unlike you. Don't listen to them. They will tell you people from your ethnicity

are ugly and merely things to be stepped on so they can rise higher. Don't listen to them. Don't fit yourself into the tiny box they will try to put you in because you are more. You do not live to make them comfortable.

I want to warn you now: next year you are going to be moving to a new school. It sucks, right? When you're there, you are going to be tempted to use a different name, trying to hide away the Indian heritage that you should wear proudly. You are going to tell everyone your name is Annabeth, and hope no one questions why you have a bigger nose or hairy

arms. You are going to try to fit in this predominantly-white school and hope that they accept you. If I could change the past, I would tell you not to. Don't, because all you are going to do is minimize yourself to the point that you don't even exist anymore.

You're going to get a lot more hate about your culture, but try not to conform.

In grade nine, you're going to be asked if you're already married because child marriage is oh-so-common in India. You're going to politely say "no," laugh it off as if it were a bad joke and continue on with life, but inside you'll be holding that moment dear to your heart, letting it slowly break down your own perception of your culture.

Cause an outburst! Scream! Tell the boy who asked that question that he's wrong! Point out his ignorance that is so glaringly obvious it could light the sea better than a lighthouse. Sadly, you won't say anything; you'll keep quiet and let this boy make fun of your culture. That's okay, the birth of a better world is not ultimately up to you, though I know, each day, there are grown men and women who tell you otherwise.

As I write this letter, I'm remembering more and more about you, making the picture I see of

you clearer. I can see the cute and innocent girl I used to be and I wish that you could stay that way forever.

I guess in a way you will always be you and I will always be me but I'm afraid that all the Akankshas in between will just show a progression of self-loathing and complacency.

I want to end on a good note though. I want to tell you that in grade eleven, you learn to love your culture. You embrace it for all it has to offer: Holi, Diwali, *Kabhi Khushi Kabhi Gham*. You start fighting back against the hatred you receive, wearing your name proudly. You forgive yourself and your parents for being Indian. You become so proud of your culture that you start modelling in Indian lenghas and saris, getting featured in magazines.

In the end, I want you to know, you're going to do just fine, kiddo. There will be ups and downs, but the same goes for everyone. Just remember to forgive others for the mistakes they make; one believes things because one has been conditioned to believe them.

Well, it's time for me to let you go now but, before I do, take one thing away from this letter: your culture was never a tragedy. It's always been your blessing and birthright. 📺

ARTIVISM 2021 //

Artivism: Norm Theatre film screening

Taylor Speyer
Contributor

On Monday, October 4, Exposure UBC, in collaboration with The UBC Film Society (FilmSoc), hosted a screening at The Normand Bouchard Memorial Theatre on campus as part of their Artivism initiative. Affiliated with UBC Arts and Culture, Exposure UBC is a student-run organization that aims to create a consciously creative community on campus for students.

Artivism is a student-run arts festival for social justice that platforms artists from marginalized communities and gender identities. Exposure UBC defined this year's theme — queering the self — as “a means of finding freedom in our identity by transgressing the dominant culture's ideologies of the normal. It invites us to observe identity as the space between systems of oppression and our idea of belonging, looking into the margins of difference to celebrate the unconventional.”

The first of the two films screened at the event was *Looking for Langston* (1989). Directed by Isaac Julien, the film is a lyrical reflection on the private world of the African-American poet Langston Hughes. Existing in the space between a documentary and a biopic, Julien uses Hughes as a figure to explore what it meant to be a gay



Both films spoke to the festival's theme of “queering the self.”

FILE GEOFF LISTER

Black man during the Harlem Renaissance. Shot in black and white with Hughes' poetry sung overtop, the fantasy-like recreation enhances the repression, desire, excitement and sadness associated with being a gay Black man in the 1930s. Looking to the margins of society, Julien's film is a celebration of the ignored or disputed aspects

of people's private identities, making the unconventional beautiful.

The second screening of the evening was Greg Araki's film *Totally F***ed Up* (1993). As the first instalment of his Teenage Apocalypse trilogy, Araki focuses on a group of disillusioned and nihilistic gay teenagers in Los Angeles who form a found

family and struggle to deal with the what life throws at them. With a darker tone than the first film, *Totally F***ed Up* delved deep into the harsh realities of those on the margins of society to explore and emphasize the beauty and tragedy of all lives, regardless of their identities.

With the common theme of finding beauty in the forgotten,

or the private, both films spoke to the festival's theme of “queering the self.” By placing identities that society has deemed “not normal” at the forefront of these films, it allows audiences to explore the concept of normality and how one's sense of belonging can be formed outside of socially-accepted gender identities and sexualities. [U](#)

THE RETURN OF WEDNESDAY NOON HOURS //

Wednesday Noon Hours: Ad Mare Wind Quintet



The piano-like warmth absolved me from all the little stresses of life.

COURTESY DON ERHARDT

Lucy Luo
Contributor

The blue and purple glow of the Chan Centre's stage evoked more emotions than I had originally expected. Scanning the online program via a projected QR code, I realized that this is the first live concert I have been to since February 2020. This, being the first Wednesday Noon Hours event of the academic year, featuring

the Ad Mare Wind Quintet, a premier chamber music group containing flautist Chris James, oboist Marea Chernoff, clarinetist Anne-Katherine Coope, French horn player Valerie Whitney and bassoonist Sophie Dansereau, with special appearance by Julia Nolan on saxophone.

I began to notice the little details as the musicians walked on and began tuning. I could feel the little moments of shuffling

anticipation bubbling in the air. The first piece felt like a dream, though I was intensely reminded of how much I missed live music. The music manifested itself in the musician's bodies; their physicality captured the whole room. Multiple musicians had a few quick switches between instruments (such as the flute and piccolo, clarinet and bass clarinet) and I had to stifle my laughter at their nimble movements.

I almost clapped after the end of the first movement (big *faux pas*, I know) but by following the cues of long-time concert goers and other music students, I withheld.

The next piece was based on Rosie the Riveter, a second-wave feminist symbol. A hesitant start to the piece seemed to connote the uncertainty of the war, and the rapid changes in gender roles. The pace picked up during the second movement, likely alluding to the notion of “if you can move a mixer, you can move a drill.” The final bit went ham — and you can interpret that how you will — with lots of quirky notes, funky bassoon basslines, massive clarinet smears (somehow the beautifully dainty instruments were making rustling and bubbling sounds) and a cowbell appearance to tie it all together!

The third piece had some beautifully-ornate French name about a king and his fireplace, and it took us through a whole journey in seven movements. We started off with the king's grandiose processions, full and bright, only to switch into the scene of a staccato, agile court juggler. There was then a chase of game (the animal type) with the blasts of horns; medieval jousting games (the human type) flitted to the surface of the mind. Finally, a lulling song as gentle as a caress puts all to bed. Evidently, it worked literally: I'm unsure what actually happened, but when

I came to, the audience was clapping, and the warm timbre of Julia Nolan's voice was introducing the next saxophone feature.

The final piece was by Milhaud, and it was so much fun. Through the music, I saw myself in an 80's fun fair and then dancing in alpine meadows like in *The Sound of Music*. The piano-like warmth absolved me from all the little stresses of life.

