<table>
<thead>
<tr>
<th><strong>APPLICANT INFORMATION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Name:</strong> Les Malbon</td>
</tr>
<tr>
<td><strong>Faculty:</strong> Education</td>
</tr>
</tbody>
</table>

**Working Title of Proposed Leave** (This title will be used in the reporting of successful leaves. Please keep within 20 words or less.) **Curriculum Reorientation for the Faculty of Education:** Sustainability & Peace, Indigenizing the Curriculum, and Human Health & Wellness

Have you had a leave previously?  
- Yes  
- No

If YES, please:
1) indicate dates of previous leaves (from 2003/01/01 to 2003/06/30)
2) provide documentation with your application that will help the Committee understand the nature and outcome of the previous leave(s). See attached addendum

<table>
<thead>
<tr>
<th><strong>DURATION OF LEAVE</strong></th>
</tr>
</thead>
</table>

**Important Note:** An awarded leave must be taken within the stipulated academic year. A deferral will only be considered in the most exceptional and unforeseen circumstances.

I prefer:  
- A Full-Year Assisted Leave
- A Half-Year Assisted Leave

**FULL-YEAR** (2 semesters; 12 months)

- Fall Start (Aug 1/2019 – Jul 31/2020)
- Spring Start (Jan 1/2020 – Dec 31/2020)

If a full-year leave is not available, would you consider accepting a half-year leave?  
- Yes  
- No

If YES, you must include a clear, realistically scaled-down proposal.

**HALF-YEAR** (1 semester; 6 months)

- Fall (July 1/2019 – Dec 31/2019)
- Spring (Jan 1/2020 – Jun 30/2020)

<table>
<thead>
<tr>
<th><strong>REMUNERATION</strong></th>
</tr>
</thead>
</table>

Vancouver Island University policy requires disclosure of the amount of any remuneration received from external sources during the course of the leave, per section 12.4.4 of the VIUFA Collective Agreement.

Will you be receiving any personal compensation during the course of the leave?  
- Yes  
- No

If YES, please indicate the amount: $
**ABSTRACT.** Please summarize your proposal in 250 words or less. The Committee recommends you keep this abstract for future reference as you will be asked to include it in your final report.

Curriculum Reorientation for the Faculty of Education: Sustainability & Peace, Indigenizing the Curriculum, and Human Health & Wellness

The focus of my leave is to facilitate interdisciplinary curriculum reorientation in Sport, Health & Physical Education, and Education Departments, as well as collaboration with the Office of Aboriginal Education & Engagement in the areas of Sustainability & Peace, Indigenizing the Curriculum, and Human Wellness.

**Sustainability & Peace**
I recently completed an international diploma on Education for Sustainable Development at the United Nations-mandated University for Peace, Costa Rica. As a result of my studies, I will be hosted as a visiting scholar to lecture, collaborate, and do research at UPEACE.

**Aboriginal Worldview & Perspective: Indigenizing the Curriculum**
I have been invited to study with the Indigenous Elders Medicine Collective Garden at UBC Farm. This supports the development of similar gardens at VIU in consultation with VIU Elders. During the leave I will engage with Indigenous Elders in both Mexico and Costa Rica to experience culture, tradition, scholarship, and teaching and learning strategies to support the indigenization of curriculum at VIU.

**Human Health & Wellness**
Recent Canadian epidemiological studies on university student mental health, report significant increased levels of loneliness, anxiety, and depression. Research on meditation and mindfulness practices has proven that these are effective strategies for decreasing mental health challenges. Based on my studies of over 15 years, with Tibetan Lama Geshela Yong Dong Losar, I have been invited to study with him at his centres in Costa Rica, and Columbia. This study would involve extensive meditation and mindfulness training that I can include in Health & Wellness curriculum.
Les Malbon, Professor Sport Health & Physical Education
Highlights nature and outcome of previous leave
from 2003/01/01 to 2003/06/30

- Curriculum design with Norm Olenick at Langara College. This included dynamic framework for Applied Leadership and Coaching Studies at Malaspina University College.
- Research and comparative review of sports systems in Australia, Including State Academies and Universities in New South Wales, Western Australia, Victoria, Queensland and the Australian Institute of Sport in Canberra.
- Adjunct appointment to position of Senior Lecturer at James Cook University Queensland. This included collaborative research with Mr. Paul Travis at James Cook University.
- Completed paper on comparative sport systems with Chris Graham Sport Ministry, BC. Completed curriculum design in readiness for physical education minor or Applied Leadership and Coaching Studies at Malaspina University-College.
- Examination of state and national policy for Aboriginal Health Australia with subsequent report to Tillicum Lelum: Aboriginal Friendship Centre Board of Directors, as an executive board member, Nanaimo, BC
- Completed Level II Course Conductor Training International Coaching School
Curriculum Reorientation for the Faculty of Education: Sustainability & Peace, Indigenizing the Curriculum, and Human Health & Wellness

Curriculum Reorientation
The focus of my leave is to facilitate interdisciplinary curriculum reorientation in Sport, Health & Physical Education Department (SHAPE), and Education Faculty, in collaboration with the Office of Aboriginal Education & Engagement in the areas of Sustainability & Peace, Indigenizing the Curriculum, and Human Health & Wellness.

