

# Degrees

volume 26, no. 1 | spring/summer 2014

The University of Regina Magazine

Forty years of  
independence  
Brilliant!



University  
of Regina





Each year since 1990, the University of Regina and the University of Regina Alumni Association have presented the Alumni Association Awards of Excellence to celebrate the achievements of the U of R's most accomplished faculty in the areas of teaching, research, service and graduate research mentorship. We got this year's recipients together and told them they wouldn't get their awards until they were photographed in brightly coloured U of R hoodies. The recipients are (left to right): Cory Butz (Computer Science) – Award for Excellence in Teaching; Yiyu Yao (Computer Science) – Award for Excellence in Research; Mark Brigham (Biology) – Award for Excellence in Graduate Research Mentorship; and, Patricia Elliott (Journalism) – Award for Excellence in Service.

Photo by Don Hall, University of Regina Photography Department.

The University of Regina is 40 years old. That is, it was 40 years ago that the University gained its independence from the University of Saskatchewan. Prior to that, it was known as the University of Saskatchewan – Regina Campus. In this issue of Degrees we are celebrating that split with some special 40th anniversary features.

In his feature “Forty years of memories,” BD Miller brings us the stories of three staff members who have been working at the University since before the days of disco music and Rubik’s cubes. You’ll find their stories beginning on page 26.

Starting on page 22, we feature some of the photographs of University of Regina Photography Department manager Don Hall. Hall started taking photographs on the U of R campus in 1975. In his nearly four-decade career, he has captured some of the most important moments in the history of our independent University. He’s also the guy whose artistic talent has made the visual elements of this magazine shine since its inception.

To give you a sense of some of the University’s watershed moments, we have created a timeline of 40 University milestones in the past 40 years. You can find the timeline on page 14.

Alumnus Mike Burns takes a look back to the early 1980s when he managed Pubnite, a celebration of cheap beer and loud music in the old Students’ Union Building. Let’s just say that Burns had a knack for bringing in exciting, never-been-seen-in-these-parts bands and, perhaps more than any other Reginan, he changed the musical landscape in the Queen City. His recollections start on page 38.

Several weeks ago, University President Vianne Timmons reached out to alumni and friends urging them to share memories and thoughts about their days at the U of R. Thanks for responding, it was great fun reading your stories from yesteryear and the present. We’ve now put them in these pages so that the world can read them. You’ll find them beginning on this page and continuing on pages 30 to 32.

There’s all that and more in this issue of *Degrees*. Thanks for reading. Now, if you’ll excuse me, I have to go out and buy an anniversary gift.

**Greg Campbell**  
Editor



I attended the University of Saskatchewan – Regina Campus from 1971 until 1974, earning my Bachelor of Arts in English. The following year, I completed my honours program.

One of my fondest memories, and one that I tell over and over again, is how cold it was during those winters. I drove a 1962 Volkswagen Beetle and, in between classes, I had to run out and start it or my battery would have frozen and I’d have been stuck at the University.

In fact, some cars did get stuck in the parking lot that was then right behind the Administration-Humanities Building. It started to snow and snow ... and snow. Then a blizzard blew in. I distinctly recall three cars that didn’t get moved and were buried in a drift. And they stayed buried in that drift until the spring.

Another fond memory involves the Canada-USSR Summit Series of 1972. I recall walking from one of my classes to another while the final hockey game was on. My route took me through the lobby of the main library (now the Dr. John Archer Library) where I heard the game being broadcast over a PA system. I was there, in the middle of it all, when Paul Henderson scored the winning goal that won the series for Canada. The students gathered in the lobby erupted in cheers. It was an amazing experience.

The last memory I wish to contribute involves me bussing tables in the main student cafeteria, which was located in the same building as the biology classes. One day, I opened the cupboard containing all of the vinegar bottles to discover a mass infestation of fruit flies. Having done the classic fruit fly breeding experiment in biology myself, I knew exactly where they’d come from. I asked my boss what I should do about the fruit flies. He said, “Oh, just scoop out the dead flies and put the vinegar in some fresh bottles.”