Perhaps that's what I missed the most about live music. For a short hour, it took me away. I left behind my to-do list and anxiety-inducing social dynamics and family concerns and utilized the music as both an escape and a reminder to stay in the present. Some philosophers argue that live music's transient quality truly makes it transcend time and place. I know, it sounds kind of like something you would make up for your literature analysis essay. However, I cannot deny the ease I felt leaving the Chan Centre. Coupled with lunch under the beautiful sun in the Rose Garden, I am simply grateful to the moments of peace this performance brought me.

In search of some solace within the bureaucratic university system, pressure to succeed and the amalgamation of anxiety of your own unique selection? Check out the next Wednesday Noon Hours performance at the Chan Centre. [U](#)

ADVICE //

Ask Iman: The second group of newbies

Iman Janmohamed
Columnist

Dear Iman,
Although this question seems to be everywhere, no one ever truly answers it. How exactly are second years who are only now beginning to get to campus supposed to find friends? What would you suggest?

That's an amazing question, reader. The thing is, I don't really know.

I was really lucky to be able to move to campus in the middle of my first year (in the midst of the pandemic), but I know that not everybody had the same opportunity. Making friends can be intimidating and difficult, but it doesn't always have to be.

GO TO CLASS, YOU HOOLIGANS!

One surefire way to make friends is to go to class! I know, I know, it's class. But it's class!

You'll have people who are interested in the same things you are, and they might be in your faculty or major which is always nice. Making friends in an academic setting is always a safe and effective way to create a community on campus.

Introduce yourself to your classmates, especially those in your tutorials. You'll spend tons of time with them in class, so they might as well know how to say your name.

Even if these friendships never surpass the level of class acquaintances, at least you'll still have someone to cry about your

final paper with and to give you notes when you skip class to go to Whistler (which you definitely, totally under no circumstances should do).

CLUBS, CLUBS, CLUBS AND MORE CLUBS

Being involved in clubs, student societies and our very own student newspaper has allowed me to make friends at school.

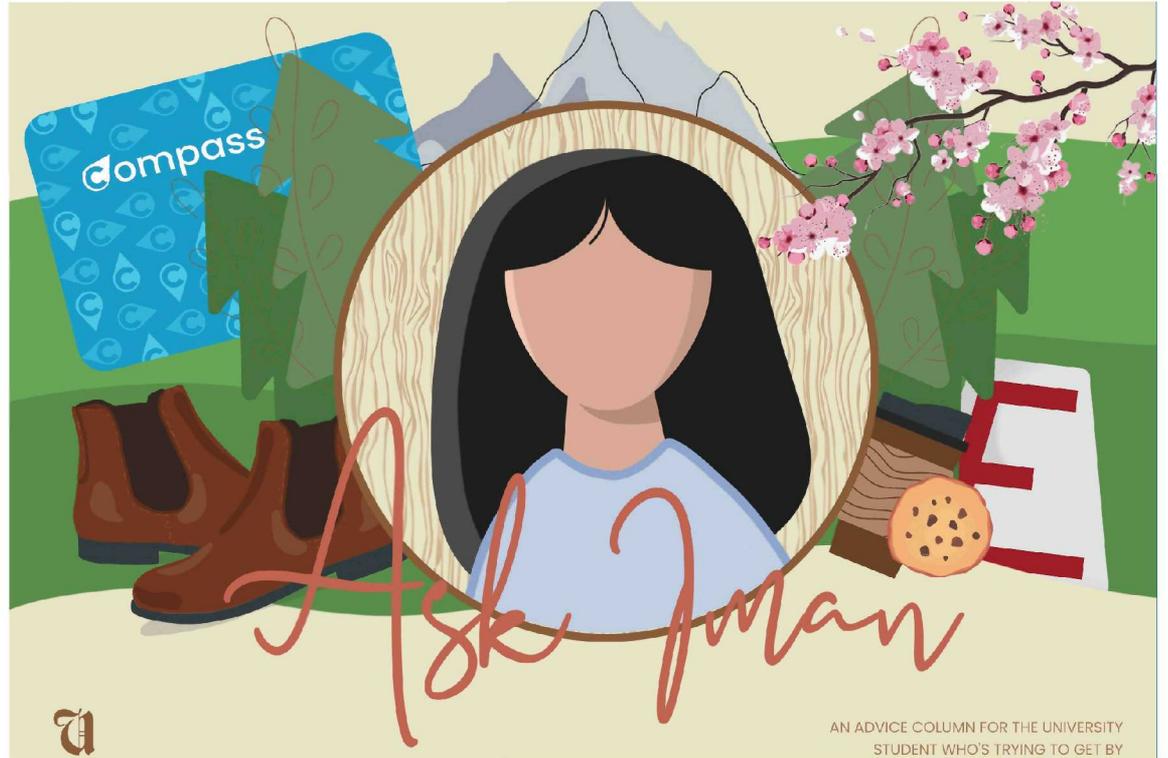
Again, here you'll meet tons of people with similar interests but you'll also meet people outside of a strictly academic setting. In a club, or in *The Ubyyssey's* case, a cult (I'M JOKING. Not really, though) setting, I feel that I can be more myself which means that I can make way too many jokes that make no sense and that I can talk about how *Pitch Perfect* is the best film of all time.

But for real, going to clubs and trying new things through these clubs has allowed me to create so many connections with super cool people! Though I'm not besties with all of them, they're still my friends.

I think that the goal of making friends isn't to find a few besties but to open up your social circle and to create connections with people you wouldn't have otherwise.

I LIVE HERE

Living in student residence is another great way to make friends. A lot of my friends from my first year I met in residence either by chance, through group chats or through a friend of a friend.



By throwing yourself into school, work, clubs and residence life, you will be able to meet so many people! FILE MAHINE ALAM

If you live in first-year residence, go and eat at your dining hall. I know, it's stressful and honestly kind of shitty to go alone, but that's how I met some of my friends. People will sit beside you. Why? Because everyone is in the same boat! Damn, take a shot every time I say that in an Ask Iman (hint: the count is at four).

If you're in upper-year residence, occasionally go to a floor event or make an effort to get to know and spend time with your roommates. Even if you don't make friends at your floor events, you'll probably get to get

some free stuff and get to hang out with your RA, which is nice when they're cool. And let's say you don't become besties with your roommates, but since you're friendly, you'll have fewer issues with them throughout the year (and beyond)!

THE BOTTOM LINE

Making friends can be a pain in the ass but it doesn't always have to be. By putting yourself out there, as scary as it can be, you can broaden your horizons to different communities and people

from varying backgrounds. By throwing yourself into school, work, clubs and residence life, you will be able to meet so many people. And if you want to meet a whole bunch of journalism nerds and join a cult that's not a cult but is a cult, volunteer for *The Ubyyssey*!

You're doing great. Keep it up!

Need advice? Send your questions, queries or problems to advice@ubyssey.ca, or submit anonymously at ubyssey.ca/advice/ advice! 📧

MENTAL HEALTH //

Mind Your Mind: How to cope with a recent mental health diagnosis



It's important and reassuring to ask lots of questions and get answers. FILE STEPHANIE WU

Daphnée Lévesque
Columnist

Receiving a mental health diagnosis can be a stressful and anxiety-inducing experience. Over the years, I have been diagnosed with many things; it was hard at first, so I want to share some lessons I learned along the way.