Sustainability & Peace
In 2018 I completed an international diploma on Education for Sustainable Development at the United Nations-mandated University for Peace, San Jose, Costa Rica. As a result of my studies, I have been invited as a visiting scholar to lecture, collaborate, and do research at UPEACE. After completing the diploma I realized that this body of work is essential for the health and well-being of future generations and must be a foundational course of study in all public education (K-20). In the UNESCO, Education for Sustainable Development Learning Objectives it states:

The momentum for ESD has never been stronger. Global issues – such as climate change – urgently require a shift in our lifestyles and a transformation of the way we think and act. To achieve this change, we need new skills, values and attitudes that lead to more sustainable societies. Education systems must respond to this pressing need by designing relevant learning objectives and learning contents, introducing pedagogies that empower learners, and urging their institutions to include sustainability principles in their management structures...Education is both a goal in itself and a means for attaining all the other SDGs. It is not only an integral part of sustainable development, but also a key enabler for it. That is why education represents an essential strategy in the pursuit of the SDGs.

During my time in Costa Rica I will be collaborating with Mirian Vilela, Executive Director, Earth Charter Center for Education for Sustainable Development at the University for Peace and Dr. Sam Crowell, Professor Emeritus, California State University, San Bernardino, Affiliate Faculty, UNESCO Chair for Education for Sustainable Development with the Earth Charter, UPEACE; on pedagogical reorientation of curriculum to include a broader focus on Sustainability & Peace studies, Indigenization of Curriculum, and Health & Human Wellness. This research will be invaluable in developing new curriculum in conjunction with VIU colleagues Dr. Teresa Farrell and Dr. Nadine Cruickshanks. I will also conduct further research at Earth University in the province of Limon; this institution has a holistic vision of higher education and is a recognized international model of transformational and experiential education in sustainability. This research will support VIU’s institutional position on achieving sustainability in accordance with the UN Sustainable Development Goals for 2030. Research in Costa Rica at UPEACE, Earth University and indigenous communities will take place January-February 2020.

Indigenizing the Curriculum: Aboriginal Worldview & Traditional Knowledge
In the VIU Academic Plan Promoting & Celebrating Access to Excellence, approved by Board of Governors, February 23, 2017, it states clearly that VIU must engage in the dialogue related to Indigenous Rights and Title, and the Truth and Reconciliation
Commission of Canada Calls to Action and the United Nations Declaration on the Rights of Indigenous People. The plan further states that there is a need for new curriculum development based on this dialogue.

As part of new curriculum development, I am excited to partner with one of my mentors Dr. Lee Brown, Indigenous Scholar, to study with the Indigenous Elders Medicine Collective Garden at UBC Farm. This collaboration will support the development of similar gardens at VIU in consultation with VIU Elders; this project is a continuation of my 25-year study with Snuneymuxw Elder Dr. Ellen White, on indigenous ethnobotany and epistemology. These teaching gardens will serve as outdoor classrooms on campus for interdisciplinary study. During the leave I will engage in traditional knowledge with indigenous elders in both Mexico and Costa Rica to experience culture, tradition, and place based learning to support the indigenization of curriculum at VIU. Dr. Sam Crowell has referred me to both the Huerta people near UPEACE and the Bri Bri people near the Caribbean. In Mexico I have the opportunity to go on sacred pilgrimage with the Huichol people from the Sierra Madre Occidental range.

In Social Sciences and Humanities Research Council (SSHRC) Merit Review of Indigenous Research, Traditional Knowledge is usually described by Indigenous peoples as:

holistic, involving body, mind, feelings and spirit” (p.108). Indigenous knowledge is rarely acquired through written documents, but, rather, a worldview adopted through living, listening and learning in the ancestral languages and within the contexts of living on the land. Engagement with elders and other knowledge holders is acknowledged as valued and vital to knowledge transmission within the context of Indigenous Peoples living in place. Both Indigenous knowledge content and processes of knowledge transmission are, thus, embedded in the performance of living, including storytelling, ceremonies, living on the land, the use of natural resources and medicine plants, arts and crafts, singing and dancing, as well as engagement with the more than human world.

These diverse traditional knowledge processes will significantly deepen my understanding of indigenous epistemologies through lived experience in an authentic cultural emersion. Further development of indigenization of curriculum will support VIU’s reputation as a leading advocate for reconciliation in Canada. Indigenous Research in Mexico with Huichol people will take place March/April 2020 and at UBC Farm with the Elders Medicine Collective in May/June 2020.

**Human Health & Wellness**

The World Health Organization defines health as: "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Recent Canadian epidemiological studies on university student mental health report significantly increased levels of loneliness, anxiety, and depression. The Student Health Survey Report, National College Health Assessment was based upon 43,780 students in 41 different schools. It is well documented that there is a link between loneliness, anxiety, and depression and physical illness. I am witnessing rising student mental health issues in all my courses, in particular Human Wellness (PHED 351) and Health of the Human Spirit (PHED 451). It has changed my pedagogy for these courses and created a significant need for curriculum reorientation.
Research on meditation and mindfulness practices has proven to be effective strategies for decreasing mental health challenges. Based on my studies of over 15 years, with Tibetan Lama Geshela Yong Dong Losar, I have been invited to study with him at his centers in Costa Rica, and Columbia. This study would involve extensive meditation and mindfulness training that I will include in Health & Wellness curriculum to teach and support positive student health practices. Research with Lama Geshela Yong Dong Losar will take place in April 2020.

My three primary areas of research: Sustainability & Peace, Aboriginal Worldview & Traditional Knowledge: Indigenizing the Curriculum, and Human Health & Wellness are all interrelated. The connection between these research areas reinforces a growing body of knowledge that is influencing curriculum in higher education to create a global sustainable community.