I don’t think anyone ever suffered from any ill effects as a result of this. However, I resigned from my bussing job shortly afterward.

**Winona Kent BA Hons’75**  
Vancouver, British Columbia

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The University of Regina has been a very positive influence in my life. My career, social and personal life have all benefited in too many ways to describe. I first registered in April 1970 and attended part- and full-time classes over 34 semesters until April 2010. Eventually, I obtained three degrees – all while working.

For some time I worked as a bouncer for Pubnites at the old Students’ Union Building. I enjoyed it so much that I would have worked for free if they had asked. Memories of running from the Education Building to line up at the printer in the Administration-Humanities Building or camping overnight to register for business administration classes are still clear for me.

In the 1970s, I was able to wrestle and curl for the Cougars. We had excellent teams then; however, the athletic programs, teams and participants have certainly progressed greatly since those days. The facilities and equipment have also improved and it makes me proud to watch this progress and be a part of the history.

The University has gone through an amazing metamorphosis – buildings have been built, renovated, enlarged and connected to each other. The University of Regina provided me with many friends and fond memories. I definitely would do it all again.

**Lance Connell BHJ’88, BAdmin’91, MBA’00**  
Prince Albert, Saskatchewan

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Had there only been a university in Saskatoon, I would not have been able to afford to go to university. However, this is not so much my story of attendance at the University of Regina, but of my grandfather’s role in ensuring that, not only I, but countless other Regina residents could afford to live at home while gaining higher education.

In 1952-53, my grandfather’s home at 2102 Scarth Street became the unofficial headquarters of the campaign for a full degree program at Regina College. In 1959, after years of tireless work, Regina College became a degree-granting institution. Not only am I proud to have attended the U of R, but I am also proud to be the granddaughter of George H. Barr Q.C., one of the people who worked tirelessly to ensure that we had a university in the city.

**Susan Barr DA’83**  
Nanaimo, British Columbia

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**On the cover:** Pictured is the traditional 40th anniversary gift, a ruby. Rubies are said to possess an eternal, inner flame that symbolizes passion and strength. It also symbolizes the strength and passion of those who fought for an independent University of Regina and envisioned a bright and eternal future for our campus.

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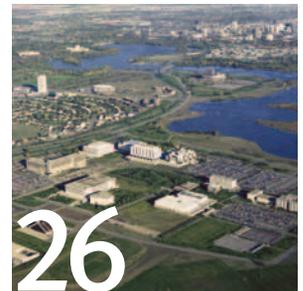
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Four more deserving people join the ranks of the University's honorary degree recipients. Meet this year's distinguished individuals.

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This year marks the 40th anniversary of the passing of the University of Regina Act, the legislation that created an independent degree-granting institution. We look back on 40 milestones over the past four decades at the University of Regina.

**Running for her life** 18  
When she was 18 years old, Stacey Shand BA'02, BEd'02 was in a car accident that seriously injured her leg. Following her recovery, she vowed to become active and took up running. Today, she runs some of the most extreme long distance races in the world.

**Forty years of memories** 26  
Three long-serving employees look back on their 40-plus-year careers and how things have changed – or remained the same.

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## President's Note



This year, the University of Regina is celebrating a milestone. Forty years ago, with the passing of the 1974 University of Regina Act, the U of R gained its independence from the University of Saskatchewan and became an autonomous, degree-granting institution.

Historians tell us that the University of Saskatchewan – Regina Campus needed its autonomy to operate effectively. Perhaps there is no better illustration of the necessity for independence than the actions of a U of S faculty member named Charles Lightbody.

In his book, *As One Who Serves – The Making of the University of Regina*, University of Regina History Professor Dr. James Pitsula outlines Lightbody's act of defiance.

Lightbody attended the University of Saskatchewan and was a Rhodes Scholar prior to his teaching appointment. By all accounts he was a brilliant lecturer. But when he felt his academic freedom being threatened by the administration, he promptly asked for, and received, a transfer to the Regina campus. One year later, in 1963, he would resign his teaching position in Regina citing the University of Saskatchewan's

continued domination over its southern campus.

