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THE UBYSSEY

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EDITORIAL

Coordinating Editor
Charlotte Alden
coordinating@ubyssey.ca

Visuals Editor
Mahin E Alam
visuals@ubyssey.ca

News Editors
Nathan Bawaan and Anabella McElroy
news@ubyssey.ca

Culture Editor
Tova Gaster
culture@ubyssey.ca

Sports + Rec Editor
Miriam Celebiler
sports@ubyssey.ca

Video Producer
Charles Brockman
video@ubyssey.ca

Opinion + Blog Editor
Iman Janmohamed
opinion@ubyssey.ca

Science Editor
Sophia Russo
science@ubyssey.ca

Photo Editor
Isabella Falsetti
photo@ubyssey.ca

Features Editor
Paloma Green
features@ubyssey.ca

BUSINESS

Business Manager
Douglas Baird
business@ubyssey.ca

Account Manager
Forest Scarrwener
advertising@ubyssey.ca

Web Developer
Keegan Landrigan
k.landrigan@ubyssey.ca

Social Media Manager
Shereen Lee
social@ubyssey.ca

Web Developer
Mei Chi Chin
m.chin@ubyssey.ca

President
Jalen Bachra
president@ubyssey.ca

CONTACT

Editorial Office:
NEST 2208
604.283.2023

Business Office:
NEST 2209
604.283.2024

The Nest 6133 University Blvd.
Vancouver, BC V6T 1Z1

Website: ubyssey.ca
Twitter: @ubyssey
Instagram: @ubyssey
Facebook: @ubyssey

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ON THE COVER

DESIGN

Anya Anber Ameen

Become a *Ubyssey* staff member!

1. Attend three staff meetings (Fridays at 4 p.m. in room 2208 in the AMS Nest or online).
2. Contribute three times to *The Ubyssey*! This can mean writing three articles, taking three photos or videos, making three illustrations or helping with copyediting three times. Or you can mix and match!
3. Attend your third staff meeting with those three contributions, and *The Ubyssey*'s staff members will vote you in!

IN PHOTOS

Celebrating Indigenous heritage at the Come Toward the Fire festival

Isabella Falsetti
Photo Editor

On September 17 to 18 was the first ʔəm̓i ceːp xʷiwəl (Come Toward the Fire) Festival held in collaboration between the Chan Centre for the Performing Arts and Musqueam. The festival featured local artists, vendors and performers as a celebration of Indigenous pride.

Cliff Atleo, a Simon Fraser University professor with Nuu-Chah-Nulth/Tsimshian heritage, is the owner and founder of Iron Dog Books. The bookstore started as a mobile bookshop in 2017 — the first of its kind in Vancouver — then expanded to a brick and mortar location in the Hastings-Sunrise neighbourhood in 2019.

A festivalgoer makes a fist in solidarity as Miss Christie Lee, Lady Sinncere and DJ A-SLAM perform "Can't Kill Me," a rap dedicated to missing and murdered Indigenous women and girls.

Members of Indigenous Enterprise, a troupe of dancers from Canada and the US, perform on stage.

Hugo Alejandro, an artist from northern Mexico, takes inspiration from his ancestry to create designs for his custom clothing and jewelry brand, RBRTH Official.

"We're from the prairies and seeing some of our culture represented here feels really good," says Casey Desjarlais, founder of Decolonial Clothing. "As Indigenous peoples we face so much of the same struggles, but we're all from different territories and lands and coming here to celebrate ourselves — it feels good. It feels like unity."

NEWS BRIEFS

Fooood will not reopen this semester

The affordable meal resource Fooood, located in the Earth and Ocean Sciences and Woodward Buildings, will not be reopening this term. Andrew Parr, the associate vice-president of Student Housing and Community Services (SHCS), explained the closure was due to the high cost to operate Fooood, which he believes is not the most effective use of resources. UBC has allocated less funding to food security initiatives this year, despite rising demand. Parr said that SHCS is working with affordable vegetarian outlet Agora Cafe to expand its operations into what is currently Fooood in January.

Bald eagle's nest coned in Wesbrook Village

On September 14, UBC Properties Trust placed a controversial cone over an active eagle's nest in Wesbrook Village as part of its development in the area. No eagles were in the nest since they are away for their annual migration north for salmon feasting. Plans to cone the nest have faced community backlash from Wesbrook residents and environmental groups. A petition to stop the coning has over 18,000 signatures. Former Wesbrook resident Ryan Jaco, who is part of the group leading opposition to the coning, said she was concerned at the lack of public consultation and the potential environmental impact of the cone and construction.

Senate approves BCLU affiliation

Following a lengthy discussion, UBC Vancouver's Senate approved an affiliation agreement between the Faculty of Education and Beijing Language and Culture University (BCLU). The faculty will look to admit 18-25 BCLU students to a Mandarin and English teachable subjects option within the bachelor of education program. Some senators expressed concern with entering in an agreement with a Chinese university, citing human rights violations in Hong Kong and the Xinjiang region. Those in support said the agreement would help increase the representation of, and decrease challenges for, international students in the B.Ed program.

AMS/GSS mental health coverage raised to $1,250

In a sudden reversal, the AMS has re-raised mental health coverage under the AMS/GSS Health & Dental Plan to $1,250. The coverage is effective September 1, 2022. This comes three weeks after the coverage was reduced from $1,500 to $1,000. Many students criticized the initial reversion, saying the change had been poorly communicated and that the lower coverage would not be enough. AMS President and interim VP Finance Eshana Bhangu said she heard student concerns, and that the $250 increase is intended to be permanent.

WOMEN'S RIGHTS //

Iranian community gathers to honour memory of Mahsa Amini

Bernice Wong
Senior Staff Writer

On September 21, Iranian and Kurdish students and UBC community members gathered at the Martha Piper Plaza to mourn the passing of Mahsa Amini and share in the sadness of Iranians around the world.

While Amini was travelling to Tehran with her family, she was stopped by the morality police — a law enforcement unit dedicated to arresting those who violate the country's dress code — for not properly covering her hair with a headscarf.

Amini was taken into police custody for three days before the Iranian police reported her death as a result of complications related to a heart attack. However, several eyewitnesses reported she fell into a coma after being beaten inside the police van. Her CT scan also showed "skull fractures caused by severe blows."

Protests have erupted in Iran and around the world, with some women burning their headscarves in defiance.

"No one still knows exactly what happened yet ... right now the internet has been shut down in Iran," said Sajad Hosseini, a master's in engineering student who attended the event.

On September 21, Iranian citizens experienced a mass restriction of mobile networks and social media platforms. This act has been described as the most severe internet restriction since a near-total blackout ordered by Iranian authorities in 2019, following fuel prices rising by over 50 per cent.

Amini's death is the latest report surrounding a long history of police brutality in Iran.

"It's been almost 45 years that they've been suppressing people, suppressing opinions, suppressing women's rights," said Fatemah Saghafifar, a mathematics PhD student.

Following the 1979 Islamic Revolution, women were mandated by law to wear a headscarf, regardless of religion or nationality. Failure to do so has resulted in arrests, detentions and forced confessions.

Saghafifar came to the protest to raise awareness about the actions of the Iranian government.

"[Gatherers] sing and ask for regime change. They're asking for persecution of the people in charge," she said.

Ali, a masters student in biomedical engineering, is hoping to see the university take action by spreading news about this on social media or other relevant platforms. He has asked to remain partially anonymous for his safety.

"The government's police are directly shooting people with guns, and they're killing people," he said. At least seven protestors have been killed.

"If UBC can post this ... this could help us tell the government that all the world is hearing us, that we are against it," he said. "It's so important right now to amplify Iranian and Kurdish women's voices and not speak for them," said Niki Taromi, a second-year philosophy student. She believes it is a crucial time for people to be fighting against oppressive political regimes.

She went to the event to stand in solidarity with her Iranian and Kurdish community, spreading awareness about Amini's story. A memorial for Amini has also been erated on the first floor of the Nest.

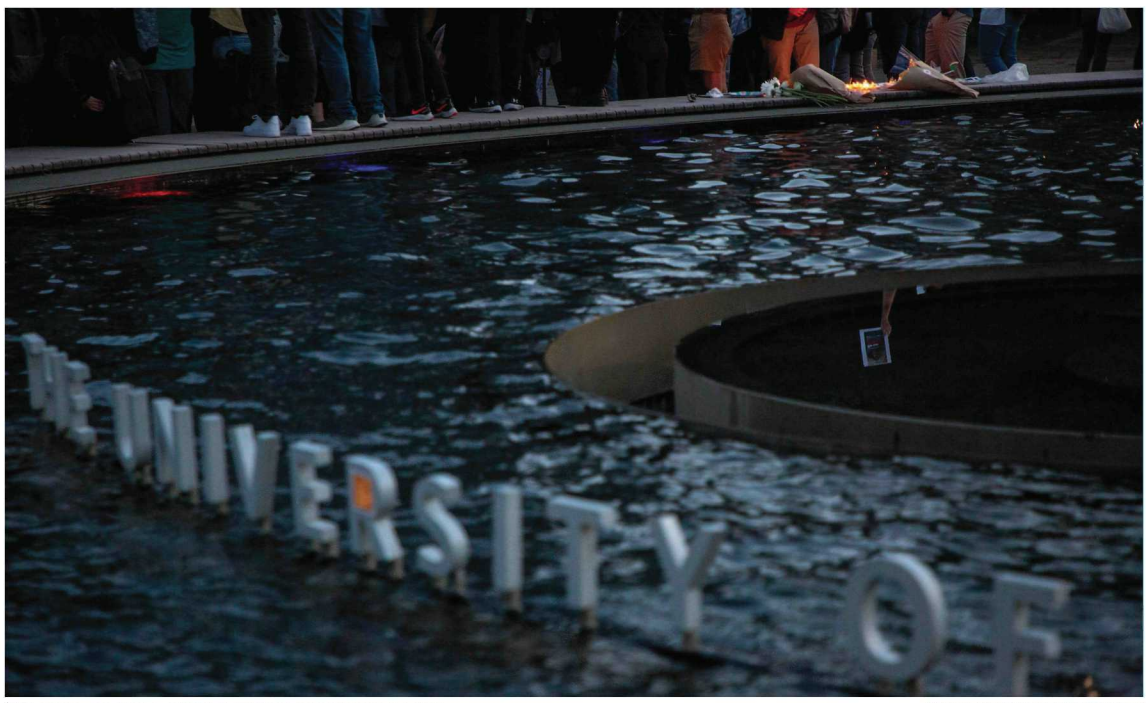
"No man, no state, should dictate a woman's body," Taromi continued.

"An injustice somewhere is an injustice everywhere."

— With files from Isabella Falsetti

"An injustice somewhere is an injustice everywhere." ISABELLA FALSETTI / THE UBYSSEY

"They're killing people." ISABELLA FALSETTI / THE UBYSSEY



"No man, no state, should dictate a woman's body." ISABELLA FALSETTI / THE UBYSSEY

AMS VP FINANCE BY-ELECTION 2022: CANDIDATE PROFILES

KAMIL KANJI

Kamil Kanji is running to become the next AMS VP finance on a platform to increase efficiency and promote transparency within the AMS.

Kanji, a third-year honours political science and international relations student, said he has extensive experience with the AMS. He currently works as the AMS strategy and governance lead and one of five UBC student senators-at-large.

He said his campaign is centred on three priorities: improving public constituencies, increasing health and dental coverage and deficit management.

One of the biggest complaints against the AMS, according to Kanji, revolves around the student society's lack of support for constituencies like the Arts or Science Undergraduate Society. In order to combat this, he said he hopes to "utilize a new financial system" which digitizes AMS bank accounts and reimbursement processes for increased efficiency.

The AMS is currently transitioning to this new system, but Kanji said he will supplement this by hosting frequent workshops related to effective financial management for constituencies.

Kanji also said he wants to improve multiple facets of the AMS/GSS Health & Dental Plan, ranging from increased mental health resources to expanding access to gender-affirming care.

"That includes therapy, laser hair removal and other surgical procedures that might not be approved by Trans Care," he explained.

He added that he will advocate for dental coverage to increase from 80 to 100 per cent. Studentcare can currently cover up to 90 per cent of preventative dental care services.

Kanji celebrated the AMS's announcement of a $250 increase in mental health coverage last week, but stressed the student society needed to find a way to sustain it. In his interview — which occurred before the increase — he said he wants to explore and secure "a funding partnership with UBC," to aid with expanding coverage, something that he has not seen be pursued by previous VP finances.

In terms of deficit management, Kanji said he will take a "four-pronged approach," including budget balancing, expenditure management, increased business contributions and cuts to unnecessary AMS hirings.