References:


Les Malbon  
Curriculum Vitae & Scholarly Activity  
Department of Sport, Health & Physical Education, Vancouver Island University

Education

M.Ed. Western Washington University, Bellingham, WA
B.Ed. University of Victoria, Victoria, BC

Recent Certifications

- Earth Charter Education for Sustainable Development  
  International Diploma, University for Peace, San Jose, Costa Rica  
  2018
- Permaculture Design Course, OUR Ecovillage, Shawnigan Lake, BC  
  2016

Current Academic Position

- Professor of Sport Health & Physical Education, Vancouver Island University (previous Academic Position Instructor Malaspina College and Malaspina University College)  
  1979–present

Employment History

- Athletic Director Student Services, Malaspina College  
  1984–1993
- Campus Recreation Director, Malaspina College  
  1979–1983

University Teaching Experience & New Curriculum Development (NCD)

- Physical Activity & Local Food Production (NCD)
- Health of the Human Spirit (NCD)
- Special Topics First Nations Studies: First Nations Health (First Nations Studies Program) (NCD)
- Physical Growth & Motor Development (NCD)
- Applied Leadership in Physical Activity (NCD)
- Human Wellness (NCD)
- Active Health
- Physical Education Methods (Faculty of Education) (NCD)
- Sport, Leisure & Physical Activity in Canadian Society (NCD)
- Physical Education Lifestyle and Analysis Courses
• Directed Study in Physical Education
• Instructional Strategies for Sport & Physical Education

Professional Presentations: Aboriginal Knowledge & Perspectives

• Panel Member/Co-facilitator Embracing Traditional Plant Knowledge in Snuneymuxw First Nations Territory workshop 2018
• Facilitator KAIROS Blanket Exercise program workshop, KAIROS Canada, Penelakut Island & Galiano Island Elementary School grade 6/ students, Penelakut Island 2015
• Co-facilitator Gathering of Haida & Snuneymuxw Elders, Shq’apthut 2015
• Facilitator VIU Indigenous Health & Wellness Seminar(s), Shq’apthut/Services for Aboriginal Students 2015-2017
• Facilitator Traditional Indigenous Food Gathering, Penelakut Health, Penelakut Education, VIU, and UVIC 2010

Professional Presentations: Human Health & Wellness

• Facilitator Love & Happiness workshop VIU Education Department, year 5 pre-service teachers 2018
• Guest Professor Clemente Course in the Humanities (free Humanities course for marginalized students) 2016-2018
• Facilitator Mental Training for community sports programs and PacificSport, Vancouver Island 2008-present
• Co-Chair with Dr. Rachel Cooper Department of Psychology, VIU Interdisciplinary Consciousness Group (exploring consciousness, spirituality, and wellness). Hosted a variety of guest speakers, films (World Bridger Series in conjunction with Dr. Colleen McVeigh, Department of Anthropology), workshops, and supported an active Student Consciousness club 2008-present
• Keynote Address: Community Wellness & The One Hundred Mile Diet, Powell River, School District #47 2008

• Co-Facilitator with SHAPE faculty, and Sport for Life Canada, Fundamental Skills Workshop for Elementary Age Children, for Education and SHAPE students, VIU Nanaimo Campus 2008-present

**Professional Presentations: Sustainability & Peace**

• Presenter (pending Nov 6) Global Engagement Travel Grant “Story Slam”, International Education in collaboration with WorldVIU Days and the Scholarship, Research, and Creative Activity Office. 2018

• Co-Facilitator with Dr. Wendy Simms, Faculty of Education & Tina Walker, Teacher School District #68, Ecoliteracy for Pre-service Teachers workshop: The Earth Charter & Education for Sustainable Development as a Meta Curriculum, year 6 pre-service teachers, VIU Faculty of Education, Morecroft Park, Nanoose 2018

• Co-Facilitator with Dr. Nadine Cruickshanks Faculty of Education, United Nations Global Sustainable Development Goals for pre-service teachers 2017

**Professional Service**

• Mental Training consultations and program delivery with sport agencies and athletes 2008-present

• Mental Training for High Performance Athletes, VIU Gymnasium/Student Activities Department 2008-present

**Professional Development**

• VIU International Education Global Engagement Grant, Intercultural Professional Development for Internationalization of Curriculum, University of Peace, San Jose, Costa Rica 2018
• Building Bridges Through Understanding The Village, Kathi Camileri & Meredith Martin, Ministry of Children and Family Development, K'omox Big House, Comox 2016
• Permaculture Design Certificate program (2 weeks) O.U.R. Ecovillage, Shawnigan, BC 2016
• Understand the Village: Creating Cross Cultural Connections, Cowichan Social Planning & Hiiye’yu Lelum House of Friendship, Duncan 2015
• Developing Emotional Competency in the Classroom, 4-day workshop, Dr. Lee Brown, UBC, Indigenous Scholar. VIU Office of Aboriginal Engagement & The VIU Consciousness Group 2015
• Indigenous Writer in Residence-Richard Wagamese, 5-day writing workshop, VIU Office of Aboriginal Engagement, Na’tsa’maht Shqwaluwun Intercultural Learning & Teaching 2014
• VIU Community Dialogue to Examine Media’s Role in Indigenous Reconciliation, Ka Na Ta Dialogues series, Seeing Each Other: The role of media and Indigenous voices in reshaping relationship, Assembly of First Nations (AFN) and the Gathering Voices Society 2014
• The Goals of Life, Culture in the Classroom, Dr. Martin Brokenleg, School District #61, 62, 63, Victoria, BC 2013
• Resilience & Trauma & Relationship, Dr. Gordon Neufeld, Alternative Education Association, Vancouver, BC 2013
• Truth and Reconciliation of Canada, National Event, September 23, Vancouver, BC & Walk for Reconciliation, Namwayut- We Are All One 2013
• Truth and Reconciliation Commission of Canada, Regional Hearing, Victoria, BC 2012
• Vancouver Island Treaties Conference, 2-day, Co-hosted with Snuneumuxw First Nation & VIU 2012
• Indigenous Food Network Vancouver Island and Coastal Communities Indigenous Food Network, Vancouver Island, 2010
UVic and Tsawout First Nation