In a press conference before he left for the University of Brandon, Lightbody stated in no uncertain terms that the Regina campus's growth and development would be "stunted" if the domineering relationship continued.

As we know, the University of Regina would receive its independence. With its sovereignty secured, the U of R would grow into a dynamic, diverse comprehensive university, just as Lightbody had envisioned.

All of us who are associated with the University of Regina are indebted to the men and women who dedicated themselves to the task of ensuring that the University would be free to chart its own destiny. Some of those who played important roles in the early history of our independent University are forever remembered on our campus. The Dr. William Riddell Centre, the Dr. Lloyd Barber Academic Green and the Dr. John Archer Library are reminders of the contributions of those who began to mould the institution we have become.

We are marking the occasion of 40 years of independence with a few events and special initiatives – one of which you

are holding right now. This issue of *Degrees* magazine has a sprinkling of articles related to the University's 40th anniversary. Several weeks ago, I sent out an e-mail encouraging our alumni and campus community to submit short stories about their time at the U of R. The response was great. I would like to thank all those who took the time to jot down thoughts and memories. You'll find a number of them in this issue.

Earlier this month, we held a 40th anniversary faculty and staff barbeque, and later this month, on June 25, the University of Regina Alumni Association is hosting an event in conjunction with its annual general meeting (AGM). Following the AGM, the "Party like it's 1974" alumni reception will be held. Get out your leisure suits and palazzo pants and join us at Innovation Place for an evening of fun with your fellow alumni. Full details are available on the University's Alumni Relations website.

Another event that we are excited about is our involvement in Canada Day celebrations in Wascana Park. Come out and help celebrate Canada's 147th birthday (and the U of R's 40th). Watch for the University of Regina booth in the park and be sure to stop by, say hello and

pick up some free giveaways.

The special initiative related to the anniversary that I am most proud of is called "The U of R 40th Celebration Award" that was announced in early May. This initiative is a newly-created award for students who will be starting at the University of Regina this fall. Forty scholarships worth \$1,000 each will be awarded to the students who, in a short essay, best outline their goals for the next 40 years and how a University of Regina education supports achieving them.

I'm confident that we will get many excellent responses and that choosing the top 40 essays will be a difficult task. Still, I am thrilled to be able to offer these awards to deserving new students on the occasion of the University's 40th anniversary.

As you may be aware, the traditional 40th anniversary gift is a ruby, like that on the cover of *Degrees*. Rubies are thought to possess an eternal inner flame that symbolizes passion and strength. Let us reflect on the passion and strength of those who helped shape our independent University of Regina and envision a future – eternal and bright.

**Dr. Vianne Timmons**  
President and Vice-Chancellor

Left: Sophie Bouffard, Director, Institut français. Centre: Newly appointed Dean of Fine Arts Rae Staseson. Right: William Sgrazzutti, University Librarian.



### Coming and goings

**Sophie Bouffard** has been named director of the Institut français. Bouffard joined the University in 2002 as a voice and piano instructor at the Conservatory of Performing Arts, and as a sessional instructor in the Department of Music where she has taught voice, ear-training, diction for singers, music appreciation and a variety of history courses.

From 2008 to 2011, she held the position of Coordinator of the Institut français' Centre canadien de recherche sur les francophonies en milieu minoritaire. In 2011, she joined the Centre for Continuing Education (CCE) where she was appointed Head of the Conservatory of Performing Arts and more recently served as Assistant Director of CCE. Bouffard earned a Bachelor of Music History and Literature and a Bachelor of Music in Vocal Performance, as well as a Master of Music in Vocal Performance from the Université Laval (Quebec) and a PhD in Musicology from the University of Regina.

Aside from her work as an administrator and musicologist, she maintains an active career as a professional soprano.

**Rae Staseson BFA'87** of Concordia University in Montreal has been appointed the new Dean of Fine Arts. Staseson returns to Regina where she earned a BFA (Distinction) in Visual Arts in 1987. She also holds an MFA in Video and Performance from Rutgers University.