First of all, let me tell you that ultimately, diagnoses or "labels" are just that — labels! They don't reflect who you are as a person and your symptoms don't have to define you. In fact, when

you think about it, diagnoses are just words and categories made up by a bunch of people a long time ago. So, the first thing to remember is: don't panic. Be curious instead.

ASK FOR INFORMATION

Usually, people are diagnosed by a mental health professional. It's important and reassuring to ask lots of questions and get answers. Some questions you can ask are: what does this mean? How is this diagnosis likely

to affect my life? What are the next steps? What is the prognosis? Are you sure this is an accurate diagnosis? Can I ask for a second opinion? Misdiagnoses are quite common.

EDUCATE YOURSELF

This is important. Make sure to find reputable sources. Do lots of research! For example, if you have an anxiety disorder, research anxiety, read stories of other people struggling with one and look up treatment recommendations,

like therapy or medications.

GO TO A SUPPORT GROUP

If you feel alone in your struggle, find a support group. When you attend a support group, you will soon find out that indeed, you are not the only one who has received a diagnosis and you won't be the last one, either!

TALK TO YOUR LOVED ONES

If you have a supportive person in

your life, talk to them about how you feel. Share whatever you feel comfortable with. Sometimes, simply being listened to can make a huge difference.

PROFESSIONAL HELP

Continue seeing a mental health professional, whether that be a GP, a psychiatric nurse, a counsellor, a psychiatrist or a registered psychologist.

Finally,

BE KIND TO YOURSELF

Take care of yourself, too. In my experience, sometimes you even have to grieve. I know that when I got diagnosed, my life turned upside down and was never the same.

Everyone has a different journey, but sometimes receiving a diagnosis can make you question who you are. So I will say it again: a diagnosis is important, but it is also important to remember that your struggles do not define who you are.

The authors of this column are not mental health professionals. If you need additional support, please contact Student Health Services, UBC Counselling Services, the Sexual Assault Support Centre and/or the Wellness Centre. In case of an emergency, call 911. 📞

How the Kwikwetlem First Nation are returning salmon to the river that sustained their people for thousands of years

Josh Kozelj
Contributor

The three men came to the meeting with a blanket and tobacco, looking for guidance. George Chaffee isn't traditional, though he respects it and wants to make a good first impression.

Chaffee has always been skilled in the three things the Kwikwetlem (kway-quit-lum) nation really cares about: archaeology, the environment and fishing. But it wasn't until 2000, when he got asked by his nation's fishery manager, Glen Joe, that he got involved with the historical restoration effort.

Since he was 14 he had been taught by various Elders about the importance of heritage, and the Coquitlam River. How the river was once filled with a bounty of fish. How it sustained his nation for thousands of years and how his great-great-great-great grandparents referred to the salmon as 'the food in their cupboard.'

After years of stalled attempts to negotiate and jumpstart the salmon population with local city and governmental groups who monitored the Coquitlam River in the early 2000's, Chaffee was put in touch with an Elder at Chehalis First Nation who might be able to help.

The Elder was like an encyclopedia on negotiating, Chaffee was told, and would be their best shot at help. He was semi-retired, however, and tired of the seemingly ongoing fight on negotiating for Indigenous rights, but agreed to meet with Chaffee.

The three men, Chaffee, Glen and Marvin Joe, the chief of the Kwikwetlem First Nation, walked into the room.

The Elder, Albert Phillips, was sitting on a couch holding his cane and wouldn't look at the group. The 80-year-old Elder just looked straight ahead.

"Go," he said.

The chief looked at Chaffee, and urged him to explain what brought the men here.

Chaffee poured his heart out. He told Phillips about the Coquitlam River, and their struggle to restore the river to its former glory. When he finished speaking, Phillips looked at him and responded.

"Ok, you can leave now."

The three men looked at each other, with failure in their eyes, and exited the room. It was the longest drive home of Chaffee's life.

Three days later, Chaffee, Glen and Joe were sitting in the band office, when they got a phone call. Phillips wanted to talk to the men again and the group raced up in their car to meet with him.

This time, when they walked into the room, Phillips was looking at them. He opened up about his past. Specifically, how he was taught by his Elders on how to deal with governmental groups in a positive way, using culture at the forefront of his messaging. Although he was tired, he agreed to take Chaffee on as a student.

Phillips only had two conditions: listen, and don't question his instructions.

"Do you understand?" he asked.

"I do," Chaffee replied.

A 100-YEAR-OLD PROBLEM

The peoples of the Kwikwetlem First Nation have lived in what is now called Coquitlam for at least 11,000 years. The name, Kwikwetlem, refers to the sockeye salmon that used to run plentiful throughout the Coquitlam River and Coquitlam Lake — in a direct translation from *həŋkəmɪnəm*, Kwikwetlem means 'Red fish up the river.'

"I think of the salmon as my family," Joe said to CBC in December 2020. "My brother, my sister, my father, my mother. This is what the sockeye mean to me as a person who comes from the Sto:lo culture."

Over 100 years ago, however, a project that created the Coquitlam Dam wiped out the entire population of salmon that swam in the Coquitlam River.

According to "Red Fish up the River," a 2001 report on the Coquitlam salmon migration by Vancouver-based environmentalist Will Koop, the earliest (and only written) correspondence between the Kwikwetlem nation and the federal government came in 1899.

The chief at the time, Chief Johnnie, penned a letter to the federal government that outlined how salmon nourished his nation. He asked the federal government for compensation, \$5,000 per year for the 80 families living there at the time, because of the dam's construction. But, Koop says their requests went unanswered.

So, while the dam provided electricity to the homes and streets of Metro Vancouver, the salmon of Coquitlam, an ancestral symbol of the Kwikwetlem peoples, were gone — left without their ability to swim upstream and fertilize eggs in the calm waters of the lake.

BECOMING A 'NEW WARRIOR'

One of Phillips's first teachings to Chaffee was how to become a 'new warrior.'

Specifically, how to tackle issues with knowledge and culture, rather than spears and weapons. He taught Chaffee to successfully negotiate with BC Hydro, who monitor the Coquitlam Dam, and implement salmon restoration technology. He taught Chaffee to believe that fish could be restored to the river, and gave him inspiration to lead the concrete steps needed to fulfill that goal.

City development and the Coquitlam Dam, Chaffee says, caused silt to accumulate in the lower portion of the river during low tide and make it difficult for salmon to breathe. The river spent years on the Outdoor Recreational Council's list of Top 10 Endangered Rivers in the province.

Salmon were continuing to die and Chaffee was tasked with figuring out how to save them. At the same time, construction on the new Port Mann bridge was going on nearby, so Chaffee and the Kwikwetlem First Nation successfully negotiated with Metro Vancouver to build an environmental project as compensation for the highway construction.

The Wilson Farm Habitat Enhancement Project was built in 2011 with help from scientists and fish habitat experts. The project is 178,000 m² of the Coquitlam river and features self-regulating tidal gates to help salmon move back and forth during low and high tide. With increased water flow and silt containment, the river lost its endangered status in 2013.

"We made a channel [around Wilson Farm] so that the fish, the smolts, could go in there. When they did, low tide would come and the gates would close and all the smolts sitting in there were allowed to breathe," Chaffee says. "When high tide came again, it reopened and they could shoot out and come back."