• Awakening the Virtues Within workshop, The Virtues Project International Association, Chemainus, BC 2009

• Herbal Healing Collective Practical Herbalist Certification 6-month course with Don Olssin Master Herbalist, Victoria, BC 2008

• Community workshop(s) on meditation and mindfulness training at Sherab Chamma Ling, Tibetan Bon Buddhist Centre, Courtenay, BC with Lama Gehse YongDong Losar 2008-present

University Service (Committees, Offices Held)

• Masters Thesis External Committee Member Faculty of Management Recreation Tourism 2018

• VIU Faculty of Education Curriculum Reorientation Cowichan Campus Committee 2018

• VIU Faculty of Education Sustainability Committee 2017-present

• VIU Faculty of Education Outdoor Classroom Committee 2017-present

• VIU Interdisciplinary Native Plant Initiative Committee 2016

• VIU Well Being Framework Steering Committee 2015-present

• VIU Sport Health & Physical Education Department Hiring Committee 2011

• Chair, Kwalasulwut Garden Rededication Committee 2010

• VIUFA Executive Elections Committee 2010-2018

• Member/Chair VIUFA Leave Committee 2008-2011

Community Service

• Farm to School BC (Public Health Association of BC) committee member 2018

• Five Acres Community Farm Project, Harewood, committee member 2007-present

• Mid Island Community Development Coop, Projects: Bayview Elementary School Food Forest, Cat Stream Restoration 2017-present
• Nanaimo Sport Hall of Fame Selection Committee 2010–present
• PacificSport Vancouver Island, Executive Member & Chair 2008–2014
• Nanaimo Community Hospice Volunteer for Client Care/Volunteer for Client Care Training (40 hours) 2008
• Mental Training/Sport Psychology for community sport 2008–present
• Fire keeper, Tilicum Lelum Aboriginal Friendship Centre cultural wellness program: Traditional Sweat Lodge 2008–present
VIUFA Leave Committee Chair  
c/o Lyn Locke  
Research & Scholarly Activity Office  
Building 305, Room 446  
Vancouver Island University  
900 Fifth Street  
Nanaimo, BC V9R 5S5  

Dear Lyn Locke:  

**RE: Leave of Absence Request for Les Malbon**  

Les Malbon has applied for a Leave of Absence for the spring of 2020. I am in full support of his application.  

In checking with our SHAPE Chair, I have confirmed we are in a position to cover the classes that Les would normally teach. He has assisted us in locating possible sessional instructors as his replacement.  

On the scholarly merit of the proposed leave, Les has been highly involved with colleagues within our faculty in writing new curriculum for preservice teachers and SHAPE teachers at VIU. Some of this will be rolled out on Sept 04, 2018 at Moorecroft Regional Park where we have students participating in a full-day workshop. Les has been completing an international diploma in Sustainability and Peace studies from the University for Peace in Costa Rica. He has been welcomed back to do further study as a visiting scholar for spring of 2020. Les plans to submit a paper for an upcoming international conference at that University. This will also afford him the opportunity to dialogue and study there with the indigenous community.  

This Leave provides clear benefit to VIU students. Les is deeply involved in the team that is engaged in reorientation of curriculum for the Cowichan campus and sees sustainability, indigenous pedagogy and health and wellness studies as essential additions in this new and exciting matrix. His proposed leave would also include study with Lama Geshela Yong Dong, a Tibetan monk who has international centres in Canada, Costa Rica and Columbia. He has been invited to study with him in Costa Rica and Columbia. This study would involve meditation and mindfulness training in his tradition. Currently Les has been using some of the Lama’s teachings for students in PHED 451 Health of the Human Spirit.  

Les plans to work closely with Dr Lee Brown, an indigenous scholar at UBC, who is in charge of the Indigenous Medicine garden at that campus. He will study with other indigenous elders of note.
which potentially could lead to the development of similar gardens at VIU. Currently, Les is working with Dr. Theresa Farrell, VIU elders and Education department faculty, developing an outdoor classroom, as well as an expansion of Kwulasulwut garden and an indigenous garden at the gathering place.

Finally, should the leave be granted, Les will have an opportunity to participate in a sacred pilgrimage with Mexican Indigenous elders in Mexico in 2020. This will be a full ceremony process which fits well with his PHED 451 class.

I think this proposal represents a rich leave promising a positive impact for our VIU community.