Since 1999, Staseson has taught in Concordia's Communication Studies undergraduate and graduate programs in the areas of video practice/theory, photography studies, visual culture and curatorial studies. She also served as a member of the CBC Montreal Community Editorial Board on Post-Secondary Education, the National Film Board Doc Shop initiative, and numerous faculty and university committees. Staseson is a media artist, and her practice and research have been supported by the Social Sciences and Humanities Research Council and numerous arts agencies.

Her work has been exhibited internationally in 14 countries and is represented in several collections, including the National Gallery of Canada and the Saskatchewan Arts Board. Her work has been screened at such venues as the Museum of Contemporary Art (Los Angeles), Walker Art Center, National Gallery of Canada, The Power Plant, Mendel Art Gallery and the Harvard Film Archive.

**William Sgrazzutti** has been reappointed University Librarian for a five-year term. Sgrazzutti joined the University of Regina in 1998 as Head of the Education/Fine Arts Library, became Associate University Librarian in 2001, and has occupied the role of University Librarian since 2010. He holds a Master of Library and Information Science degree from Western University.

Sgrazzutti is active in the Regina music community. He served on the Regina Symphony Orchestra Board of Governors from 2011 to 2014 and received the Saskatchewan Choral Federation Community Service Award in 2011.

**Allison Fizzard** has been appointed Dean of Campion College for a five-year term. Fizzard is an associate professor of History at Campion College and holds a BA (Hons) in History and English from Memorial University and an MA and PhD in Medieval Studies from the University of Toronto. She is an active researcher in the area of medieval monastic history and has disseminated the results of her work in scholarly publications and at national and international conferences. Fizzard joined the Campion faculty in 1998. She has served on numerous academic committees at Campion College and the University of Regina and has been head of the Campion College History Department and awards officer for the College. Fizzard teaches undergraduate and graduate courses in the area of medieval history and will continue to do so during her term as dean.

### Congratulations

**President Vianne Timmons** received the 2014 Recognition Award from the Senior Women Academic Administrators of Canada (SWAAC). The award is given to a SWAAC member who has continually demonstrated

innovative leadership in advancing the mission of, and achieving outstanding contributions to, their institution.

Timmons is being recognized for her leadership in advancing the growth of the University of Regina since her arrival in 2008. In addition to her administrative role at the University, Timmons is also a recognized leader in the field of inclusive education. She has made significant contributions to improving the educational opportunities of people with intellectual disabilities through her ongoing research program, her leadership of the International Association for the Scientific Study of Intellectual and Developmental Disabilities, and her advocacy for improved family literacy in Aboriginal and rural communities.

In addition to the award, SWAAC will make a \$1,000 charitable donation on her behalf to the Timmons Mason Scholarship. The U of R scholarship supports students with developmental disabilities, allowing them the opportunity to improve their literacy, employment and life skills. The endowment further supports the Campus for All program.

The University presented its fourth annual President's Community Award to long-time Member of Parliament **Ralph Goodale BA'71**. Goodale is the MP for the Regina-area constituency of Wascana and Deputy Leader of the Liberal Party of Canada. Goodale



earned a BA from the University of Saskatchewan – Regina Campus and later earned a law degree from the University of Saskatchewan.

The University of Regina President’s Community Award was created in 2010 in keeping with the University’s commitment to serve the provincial community and to recognize those who have a strong history of working to better the lives of others in Saskatchewan.

Department of Psychology faculty member **Gordon Asmundson** has received the 2014 Donald O. Hebb Award for distinguished contributions to the scientific field of psychology. Presented by the Canadian Psychological Association (CPA), the award is the organization’s highest prize for science. Asmundson is a world-renowned expert in anxiety disorders such as post-traumatic stress disorder (PTSD) and chronic pain. A clinical psychologist, Asmundson has been a faculty member at the University of Regina since 2002. He is actively involved in clinical research, supervision and mentoring, and has a small private practice treating Canadian Forces veterans and RCMP members with PTSD. He holds several editorial posts, including as Editor-in-Chief of *Cognitive Behaviour Therapy*. He has published almost 300 papers in peer-reviewed academic journals and has written six books. In 2005-06, Asmundson trained as a Beck Scholar at the Beck Institute for Cognitive Behavior Therapy. In 2009, he received



the highest accolade available to scientists and scholars in Canada – induction as a Fellow of the Royal Society of Canada. He is currently the President’s Chair for Academic Excellence in Adult Mental Health Research.