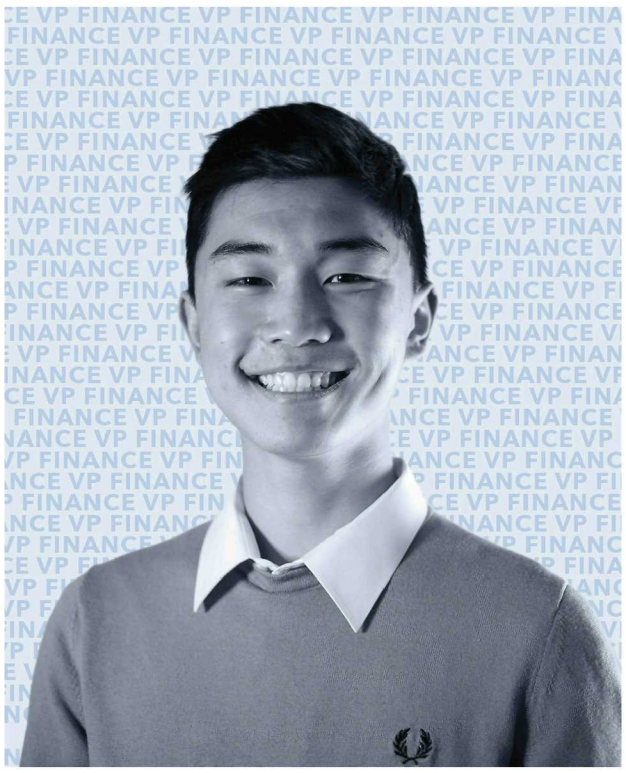
Within the sphere of student concerns, he sees affordability as the "most pressing issue for students," citing food insecurity.

With thousands of students visiting the AMS Food Bank every year, Kanji hopes to collaborate with the AMS president and the VP academic and university affairs to increase secure funding.

Kanji said he plans to publicize the work that the AMS has done through social media and direct engagement so students can see the "value of where their fees are going."

"Whether that be the Club Benefit Fund, Sustainability Project Fund or Initiatives Fund," he plans on publishing information that tracks progress and encourages open discussion.

Kanji said he hopes to translate his passion for finance into the role of a VP and "take a forefront on addressing the needs of students." ❦



LAWRENCE LIU

AMS Associate VP Funds Lawrence Liu is running to become the next VP finance on a platform to raise mental health coverage, open a new food outlet in the Nest and expand financial support for students.

The fourth-year interdisciplinary studies major has previously been an AMS arts councillor, the associate VP university affairs in 2021/22 and a candidate for AMS VP admin in 2021. Liu told *The Ubyssey* he wants to "put that all that experience to use" and "make an impact."

The AMS announced last week that its mental health coverage under the AMS/GSS Health & Dental Plan would increase from $1,000 to $1,250. The coverage had been raised from $1,000 to $1,500 in the previous policy year (September 1, 2021-August 31, 2022), but reverted back to $1,000 on August 31.

Liu called the $1,250 in coverage "simply not enough," pointing out that with inflation, he'd "noticed a rising cost for mental health practitioners."

"On a shorter term, we're going to have to look to the Health and Dental Reserve Fund to support that increase," he said when asked for the source of this increased coverage. "On a longer term ... I want to give that option back to the students to see if they want that increase."

Liu said he would also push to open a new food outlet in the old Pie R Squared location. He said he would consult with students when asked to specify what business would replace the pizza outlet during the first debate.

According to minutes from the September 15 AMS Executive Committee meeting, the AMS is planning to open a Mediterranean food outlet where Blue Chip is. The former will move to the old Pie R Squared location.

Highlighting the opportunity of the space, Liu said, "a few years ago, the Pie R Squared location brought in over $400,000 in revenue. Right now that's zero."

Pie R Squared has been closed since the start of the pandemic in spring 2020.

When asked about where the proposal fits in the traditional responsibility of the VP finance position, Liu said the project would require collaboration between AMS execs and that "a big portion of that will lie on the Managing Director ... who reports to the Executive Council."

As VP finance, Liu would like to make students more aware of the financial support offered by the AMS, saying he believes the student body "doesn't know enough about the different support services, financial aid, offered by the AMS."

"I think I can really help to bridge that gap in communication, and that'll come in forms of public outreach and public engagement."

The next VP finance will have only seven months, rather than a full year to complete their work, something that has influenced the scope of Liu's platform.

"I think it really reduces the potential of the magnitude of projects and initiatives that you can implement." Contrasting his platform with his competitors, Liu said his goals are "very possible to achieve in the next seven months." ❦

THE ARTS STUDENT CENTRE

The Arts Student Centre (ASC), a multimillion-dollar building on campus, is running to be the next AMS VP finance on a platform based on communication, financial transparency and increased support for student involvement in clubs.

While the trash-can-like building has much to bring to the table, the ASC gave generous credit to its representative Mathew Ho.

"What sets us apart is bringing in Mathew's experience as the former [Arts Undergraduate Society (AUS)] VP finance, ... and being around on AMS Council and all that," it said.

The ASC also said it would learn from "approaches that have been taken in the AUS," which it has witnessed firsthand as home to all of the AUS's running operations.

As the central space for an undergraduate student society, the ASC encouraged greater student involvement in clubs and other initiatives on campus, noting that finances could often be a barrier to student participation in extracurricular activities.

It appreciated previous efforts towards supporting student involvement, such as the Club Membership Fee Subsidy, but believes that this can be "brought a lot further," especially since "sometimes costs [of a club] aren't necessarily reflected in the membership fees."

However, it did not detail how it planned to increase financial support to this end.

The ASC also proposed putting feedback mechanisms in place to assess clubs' cost and use of benefits in order to improve long-term, sustainable fund planning.

On communications, one specific goal the ASC highlighted was creating a more streamlined process for student reimbursements, and identifying resources for effective communication and support during the reimbursement process.

If elected, the ASC also hopes to improve the AMS's financial transparency and increase access to financial information for the general student body. "Students have been critiquing [transparency] for years," it said.

A major challenge the ASC foresees is balancing everyone's needs.

"Cutting services wouldn't be popular, increasing [student fees] wouldn't be popular ... it's about [meeting] the expectations of everyone," it said.

It did not explain how exactly it would respond to these hurdles, stating that "it's a challenge." Nonetheless, it said it hopes to prioritize financial sustainability in the first step to addressing different student needs.

The recent changes in mental health coverage are one example of the ASC's focus on sustainability. While the ASC appreciates the increase from $1,000 to $1,250, and the action taken by the AMS after student frustration, it also hopes that this increase will not cause rapid depletion of the Health and Dental Fund reserve.

"Students struggling with mental health should not be having their challenges further compounded by financial difficulties ... without elaboration on where the costs are coming from ... the ASC finds it difficult to assess the long term sustainability." ❦

What you missed at the AMS VP finance debates

Isabella Falsetti / The Ubyssey

Over two debates, the candidates for AMS VP finance had the opportunity to answer questions about their platforms and spar over policy points.

The candidates for VP finance are AMS Strategy and Governance Lead Kamil Kanji, Associate VP Funds Lawrence Liu and the Arts Student Centre (ASC) — represented by Arts Councillor Mathew Ho, who wore a trash can on his head throughout the debates. Below are highlights from the two debates.

'SPICY' FIRST DEBATE

In the first debate on September 20, candidates discussed mental health coverage, the AMS's deficit and funding the AMS Food Bank. They questioned each other on platform points and qualifications.

Throughout the debate, Kanji repeatedly said he believed his opponents weren't presenting plans to address the issues at hand.

"Once again, I heard no plan to address the issue [of the AMS's deficit]. It takes money to fund an office that works to contribute to students," Kanji said when the candidates were asked if the AMS's $1.25 million deficit was manageable without raising student fees.

The ASC and Liu pushed back on Kanji's plan to reduce the AMS deficit in part by conducting an audit of the AMS's supply chain.

"The ASC does not believe that we can audit our way out of our problems ... supply chain issues are affecting businesses in general and this would include the AMS no matter what you necessarily do," the ASC said.

Kanji appeared to question Liu's preparedness for the VP role, saying that "one of his competitors" was "unable to complete" the AMS's Indigenous Finance Guidelines. President and Interim VP Finance Eshana Bhangu has said that the student society is working on the guidelines to make the AMS' financial system easier for Indigenous people to work with.

Kanji claimed that work on these guidelines fell on himself, Bhangu and another employee in Bhangu's office to complete.

Liu responded by saying he had done the work, pinning the lack of follow-through on Bhangu.

"That's so weird — I did do the work. The interim VP finance never followed up, and we just never really communicated about it," he said.

The AMS released the guidelines shortly after the debate.

The ASC concluded the question's open debate, saying "Mathew has made his points, we'll watch the spicy drama."

MINOR DIFFERENCES IN DEBATE TWO

The second debate on September 23 focused on financial transparency and communication with students. Candidates were in agreement that the VP finance office should be more communicative, but with some divisions on exactly how.

In response to a question about transitioning to the new AMS financial system, candidates had similar goals in improving communication across AMS clubs and constituencies with slightly different approaches.

Liu expressed the need to close the gap between individual club treasurers and the VP finance office in the form of town hall meetings and "creating as many resources" as possible, such as Canvas modules with video tutorials and workshops.

Kanji emphasized the need to establish a solid timeline for reimbursements, and said he would engage frequently with the VP finances of undergraduate constituencies.

The ASC said that actively checking on data about issues that clubs might be having with the system and establishing a faster response time is a better approach than relying on caucus meetings.

During closing statements, candidates summarized the main goals of their campaigns.

Liu said he believes his platform is realistic considering he would only be in office until May of next year. Kanji emphasized the detail in his platform, saying he had thorough plans. The ASC finished the debate saying that while it's running as a joke, that doesn't mean it's platform is unserious. 𝔘

Full recaps of both debates can be found on ubyssey.ca/news.

WHO SHOULD YOU VOTE FOR?

After a week of speaking to the candidates and attending the debates, we're here to present our guide to the AMS VP finance by-election candidates.

While we aren't going to tell you who to vote for, this article should give you a clearer picture of the strengths and weaknesses of the three candidates.

Remember to vote by 5 p.m. on September 29. Your fees fund the AMS — vote in this election to choose who controls the AMS's finances.

Kamil Kanji

Kanji is one of two AMS staffers running for VP finance. During the debates, he repeatedly framed himself as the only candidate with specific plans — and his website backs up this claim with a detailed platform — but the feasability of proposals like asking UBC for money to bolster the AMS's mental health coverage remains unclear. Kanji certainly has a lot of experience in the AMS as a councillor and a member of the President's Office. His apparent closeness with executives will likely help him hit the ground running, but it could hamper his ability to enact unique change.

Lawrence Liu

Liu is the other AMS staffer in this race. He's a strong advocate for raising mental health coverage beyond $1,250 — though this might not be sustainable given the AMS's deficit — and increasing awareness around funds and financial support for students. But, he hasn't been as concrete as Kanji in how he would implement these plans. Liu has the closest experience to the job as associate VP funds, and he's also been the clearest of the three candidates in saying he'll reach out to constituencies to help with the new AMS financial system. He is also cognizant of his limited time to get things done if elected.

The Arts Student Centre (ASC)

The ASC may be a joke candidate, but its human representative, Mathew Ho, seems to have some serious ideas if he's elected VP finance. While the line between the ASC and Ho was blurred at times during the debates, the ASC wants to increase AMS transparency, expand communication and improve financial sustainability. However, like Liu, the ASC was sometimes lacking in specific solutions to these issues. Unlike past joke candidates, the ASC would in theory get things done thanks to Ho's past experience as AUS VP finance. So, if you want a VP finance who would wear a trash can on their head, vote for the ASC.

LOCAL MUSIC //

SUGARFUNGUS is a mushrooming indie sensation

Hayden Chan
Contributor

Saccharomyces yeast, or "sugarfungus," has been an integral component in winemaking, baking and brewing since ancient times. The fledgling indie band from Vancouver, SUGARFUNGUS, very much lives up to its nerdy namesake: a little sweet, a little funky and a whole lot of fun.

SUGARFUNGUS, comprised of bandmates Tess Meckling, Alex Marr, Bradan Decicco, Jackson Moore and Ivan Barbou, is an unexpected assembly of two UBC PhD scientists and three Capilano University jazz students. Their diverse educational backgrounds allow them to draw from a deep well of inspirations, including nature, vaporwave, childhood experiences, romance and 90s alternative rock.

With such assorted inspirations, it's hard to put SUGARFUNGUS's music in a box. Though reminiscent of the tangy, bittersweet ambience of artists such as Tame Impala, Beach House and Japanese Breakfast, SUGARFUNGUS is constantly experimenting with new sounds and diversifying their discography to expand their stylistic choices, such as dipping their toes in house and dancehall music.

"We like to strike the balance between accessibility [and] dance-ability, but not sacrificing any sort of artistry," said lead singer Meckling. "We're just trying to find something that is in the middle somewhere."