Sincerely,

David Paterson, Ph.D.
Dean of Education & Sport, Health, and Physical Education
Vancouver Island University
900 Fifth Street
Nanaimo, British Columbia
V9R 5S5
(250) 740-6220

With respectful acknowledgement that Vancouver Island University is located on the unceded traditional territories of the Coast Salish Peoples. VIU appreciates and respects the lands of Snuneymuxw First Nation, Tla’amin First Nation, Cowichan and Snaw-naw-as First Nation
San Jose, 31 August 2018

Dear Lyn Locke,

I am writing in my capacity as Executive Director of the Earth Charter Center for Education for Sustainable Development at the University for Peace, in Costa Rica, to support Les Malbon request to come to the University for Peace as a visiting scholar in the Spring Semester of 2020.

I know Les Malbon as he participated in our Online Programme on Education for Sustainable Development in 2018, where his extensive experience and insights enriched the programme and the experience for all participants. As a result, he will receive an international Diploma on Education for Sustainable Development.

The research that Prof. Malbon will be focusing on during his stay at our Center in the University for Peace - curriculum development for sustainability and peace - is highly valuable for us and for many others.

In this sense, I want to confirm our willingness to host Prof. Les Malbon as visiting scholar at the Earth Charter Center for Education for Sustainable Development at the United Nations-mandated University for Peace in San Jose, Costa Rica.

The position as visiting scholar will be on a non-remunerated basis, and Prof. Malbon will be responsible for covering all the expenses related to this experience, including health insurance.

If you should have any further questions, please do not hesitate to contact me at mvilela@earthcharter.org.

With sincere regards,

Mirian Vilela
Executive Director
Earth Charter Center for Education for Sustainable Development at the University for Peace

* Ex-officio
Sherab Chamma Ling
Tibetan Bön Buddhist Centre
407A 5th St. at England, Courtenay, B.C.
(B.C. Society # S-49873)

Lyn Locke, VIUFA Leave Committee Chair
Scholarship, Research and Creative Activity Office
Vancouver Island University, Nanaimo, BC V9R 5S5
August 26, 2018

Dear Lyn,

I welcome this opportunity to write a support letter for Les Malbon’s application for scholarly leave at Vancouver Island University. Les has shared with me the projects he has put into place for this leave and it appears to be a very auspicious opportunity for him and the professional community in which he works.

I am the resident Lama at the Sherab Chamma Ling Tibetan Bon Buddhist Center in Courtenay. The indigenous spiritual tradition of Tibet, Bön is among the world’s most ancient, unbroken spiritual lineages, tracing its oral history back 18,000 years. While the center is in the Yungdrung Bön tradition of Buddhism, all races, beliefs, teachers and practitioners are welcome. I also teach internationally in many countries including new centers in Costa Rica and Columbia.

Les has been an ongoing student of mine for over fifteen years. I have also been happy to support and be a guest lecturer in his Wellness & Spirituality classes in the Sport, Health, and Physical Education Department. He has supported me through the VIU Consciousness group to bring workshops to the campus for students, staff, and community. These workshops have included topics such as: Loving Kindness, Living Mindfully, Traditional Tibetan Bon Meditation, Tonglen Meditation, Ten Paramita’s, Six Actions, and a number of other Tibetan Bon Buddhist Teachings.

I am encouraged by Les’ study in Sustainability and Peace studies from the University of Peace and have given him a formal invitation to do extended study with me in Costa Rica and Columbia. The focus of his training would be on the teachings of Mindfulness, Awareness, and Loving Kindness. These are invaluable practices he can further develop to support the well being of his students at VIU. These techniques are clearly needed with the rise of anxiety and depression in young people as a major mental health issue in Canada. There is a true need for human beings to be free of suffering and cultivate deep inner peace. Les has the capacity to teach these techniques to support the well being of students, staff, and community.

I have no hesitation in recommending Les for a scholarly leave from VIU. If you need further information please contact me.

Tashi Delek,

Lama Geshe YongDong Losar

Mailing Address: #7 – 3020 Cliffe Avenue Courtenay, British Columbia, V9N 2L7 Canada
Phone: 250-900-7153    Email: chamma@telus.net    Website: www.sherabchammaling.com
August 15, 2018

VIUFA Leave Committee Chair
c/o Lyn Locke
Research & Scholarly Activity Office
Building 305, Room 446
Vancouver Island University
900 Fifth Street
Nanaimo, BC V9R 5S5

I
Re: Letter of Reference for Les Malbon

I am happy to submit this letter of support for Les Malbon to advance his study as a visiting scholar representing Vancouver Island University at the University of Peace in Costa Rica. I have known Les for over twenty years and have witnessed the development of his career and his deepening relationships with Indigenous communities. We collaborated on the development and presentation of an Emotional Competency workshop on the VIU Campus that focused on the importance of affective competency in curriculum development in higher education. In addition, we have been involved in many Indigenous community efforts over the years.

Les has been participating in cultural and ceremonial activities with Indigenous peoples in Costa Rica, Mexico as well as British Columbia for many years. Les is extremely well respected in Native communities on Vancouver Island and is often invited to participate in Aboriginal activities in many communities.

Les has established a learning relationship with the Costa Rican Indigenous community. Les will focus on sustainability and peace studies at the University of Peace while participating in mindfulness and meditation training with world recognized teacher, Geshela Yong Dong, in both the Costa Rican and Columbian segments of the educational leave. He is also in the developmental stage of a ceremonial pilgrimage with Indigenous leaders in Mexico.

Les’ experiences during his educational leave will provide positive contributions to a number of initiatives at VIU including: a new sustainability curriculum for pre service teachings that he is developing with other faculty members; the development of an outdoor classroom at VIU that Les is spearheading along with elder Geraldine Manson; and the continued development of the Kwulasulwut Indigenous plant garden inspired by the work of the late elder Ellen White.