Kinesiology and Health Studies faculty member **James Daschuk** was the big winner at this year’s Saskatchewan Book Awards. *Clearing the Plains: Disease, Politics of Starvation, and the Loss of Aboriginal Life*, published by the University of Regina Press, took home four awards including the University of Saskatchewan College of Arts & Science and Library Non-Fiction Award, the Drs. Morris & Jacqui Shumiatcher Regina Book Award, the National Bank Financial Wealth Management First Book Award and the University of Regina Arts and Luther College Award for Scholarly Writing. University of Regina Press also received the University of Regina Faculty of Education and Campion College Award for Publishing in Education for the book.

Also at the awards, the University of Regina Press received the top publishing prize, the Ministry of Parks, Culture and Sport Publishing Award, for *Fists Upon A Star: A Memoir of Love, Theatre and Escape from McCarthyism* co-authored by Florence Bean James and honorary degree recipient **Jean Freeman**.

The **Paul J. Hill School of Business** team captured top honours at this year’s JDC West Business Competition, hosted



**Left: Gordon Asmundson, 2014 Donald O. Hebb Award recipient. Centre: Author James Daschuk. Right: Building Knowledge – The College Avenue Campus Renewal Project donors Roberta McKay and Elmer Brenner.**

by the University of Regina. The Paul J. Hill School of Business was named School of the Year at the end of the three-day event, attended by more than 600 business students. It’s the second time in three years that the Hill team has won the competition.

During the event, University of Regina teams placed first in Human Resources, first in Management Information Systems, second in Business Strategy and Marketing, and third in Entrepreneurship and Debate. The Hill team also won Academic School of the Year for the first time.

The University’s Distinguished Service Award was presented to past Board Chair **Harvey Mazinke** and former Faculty of Education Dean **Michael Tymchak**. The award recognizes individuals who made outstanding contributions to the University and community.

Fourth-year journalism student **Kristen McEwen** won top prize at the Canadian Community Newspaper Awards for her photo essay published during her internship at the *Moosomin World-Spectator*. Her “Old Tyme Harvest for Hunger” piece received a Premier Award for Best Photo Essay (circulation up to 3,999). More than 2,600 entries were received from 273 publications around the country for this year’s national competition that recognizes excellence in community journalism.

The University’s Centre for Teaching and Learning recently announced its **2014 Teaching Awards**. This year’s recipients are: University of Regina President’s Award for Teaching Excellence: David Gerhard (Computer Science); Teaching Award of Excellence in Flexible Learning: Tobias Sperlich (Anthropology); Centre for Teaching and Learning Award for Innovation in Teaching: David Gerhard (Computer Science) and Dr. Lisa Watson (Business Administration); University of Regina New Faculty Teaching Award of Recognition: Rebecca Caines (Fine Arts) and Christian Clermont (Kinesiology and Health Studies).

University of Regina alumna **Yongping Li MSc’05, PhD’07** was one of 99 scientists to receive the 13th National Award for Youth in Science and Technology at the Great Hall of the People in Beijing. It is the top award presented by government for young Chinese scientists and engineers.

Li started her graduate studies in environmental systems engineering in January 2003 and earned her master’s and doctoral degrees in 2004 and 2007. At convocation she received the University’s highest graduate student award – the President’s Distinguished Graduate Student Award. At the same time she was recognized in her own country, receiving the Chinese Outstanding Student Abroad Award in Canada.

## Briefly

In early April, the University launched the planning and consultation process for its next **five-year strategic plan**, to be released in fall 2014. Leading the strategic planning process is Joseph Piwowar, head of the Geography and Environmental Studies Department and Canada Research Chair in Geomatics and Sustainability. Piwowar chairs a 14-member facilitation team representing a broad cross section of key groups at the University, including faculty members, students, staff and alumni. Updates on the process and timelines can be found at [www.uregina.ca/strategic-plan](http://www.uregina.ca/strategic-plan).