SUGARFUNGUS is Tess Meckling, Alex Marr, Bradan Decicco, Jackson Moore and Ivan Barbou. COURTESY SUGARFUNGUS

In their 2022 EP *Letting Go, Moving Still,* the band does just that. In merely six tracks, SUGARFUNGUS finds range in production, themes and style.

Songs such as "Catch & Release" and "What's A Used One Worth" embrace peppier backing tracks, tinged with funk, hi-hats and a more digital sound. Yet, the lyrics tell a touching story of heartbreak and loneliness, claiming that, "I'd be better off if I never met you." The ability of the band to paint a picture in listeners' minds is a big strength — you feel the decrepitness of a forlorn heart when Meckling liltingly sings the chorus.

"We try to keep our lyrics pretty genuine and not forced," Meckling said. "So if we want to do a weird time signature for a bit in there or if we want to do something that sounds a little strange to the ear, we don't say, 'Oh, well, that's not gonna please everyone,' we kind of just go for it."

When asked about advice to other up-and-coming bands, Marr reminded others to "be as authentic as possible and be consistent because nothing happens overnight."

This maturity and self-assurance is impressive considering that the the band only began rehearsing together a year ago during the pandemic. Unable to meet in person, the band often hosted weekly Zoom meetings to bring together self-written lyrics and "somewhat fleshed-out ideas."

Once they could meet in person, SUGARFUNGUS hit the ground running with three singles, an EP, music videos and a six-part visualizer (animated imagery that is generated and rendered in real time by computer software).

Working with local Vancouver creative artists such as Katrina Wong and Harry Sung, the band said they try to find collaborators with "influences the same as ours," as evidenced in the sci-fi art interpretation of flowers in SUGARFUNGUS's EP and single covers.

SUGARFUNGUS has lofty plans in their future. Their new single "Weekends At Toast's," as well as an accompanying music video, debuts on October 5 and 12, respectively. Aside from festivals and gigs all around Vancouver, they plan to release an album next year, with four songs written already.

The dreamy, blissful SUGARFUNGUS has already dug in its roots; it is only a matter of time before they truly blossom.

NEW AT THE BELKIN //

Forecast imagines the uncertain future of the seasons

David Collings
Contributor

For the past year, while passing UBC's Belkin Art Gallery — found just off the hustle and bustle of Main Mall, on the way to the Rose Garden — on a sunny day, UBC students may have noticed words in the light of its high windows. Stop for long enough to take them in, and you'll find they form poems.

This is *Forecast*, an ongoing exhibit recently updated for fall 2022.

Forecast is a series of poems printed on mirrored vinyl and set on the Belkin's downward-angled upper windows. Each one uses the language of weather forecasting to describe the changing seasons: "There will be / a period when / acorns fall into / warm beds of grass. / Squirrels eagerly / await."

"What I love is that there's a sense of surprise," said artist-in-residence and *Forecast* creator Holly Schmidt in an interview with *The Ubyssey*. "[*Forecast*] actually reflects the weather conditions that are outside at that current moment and it will determine how it appears."

Elsewhere in the exhibition, drooping ferns and leaf-filled gutters appear alongside other familiar images. If you've experienced the transition from spring to fall on campus before, you'll find a poem that resonates with you.

Forecast is an exhibit created by Holly Schmidt that can found on the UBC Belkin Art Gallery COURTESY THE BELKIN

Every word of this fall's new set of poems is selected to evoke autumn in this time and place, including language borrowed directly from what may as well have been last week's weather report: phrases like "we're calling for rain this evening."

"[That's] a very typical phrase within a weather forecast," said Schmidt, who listened to many of them for research.

This season's poems were created in collaboration with MFA students at UBC, who worked with Schmidt to write predictions based on their experience of fall's arrival.

Schmidt says she emphasized the vagueness of forecasting to her student collaborators.

"I think about the Oracle of Delphi ... There's these pronouncements about the future, and they're so specific in one way and yet so general in another that everybody can see their way into them as a possible future."

In recent years, uncertainty has begun to define our expectations for fall. As heat waves and wildfires affect us more and more each year, there is a mounting sense of climate anxiety that accompanies our tendency to romanticize the arrival of the next season. When will the weather turn? How much damage will be done before it does?

"What I've noticed in doing this over a couple of years is that the previous season's anxieties creep into the next iteration. You know, things like forest fires. I mean, last summer we had a heat dome, we had forest fires, drought — it was incredibly extreme."

Schmidt noted that a major part of our anxiety is how dramatically the images and ideas we attach to seasons have changed. "The whole [weather forecasting] thing is kind of ironic, because it is actually incredibly unpredictable."

But the poems on the Belkin's windows don't suggest disaster or anxiety, even if they remind us of it; they reflect the seasons as we want to remember them, and as they still can be. Cherry blossoms still bloom in spring and moss still spreads across bark and concrete in fall.

"I think that imagining the apocalypse isn't the most important thing that we could be doing at the moment," said Schmidt.

The climate crisis is already here; our task is to process it, and to learn to imagine more climate-positive futures. Art and poetry can help.

LIVE ON CAMPUS //

Lauv's Vancouver show was a visual fever dream

Khushi Patil
Senior Staff

I remember being 13, having my first crush and finding this one song on Youtube that perfectly described how my paper mache teenage heart felt. Flash forward to being 16, sitting in the back of a car listening to "I Met You When I Was 18" and "how i'm feeling" on replay for a 4-hour road trip. It felt like the words were holding my hand and walking me through all the rocky emotions no one else seemed to understand.

I haven't listened to Lauv since high school, but my 16-year-old self would have probably passed out if she'd known that she would watch him live in concert at her very own university.

Electropop singer-songwriter Lauv performed in Vancouver at the Doug Mitchell Arena on Saturday, September 20. The venue filled up slowly on the warm evening and opening act Payday's raw bars energized the room as the crowd continued to trickle in.

After a brief break, the audience erupted into cheers to welcome Hayley Kiyoko, the special guest on tour, also known fondly by many as "Lesbian Jesus." She performed a few popular songs, including "Fix You" and "Curious." True to her nickname, Kiyoko ended with gay anthem "Girls Like Girls" as she waved a rainbow pride flag and shouted "Let me see you!" to the crowd, who waved their arms back.

Electropop singer-songwriter performed at the Doug Mitchell Arena, wearing a fuzzy striped tanktop. DIANA HONG / THE UBYSSEY

At 9 p.m. following a brief intermission, Lauv's 2022 single "26" began to play in the background. A blinding white moon rose on the projection screen centre stage, revealing Lauv's silhouette amidst clouds of artificial smoke. Cue the screams.

The singer sprang straight into action, jumping and dancing along as the song hit the drop. Smoke continued to pool the stage, a dreamy contrast to the bright lights and punchy, high-tempo beat.

The visuals were a highlight of the concert: blasts of colour and energetic geometric shapes moved to the beat, and weather-themed backdrops accompanied his moodier songs.

For his tender 2017 hit "Paris in the Rain," the screen turned into a darkened window pane, with rain lightly pattering in the background as he sang. Flames burst into blue and orange crescendos on screen during his 2018 single "Chasing Fire" and clouds crossed over summer blue skies to accompany "Feelings," a soft ode to the question marks and uncertainties of newly blossoming love.

Despite the huge crowd, Lauv took every opportunity to engage with the audience. In perhaps the most wholesome moment of the show, he invited a couple lucky fans to join him onstage to duet his song titled "Canada," originally featuring Alessia Cara.

Lauv sang the first verse, and the pair swayed along, holding one another, before stepping up to the mic for Cara's part. It felt as if we were collectively holding our breath until one of them took the mic and shouted, multiple times, "I can't believe this! I can't believe this is real!"

The entire stadium erupted into cheers and laughter. The pair's excited disbelief subsided long enough for them to produce an empathic rendition of the chorus, looking right at each other as they sang the line "That could be us, that could be you and me."

As the pair exited stage right, Lauv proclaimed that this was probably one of the top ten most amazing things he had witnessed in his life.

While the tour was titled after his most recent album "All 4 Nothing," the artist performed a surprisingly high number of older songs, even asking the crowd at one point if it was "okay to play another old one." As an old fan, I was overjoyed to be able to sing along to over half of the songs in the show.

Nostalgia ran high as he finished with his 2017 breakout hit "I Like Me Better" and the audience sang along louder than ever.

Then fluorescent white overhead lights flooded the stadium, and the visual fever dream of a concert came to an end as quickly as it had begun. Walking home then, and writing this now, I know this night will become a core memory. My 16-year-old self can definitely die happy.

FRINGE THEATRE FESTIVAL //

Disclosure critiques failures in trauma-informed care

Elena Massing
Contributor

This article contains mention of sexual assault.

As flashing lights break the darkness and ambulance sirens ring throughout the theatre, a pit begins to grow in my stomach. This is a story that I have seen play out far too many times in my life. I feel connected to the figure writhing on the ground — she could be my friend, a girl I knew in high school or a complete stranger that happens to be about my age.

Through the story of a young woman trying to receive medical help in the aftermath of sexual assault, writer and performer Katherine Matlashewski highlights the limitations in how healthcare institutions address patients with trauma.

Disclosure is a one-woman show, inspired by Matlashewski's life. It was picked up by the Vancouver Fringe Festival, and ran at Granville Island's NEST September 8–18. What started as a solo project through Langara's Studio 58 program has evolved into a collaborative piece by a talented team of local artists, including UBC alumni Natasha Zacher (producer) and Jane Heyman (director).

Matlashewski was adamant that *Disclosure* must centre the non-linear process of healing.

Katherine Matlashewski in *Disclosure*, a semi-autobiographical one-woman show. MARK HALLIDAY / MOONRIDER PRODUCTIONS

In an interview with *The Ubyssey*, she said that her refusal to "put any form of assault or sexualized violence, or any soundscape of physical harm on stage," was a means of setting personal boundaries while also ensuring that "rather than circling around specific events, [she would] explore what happens next."

She also said that their rehearsal schedule was deliberately extended to give the crew time for self-care and to mentally prepare themselves.

"There are days where when I was writing the show that I was having a challenging time and so I knew I needed to take the time and space away from the piece in order to best take care of myself," she said.

No matter how subtle, each of her movements is a chilling display of vulnerability. She draws attention to her body to emphasize the sense of violation, as well as a hyper-awareness of sensations and appearances that a person may feel after being assaulted. Her hands grip at her clothing and tremble at her sides.

Over and over, doctors and nurses force the character to tell them what happened, pressing for perfectly accurate recollections of the event each time.

They treat the situation as if it is simply a series of procedures to follow, or a puzzle to solve. Matlashewski points out that it is far more difficult to process information while simultaneously being bombarded with questions, because "when her words are doubted, then she starts to doubt herself."

She stumbles over descriptions of the perpetrator's appearance and struggles to remember how she carried three keys in between her knuckles, a small flashlight and a whistle: a kit that anyone who grew up fearful of sexual violence — specifically femme-presenting people — know all too well.

A 10-minute discussion period takes place after the show, in which a counsellor trained to support survivors of sexual assault appears on behalf of Women Against Violence Against Women (WAVAW) Rape Crisis Relief. Among its services are support groups, as well as accompaniment to appointments should the survivor choose not to involve friends or family. The counsellor said that they are nothing like the endless waitlists and broken crisis hotlines that the play critiques.

Alongside efforts to extend *Disclosure* for future festivals, Matlashewski sees possibilities to educate people through performance by working with UBC School of Nursing professor Sally Thorne.