As the former Director of the Institute of Aboriginal Health at the University of British Columbia, now retired, I developed the Indigenous Experimental Garden at the UBC Farm. I continue to work with a number of programs at the garden. I founded and am a member of the Indigenous Elder’s Medicine Collective that now provides plant and cultural knowledge presentations at the Farm and at a number of institutions in the lower mainland. As part of Les’ Educational Leave he is invited to participate in the cultural, ceremonial, and garden learning activities at the farm with the Medicine Collective. Les is already well known and respected by many of the members of the collective and he will be a welcome participant in all the learning opportunities at the
In fact, Les is well respected in traditional organizations throughout the province. As the former Director of the Indigenous Doctoral Program on the Faculty of Education at UBC I can testify to the excellence and depth of Les’ professional development and quality of his educational endeavors. I am sure that this educational leave will enable Les to provide more excellent contributions to VIU as well as the Indigenous community.

I highly recommend Les for this learning opportunity. If you have any question please feel free to contact me.

Respectfully,

Dr. Lee Brown  
Director  
Institute for Emotional Health  
Vancouver, BC V6T 2K9  
Off: 604-221-2329  
Mobil: 604-603-6361  
flbrown19@shaw.ca
September 4, 2018

VIUFA Leave Committee Chair
c/o Lyn Locke
Research & Scholarly Activity Office
Building 305, Room 446
Vancouver Island University
900 Fifth Street
Nanaimo, BC V9R 5S5

Re: Letter of Reference for Les Malbon

It is a pleasure to recommend Les Malbon for advanced study as a visiting scholar at the University for Peace in Costa Rica. This past spring, Les was a participant in a four course on-line Certificate Program in Education for Sustainable Development sponsored by the Earth Charter Center at the University for Peace. I taught one of the modules in that program and interacted with Les on a regular basis.

I was immediately impressed by the depth of his knowledge, experience, and insights on a wide variety of topics. His extensive understanding of indigenous culture was very apparent, as was his ability to integrate those understandings with the science and philosophy of sustainability. I encouraged him to use his unique background knowledge, experience, and scholarship to create expanded areas of expertise where he could have increased influence and impact.

I feel strongly that Les Malbon is an ideal candidate for the visiting scholar program and it provides a wonderful opportunity for him to consolidate the threads of practice and knowledge that will certainly enrich his work at Vancouver Island University. The specific plan of study is well formulated and it takes advantage of the unique resources and indigenous communities available at the University for Peace and Costa Rica. It provides a fascinating challenge to blend wisdom traditions from Latin America with First Nations’ wisdom as well as other spiritual traditions, and bring these to life within the paradigmatic structures of the present time that deal with sustainability, well-being, and alternative world views that can guide and inform humankind. This is really important work.

Having previously taught a Masterclass that included several faculty from Vancouver Island University, I have followed the work of Nadine Cruickshanks and her use of the Earth Charter with great interest. Since Les is already doing collaborative curriculum
work with her and others in the Education department around sustainability and peace education, in addition to his own field, VIU has in place venues that will benefit greatly from Mr. Malbon’s continued research and scholarship.

In conclusion, the University for Peace is an outstanding place to do this kind of research. As a graduate university uniquely chartered by the United Nations and solely dedicated to the study of how to create a more peaceful and sustainable future, this institution brings students and faculty from around the world in a common effort to affect change. It is alive with intellectual curiosity, cultural diversity, and committed action. As a visiting scholar, I am certain that Les Malbon will both benefit from and add to this environment.

Thank you for the opportunity to write on his behalf.

Sincerely,

Sam Crowell, Ed.D.
Professor Emeritus, California State University, San Bernardino
Affiliate faculty, UNESCO Chair for Education for Sustainable Development with the Earth Charter, University for Peace
Faculty, Self-Design Graduate Institute
Dear VIUFA Leave Committee,

It is my great pleasure to write this letter of support for Les Malbon and his application for a VIUFA Assisted Leave for the Spring of 2020. I have been in the Sport Health and Physical Education (SHAPE) program for five years, and in that time Les and I have gotten quiet close. Les is a caring, compassionate, and thoughtful person, who brings these qualities into the classroom. Les teaches a variety courses in the SHAPE department and while all of them will be enhanced because of his proposed leave, there are three courses where the experiences gained will have a direct benefit on the students who enroll. These courses are PHED 351 – Human Wellness, PHED 451 – Health of the Human Spirit and PHED 461 – Applied Leadership in Physical Activity. To explore how these courses, and the students who take them will be positively impacted, I will highlight Les’ proposed activities through the lens of the Graduate Attributes.

Over the course of the past year, Les has completed an international diploma in Sustainability and Peace studies from The University of Peace in Costa Rica. Through this process, Les has been invited back as a visiting scholar. By both completing this program, and joining as a visiting scholar, Les will enhance his student’s exposure to much of the Civic Engagement pillar, specifically, an Indigenous Perspective, Local Knowledge in a Global Context, Intercultural Perspectives and (Foundations for) Lifelong Learning. Having worked with the Council for Teaching and Learning Leadership with CIEL I have first hand experience with the Graduate Attributes, and in the SHAPE department, these specific attributes prove difficult for our curriculum to explore. With Les actively engaged in a global program of sustainability, in a country with a different indigenous perspective, the benefits of Les’ experience to our students will be immense.