A RECENT STUDY

Earlier this year, a study led by UBC researchers and the Raincoast Conservation Foundation reported that up to 85 per cent of historical habitat for salmon in the lower Fraser River — which the Coquitlam River feeds into — had been lost due to dikes, flood plains and city building.

Specifically, according to the report, more than 1,200 barriers are preventing salmon from accessing over 2,000 km of streams in the Lower Mainland.

"It's easy to forget, sitting in Vancouver, that there used to be salmon streams every couple of blocks," says Riley Finn, a lead author on the report and research associate in the faculty of forestry at UBC.

Finn says the report was the first chapter of his team's goal to examine obstacles impacting salmon habitat, and serves as a baseline to put into perspective just how much had been lost due to urbanization over the years.

"The original idea was to look at these barriers and prioritize them — so find out which ones make the most bang-for-buck in terms of restoring habitat or removing the structure," Finn says. "Before we can do that, we have to look at how much of a difference removing a specific barrier actually makes within the historical context."

The Fraser River is one of the greatest salmon producing rivers in the world, the report writes. Finn says the Lower Fraser's size, along with the amount of lakes and other rivers flowing into it, increases the diversity of salmon.

Although diking and floodgates help prevent floods and human catastrophe related to extreme weather events, Finn says tide-regulated floodgates — such as the one installed at Wilson Farm — that facilitate an open passage as much as possible is one example of how technology can work to foster salmon movement and stop flood potential.

"A lot of the older structures are these top hinged, heavy iron doors that open when you have the hydraulic head upstream. That's sufficient enough to push them open, otherwise their default position is closed," Finn says. "That really isn't necessary most of the time."

While there's a lot to be done to restore salmon habitat, Finn hopes the report will guide non-governmental organizations, Indigenous groups and organizations with the political willpower to make decisions on the ecological opportunities and locations that will best serve the salmon.

A LONGING FOR HOME

Salmon have a longing for home. No matter how far from home they've strayed, adult salmon have a remarkable capability to recognize familiar scents of the upstream riverbed where they were once fertilized years ago.

When mature salmon get an urge to reproduce, they are habitually drawn to their own birthplace. To complete the circle of life, salmon navigate through river channels, warming waters and even humans to reach their home.



In July 2020 a single sockeye salmon was found

Josh Kozelji

Upstream waters are much calmer than lower portions of rivers that feed into larger bodies of water, giving the salmon's offspring a higher chance of survival. Within a week of spawning, the adult salmon dies — forcing their youth to navigate the calm, open waters by themselves. The adult's bodies, however, decompose on the surface of the riverbed, establishing a nutrient-rich environment for their recently hatched eggs.

In 2006, 11 sockeye salmon adults from a group of 200 smolts, an adolescent stage in the salmon life cycle when they are ready to venture out to sea, returned to the Coquitlam River to fertilize eggs after being released from the river two years earlier.

The run marked the first return of sockeye salmon to the area in 100 years.

In 2008, a single adult sockeye salmon returned to a fishpen located just below the Coquitlam Dam and released into the Coquitlam Lake Reservoir.

"That day was the proudest day in Kwikwetlem's history," Chaffee said. "When that happened, [Joe] had just finished kissing the fish and as he was bending down he was saying, 'Welcome home Kwikwetlem.'"

Returns of salmon have been murky in the years since with some years resulting in little or no salmon returning.

In July 2020 — three years after 5,000 smolts were released by conservationists in the Coquitlam River — hopes for a historic early return were renewed when a single sockeye salmon was found by conservationists and members of the Kwikwetlem First Nation swimming up the river.

Today, the Kwikwetlem First Nation have been involved with organizations including Fisheries and Oceans Canada, the City of Coquitlam, BC Hydro and Metro Vancouver municipalities to help restore sockeye salmon to the Coquitlam Reservoir.

'A RAY OF HOPE'

Craig Orr joined the Kwikwetlem First Nation as an environmental advisor in 2005. An adjunct professor at Simon Fraser University's School of Environmental Science and ecologist focusing on Pacific wild salmon, Orr helped launch Watershed Watch Society as an advocacy group in 1998 to bring attention to the need of fishery and habitat restoration in BC.

As Orr and his team at Watershed Watch Society designed waterflow charts and hosted meetings around water use advocacy, he met members from the Kwikwetlem First Nation and agreed to help advise them in their efforts to restore salmon to the region.

"It's really important to work with First Nations," Orr says. "I'm a conservation biologist that focuses on salmon, but they have Indigenous rights that some of us don't have."

Currently, Orr is working on building a hatchery below the Coquitlam Lake that will help jumpstart the Coquitlam salmon population, and be a restoration project that won't impact water quality and bring together other members of the Kwikwetlem First Nation.

"It's a ray of hope," Orr said. "It's going to be good for Kwikwetlem because there are going to be members that are going to have to step up and get trained on how to run the hatchery."

Orr says he hopes to have a contract written up with the hatchery proposal soon, and a timeline for an in-service date will be set for around the end of summer 2022.

A RIVER ON THE MEND

On a crisp overcast morning in early October, Chaffee hustles into the Kwikwetlem First Nation office with a black rain jacket and white collared shirt.

He spent the morning at Charles Best Secondary School in Coquitlam to talk with students about the Kwikwetlem peoples ancestral history.

"I poured my heart into what I had to say, and when I was done those kids came to me and were thanking me," Chaffee said. "They're like, 'How can I help?', 'What can I do?' ... It was a beautiful thing to see."

Chaffee is a believer in knowledge. As his relationship with Phillips grew and grew over the years, in his teachings on how to negotiate with city and governmental groups on Coquitlam River restoration efforts, he was mandated to pass on the lessons he learned — Kwikwetlem history, negotiation tactics, Coquitlam River environmental history — from his Elders to future generations.

"I was always told that I'm not allowed to hold onto that information. It is information that is given. That was the deal when [Elders] taught me, [they said] 'I will teach you this, but it doesn't belong to you. You must pass it on to another generation.'"

Years ago, the Kwikwetlem peoples would celebrate the life of the Coquitlam River with an annual drumming ceremony. When Chaffee thinks of the Coquitlam River now, he sees potential for its future.

He sees it as a living being on the road to recovery. In the not-so-distant future, he hopes, Coquitlam settlers and people from across the region will know its past and respect its future.

"For the future, you ask me, 'What do I see?'" He said.

"I see First Nations and governments drumming together for the greater health of this river." 🗨️

Design | Kelly Lee

LIFESTYLE //

Dirtbag Life Advice: Bus ridership

Thomald McDonald
Blog Editor Alter-Ego

Are you a newcomer (or old cummer) to UBC and have been asking yourself, “How can I jam the most hedonistic, fucked-up behaviour possible (while remaining respectful of others’ boundaries) into four years at a school where our frats are to American frats what third-grade flag football is to the 2014 New England Patriots?”*

*Note: This joke is comparing incompetent loser children to cheating scumbags.

Well, this is the place for you. This column deals in satirical libel, backstabbery, metastatic inconsideration, bullying the powerful and chump-dunking, all while following *The Ubyyssey’s* Respectful Environment Policy.

Hopefully you’ll take away the right lessons from the column — the first and foremost of which is that you should be doing the opposite of everything we’ve advised. The first assignment for you to undertake as a newly-minted UBC Dirtbag is to learn how to properly ride the bus.