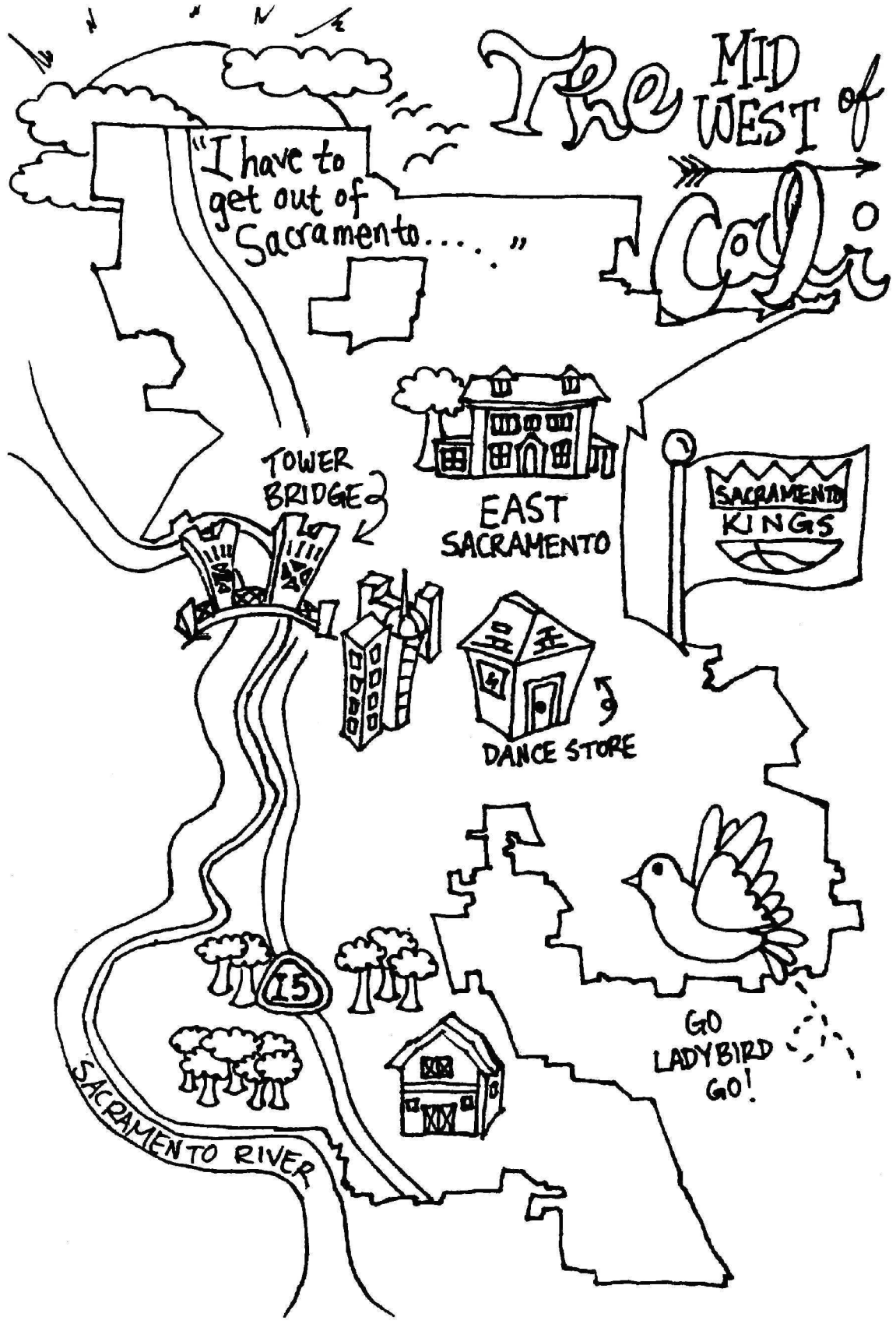
Together, they are developing the piece into a training resource for nurses working with trauma patients, "as the current medical system is not set up to treat those who have experienced trauma, especially when the harm is not visible."

WHERE THE HEART IS

SACRAMENTO IS THE MIDWEST OF CALIFORNIA

words by **WINNIE HA**

illustration by **MARIA RADIVOJEVIC**



Lady Bird said it best: "I have to get out of Sacramento ... Because it's soul-killing. It's the Midwest of California."

I've wanted to get out of Sacramento for as long as I can remember.

When I was 14, I daydreamed of attending university in the Great Lakes region, over 3,200 kilometres away. For all of high school, I worked hard and maintained a near-perfect GPA just for a shot to leave. To get on an airplane east and never look back.

When the fall of 2019 came, I found myself at home attending the local community college. It felt like all the sleepless nights and tears over A-'s had not paid off. But I didn't let my dream completely die. I would find a way to escape the hellscape that is Sacramento. I realized that all my dream colleges would never be feasible, so I turned north.

While UBC is only a 14-hour drive away from home, 1,600 kilometres between me and Sacramento would suffice.

My scheme only sort of worked out. As acceptances rolled out, the world shut down. Moving to Vancouver in the middle of a pandemic wasn't really an option, as a new international transfer student. I was still stuck in Sacramento, despite a (digital) acceptance letter and impending tuition payments. It was frustrating being able to taste my great escape but it was still out of reach. But in my extra two years stuck at home, Sacramento would come to surprise me.

In November 2019, I got my first semi-permanent job at a dance store. At the time, I told my manager I would only be staying until next September.

I ended up staying almost two years, until June 2021.

The job itself was a pretty standard retail job — keeping things organized, operating the cash register and being nice to customers. It was tiring, but I didn't mind it. I liked my co-workers and the customers introduced me to a whole new part of Sacramento.

I grew up on the southwest side of Elk Grove, Sacramento's largest southern suburb. The west side of the suburb is basically an extension of the city, whereas the east is more rural. So living on the southern corner of the west side meant in a five-minute drive west or south you would begin to see the rolling hills of farmland.

The dance store was in East Sacramento, a 30-40 minute drive away, depending on which route you take. East Sacramento is the wealthy neighbourhood depicted in *Lady Bird*. Driving through the grandeur of the old houses of that neighbourhood every day, I realized that the city that I called home was much more than just the basic, less than 20-year-old, cookie-cutter houses of Elk Grove.

We were the only major dance store in Northern California outside of the Bay Area, so a wide range of customers would come through. Some had fascinating stories, like the woman in her mid- to late 20s who came in looking for ballet slippers. As I was helping her find a pair of Sansha Pros, she told me she was from Columbus, Ohio and over the past ten years or so, she had been all over California but loved Sacramento because it had the most midwestern feel out of all the cities.

That stuck with me. I never really considered that people might actually choose to live in Sacramento and like it. My parents had only moved there because my dad's job had relocated them. We never really talked about whether they liked Sacramento or not. It also stuck with me because she was the first person I had heard call Sacramento midwestern. Since then, I've told people that Sacramento is the Columbus of California.

Like everyone else during the quarantine at the start of the pandemic, I was bored. I began taking different routes to work and requesting library books to be sent to locations across town just to try and keep myself entertained.

I did a lot of driving. I drove around Carmichael, Fair Oaks and Ardem/Arcade — on the other side of the American river which flows east to west before merging with the north to south flowing Sacramento River.

On September 21, 2020, I drove the country roads behind my house along the Sacramento River for the first time. I ended up driving from a small town called Walnut Grove, through vineyards and farms, into downtown Sacramento and having my breath taken away by the views. Until this point, I had only driven the freeways and urban roads, always with a destination in mind. But as I drove simply to see where the road would lead me, I had the thought, "I could be happy here." a feeling I previously thought impossible.

Two hours from the mountains and two hours from the Pacific Ocean, with the state capital, a skyline dotted by an iconic bridge and handful of skyscrapers and the state capital: Sacramento is much more interesting than I ever gave it credit for. With a population of almost 500,000 in the city alone and over a million in the metropolitan areas, it's home to a diverse and vibrant cultural scene, you might expect in a large city, as well as a notoriously bad NBA team with an extremely loyal fan base (you've been warned). But it lacks the anonymity of a huge city, so the people there are some of the friendliest in the world — probably what gives it its midwestern feel.

In summer 2021, I got my *Lady Bird* happy ending. In June, I took in the view of the city coming down from the mountains for the last time. I worked my final shift at the dance store. My last drive with my beloved Prius was on I-5 south from Sacramento to Elk Grove on the night of June 29. On June 30, my parents helped me load my two suitcases and a couple of other bags into the trunk of my mom's white Toyota Sienna, and we headed south to Los Angeles. I flew from LAX to YVR on Thursday, July 7, after a couple of hectic hours. I cried when I hugged my parents goodbye and I cried again when the plane flew over Sacramento.

I'm glad things went wrong and I had to stay. Staying didn't kill my soul. Instead, I fell in love with the city that I had spent so long trying to escape.

Have a story to tell about your hometown? Email features@ubyssey.ca

REKINDLING

National Day for Truth and Reconciliation supplement

design by **Anya Anber Ameen**

Editors' note

Julianna Yue & Aquila Underwood

When *The Ubyssey* approached us with the idea of a Truth and Reconciliation supplement for their late September issue, there was no hesitation when we said yes. We know that Indigenous voices are far and few in today's media. We started writing for *The Ubyssey*'s Indigenous column, *NDNs at UBC*, in October of last year. As we took classes and wrote articles together we became close, making our partnership in the role of guest editors even stronger. In the past we have written individual pieces, as well as a collaborative zine on navigating postcolonial realities. Through this, we realized that now, more than ever, we are seeing the reemergence of Indigenous ways of life, a 'rekindling' of sorts. Thus, when we were pitched the idea of this supplement we were immediately drawn back to this idea.

Rekindling our cultures with our communities and cousins is an attempt to decolonize and bring back our old ways. With the hope of contributing to this rekindling, we assembled a guiding pitch list with a range of topics, calling for written and visual submissions from Indigenous students for this supplement. In doing this, we hope that this supplement shines light on Indigenous resistance, resilience and excellence and shows the current rekindling of Indigenous culture taking place in so-called "Canada."

***Julianna Yue** is Chinese and Cree-Métis, born and raised in so-called "Vancouver." She is in her second year, pursuing a sociology major and a First Nations and Indigenous Studies minor. Her interests include social justice and diasporic representations.*

***Aquila Underwood** is a second-year student planning to major in political science and First Nations and Indigenous Studies. She was born in Canada but raised in New Zealand and is Ngāti Tūwharetoa, Te Āti Awa and W̱SÁNEĆ.*

Why has it taken this long?

Colby Payne

In the fall of 2015, my grade 10 social studies class came upon one of the few mentions of Indigenous history in our textbook: a brief paragraph discussing Canada's residential school system.

The system, which was intended to forcibly assimilate children and "kill the Indian in the child," operated from the late 1800s to 1996, during which an estimated 150,000 First Nations, Métis, and Inuit children were taken from their families to attend 139 schools across the country. Many children attending the schools experienced physical, mental, and sexual abuse. Children often had their hair forcibly cut, and were punished for speaking their languages and practising their cultural traditions. The final report of the Truth and Reconciliation Commission concluded that the effects of the system constituted a form of cultural genocide, which the report describes as "the destruction of … structures and practices that allow the [targeted] group to continue as a group."

After reading the paragraph on residential schools, one of my classmates felt the need to comment, asking why we should care about this when it happened so long ago. Feeling compelled to respond, I replied that, actually, it wasn't that long ago — after all, my own grandma was taken from her family at six years old, sent to St. Bernard's, or Grouard, residential school in Alberta. She never saw her father again. By the time she finished school around age 16, he had died and her family was irrevocably damaged. Obviously, my classmate's dismissal of the impact of residential schools was upsetting — but what upset me most was my teacher's response.

"Would your grandma be able to come speak to the class about her experiences?"

"No," I responded. "She died before I was born."

At the time, it was simply the emotion of having to stand up for myself, and for the Indigenous community as a whole, as well as the mere fact of my grandmother's death, that brought me to tears and angered me in that moment. In hindsight, it is the audacity of my teacher's response to the situation that provokes the most rage and indignation in me.

In that moment, the onus was on me — not on my teacher — to respond to my classmate and defend the importance of learning Indigenous history. This was a particularly glaring issue considering nobody had ever questioned the importance of the extensive Québecois history taught in our French immersion classroom.

As I became upset, it was the only other Indigenous student in the class, and no one else, who comforted me. My teacher's only response to me speaking about my personal experience of intergenerational trauma was to ask whether my grandma would be able to come and share her own traumatic experiences with our classroom, as if we existed solely to be instructional tools for settler classmates.

This memory — and similar moments when people, not knowing that I was Indigenous, made ignorant and racist comments around me — arose last summer, when I was living with my family in Kamloops and working remotely in a co-op position with the federal government.

On May 27, 2021, the Tk'emlúps te Secwépmec First Nation announced that preliminary findings from work conducted using ground-penetrating radar suggested the presence of 215 unmarked graves on the former grounds of the Kamloops Indian Residential School. In the following weeks and months, this announcement was followed by others detailing the discoveries of further unmarked graves found at residential school sites across the country. These discoveries were, of course, extremely upsetting; however, as an Indigenous person, they were not particularly surprising.

Indigenous people have spoken for generations about the abuse and deaths that occurred in residential schools. Though my grandmother did not often discuss her experiences at residential school, I nevertheless grew up with a keen awareness of the trauma and destruction that occurred in the residential school system, both within and outside of my family. Cycles of intergenerational trauma and addiction, as well as the loss of language and cultural practices, are consequences of colonialism that have directly impacted myself and my loved ones. I continue to struggle with feelings of liminality, being both Indigenous and a settler, but not fully comfortable within either world.

Sitting in government meetings last summer, and hearing settler colleagues in Ottawa express their shock and sadness over events that were both closer to home and not at all surprising to Indigenous communities, was extremely upsetting. These reactions and others like them were often more upsetting for me than the continued discovery of unmarked mass graves in the past year. They acted as if they could not believe what had happened, even though they had never bothered to listen to what Indigenous peoples have told them for decades about the devastation and destruction of colonization.