Former University of Regina Rams kicker **Jon Ryan** became the first person from Saskatchewan to play in a Super Bowl when the Seattle Seahawks met the Denver Broncos in early February in East Rutherford, New Jersey. Ryan's Seahawks prevailed 43-8.

Born and raised in Regina, Ryan played for Sheldon-Williams Collegiate before joining the University of Regina Rams. He later played for the Winnipeg Blue Bombers and the Green Bay Packers. Two other former Rams also played in the NFL last year – Akiem Hicks with the New Orleans Saints and Stefan Charles with the Buffalo Bills.

**Sun Life Financial** has made a contribution of \$500,000 in funding for two important health-related initiatives at the University of Regina. The Lifestyle Management Program for Children with Diabetes will receive \$250,000 and be facilitated through the Dr. Paul Schwann Applied Health and Research Centre. Using a multidisciplinary team of experts, the Lifestyle Management Program will provide participants with

tools to successfully manage their diabetes with a focus on exercise and education.

Another \$250,000 will support the Sun Life Financial Psychology Training Clinic, which offers an alternative setting for the provision of psychological services to residents in and around Regina. The clinic provides student-therapists enrolled in the Clinical Psychology Program in the Department of Psychology with opportunities to implement psychological services under the guidance of highly trained supervisors.

The **Saskatchewan Population Health Evaluation and Research Unit (SPHERU)** has created a historical health timeline on its website. The interactive, online resource offers key events between 1905 and 1985 that have benefited the health of Saskatchewan residents. SPHERU is a health research unit based at the universities of Regina and Saskatchewan that studies social factors contributing to the well-being of various groups within the population. The timeline can be found on SPHERU's homepage at [www.spheru.ca](http://www.spheru.ca).

## Building Knowledge – The College Avenue Campus Renewal Project

Local supporters of the University, **Roberta McKay** and **Elmer Brenner**, have donated a Fazioli concert grand piano to be used in the renovated Darke Hall. The Fazioli is widely regarded as the finest piano available in the world and has become the favourite brand of great international pianists such as Herbie Hancock. Each instrument is handmade in Italy and takes about 3,000 hours – almost three times as long as it takes to make a Steinway. At the heart of each Fazioli is a soundboard cut

from the same trees in Northern Italy that Antonio Stradivari once used to make his famous violins. The hinges and many other parts are plated in gold to prevent corrosion.

The piano and the couple's previous gift of \$250,000 to the campaign brings the total funds raised for the project to over \$4 million.

The campaign received a \$250,000 contribution from **Muriel Glenn BEd'69**, in memory of her husband, **Gale Glenn**. Muriel Glenn took classes at the College Avenue Campus and graduated from what is now the University of Regina with a Bachelor of Education degree in 1969. Her late husband also had ties to the College Avenue Campus, studying piano at the Conservatory. He was a Moose Jaw chiropractor, served as president of the Moose Jaw Music Festival Association, and was an avid supporter of young Moose Jaw talent.

Further information about *Building Knowledge – The College Avenue Campus Renewal Project* can be found at [www.uregina.ca/campaign](http://www.uregina.ca/campaign) or by calling 306-585-5703.

## Research news

When it comes to having his work cited by other researchers, University computer science professor, **Yiyu Yao**, earns top scores. For academic researchers, the h-index gives an estimate of the importance, significance and broad impact of a scientist's cumulative research contributions. According to Google Scholar, Yao has an h-index of 60, meaning that each of his top 60 publications has been cited in at least 60 papers. In all, he has been cited more than 13,000 times.

Yao's h-index is close to former Turing Award winner Judea Pearl of UCLA who has an h-index of 73 and 54,000 citations. The Turing Award is the computer science equivalent of a Nobel Prize.

Yao's research interests include web intelligence, granular computing, rough sets, information retrieval, data analysis, machine learning and data mining.

Researchers at the University of Regina have received federal and provincial funding to study ways of reducing unnecessary pain-related suffering among older people, especially those with dementia. The research is being led by **Thomas Hadjistavropoulos**, psychology professor and director of the University's Centre on Aging and Health. The funding is from the Canada Foundation for Innovation with matching funds from the Saskatchewan Innovation and Science Fund.