Having lived in the dead-eyed brunch-hovel composite that is Vancouver for nigh on three years, I’ve come to several conclusions on what constitutes expedient antagonism against every living being who doesn’t have the decency to contribute their fair share of carbon to the ozone layer.

DOOR ETIQUETTE

People have places to be, and

under no circumstances should you, resident douchebag, let them off the bus to get to those places. Stand on the stairs like a dick-shaped turnstile, go prone in front of the doors or surf the accordion part of the 99 — the more chaos you create with your credulous inactivity, the better.

COMMUNITY RELATIONS

Gladys Hyatt, a woman who gave men a dignified death as an E.R. nurse — and a slow death as a Nazi-killer in the last Big War — stares down at you with a venom she swore she would reserve for the day she had her hands around Hitler’s throat.

You stare back up at her, spreading your legs across all three elder-priority seats. You owe nothing to your community. She stands in the aisle of the 33 for an hour, which accelerates her hip replacement timeline by two years.

PULLING THE STOP LINE

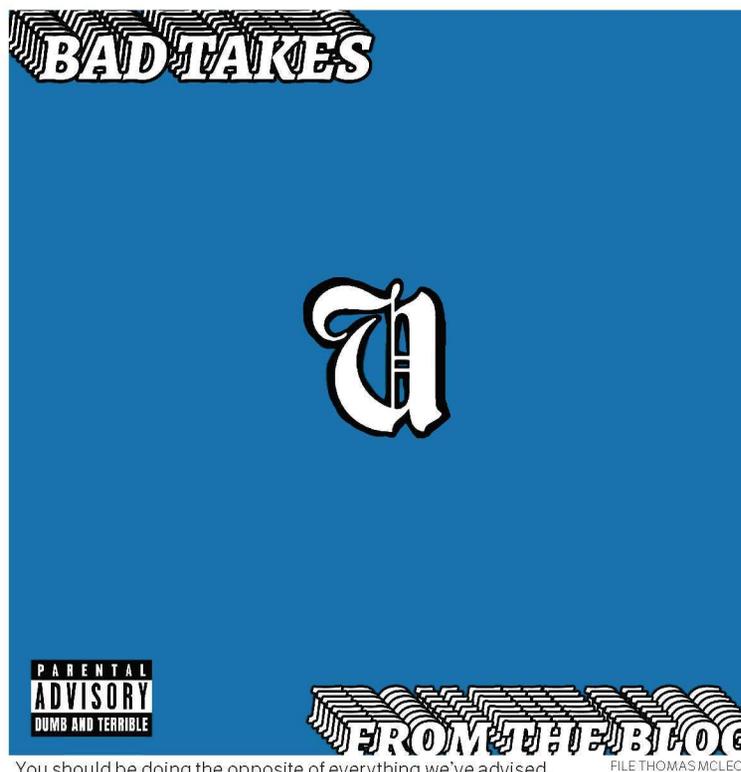
Every stop. As douchebag messiah Ferris Bueller says, “Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”

Yell “backdoor” even when the bus is moving.

THE ART OF CONVERSATION

There’s a big chance you’re a person that has never in their life been told to shut the fuck up.

That means, lucky reader, that you are the perfect audience for this article. When you get on the bus, from ingress to expulsion, we need your gums to be flapping.



Air out dirty laundry about your “crazy ex” who caught you cheating four times, disclose private and disgusting medical information (can be yours or anyone else’s) and have open discussions about race (any but your own) with old men down the aisle.

PADDLE YOUR OWN CANOE

At the end of the day, these are all just guidelines and suggestions. While our methods are blindingly efficacious, the primary instrument for being a tool is the ability to improvise —

just ask those dicks over at UBC Improv. Once you’ve mastered the ability to evaluate the most demonic course of action in any circumstance, expertly inconveniencing the masses, it will seem to the people around you that you aren’t thinking about your actions at all!

Thomald McDonald is a fourth-year dog kinesiology major with a minor in classical Italian literature.

The Dingbat is The Ubyyssey’s humour section. You can send pitches or completed pieces to blog@ubyssey.ca.

SPROUTING FACTS //

Budding sustainability: Sprouts reopens for the year



FILE SALOMON MICKO BENRIMOH

Sprouts is a volunteer operation in which any UBC student can participate.

Thomas McLeod
Blog Editor

Sprouts is BACK, baby! The student-run cafe and grocery store, located in room 0001C in the basement of the Life Building, has reopened for the year.

WHAT IS SPROUTS?

Sprouts is a classic UBC institution that was born in 2004 out of the Natural Food Co-op, and is run entirely by student volunteers. It also runs educational and outreach programs such as Community Eats and Sprouts Workshops.

The organization describes itself as striving to “make local, organic, and fair-trade foods accessible to the UBC community” and to “promote and increase awareness of the UBC Farm, and other local food producers practicing sustainable farming techniques.”

Along with its cafe and grocery store, Sprouts runs Sprouts Box, a non-profit subscription produce service aiming to “make healthy and sustainably produced food affordable/accessible to the UBC community.”

I’M GOING TO SPROUTS!

The cafe does not offer take-away containers, and encourages those eating or drinking at their location to use the cutlery and dishes provided or to bring their own.

Sprouts is a volunteer operation in which any UBC student can participate — they have closed applications, but may have space depending on availability. To apply, email volunteer@ubcsprouts.ca.

The organization is doing the most to create an environmentally-conscious option for subsistence on campus, so if you’re looking for a sustainable and aesthetically pleasing spot to grab your next cuppa joe, Sprouts should be on your list! ☺

LOVE AT FIRST BALLOT //

The Dingbat: The person I stood next to in the Nest voting line is now my spouse



Heck, I’m even looking forward to casting a vote in the AMS elections come spring.

FILE ISABELLA FALSETTI

Tait Gamble
Staff Writer

Talk about a meet cute, am I right?

I have every reason to believe that I wouldn’t have met my spouse if not for our shared commitment to our civic duty.

I am a forestry student. They are in the faculty of arts. I spend my days among, within and

beside the trees. They spend their days drifting between Buchanan’s A-E (yes, there is a Buchanan E). I rarely venture north of Martha Piper fountain. They never venture south. Given the faculty-induced geographical distance between us, there was absolutely no chance of prolonged eye contact while skirting between classes on Main Mall for us.

However, Prime Minister

Justin Trudeau called a snap election. Now we are married.

Yes, the election was literally, like, three weeks ago. Yes, that means we just met. Do I think things are moving a little fast? No. I felt confident that I could commit to them forever because standing in line to vote felt like forever.

In just four hours, we made small talk, divulged secrets

and also stood in very, very comfortable silence.

Some students struggled to vote on Election Day. And yes, you could say we struggled, too. But in that struggle, we found a silver lining. That silver lining is our marriage — and also the silver bands that encircle our respective ring fingers.

I think our shared values have fostered a strong foundation for the future of our relationship, which will be our whole lives. I look forward to casting votes alongside my spouse in municipal, provincial and federal elections (not to mention referendums)! Heck, I’m even looking forward to casting a vote in the AMS elections come spring. Maybe one day we will even vote internationally.

I don’t know what the future holds for us democratically, but it sure is fun to daydream about.

It will be so beautiful to look back on all the elections throughout our lives and know that it was democracy that brought us together.

The Dingbat is The Ubyyssey’s humour section. You can send pitches or completed pieces to blog@ubyssey.ca.