Though I am happy to see people wearing orange shirts and proclaiming that every child matters, it is difficult for that happiness to not be overwhelmed by sadness and anger that it has taken this long. That so many were and continue to be unwilling to believe or even to listen to Indigenous peoples' stories and perspectives.

It is also continuously upsetting to see settler individuals' desire for Indigenous individuals to provide documentation for their Indigeneity.

While it is important to prevent instances of settlers claiming Indigeneity in order to gain opportunities, too often calls for documentation are really just continuations of racist and exclusionary government policies. For me, the most documentation that I could provide for my Indigeneity would be proof that my grandmother was stolen from her family and forced to attend residential school — this is documentation that I refuse to provide, because to me, it would represent an affirmation of the colonial system and an adherence to its policies and rules.

With regard to Indigenous documentation and similar matters, I would ask that settler individuals truly listen to Indigenous individuals. There is more than enough information on the effects of colonialism in the world at this point — to me, at this point, it is unnecessary to either demand further evidence when copious evidence already exists, or to ask Indigenous individuals to perform the labour of repeatedly explaining our traumas. My hope is that, in the future, children like me will have individuals in schools who can advocate for them, rather than having to justify their own existences — and I hope that someday I will be one of the teachers who can do so. ❦

Storytelling

Aquila Underwood

Storytelling. Telling stories. In the Western world, there tends to be the expectation that storytelling is an inaccurate way of transferring knowledge. Storytelling is a way to put children to sleep or scare friends in the middle of the night. Storytelling does not include referencing or peer reviewing or editing. In the Western world, stories are not knowledge.

In the Indigenous world, storytelling is how we know everything we know. Knowledge passed down from generation to generation, changing and evolving as the world does, too. Knowledge is sometimes told in plain terms, a simple explanation from an elder about precisely when to plant the kūmara. Other times, it's knowledge wrapped in a legend — the tale of the beginnings of your nation showing you how to care for the land so that it provides you with what you need.

Storytelling to us is everything; APA referencing be damned.

As Truth and Reconciliation Day approaches, the importance of storytelling reemerges. How are we to integrate our understandings of storytelling with those of the Western world when they are so obsessed with 'reliability'? Why is simply knowing something not good enough? Indigenous peoples have been told for years that they need proof, but how are we to do so if the people asking for proof aim to constrain us to their own limited definition?

Growing up, our stories were followed with: "The police would never do that without a reason," "Well my uncle did the same thing and he was fine," "If it's such a big issue, why haven't we heard of it before?" The blame is always put on us for what has happened. We provoked someone or we couldn't adjust. We didn't tell anyone about the genocide or the residential schools or the deliberate 'breeding out' of the Indian. What we got was deserved — we should have at least said something.

Yet, we did. We told our stories. They were silenced by settler society. Instead of being able to tell everyone, we were forced to tell ourselves, to pass down the trauma to our children so that what happened to us was not forgotten.

We are being heard again now. The stories that have been passed down through the storytelling of elders are allowed to be spoken again — and people are choosing to listen. Storytelling is key to settlers' understanding that we live in a world dominated by colonial structures, and that change cannot happen in so-called "Canada" without Indigenous frameworks.

I grew up listening to stories. I grew up surrounded by words both spoken and written, knowledge being passed from my community to myself. While my histories are still incomplete, the knowledge I have of myself and the lived experiences of my people is accurate. Details are unnecessary if the message continues to be shared. I read my fellow Indigenous kin, and when I meet them I listen to them. My knowledge is growing constantly despite growing up with a colonial construct of what fact is.

I know that there was a genocide. I know that my ancestors experienced unthinkable things at the hand of colonial greed. I know how to maintain my relationship to the land and my kin. I know that when an Indigenous person speaks out about their experiences or their histories, there is always truth.

I hope you begin to understand this too. Whether you're a settler or Indigenous or a visitor to Indigenous lands. Storytelling is how we will learn. Believe your Indigenous kin or friends or loved ones. While Indigenous people are the only ones who can tell our stories, we need the help of everyone else in order for our stories to be heard. To become fact. Once our stories are known, we will not be forced to hand our trauma to our children to keep for us. If you're a settler, silence your queries and believe what you hear, don't interrupt or scoff — don't share the things you have heard from your dad who's in the RCMP. You must listen, and you must learn. Give us the space we deserve, because storytelling is our path to learning the truth and reconciling the past with our present and future.

The Other

Julianna Yue

I guess this is a short memoir of sorts — more, my way of making sense of the world that I navigate every day. A reflection of myself, an investigation into me (and of course the world around me). In a way I don't fully know what I want to write; I have no prescribed direction for where I want to head, just a blaring white screen staring back at me.

It seems that every time you interact with new people, it is expected that you have a full introduction prepared and polished for such an occasion. In university, it's your major and year, a fun fact perhaps — the obvious question of "who are you?" In conversation this flows easily, no extra thought aside from the nerves of a job interviewer asking, "Tell me about yourself." The truth is that most people ask out of their robotic and cyclical nature, rather than from a point of interest. Though when a professor asks (and there's a grade mark attached to how you respond) there's a much more verbatim quality to the way you must present yourself. In today's world of changing social acceptability and 'PC' demands, it seems most appropriate that I start these introductions with my name and pronouns: I'll do the same below.

My name is Julianna Yue. I was born and raised in "Vancouver" on the unceded, ancestral and traditional territories of tʰe xʷməθkʷəy̓əm, Sḵwx̱wú7mesh and Sel íl witulh Nations. I am Chinese from Taishan, Guangdong, and Métis-Cree with roots in the Lubicon Lake Cree from Treaty 8 territory (Alberta).

This is supposed to define me, or at least situate myself in a world full of people — where I am the other. Those seemingly simple two sentences validate my existence and belonging: something that, as a mixed-race baby, is hard to find. In a way, it allows me to lay everything out right then and there, no waiting for the oh-so-predictable "So, what are you" and "You look so exotic" commentary. However, this then leaves room for the, "Oh, I wouldn't have guessed that" and "But you don't look like you're _____."

Growing up mixed has been complicated — it's a neverendingly long time of being too little and too much. On one hand you never feel like you're enough of one race to fit in there; on the other you become too different to fit into one sole category. As I've gotten older it has become all the more apparent. I can't speak Cantonese or Michif, and I don't know half of my own cultural practices. I feel disconnected, making that lack of fitting in even stronger. Whereas some people feel so sure of themselves, there's always been a sense of longing left deep within me. For what? I'm not entirely sure, maybe just certainty, a concrete identity.

With a long-standing history of racism, blood quantum and the value of 'purity' I am not surprised at the ignorance applied to those of mixed-race descent. It's almost as if it's a taboo that exists solely behind lips pressed tightly. I was surprised to see an argument online of a woman referring to her child as mixed (as opposed to just her child) and having various personas on the internet attack her for this choice. This attitude really only showed the dismissal and supposed 'wrongness' of being mixed.

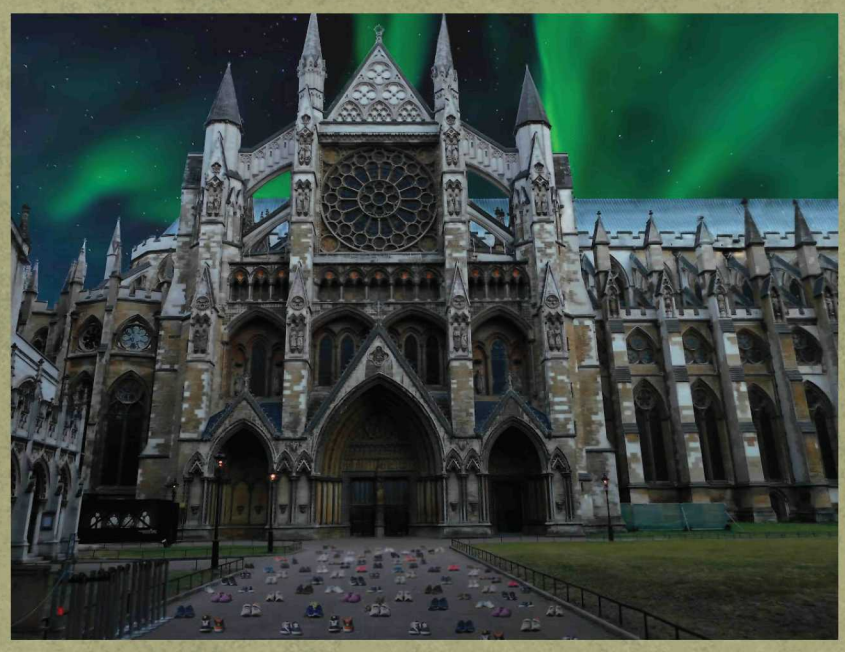
While I myself am still learning about myself and what it means for me to fit in, I would and will never hide the fact that I am mixed. While I have my own questions and qualms on what it means for me to navigate through society as the other, I know that my heritage and culture has shaped me into the person I am today. From my grandfather's experience in immigrating from China during Canada's head tax, and my kokum and her siblings being stolen from their home, I feel a deep sense of gratitude in learning from them and listening to their stories. Not only have they provided insight into where and who I've come from, they share stories of resilience and the power to resist.

By Grace of the Western God

Jayden Emslie

These photographs represent the complicated relationship between Catholicism and Indigeneity. The first one (below) is from St. Peter's basilica in the Vatican City, and there are totem poles and old articles from residential schools. The second one (bottom right) is Westminster Abbey in London, with Northern Lights, handprints in the circle detailing and shoes out front. The final one (top right) is of the Siena Cathedral in Italy with beaded earring details and current(ish) articles about the unmarked graves.

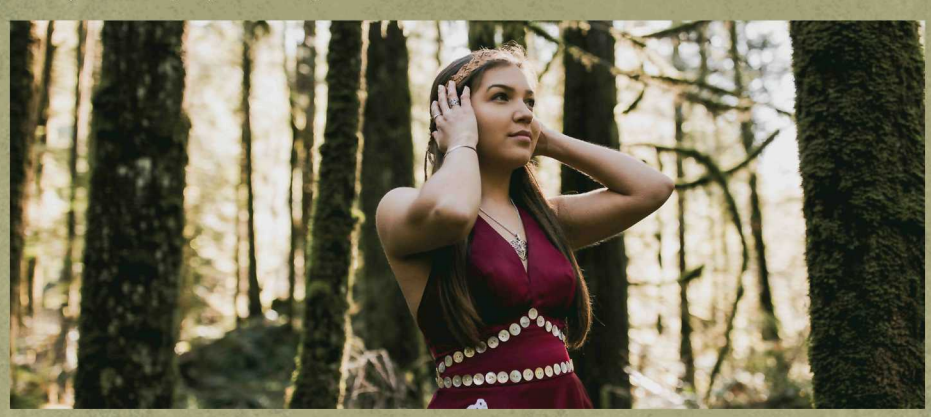
My great grandfather was a residential school survivor, but was also a very proud Catholic man who found solace in his relationship with God. I, on the other hand, did not grow up religious in any sense. I have had countless conversations with my grandmother about my anger towards the Church for what they have done to Indigenous communities and how it has influenced our family, but it is always met with a heavy sigh and a "it's more complicated than that." The bottom line is it is complicated. Of course, the anger towards the Church is completely justified, but this raises a lot of internal struggles for Indigenous peoples that grew up Catholic, which is what I want to emphasize in this piece — the beauty, the anger, the mourning and the re-emergence.

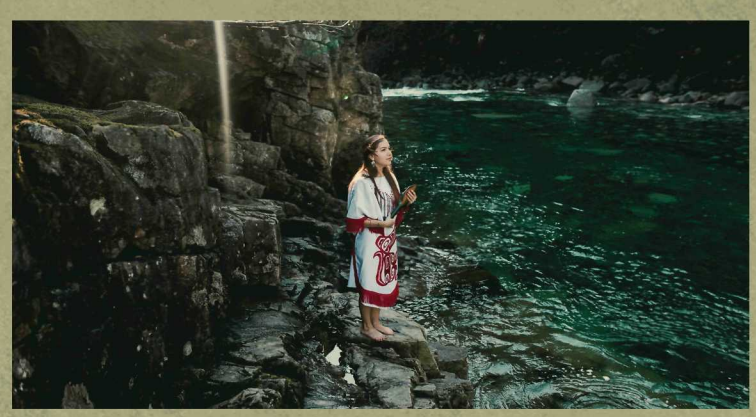


Haw'

Nasya Moore

Wearing my regalia after years of the pandemic keeping us from gathering and celebrating our culture together was a powerful experience. This dress and my rattle have been passed through my family. Both give me an opportunity to rekindle my connection to my culture, my crest, the water we depend on and my family members who are no longer with us. They remind me of who I am and where I belong, and I cannot wait for the day when we can remind each other through our language and songs.