Les also has plans to study with Lama Geshela Yong Dong, a Tibetan monk with international centres in Canada, Costa Rica and Columbia. He has invited Les to study with him in Costa Rica and Columbia, and since Les already incorporates aspects of his teachings in PHED 451 – Health of the Human Spirit, an extended period of meditation and mindfulness training in his tradition will be invaluable for future SHAPE students. In addition to
the above Graduate Attributes from the Civic Engagement pillar, Les’ study with Lama Geshela will help his students explore the Intellectual and Practical Skills pillar by providing them with varied Inquiry and Ways of Knowing, Collaboration, and Critical and Creative Thinking.

Beyond his courses (and students), Les’ assisted leave will also have an impact on the wider (University) community. For the past few years, Les has become deeply involved with many local First Nations, and he plans to use his leave to expand his knowledge of indigenous ways of knowing and being. First, Les will study with Dr. Lee Brown from UBC. Dr. Brown is a member of The Medicine Collective, a group of Indigenous Elders and Knowledge-Keepers at The Indigenous Health Research and Education Garden on unceded ancestral Musqueam territory at the UBC Farm. Under Dr. Brown’s guidance, Les will join a group of Indigenous Elders in learning the medicinal uses of local plants. Secondly, Les will embark on a sacred pilgrimage with Mexican Indigenous elders in Mexico. Both journeys will be deeply engaging for Les, and he intends to use the knowledge gained to inform and expand projects already in place at VIU. Specifically, these experiences will enhance the development of an outdoor classroom, in collaboration with the VIU Elders and the Faculty of Education; an expansion of Kwulasulwut garden; and the development our own indigenous medicine garden at Shq’apthut – The Gathering Place. Les’ leave will deepen his connection with the land, and his involvement with these initiatives will further VIU’s path towards reconciliation.

Les is an integral part of the SHAPE department and losing him for an academic semester will be difficult, however the insights and experiences that Les will gain on his Assisted Leave will greatly impact his teaching, the students he interacts with and the wider (campus) community. Les has my full support in his application and if you require any additional information, please don’t hesitate to contact me at louis.mattar@viu.ca or Local 2493.

Thank you,

Louis Mattar, Ph.D.
Professor and Chair
Sport, Health & Physical Education (SHAPE)
Vancouver Island University
Nanaimo, BC.
September 7, 2018

VIUFA Leave Committee Chair
c/o Lyn Locke
Research & Scholarly Activity Office

RE: Supporting Les Malbon’s proposed leave in 2020

I have known Les Malbon for 12 years as a colleague and a friend. I am excited to support his application for leave in 2020. What I know about Les is that he has enthusiastically contributed to VIU for 39 years and continues to engage students, incorporate new knowledge, and fully participate in his profession. I also know Les’ proposed work with the University of Peace in Costa Rica, spiritual leaders (e.g., Geshala Yong Dong), and Indigenous Scientists (e.g., Dr. Lee Brown) will benefit Les, his students, our Faculty, VIU and the community where he already contributes in meaningful ways. Les is a transformational teacher and leader. Les has consistently provided students in the Sport, Health and Physical Education program with rich, diverse and unique experiences. The proposed work in Costa Rica will be integrated with his teaching to positively impact our students.

I co-teach a physical activity and local food production class with Les and it is one of my favourite teaching experiences in my 26 years as an educator. His passion for social justice, the Earth Charter, and regenerative living has already supported my growth and engagement as a professor at VIU. I am excited to learn from and with Les after his proposed leave activities. I know we will be incorporating the learning into our joint work and Les will be bringing that work into his Health and Wellness and Health of the Human Spirit classes.

As the senior member of our Faculty with 39 years of experience at VIU, Les brings leadership and guidance to our Faculty. His proposed leave will provide him with new perspectives that will continue to support Faculty and the growth of our dynamic program. In addition, the proposed leave will support the work Les is committed to on campus including working with Elder’s, the Faculty of Education’s sustainability initiative with pre-service teachers, the formation of the Centre for Consciousness Studies to name a few.
Les’ work reaches far beyond the VIU campus, and his activities for the proposed leave will support his cultural and ceremonial work with Indigenous peoples in Nanaimo, Vancouver Island, British Columbia, the United States, Mexico and Costa Rica.

It is a pleasure to write this letter of support for Les after all he has done for me, students at VIU, the VIU community and the communities he serves around the world.

In strong support,

Guy Le Masurier, PhD, Shape America Research Consortium Fellow
Professor of Sport, Health & Physical Education
Vancouver Island University
Dear VIUFA Leave Committee,

I am sending this letter of support for my esteemed and respected colleague, Les Malbon. Having worked alongside Les in VIU’s Faculty of Education for the past nine years, I strongly support Les’s request for a leave, dated for Spring 2020.

Les Malbon’s active leadership in the areas of Indigenous Pedagogy, Sustainability, Mindfulness, Consciousness, and overall Health and Wellness are unprecedented and highly valued throughout the VIU campus - including the faculties of SHAPE and Education (where I have most contact with Les) – as well as within local and global community.

Having worked and/or studied alongside Les through i) VIU Consciousness and Sustainability committees, ii) Learning How to Be Together program, iii) Earth Charter certifications through the University of Peace (Costa Rica), iv) Community Elder interactions, v) various curriculum development initiatives, and vi) community-building initiatives, I believe it to be an opportune time for Les to continue this important dialogue and work through an intentional leave. I have no doubt that his extensive experiences (i.e. visiting scholar, international studies, pilgrimage, community work, curriculum development, etc.) will continue to positively and profoundly impact VIU’s SHAPE and Education departments as well as the wider VIU community.