THIS TOO SHALL LAST

A student's guide to managing climate anxiety

JASMINE MANANGO



Britt Runeckles, coordinator at Climate Justice UBC (CJUBC), has firsthand experience in dealing with concerns about the climate crisis.

"I think that climate anxiety comes from feeling very powerless," they said. "Like you can't make any difference to the situation that's happening."

"[It] also comes from some of the narratives that go around ... about the climate crisis that can be very doomsday-y, [like] the world is going to end in five years. And I think that that causes a large amount of anxiety for people."

Runeckles is not alone. As public concern for the climate crisis continues to grow, so too has climate anxiety.

According to a recent study from the University of Bath, 84 per cent of young adults surveyed across ten countries were at least moderately worried about climate change, while 59 per cent described themselves as extremely or very worried. *The Ubysey* sat down with student climate activists and faculty experts to discuss climate anxiety and what students can do to take action.

DESPAIR IS IN THE AIR

Climate anxiety, also known as eco-anxiety, is a general term that describes a range of negative emotions around the climate crisis such as hopelessness, fear and worry. It is experienced by individuals in varying levels of intensity and manifests differently across social and cultural groups.

There is a limited but growing amount of academic literature about this phenomenon.

Jenalee Kluttz, a PhD student in the department of educational studies, and Dr. Michele Koppes, an associate professor in the department of geography at UBC, both said that being directly impacted by climate disasters can contribute to climate anxiety.

"Lots of people are feeling the impact of either wildfires or droughts or floods, and recognizing that the signs were there ... and [that the climate crisis has] finally arrived in their backyard," said Koppes.

This sentiment is reminiscent of solastalgia, a symptom of eco-anxiety which refers to the distress people experience due to environmental loss in their home environment, according to an article presented at the 100th American Meteorological Society Annual Meeting.

Dr. Robert Gifford, a professor in the department of psychology at the University of Victoria, and Eva Gifford, a UBC alumnus, published a 2016 review that also supports Koppes statement. It found that the trauma following displacement due to climate change-induced extreme weather events could lead to post-traumatic stress disorder. Similarly, anxiety surrounding potential climate catastrophes had the potential to induce "'pre-traumatic' stress disorder."

Kluttz also highlighted the anxieties felt by individuals who have felt the indirect impacts of climate change, such as changing livelihoods, or who observe the changes and losses experienced by other communities.

SMELLS LIKE GREEN SPIRIT

A recent commentary published by *The Lancet Planetary Health* has argued that youth – specifically those aged 15 to 24 years old – will be disproportionately affected by the climate crisis as they are in a crucial period in their physical and psychological development. This form of prolonged stress may make youth particularly vulnerable to mental illness and abnormal neurodevelopment; however, the authors acknowledged that the research on this topic is limited.

Though young people may be especially impacted by the climate crisis, a study from the *Journal of Social Work Practice* revealed the emotional support that some youth are receiving is lacking. Upon interviewing adolescents about their feelings on the climate crisis, the study claimed that "many" individuals reported having their fears and concerns dismissed by adults, and that these young people tended to have worsened feelings of anxiety.

Another *The Lancet* article published last month surveyed 10,000 young people aged 16–25 years old across

ten countries to explore their feelings about the climate crisis. The data revealed that climate anxiety among young people was "significantly related to perceived inadequate government response and associated feelings of betrayal." Overall, young adults showed negative feelings and a lack of trust that their governments were doing enough to fight the climate crisis.

"Younger generations are going to have to act immediately to make changes" as the climate crisis has not been sufficiently addressed by government representatives, according to Runeckles.

CRISIS UPON CRISIS

Koppes, Kluttz and Runeckles all acknowledged the climate crisis disproportionately impacts marginalized communities, a trend also noted in a 2017 paper by the Department of Economic & Social Affairs of the United Nations.

Kluttz also highlighted how the climate crisis can act as a compound stressor by exacerbating existing inequities.

"Marginalized communities are often affected the most by climate change and all of these changes are piled on top of existing harms and struggles," she said.

Whether the effects of the climate crisis will be experienced unequally across different demographics has become an area of interest for human rights organizations like Minority Rights Group International.

In a 2008 briefing, they asserted that marginalized communities will be particularly impacted by the climate crisis as they are more likely to reside in the areas most severely impacted by climate catastrophes.

Similarly, an article from *Environment and Development Economics* argues that poverty and climate change are part of a mutually reinforcing loop, where poor populations are more vulnerable to the climate crisis which in turn creates more poverty. The authors explained that poorer individuals may not have the economic resources to invest in protections such as property or health insurance if their homes or bodies are adversely affected by the climate crisis.

It should be noted that the experience of the climate crisis may be different for marginalized groups. One study from the *Journal of Environmental Psychology* found that non-white respondents tended to categorize a wider range of issues as environmental, suggesting that the experience of the climate crisis varies across groups. As well, an investigative piece by *YES!* magazine featured the perspectives of several experts and students who felt that the term "climate anxiety" lacked necessary nuance. This information suggests that multiple perspectives from marginalized communities require consideration during discourse about the climate crisis.

FROM COAST TO COAST

Direct experience of environmental losses and climate trauma is a key source of climate grief, suggesting that groups that are disproportionately impacted by climate disasters may also be disproportionately affected by the mental health impacts of the climate crisis.

According to a 2018 study, most communities in the Global South are "extremely vulnerable and under-prepared for the impending impacts of climate change." Areas in the Pacific region, such as small low-lying islands, are especially vulnerable to rising sea levels. These coastal communities also tend to have poor access to resources and the infrastructure needed for adequate support during the climate crisis.

A report by the United States Environmental Protection Agency also explained how coastal communities are especially vulnerable to impacts of the climate crisis, including sea level rise, extreme weather events and changes in coastal water temperature that will affect coastal ecosystems.

In the same vein, a 2017 literature review published in *Mountain Research and Development*, claimed that high

mountain areas might be the most affected by the climate crisis. Impacts on water availability, food systems, protection from natural hazards like rock falls, cultural identity and more have been noted.

In the aftermath of climate catastrophes, residents in high-risk areas may be displaced or forced to migrate to other areas as climate refugees – migrants who are forced to relocate due to environmental deterioration caused by the climate crisis.

CLIMATE GRIEF IN INDIGENOUS COMMUNITIES

Many Indigenous land defenders were advocating for climate action long before non-Indigenous environmental activists.

In a report titled the “Cultural Rights of First Nations and Climate Change,” the BC Assembly of First Nations outlined how climate change threatens Indigenous culture and cultural rights such as traditional knowledge, practices and skills.

Environmental changes caused by climate change cause disproportionate negative impacts on the mental health and well-being of Indigenous peoples due to “disruptions in land-based activities” and loss of cultural identities, according to a 2013 case study in *Climatic Change* on the Inuit population of Rigolet, Canada.

The study also showed that changes to the climate and environment were associated with increased family stress, worsened previous traumas and stressors and increased the risk of substance abuse and suicidal ideation.

Kluttz explained how the grief caused by climate change is part of a long history of trauma among Indigenous peoples due to land dispossession and colonization. She stressed that the onus is on non-Indigenous environmental activists to decolonize their work, while “learning the colonial roots of the climate crisis.”