WELCOME TO UBC //

The Dingbat: How to avoid looking like a first year

Thomas McLeod
Contributor

The dust has settled; you've formed your indestructible Jump Start friend group, you've switched out of engineering and you've come out as bisexual. How do you signal to friends, peers and complete strangers that you're not the same person you were three weeks ago?

Here's a quick cheat sheet on the little things you can do to affirm that you're not like other first years.

That damn lanyard!

VIHANGI PERERA / THE UBYSSEY

TAKE OFF YOUR LANYARD

When the upper-year goblins are walking around, peering into the faces of the class of '26, the first way for them to identify you as a first year is to see whether or not you have that teal UBC housing lanyard on.

Solution 1: Take the lanyard off.

Solution 2: Morph into a Residence Life Manager, the only person who would wear a lanyard. This requires turning 30 and saying "No skateboarding in the hallway!"

DON'T SWEAT THE SHIRT

I know you want to show everyone that you've escaped Winnipeg, but consider spending $70 on something more useful than that classic UBC crewneck, like a haircut or 70 Hilroy notebooks.

NO NOTES

Sure, many students have discovered the joys of Notion or Evernote or whatever, but any dirtbag fifth year will tell you all you need to take notes is a dog-eared sheaf of loose paper, a pen you stole from a bank and a dream.

SHIT-TALK YOUR HOMETOWN

I know you want to show everyone that you've escaped Winnipeg, but by the end of first year, you'll have formulated a list of your hometown's dubious qualities, and will have even deluded yourself into thinking it's better than Vancouver, just to fend off the shit-eating grins of people who grew up just outside Toronto.

EAT BUG PROTEIN

Land and Food Systems first years know this instinctually, but as you progress through your arts or science degree, you'll realize how doomed the world is in general and that you'd better get used to more sustainable forms of protein. So grab some chopsticks and get roachin'!

USING THE NAME OF THE OLD RULER*

We can't call him what we used to, so like with any ex, we must remain mature and stick only to nicknames, like 'ol' bowtie,' 'that traitor' or 'Mich.' Non-first years understand the pain of his departure and so should you!

**Obviously, monarchism is tacky at all levels of the student body.*

MAKE YOUR OWN COFFEE

In first year, you get easy access to swill-adjacent drip coffee from the dining halls, but consider pouring your effort into much more time-consuming forms of coffee artisanship, like the French press or cold brewing. A 2013 iteration of this article might have warned you against consuming 'mochachinowhatsits' but those are no longer the symbol of naïveté that they once were.

DON'T MENTION YOU WERE VALEDICTORIAN

Or student president, or whatever, because some doofus will turn around in front of you and say "Hey, me too!" eliciting a chorus of "Me too"'s all across Main Mall. I know you want everyone to know you were the best guy in Winnipeg, but save yourself the trouble of having to interact with the best guy from Edmonton.

KEEP YOUR GUITAR IN ITS CASE

Yeah, you can play "Wonderwall" or "Blackbird," but can you keep your case shut? The gentle sounds of strings across the quad is an important part of the university experience, but maybe just exercise self control once in a while just to see if it's possible.

The most important thing to remember is that firstyearness isn't just a mindset; it's a disease. So, start cold brewing and get well soon, sweaty!

The Dingbat is The Ubyssey*'s humour section. Send pitches or completed pieces to* blog@ubyssey.ca.

DATING //

Love Nest: Self love, sex toys and the secret store on campus

Shanai Tanwar
Columnist

"There's a sex store on campus?" hissed *Anita Dick*, my best friend, when I first told her the apparently unbelievably good news that such a place actually exists in the nether worlds known as UBC's campus.

Like every other interaction I've had with someone who regarded me as a god-sent oracle once I broke this news to them, I gave Anita the whole spiel.

"Yes, it's in the Life Building... in the Wellness Centre... you've been going to this school for four years, girl. How do you not know this yet?"

Sad as it might be that most campus baddies don't know about the toe-curling products offered at the Wellness Centre, the accessibility of the UBC Sexual Health Shop is one of its best selling points. Aside, of course, from selling sex toys, because who doesn't love a little boost in the bedroom?

Why the heck should you consider dropping money on one when you could just use your hand?

TENAYA TREMP / THE UBYSSEY

I first visited the sex store in first year as a starry-eyed seventeen year old who had never even seen a dildo in real life. I walked out of the store that day with my bright blue residence lanyard on, and a shiny pink vibrator which seemed to hold all the possibilities of eradicating the orgasm gap. Since then, Petite Pink has become a best friend, source of comfort and my most consistent partner during times both dry and wet.

When I began writing this article, I was curious to see if the vibes had changed since the last time I'd been there three years ago. Questions of inclusivity and diversity were what I was most interested in.

Enter Preet Kang, fourth-year psychology student and overall legend. Kang was generous enough to let me in on what their experience was at the Sexual Health Shop as a non-binary person.

"The [products] have good descriptions and the language isn't too gendered, which was good. The prices are super low too," said Kang. They also revealed to me the store has an online catalogue (hello, we love discretion!) which offers an inclusive selection of products — including lube, butt plugs, pregnancy tests and menstrual cups. Though the range offered is still limited, the store's nonetheless a cool diving board for someone just beginning to learn about the whole sex toy concept.

When I asked them about the general vibes at the store, Kang mentioned the staff is friendly and able to guide them through the products and their descriptions.

I thought the same when I went last week (for strictly journalistic purposes... of course). If you prefer your privacy, the employees give you the option to be the only person browsing in the area at that given time. Plus, they have a whole bunch of free condoms and other affordable contraceptives.

And sure, sex toys are great and affordable toys are even better! But, why the heck should you consider dropping money on one when you could just use your hand?

For an expert opinion, I consulted Dr. Kaitlyn Goldsmith, a UBC psychology professor who also works with couples as a relationship therapist and sexual health specialist.

When asked about the myths surrounding sex toys, Goldsmith shared couples often experience an anxiety that sex toys might somehow replace their role for their partners.

"This is really not the case. Often, it's pretty common for people to use sex toys in a really positive way with a partner, and it can actually improve communication because you have to communicate about your pleasure," she said. She also said toys can be a means of exploring pleasure creatively with your partner, which a lot of couples don't do.

I had to ask her what these mystical sex toys bring to the table for the single girlies like me. Here, Goldsmith shared the importance of self-intimacy as a means of knowing more about yourself.

"It can be an aid to figuring out what stimulation or techniques are most pleasurable to you. It can be a really empowering and self-exploratory thing that can give information about your own pleasure. You can use this [information] for yourself but also to communicate to a partner or future partner," said Goldsmith.

I don't know about you, but I don't need much more convincing than that.

Self care era, here I come!

Love Nest is The Ubyssey*'s dating column. Send topics you'd like covered to* s.tanwar@ubyssey.ca.

HEALTH AND WELLNESS //

A guide to accessing mental health services through the AMS/GSS Health & Dental Plan

Tiana Mori
Contributor

Taking the first step toward seeking counselling and therapy can be really intimidating if you're new to accessing these supports, especially in times of distress.

As someone who has been through this process, I've compiled some information that may help you or others seeking help to take that first step.

In my experience, it's best to read up on the AMS/GSS Health & Dental Plan to find a private therapist service in BC.

As of September 2022, if you are enrolled in the AMS/GSS Health & Dental Plan, you have coverage for private psychotherapy with most mental health professionals for up to $1,250 per policy year (September 1, 2022 to August 31, 2023). This can be equivalent to eight to ten sessions, depending on your therapist's session rate.

Before your first session, you need to ensure your practitioner has licensing covered by Pacific Blue Cross.

StudentCare outlines the following positions are coverable: "licensed psychologist, registered clinical counsellor, licensed psychological associate registered with the College of Psychologists of British Columbia, or have a Master's degree in Social Work." These will look something like 'PhD,' 'R.C.C.,' 'L.P.A.' or 'M.S.W.,' respectively, next to the therapist's name in the listing.

Once you've checked this, you know that you can be reimbursed for mental health services. Reimbursement for eligible mental health services is typically processed through an online claim submission.

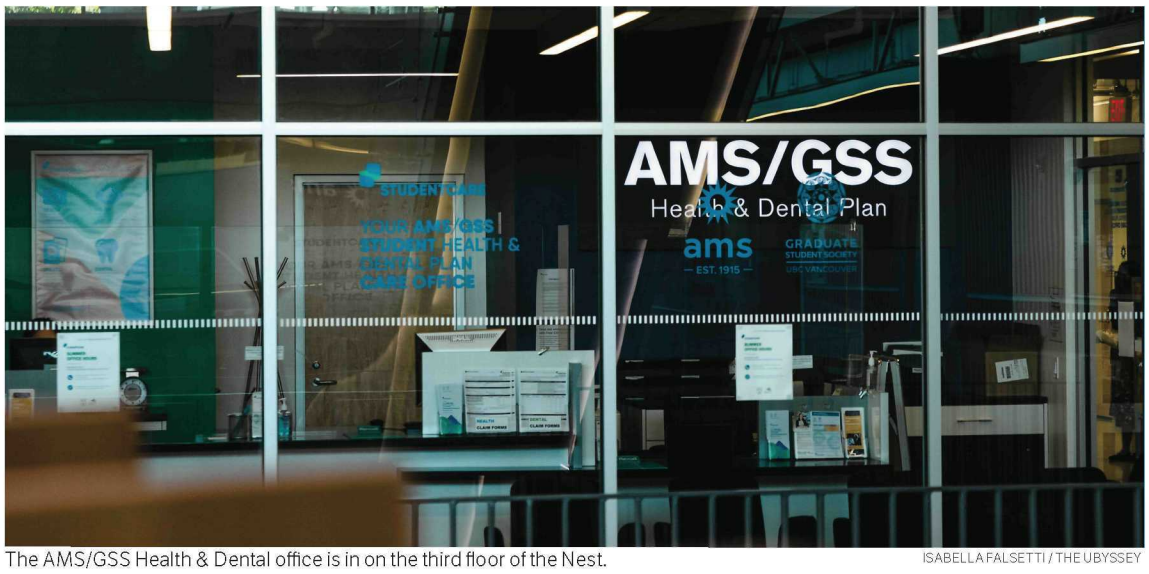
HOW TO SUBMIT A CLAIM

Here's the general process:

- Pay out-of-pocket directly to the therapist after the session
- Claim the amount you paid the therapist to the Pacific Blue Cross website.
- Receive reimbursement of the fees you paid out-of-pocket to your banking account.

Here's a step-by-step of how to submit a claim:

- Login to the Pacific Blue Cross member portal.
- For UBC students, your policy number is 43979, and the insurance ID number is your student number.
- Click the blue circle that says "Submit Claims & Forms."
- Enter the required info & submit your receipt.
- Enter your therapist's registration number. This is typically found on the receipt or consent forms you may have received. You can also ask your therapist if you cannot find it.
- The claiming process also asks you to submit a reason for your visit. It is sufficient just to enter "mental health." It is not necessary to go into detail about why you came in.
- Submit! You should receive reimbursement within five to ten business days, but this may differ depending on your payment option or banking institution.



The AMS/GSS Health & Dental office is in on the third floor of the Nest. ISABELLA FALSETTI / THE UBYSSEY

THE BOTTOM LINE

Payment and claiming are just one component of accessing private mental health services. There's also picking a therapist, learning what kind of therapy is best for you and of course, going to therapy. This guide is a snapshot into what accessing mental health services looks like as a student.

Wishing you the best in your mental health journey.

To learn more about accessing mental health supports, read the extended version of this article at ubyssey.ca/accessing-mental-health-services-2022.

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

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INDIGENOUS EXCELLENCE //

Leading Native American microbiologist shares what fish can teach us about our guts

Milligan-McClellan presented at the first-ever Life Science Institute Joint Seminar Series talk. COURTESY DR. KAT MILLIGAN-MCCLELLAN

Sophia Russo
Science Editor

A leading Native American microbiologist showcased her work on gut health at the first-ever UBC Life Sciences Joint Seminar Series on Friday, September 16.

Dr. Kat Milligan-McClellan, assistant professor of molecular and cell biology at the University of Connecticut, presented her work about how gut microbes vary between populations and how her lab developed a fishy model for studying microbial communities. In her talk titled "Adapting an evolutionary model organism for host-microbe studies," Milligan-McClellan described how her Inupiaq heritage informed her research, her lab's recent breakthroughs and her passion for advocacy and outreach.

RESEARCH ON WHAT MATTERS

Milligan-McClellan's academic career started with research on microorganisms that can cause infections and food poisoning. She developed an impressive research record, but when Milligan-McClellan would return home, the central question posed by her friends and family wasn't related to the latest microbe featured in her lab work.

"They said 'What's the point of all this education if you're not actually doing anything that can help people back home?' So when I was looking at my postdoc, I took those words to heart," she said at the seminar.