If any further information is requested in support of Les Malbon’s leave, I would be honoured to provide it.

In full support,

Nadine Cruickshanks
University Professor
Faculty of Education
Vancouver Island University
Nadine.cruickshanks@viu.ca
September 4th 2018

To: VIU Leave Committee
Re: Les Malbon

I am writing in full support of Les Malbon’s application for academic leave 2019-2020.

I have come to know Les very well over the last ten years or so, and have witnessed his tireless commitment to spirituality and consciousness studies, sustainability, peace studies, and indigenous knowledge. I deeply value Les’s truly collaborative nature, mentorship and encouragement. He is simply a joy to work with.

Over the past few years, Les and I have worked together to establish an interdisciplinary group of faculty, at VIU, with an interest consciousness and spirituality. We have created space for them to share ideas, support one another, to arrange presentations in each other’s classes and to promote exploration of consciousness, spirituality and wellness by holding events for both the campus community and the community at large. Together, we have hosted a variety guest speakers, films, workshops and supported an active Student Consciousness Club.

Les arranged for Indigenous educator, Lee Brown, to conduct a five day workshop on ‘Emotional Competency’ in the Spring of April 2015, which was attended by approximately 30 faculty, staff and community members. It was a fantastic event. He has also invited Geshele Yong Dong of the Tibetan Bon Buddhist tradition to speak and conduct mindfulness meditation workshops on numerous occasions. As well as working closely with the Elders in Residence, he has worked to establish the Kwulasulwut medicine plant garden on campus, and was a participant in VIU’s first seminar series ‘Learning to Be Together – Bringing Indigenous Knowledge into the Academy’. He is also working to develop an outdoor classroom space at VIU. I have also witnessed the passion and excitement from students in his classes and know that he is a truly exceptional teacher.

The proposed activities for his assisted leave are consistent with his desire to deepen his knowledge of sustainability, peace, and indigenous studies, spiritual practice and understanding the potential of human consciousness, and there is no doubt in my mind that he worthy of this tremendous opportunity. Both he and VIU will benefit profoundly.

Sincerely,

Rachel Cooper Ph.D.
Department of Psychology
August 27, 2018

Dear Members of the Assisted Leave Committee:

Re: Les Malbon’s Request for an Assisted Leave

I have known Les Malbon for several years. We are members of VIU’s Consciousness Group which has sponsored many speakers and events over the years, both on campus and in the community. I am the coordinator of VIU’s Clemente Course in the Humanities, a no-cost university credit course that is offered downtown to those who, because of barriers such as poverty or mental health issues, do not have ready access to VIU. Les has participated several times in the Clemente course as a guest professor. Finally, in the spring of 2014 Les and I participated in the Learning to Be Together seminar, which introduced VIU faculty and staff to Indigenous ways of knowing.

I fully support Les Malbon’s application for an Assisted Leave in the spring of 2020. The number of activities that he will be engaged in, which include further study in sustainability and peace at the University of Peace in Costa Rica and the development of sustainability, Indigenous pedagogy and Indigenous medicine gardens at VIU, all reflect core interests that Les has had for many years. His work with Geshela Yong Dong, Dr. Lee Brown and Mexican Indigenous elders will only deepen his understanding in these areas, a gift that will greatly benefit his students and the VIU community.

Les is a diligent, hard-working, big-hearted and focused scholar, teacher and colleague. I have no doubt that he will accomplish the goals that he has outlined in his application, and he will do so brilliantly.

Regards,

Robert Pepper-Smith
Professor
Department of Philosophy and Religious Studies
Vancouver Island University
Lyn Locke  
VIUFA Leave Committee Chair  
Scholarship, Research and Creative Activity Office  
Vancouver Island University  
Building 305, Room 446  
900 Fifth St. Nanaimo, BC V9R 5S5

August 27, 2018

Dear Lyn,

It is my pleasure to write this letter of support for Les Malbon, regarding his proposed academic leave for spring 2020. Les has put together a very full schedule for his chosen course of study at this time.

Over the years we have collaborated on a number of workshops regarding indigenous plant knowledge and medicine; this includes the rededication of Kwulasulwut Garden as a teaching garden, plant identification on the Nanaimo VIU campus, and interdisciplinary collaboration about indigenous ethnobotany. In June 2018 we co-facilitated a workshop, Embracing Traditional Plant Knowledge in Snuneymuxw Territory, for over 80 VIU faculty and staff, Snuneymuxw Elders, and community. Les was part of a three-member panel introducing indigenous plant knowledge and medicine making, with a major focus on the traditional teachings that he had learned from Dr. Ellen White.

Currently we are in the process of expanding native plant gardens on campus and creating an outdoor classroom in conjunction with Faculty of Education to support indigenous ways of knowing and being.

I am excited that Les has been invited as part of his propose leave to study with the Elders Medicine Collective at the Indigenous Experimental Garden at UBC farm. He would be learning from some of the top indigenous plant experts in the province. This would be an invaluable opportunity for Les to learn and then share with us at VIU. This would support VIU in becoming a leader in indigenous plant knowledge in BC.

I fully support and endorse this leave proposal for Les Malbon and look forward to this very important reconciliatory work in Snuneymuxw Territory.

Sincerely,

[Signature]

C-tasi:(a) Geraldine Manson,  
Shq’apthut & Health & Human Services, Full-time Elder in Residence