IN MY FEELINGS

Koppes argued that we must “recognize” that “our emotions are an important part of our ability to process change.”

“[Climate anxiety] is a real feeling and we need to recognize that, so we can process it before we can act.”

Similarly, according to Kluttz, climate anxiety is, to an extent, a healthy response to the climate crisis.

“[C]limate anxiety and grief are not necessarily bad,” she said. “It’s actually a pretty healthy survival response that’s kicking in, that should be really pushing us towards timely and transformational action ... [But] we need to really learn how to manage it because we don’t want to end up in absolute paralysis.”

An article from the *International Review of Psychiatry* demonstrates that climate change can both directly and indirectly impact psychological well-being and be a trigger for mental health issues. The authors also recommend that mental health professionals be educated on the interplay between the environment and health, and innovate ways to best support patients during the climate crisis.

At UBC, the Climate Hub is one resource that has provided workshops to support student well-being in the past.

Kluttz advised students with climate anxiety to research techniques and strategies designed to manage anxiety, like ecotherapy. Kluttz and Koppes recommended that students access UBC’s existing counselling and mental health resources if needed.

“Students should feel like it is encouraged and accepted for them to reach out to mental health counselors to process the climate grief that they’re feeling,” said Koppes.

FINDING COMMUNITY

Kluttz stressed the importance of joining communities that mirror one’s concern about climate change.

“Find a community that’s taking action,” she said. “You feel less like you’re in a hostage situation [or] like you can’t do anything, and you feel like you have more agency.”

If you’re looking for a climate activism community to join, one option for students is CJUBC.

“One of the things we really focus on doing is creating a culture within Climate Justice UBC that is supportive, acknowledges everybody’s fears and anxieties that they’re feeling, and also helps to harness that towards change,” Runeckles said.

Another community space on campus for students passionate about the climate crisis is Climate Hub UBC.

Kluttz also emphasized that community activism is a good strategy to avoid activist burnout – the physical and emotional exhaustion experienced by some activists due to their involvement in advocacy work.

“You can step back [from doing active climate activist work] when you need to ... because you know someone else in your community is stepping up at the same time,” she said.

CALL TO ACTION

To get some background knowledge about UBC’s response to the climate crisis, read UBC’s Climate Emergency Task Force (CETF) Report and their Climate Action Plan 2030.

The CETF report highlights UBC’s commitment to institutional leadership on climate justice, incorporation of Indigenous perspectives in climate initiatives and policies and strengthening climate research, education and advocacy in the UBC community.

The Climate Action Plan explains UBC’s plan to reduce greenhouse gas emissions, invest in more sustainable buildings and energy supplies, while listening to the perspectives of the campus community.

UBC Climate Hub and CJUBC also provide opportunities for students to get involved with climate activism on campus. Some of CJUBC’s previous accomplishments include a climate strike at UBC and a six-year campaign that culminated in UBC agreeing to divest from fossil fuels.

In the 2020/21 school year, the UBC Climate Hub activities included hosting its “third annual Climate Solutions Showcase,” spearheading a research program focused on climate research called the Climate Justice Research Collaborative, working with the UBC Sustainability Initiative to incorporate interdisciplinary climate education into undergraduate curricula through the Climate Teaching Connector and much more.

There is also the UBC Sustainability Scholars program – a paid internship program that enables UBC graduate students to work on applied sustainability research projects.

Both undergraduate and graduate students can also apply for the UBC Sustainability Ambassadors program – a leadership experience program where ambassadors work as part of a team to educate UBC students about sustainability and “raise awareness about sustainability issues” on campus and in the community. Applications for the 2022/23 cohort open in January.

According to Runeckles, student engagement is especially important for those who might not be significantly impacted by the ramifications of the climate crisis.

“Sometimes we can allow climate anxiety to debilitate us. We can even allow it to stop us from engaging in a movement, but that to me is a sign of privilege,” they said. “If you’re able to protect yourself from the climate crisis you have a responsibility to protect others who aren’t able to.” 🌱

Runeckles is an elected member of the Ubyyssey Publication Society Board of Directors. The board has no say over The Ubyyssey’s editorial operations.

ON THE SCREWS

UBC Varsity Golf dominates fall season

MIKE LIU

To say that the UBC Thunderbirds golf teams have come out of the gates hot is an understatement. In a program where excellence has become par for the course, the T-Birds golfers have returned to action in fashion.

The results don't tell the whole story though. Like all of the UBC community, COVID-19 has left a deep impact on teams' season. With their 2020/21 season confined to just interprovincial events, the return to action this fall represented a light at the end of the tunnel — a return to normal.

A DIFFERENT ENVIRONMENT

In a normal competition season, the T-Birds would be playing most of their year down in the United States. Being a member of the Cascades Collegiate Conference (CCC) in the National Association of Intercollegiate Athletics (NAIA) means that their tournaments take them to Washington, Oregon, California and Arizona. Sometimes, they even venture out to Hawaii for invitational tournaments.

Of course, this changed dramatically with the pandemic. In fact, the first tournament of the year on September 13 was the first time the T-Birds had crossed the border to play since March 12, 2020.

Even a small border hop was difficult for their opening appearance in Bellingham. "The land border's shut, so we had to fly to Seattle a couple times and drive to places that normally we would just drive right over," head coach Chris MacDonald said. "Then also gett[ing] the [COVID-19] testing done before and within the range of time on the way back, it's added a lot more complexities."

With challenges facing the players on and off the links, MacDonald was quick to praise the resilience of his group. "The students have been fantastic about it. They're understanding. They just really want to compete and they want to play and want to represent the school."

And represent UBC they have.

ALL THEY DO IS WIN, NO MATTER WHAT

The results from the UBC Invitational should've been a warning for the rest of the CCC and Canada West. A clean sweep of every event — including the men's and women's team and individual — set the tone for the weeks that followed. Though the battles were tough, the T-Birds prevailed in each and every team event they played in, culminating with another set of Canada West banners.

The tournament in Squamish didn't come easily either. "On the men's side, we were pretty close to tie with Manitoba ... to pull ahead of him by 20 on the last day, a lot of the character was shown," said MacDonald, recounting the men's team victory. "It wasn't

an easy day, pouring rain and cold and miserable out there, and they just kept going and showed a lot of pride in their play."

Making her season debut at the Canada West Championship, first year Grace Bell had plenty of support from her team and coaches. "I knew the second day weather was not going to be the best, so our coach Keri [Moffat] made sure that we all knew to put out a good score day one just in case day two got cancelled," she said. "I was able to go out there and shoot under par which was awesome, and then I followed it up with an even, which was really good in the conditions."

Bell claimed the women's individual title and earned herself Canada West golfer of the week honours in her very first competition.

On the men's side, Russell Howlett came agonizingly close to a clean sweep for the T-Birds, dropping the individual title to Ethan Banks of Calgary in a playoff.

It wasn't just the efforts on the course though. Behind the scenes, MacDonald was responsible for organizing the entire event. "It feels like every event, it's like organizing a national championship," he joked with a laugh. "Coach Keri's done a great job and coach [Jeff] Buders done a great job me as well, they allowed me to really operate the tournament."

COMING TOGETHER

In a sport that depends so much on individuality, the T-Birds have fostered an incredible sense of camaraderie. A team isn't a team in name only for these golfers, who support each other on and off the course.