This ignited Milligan-McClellan's deep dive into diseases that impact Alaskan Natives and Native Americans more than other populations, like stomach cancer, obesity and diabetes.

These disorders that disproportionately affect Indigenous groups, including her own family members, can be linked back to the gut microbiota — a complex ecosystem in the bowels that relies on a balance between microbes and the body's immune system. Her work focuses on exploring how populations respond differently to the microbes living in their gut and what happens when these communities are changed.

SOMETHING FISHY

Individual differences in gut microbiomes and how that relates to physical differences is tricky to study due to a lack of experimental models that can be used to explore these research questions. Milligan-McClellan's answer to this knowledge gap can be found in the waters of her native Alaska: the three-spined stickleback.

Three-spined sticklebacks, a well-studied fish with high birth rates, share many pathways relevant to Milligan-McClellan's research with mammals. These fish are also special because they can be found in distinct populations across Alaska, which Milligan-McClellan's lab discovered harbour different communities of microbes.

These results are significant as they suggest external factors like diet and habitat can influence the gut microbiome. They also support three-spined sticklebacks as a promising model for studying how gut microbes vary by population.

As her previous study worked swimmingly, Milligan-McClellan partnered with a team of researchers to explore how the microbiomes of these unique populations evolve over time. In this collaboration, fish were introduced to new lake sites to see whether their microbiome would change to reflect their new environment.

"The really cool thing about this experiment is that we're doing this in collaboration with a huge team of people," she said. Her ten collaborators include experts in genetics, immunology, evolutionary biology and more. The team is currently awaiting data and, according to Milligan-McClellan "this is going to be a very cool experiment to follow over the next few years."

CENTRING COMMUNITY

Milligan-McClellan grew up in a predominately Alaskan Native community above the Arctic circle. She was introduced by seminar host Dr. Carolina Tropini as "an Inupiaq, runner, mother, microbiologist and beader," although not necessarily in that order. As the first Alaskan Native with a PhD in microbiology and one of the 115 Alaskan Natives with a PhD, Milligan-McClellan has used her academic experience to act as an advocate and educator within her community.

During her talk, Milligan-McClellan placed a special emphasis on her Inupiaq background. She took a moment to centre Indigenous land stewardship and encouraged listeners to access the Land Grab Connecticut project, an initiative dedicated to educating viewers about the land that the University of Connecticut sits on and the resulting impacts on Native communities.

According to her website, Milligan-McClellan has been an active member of multiple Native campus communities over the course of her academic career. Her advocacy work includes being an active member in Indigenous student groups, teaching introductory microbiology to Indigenous high school students to help prepare and empower them for college, spearheading a course at the University of Connecticut about how marginalized groups have been excluded from Western science and much more.

Milligan-McClellan is excited to expand her outreach efforts and welcome new graduate students and postdoctoral fellows to her team. Students interested in taking on 'fishy' projects of their own can contact her lab with their research area of interest and a copy of their CV.

This is the first seminar talk in the seminar series, sponsored by Leica Microsystems and Dr. Pieter Cullis. Talks are open to the UBC campus community and will be taking place every second Friday. Interested students can inquire for more information online.

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Notice of Election

Electoral Area A 2022 Election

NOTICE is given to electors of Electoral Area A, Metro Vancouver Regional District, for the 2022 – 2026 election term, the following persons have been nominated as candidates for the office of Electoral Area A Director with one (1) to be elected:

Surname	Usual Names	Address
GONZALES	**Jonah**	**265 E 20th Street City of North Vancouver V7L 3A6**
McCUTCHEON	**Jen**	**106 - 6328 Larkin Dr. Vancouver V6T 2K2**

Electoral Area A

Metro Vancouver acts as the local government and provides certain key services for Electoral Area A, which comprises the following unincorporated communities:

- University Endowment Lands (including Pacific Spirit Regional Park)
- University of British Columbia (including University Neighbourhoods)
- Bowyer and Passage Islands (in Howe Sound)
- Northern portion of Indian Arm
- Boulder Island and Carraholly Point (at the southern end of Indian Arm)
- West side of Pitt Lake
- Barnston Island (in the Fraser River, west of Golden Ears Bridge)
- Ocean Point, Strachan Point and Montizambert Wynd and lands along Howe Sound, located between the District of West Vancouver and Squamish-Lillooet Regional District (excluding the Village of Lions Bay)

Voting Opportunities

General Voting will be on Saturday October 15, 2022 from 8:00 AM to 8:00 PM at the following locations:

- Gleneagles Community Centre, 6262 Marine Drive, West Vancouver
- The Nest at UBC, 2306 & 2309 – 6133 University Boulevard, Vancouver
- University Hill School, 3228 Ross Drive, East Mall, Vancouver

Advance Voting will be from 8:00 AM to 8:00 PM at the following dates and locations:

Wednesday October 5, 2022
- Dunbar Community Centre, 4747 Dunbar Street, Vancouver

Saturday October 8, 2022
- Dunbar Community Centre, 4747 Dunbar Street, Vancouver

Mail Ballot Voting
Mail ballot application forms are available at metrovancouver.org (search: "2022 General Local Election") or by calling 604.432.6200. Completed Mail Ballot Voting Packages must be received by the Chief Election Officer no later than 4:00 PM on Friday October 14, 2022.

Elector Qualifications and Registration
Electors must register at the time of voting. You will be required to make a solemn declaration that you meet the following requirements:

- 18 years of age or older on general voting day (October 15, 2022);
- a Canadian citizen;
- a resident of British Columbia for at least 6 months immediately before the day of registration;
- a resident of Electoral Area A OR a registered owner of property in Electoral Area A for at least 30 days immediately before the day of registration; and
- not disqualified by the Local Government Act or any enactment from voting in an election or otherwise disqualified by law.

If you are a **non-resident property elector**, bring:

- 2 pieces of identification that prove your identity (1 must have your signature); and
- Proof of property ownership (certificate of title, tax notice, assessment notice or a current title search); and
- If there is more than one owner, written consent from the majority of the owners, including yourself, for you to register as the elector. Consent forms are available at metrovancouver.org (search: "2022 General Local Election").

Student in Residence
If you are a student living in residence at an educational institution in Electoral Area A, such as UBC, and are otherwise qualified to vote, then you can choose to vote in the Electoral Area A election or vote in your usual area of residence, but not both.

Acceptable Pieces of Identification include:

- BC CareCard or BC Gold CareCard
- BC Driver's License
- BC Identification Card
- BC Services Card (photo or non-photo)
- Canadian Passport
- Citizenship Card
- Credit card or debit card issued by a savings institution
- ICBC Owner's Certificate of Insurance and Vehicle License
- Ministry of Social Development and Economics Security Request for Continued Assistance Form SDES8
- Real property tax notice
- Social Insurance Number Card
- Student ID Card
- Utility bill such as cable, electricity, gas, telephone, water, etc.

Janis Knaupp, Chief Election Officer

SCAN FOR MORE INFO

WEEKEND RUNDOWN

Tyrer stars as UBC women's soccer secures comfortable win over UNBC

COURTESY CHRIS PIGGOTT / MACEWAN GRIFFINS

UBC women's soccer extended their lead at the top of the Canada West standings after a 2–0 victory over the University of Northern British Columbia (UNBC) Timberwolves at Masich Place Stadium in Prince George. UBC took the lead in stopage time of the first half, as Jacqueline Tyrer's outswinging corner was headed in by midfielder Ella Sunde for her second goal of the season. In the 63rd minute, Tyrer turned from provider to finisher, getting on the end of a Katalin Tolnai freekick at the back post to double the T-Birds' lead before the final whistle.

Second half hustle pushes UBC men's rugby over the Spartans

ISABELLA FALSETTI / THE UBYSSEY

The Thunderbirds bounced back from a loss last week to down crosstown rivals the Trinity Western Spartans 40–17 on Saturday afternoon at the Gerald McGavin UBC Rugby Centre. The Spartans opened the scoring with a field goal to gain the 3–0 advantage in the 22nd minute of play. UBC soon equalized, with a field goal of their own by second-year Max Abercrombie. The first try of the game by Matt Percillier gave UBC a 8–3 lead heading into the half. The 'Birds came out strong in the second half, scoring multiple tries to deliver a dominant 40–17 result in front of a full home crowd.

UBC women's rugby extends winning streak with victory over Pronghorns

DIANA HONG / THE UBYSSEY

UBC women's rugby (3–0) beat the University of Lethbridge Pronghorns (1–3) on Sunday afternoon at the Gerald McGavin Rugby Centre, continuing their winning streak with a score of 74–25. The T-Birds played a physical game with consistent rucking and tackles that got the crowd cheering. Contrary to the score, there were numerous missed passes and knock-ons from both sides. UBC head coach Dean Murten noted it was nothing that can't be remedied with practice. "Lethbridge put a bit of pressure on us. But we've got to be able to cope with that pressure better and it's something that we keep working on."

UBC men's soccer down Huskies 4–0 in Sunday matinee

RAVNOOP BADESHA / THE UBYSSEY

The UBC Thunderbirds continued their exemplary form to defeat the Saskatchewan Huskies 4–0 in an eventful Sunday game at the Thunderbird Stadium. After many tight chances, Eric Lajeunesse swiftly evaded the Saskatchewan defence and perfectly timed a close range shot into the net. UBC's second goal came just six minutes apart when Victory Shumbusho flicked a long ball from Thomas Gardner over Huskies keeper Slopinski's shoulder. The 'Birds saw more action in the second half when Asvin Chauhan and striker Sebastian Dekowski scored in quick succession to power UBC to a massive 4–0 win.

Dinos deliver first loss of the season to UBC women's soccer

DIANA HONG / THE UBYSSEY

The UBC Thunderbirds women's soccer team broke their eight-game win streak with a 2–3 loss to the University of Calgary Dinos on Sunday, September 25. Danielle Steer netted the first goal of the game off of an assist by midfielder Nisa Reehal. Despite the T-Birds' promising first goal, the Dinos quickly stole the lead with two goals scored in rapid succession. Within the first five minutes of the second half, Reehal answered back with a second goal for the 'Birds. After an exciting close game, Barlow clinched the Dinos' final goal, settling the scoreboard at 2–3 for the Dinos by the last whistle.

HOMECOMING //

Streakers, Regina Rams elude Thunderbirds in sold-out Homecoming game

Annaliese Gumboc
Contributor

Despite outgaining the Regina Rams in total yardage, the UBC Thunderbirds lost 21–13 to their conference rivals on Friday night in front of a sold-out Homecoming crowd at the Thunderbird Stadium. It was UBC's first fully in-person Homecoming game since 2019.

The Thunderbirds struggled to capitalize on key opportunities throughout the game, including a first-and-goal situation with one second left to play in the first half. In a pivotal play, UBC quarterback Garrett Rooker handed the ball off to running back Dane Kapler. Had Kapler found the endzone, the T-Birds could have entered the second half with a 17–14 lead; instead, they were down 14–10 at the start of the third quarter.

The T-Birds failed to take the lead at any point in the game. The first quarter was slow to start — the most exciting moment was a streaker taking the field and outrunning a pursuing UBC player. The T-Birds gained momentum in the second quarter, scoring twice with a 21-yard pass to tight end Lucas Robertson and a 32-yard field goal by Owen Brown.

Early in the fourth, a 22-yard field goal by UBC's Kieran Flannery-Fleck brought the score up to 14–13. But a few minutes later, Rams quarterback Noah Pelletier connected with Bennett Stusek for a 9-yard touchdown pass, extending Regina's lead to 21–13.

The Thunderbirds take the field. DIANA HONG / THE UBYSSEY

With less than two minutes left on the game clock, a 9-yard run by Rooker gave the Thunderbirds a second-and-one on Regina's 28-yard line. It seemed that UBC would get the opportunity to tie the game, but, under pressure, Rooker's next two passes fell incomplete and the T-Birds missed their chance.

After the game, UBC head coach Blake Nill mentioned missed opportunities.

"We're on the one-yard line, we don't get in, we have a couple opportunities to narrow the score, we missed a few kicks, we just didn't make plays when we needed to and that's been our issue all year," he said. "We're competing a lot of the time, but I think right now our team is struggling with the fact that we're not making the right kind of plays to win."

With the loss, UBC's record drops to 1–3, placing them at second-to-last in the Canada West conference. Meanwhile, the Rams improve to 3–1.

Next Friday, the Thunderbirds hope to end their three-game losing streak in Calgary against the University of Calgary Dinos.

RECENT RESULTS

TEAM	HOME	SCORE	AWAY
Friday, September 23			
Women's hockey	Montréal	0–1	UBC
Men's hockey	Alberta	5–3	UBC
Football	UBC	13–21	Regina
Women's soccer	UNBC	0–2	UBC
Saturday, September 24			
Women's field hockey	Victoria	1–2	UBC
Men's hockey	MacEwan	2–3	UBC
Men's rugby	UBC	40–17	TWU
Women's volleyball	Calgary	3–1	UBC
Women's hockey	McGill	0–3	UBC
Sunday, September 25			
Women's hockey	Concordia	1–2	UBC
Women's field hockey	Victoria	4–1	UBC
Women's soccer	Calgary	3–2	UBC
Women's rugby	UBC	74–25	Lethbridge
Men's soccer	UBC	4–0	Saskatchewan

LOCAL POLITICS //

Walking for Richmond City Council: Former T-Bird Evan Dunfee announces candidacy in municipal elections

DIANA HONG / THE UBYSSEY

"I want to help put us back on the right path towards our potential."

Diana Hong
Contributor

Former Thunderbird and 2020 Tokyo Olympics 50km walk bronze medalist Evan Dunfee is running for Richmond City Council in the October municipal elections.

"It's something that has been in the back of my mind for a really long time," Dunfee said.

Born and raised in Richmond, Dunfee has spent hours walking the streets of his hometown, witnessing and reflecting on the changes in the city.

Dunfee spent many of his 40km training walks discussing the issues of the city with his longtime coach and mentor Gerry Dragomir. These discussions helped him form the basis for his opinion on local politics.

It was when the pandemic hit that Dunfee got more interested in politics. Due to the pandemic, council meetings started to be accessible to the public on YouTube. He started to follow along with the meetings and dive into the city's staff and community reports.

"I just found it really exciting, which is a weird thing to say," Dunfee said. "I think it also comes from a place of [belief] in my city. I believe that Richmond has incredible potential. I think we are steering a little bit away from it right now. And I want to help put us back on the right path towards our potential."

Dunfee is running as an independent and if elected, hopes to work towards housing affordability, climate resiliency and active transportation.

FROM ATHLETICS TO LOCAL POLITICS

Dunfee values the skills he learned while racewalking and he hopes to apply them at the council table.

"I had a vision 20+ years ago to win the Olympic medal one day and I learned how to be very determined and committed towards that and set goals for myself and really chase that down," Dunfee said.

Dunfee said he learned all about teamwork, sportsmanship and integrity throughout his athletic career. Being team captain on several occasions for Team Canada has also taught him what it takes to be a leader.

"I'm not good at pumping my own tires, but I am internationally recognized for my integrity," Dunfee said.

At the Rio 2016 Olympics, Dunfee was bumped by Japan's Jirooki Arai in the last lap of the 50km walk to finish in fourth place. Team Canada successfully challenged, but Dunfee was moved back down to fourth after the Japanese launched a counter-protest. Despite the heartbreaking finish at the games, Dunfee showed great sportsmanship and earned bronze at his next Olympics in 2020.

In August 2022, Dunfee continued to push his excellence in his sport at the Commonwealth Games in Birmingham, UK. Dunfee broke his own 10,000m national record as well as the Commonwealth Games record — finishing first with 38 minutes, 36.37 seconds.

NOT THE END OF HIS RACEWALKING ERA

Running for a spot at the council table does not mean Dunfee is retiring from his sport. Although Dunfee admits that training may be different since he "wouldn't be gallivanting on training camps and all the different races," he looks forward to preparing for Paris 2024.

"Our world championships and the next Olympics happen to fall in a council summer break ... so [I] certainly would still be able to do the training and the big races every year," Dunfee said.

His motivation behind the decision to run for City Council is Councillor Michael Wolfe, who is also a full-time high school science teacher. "I figured, if he can do that, then racewalking is easy," Dunfee laughed.

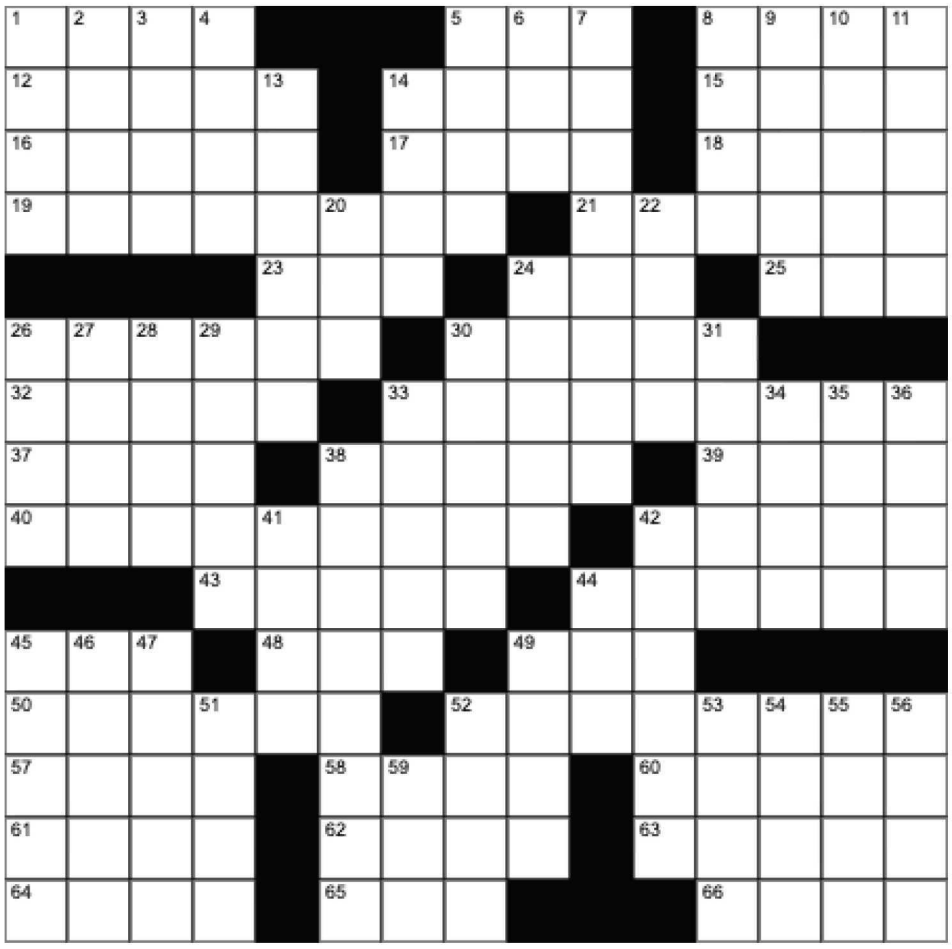
Reflecting back on training camps and his career so far, Dunfee said all the memories and friendships he made along the way have inspired him to continue this new adventure in local politics.

"I look at my closest teammates who have retired and one of them is now a lawyer in Vancouver and the other one's doing his PhD at Harvard. They've accomplished so much by taking what they've learned in sport and applying it into their outside life, if you want to call it that," Dunfee said. "I look to them as huge motivations and inspiration for what I might be able to do in my community going forward."

MARKETPLACE

Launching
Monday, September 26
at *ubyssey.ca*

Ubyssey Marketplace is a platform for UBC community members to advertise, buy and sell or give away. Whether it's bikes, textbooks, housing or anything else a student may need, Ubyssey Marketplace is a hub to connect the buyers and sellers.



CROSSWORD PUZZLE

ACROSS

1. Designer Christian
5. Hog
8. Problem with L.A.
12. Ancient Greek colony
14. Phnom ___
15. Waterfall
16. Toss
17. ___ uncertain terms
18. Between ports
19. Climber's find
21. Unbowed
23. Wonderment
24. Winter woe
25. Map lines: Abbr.
26. Taoism founder
30. You ___ mouthful!
32. Heron, usually white
33. Sagacious
37. Extent of space
38. Burn down
39. Contest, ethnicity
40. Acquittal
42. Draw a bead on
43. Pivot
44. 1998 Masters winner Mark
45. Sprechen ___ Deutsch?
48. Ring decision
49. Nuke
50. Value
52. Early fruit
57. Prefix with meter
58. Knowledgeable about
60. Rustic
61. Boxer Max
62. Must've been something ___
63. Related on the mother's side
64. Barrie baddie
65. Pampering, briefly
66. Dagger

DOWN

1. Course
2. Kansas city
3. Getting ___ years
4. Lemon peel
5. Remain unsettled
6. Roadhouse
7. Monstrous
8. Thick piece
9. Skinflint
10. Without interruption
11. No-see-ums
13. Struck by overwhelming shock
14. Fortune
20. See red?
22. Unclothed
24. Sham
26. Heavy metal
27. Farming prefix
28. Raw materials
29. Instruct
30. Beetle Bailey's boss
31. Eagle's home
33. Renounce
34. ___ Camera
35. Tenn. neighbor
36. "___ grip!"
38. Maillot
41. Strikes
42. Current unit
44. Boat propeller
45. Swedish imports
46. Quran religion
47. Lauder of cosmetics
49. Writer Grey
51. De Valera's land
52. Campus military org.
53. Flows
54. Oil-rich Islamic theocracy neighboring Iraq
55. Crown of the head
56. Gen. Robert ___
59. Good buddy;

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SUDOKU

		5				4		
	8	7				3		
			8		4			
3					6			8
		9	4		8	7		
1			2					9
			3		7			
		4				1	6	
		1				9		

			9		5			3
	9	5	7					
		1					6	
3					2			6
		4				8		
2			6					4
	7					5		
					3	1	2	
8			2		9			

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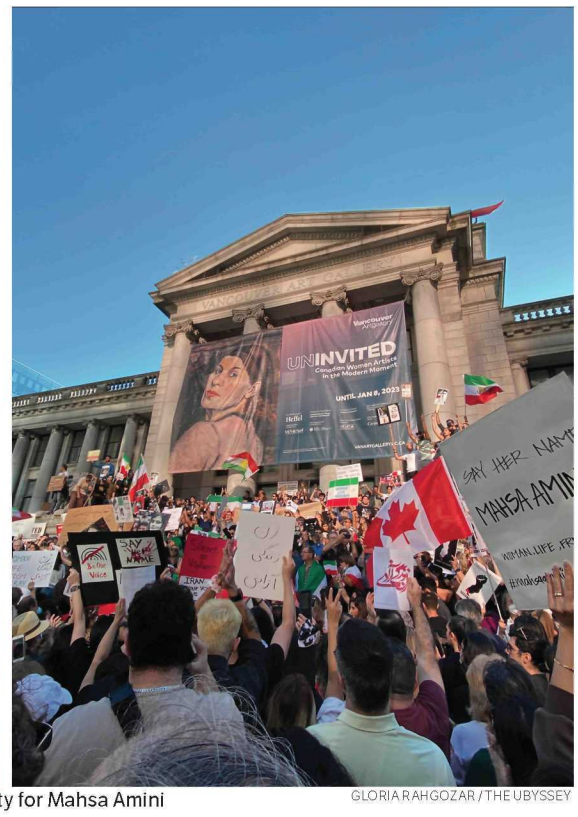
LOUDER THAN WORDS



Protestors gather at the Vancouver Art Gallery to show solidarity for Mahsa Amini

GLORIA RAHGOZAR / THE UBYSSEY

SOLUTIONS — SEPTEMBER 13

Crossword

S	C	H	M	O		S	A	S	H	A		C	T	S
S	H	E	A	R		A	M	A	I	N		R	E	A
T	E	P	E	E		N	A	S	T	Y		I	N	T
				L	S	A	T	S		H	U	S	S	Y
A	M	N	E	S	I	A			T	O	P	P	E	R
L	E	A	V	E	N		S	L	E	W	S			
O	N	M	E		G	R	A	I	L		T	S	A	R
E	D	E	N			I	B	N			R	O	M	E
S	S	S	S		B	L	E	E	D		E	L	A	N
			O	S	I	E	R		A	G	A	T	H	A
L	E	A	N	T	O			G	I	N	M	I	L	L
E	L	E	G	Y		A	R	E	S	O				
M	E	R		L	A	N	C	E		M	I	A	M	I
A	M	I		E	V	I	A	N		I	S	L	E	S
N	I	E		S	A	L	S	A		C	A	S	T	E

Sudoku #1

6	8	7	2	5	9	3	1	4
9	2	3	6	1	4	5	7	8
4	1	5	8	7	3	2	9	6
5	4	1	3	6	8	9	2	7
3	7	6	9	2	5	4	8	1
8	9	2	7	4	1	6	5	3
1	6	8	5	3	2	7	4	9
7	5	9	4	8	6	1	3	2
2	3	4	1	9	7	8	6	5

Sudoku #2

5	1	7	4	8	3	2	9	6
3	9	2	5	6	1	4	7	8
4	8	6	7	9	2	3	5	1
8	2	3	6	1	9	5	4	7
1	7	5	3	4	8	6	2	9
6	4	9	2	7	5	8	1	3
2	6	4	9	3	7	1	8	5
9	5	8	1	2	6	7	3	4
7	3	1	8	5	4	9	6	2

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