"Being a varsity athlete has come with its challenges just

trying to balance the school and the golf," Bell said. "I've had awesome academic support from outside resources and then my team itself has just been so supportive, we'd help each other with everything."

She laughed as she gave a vivid example: "We were doing calculus [Saturday night] in the middle of the lobby, like four of us."

Howlett also praised UBC for helping foster a team environment. "It's been a lot of fun playing at the

club we practice at, that has been a huge help for me," he said. "We just as a team at UBC have access to great facilities, so that's been a huge help."

A lot of it has to do with MacDonald's emphasis on team building. "We also have some really good returning players too, Shania Remandeban being our captain on the women's side [a fifth-year student] and Ethan De Graaf, another fourth-year senior," the coach remarked about the importance of a stable culture.

It's also helped that UBC's been able to attract top talents. "We've recruited five women in the top 30 in the country," said MacDonald. "I think maybe as an experienced coach and having a mature program now, we're starting to see some of those players choosing to stay at UBC, which is fantastic for UBC golf."

LOOKING AHEAD

The T-Birds just wrapped up their fall season, finishing off with the UBCO Invitational this past weekend. However, none of them are ones to rest on their laurels.

"We have a little bit of time off, which will give us time to get in the gym, a little bit stronger," said Bell. "We've been going pretty hard the past week so hopefully I can get a minute to catch my breath, and then focus on putting some really good scores [in] spring."

Howlett echoed his teammate's sentiment. "I got a few big things to work on, so a goal would be to use this off-season to my advantage and strengthen some weaknesses."

With three big championships coming up, including the Canadian University Championship that the T-Birds look to defend, MacDonald is keen to keep the focus on the present. "What we want to do though is just keep training and keep stressing the process of what we have to do to get into position to play well at those events."

They will be in for a challenge, especially as more events are being scheduled in the works. The coach has faith in his crew though. "I'm very confident with the group of players we have, they have a lot of experience there," MacDonald said. "They're good academically as well so they'll be in a good position to represent the school well."

With the wind at their backs, there's a small pause before the T-Birds resume on the back nine. If the fall season has shown anything, it is to expect great things from this great group of golfers. 🏌️



Russell Howlett

Courtesy Rich Lam/UBC Thunderbirds

Grace Bell

Courtesy Bob Frid/UBC Thunderbirds

MEN'S HOCKEY //

UBC men's hockey pre-season report card



Fourth-year forward Matt Revel.

FILE LUCY FOX



Fourth-year T-Birds defenceman Shaun Dosanjh.

COURTESY BOB FRID/UBC THUNDERBIRDS



Fourth-year goaltender Rylan Toth.

FILE SALOMON MICKO BENRIMOH

Sam Laidlaw
Contributor

On Saturday, the UBC Thunderbirds men's hockey team captured the Captain's Cup, finishing a strong pre-season with a record of 5-0. The Captain's Cup Tournament, first established in 2017, promotes university hockey in the Lower Mainland while allowing teams to prepare for the season ahead.

UBC's roster has had plenty of turnover since the team last suited up to play official games. With 16 first-year players, the team is the youngest it has been in decades. Despite going undefeated in the pre-season, the club is already going through growing pains, and in this article, I will offer grades for the team's offence, defence and goaltending.

FORWARDS: B

There is no question that the new offensive additions to the team are incredibly skilled, but the transition from junior hockey to university hockey can be difficult. The new T-Birds are beginning their university careers coming off a final season in junior where they were among the oldest and strongest players in their league. Now, they are adjusting to being rookies again.

It will take time for them to find their game.

In the pre-season, UBC's head coach Sven Butenschön said there were times when his team was "trying to play a skill game, without working hard enough, or gritty enough" and observed that they are "just not good enough to do that." When the players adjusted to the coach's game plan, UBC was a force to be reckoned with. Butenschön is also adapting to a fresh team, but has been impressed with the new additions on offence, noting that "[they have all] been phenomenal."

Fourth-year forwards Matt Revel, Austin Glover and team captain Tyler Sandhu provide veteran leadership on offence, and will have big roles in the team's success on and off the ice this season.

The T-Birds special teams were the least of their problems in the pre-season. UBC operated at 30 per cent on the powerplay over the course of five games. With the man advantage, the team generated good chances, but often threw the puck away under pressure. As the players become more familiar, and comfortable, with Butenschön's systems, the powerplay will become even more effective. At the other end, UBC was solid when down a man,

killing 86 per cent of penalties in the tournament. The biggest reason for this success was the incredible shot blocking of the penalty killers, constantly keeping the puck to the outside and limiting second chance opportunities.

DEFENCE: B+

The T-Birds' defence was excellent in the pre-season. They seamlessly transitioned the play from defence to offence, despite the occasional wild pass in zone jump. This can likely be attributed to the introduction of a new break out, with the young additions still learning where their teammates will be. In contrast to UBC's forwards, the defencemen were a steady physical presence that their opponents took note of.

First-year defenceman Matt Leduc always made himself known with his body-first mentality. This was extremely effective one-on-one, but when the opponents came with numbers, he found himself stuck on a few occasions, causing an odd-man rush. These instances declined consistently throughout the tournament, showing how perceptive and ready to learn the rookie is. Richmond native Shaun Dosanjh is the only fourth-year

defenceman on the club this season and will act as a reliable role model for the younger defenders hoping to stay in the league for as long as he has.

GOALIES: A-

The T-Birds' coaching staff should be confident they can get solid goaltending no matter who is thrown into the net this season.

Fourth-year goaltender Rylan Toth didn't see much ice time in the pre-season, but there is no question he is the number one goalie this year. Toth captured the starting job in the 2018/19 season and hasn't looked back. The Saskatoon native has been one of the most consistent regular season goalies over the past two seasons, truly coming to life in the playoffs. Toth was a major reason the underdog T-Birds were headed to the University Cup before the tournament was cancelled due to COVID-19.

Dorin Luding and Ethan Anders will challenge each other all season for the role of backup. Despite Anders seeing most of the pre-season action, I feel Luding pulled ahead on the depth chart. The Prince George native bounced around the Western Hockey League (WHL)

before finishing his junior career with the Winkler Flyers of the Manitoba Junior Hockey League. He only saw one full game of action in the tournament, but he made the most of the opportunity, showcasing his stunning athleticism. His competitive style will benefit him greatly this year as he will have to work hard for every start.

Anders and Luding are listed as the same height, but Anders carries himself bigger due to his positional style. He spent the entirety of his junior career with the Red Deer Rebels of the WHL and will be looking to return to the stellar goaltending he exhibited early in his career. If Anders can improve his tracking and stay composed, he has a solid chance of finding his game this year. He rounds out an impressive triage of goaltenders who will command the T-Birds' crease this season.

Challenges are inevitable this year. However, with the team's veterans stepping into influential roles, Butenschön is more than prepared to handle the task. With such a young group, there are bound to be surprises, and as the season progresses, I am confident the Thunderbirds will find their identity and be able to compete with the best in the league. [T](#)



IS ADHD HOLDING YOU BACK?

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HYPERACTIVITY/IMPULSIVITY: Binge eating, shopping, gambling, gaming?

ACADEMIC & DEVELOPMENTAL: Struggles in elementary and secondary school?

RELATIONSHIPS: Strained interactions with friends, family, partner?

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