Hadjistavropoulos received \$59,687 to help address inadequately assessed and under-managed pain, as well as psychological risk factors related to falls and injury prevention.

Assistant professor in the Department of Biology, **Josef Buttigieg**, was awarded \$79,808 for the Oxygen Stress Research Laboratory to study neurodegenerative diseases such as multiple sclerosis, stroke and spinal cord injury.

Assistant professor in the Department of Biology, **Andrew Cameron**, was awarded \$75,501 to study the genetic mechanisms that control bacterial diseases.

# Spring 2014

## honorary degree recipients

Meet the four newest members of the University of Regina honorary degree club.

By Bill Armstrong

Photos by Don Hall, University of Regina Photography Department.

Jean Freeman was born in Weyburn, Saskatchewan. She began her love affair with making stuff up even before she started school, roping in the neighbourhood kids for her playground plays. Today, nearly eight decades later, she continues to enjoy “creative multi-tasking” as a performer, writer, director and communicator.

Freeman’s passion for books started early too. As a child, she haunted the Weyburn library, but always assumed the people who wrote the books were dead. Her aha moment happened in Grade 6 when her best friend’s uncle wrote a book that the two girls read together. The uncle was W.O. Mitchell, and the book was *Who Has Seen the Wind*. Becoming a writer became a definite possibility.

In high school, Freeman attended the first Saskatchewan Summer School of the Arts (SSSA) at Fort San, taking drama classes with Florence Bean James, who had founded the Seattle Repertory Playhouse with her husband Burton. Freeman’s friendship with Mrs. James would last a lifetime. Around the same time, Freeman and several other writers at the SSSA started what would become the Saskatchewan Writers’ Guild.

She later joined the staff of the Saskatchewan Arts Board, promoting the Summer School and helping to establish the first arts councils in communities around the province. Later day jobs included management positions in public relations and employee communication for Cable Regina (now Access Communications) and SaskTel. In 1995, she founded SpeakEasy Enterprises, as a writer, performer and speaker-coach.

As a performer, Jean was one of the first members of the Saskatchewan branch of the Alliance of Canadian Cinema, Television and Radio Artists (ACTRA), and was honoured as ACTRA’s Woman of the Year in 2014. Freeman, who has performed on radio, in films and on TV, is still recognized for her six-year cameo role as the mayor’s granny on the TV series *Corner Gas*.

Freeman represented the Canadian Public Relations Society on the University of Regina Senate for two terms. She was also instrumental in establishing the U of R certificate program in public relations.

Her strong interest in history led her to write, produce and direct stage productions such as *Azoy Geht Es (That’s How It Goes)* to celebrate the centenary of Jewish life in Saskatchewan, and *What’s a Nice City Like You Doing In A Place Like This?* for Regina’s 90th birthday. More recently, it has led her to collect and preserve stories about the history and development of the College Avenue Campus, including Darke Hall.

“I am honoured to be recognized by an institution that has played such an important role in the life of Regina and our province,” she says.

Freeman’s recent creative projects have included story books and adventure stories for young readers, as well as a memoir that she co-authored with her friend and former Saskatchewan Summer School instructor, Florence James: *Fists Upon a Star: a Memoir of Love, Theatre, and Escape from McCarthyism*.

Several new books for readers young and old are in the works, along with a movie script and a family TV series. Freeman’s playground has grown larger over the years, but her creative contributions continue to fascinate.



Jean Freeman

## Ted Jaleta

**T**ed Jaleta was born into a farm family in Dangur, Ethiopia. His mother and father could not read or write, but they believed that education would change their son's life. His early schooling took place in a mud hut with about 140 other students. After graduating from high school, he studied graphic arts at Kenya Polytechnic in Nairobi, Kenya. Always a good runner, Jaleta joined a track club and had dreams of competing at the Olympics. However, after demonstrating with other students against the leaders of the coup that overthrew Ethiopia's last Emperor, he spent time in prison, miraculously escaping death, and then lived for four years in a refugee camp in Sudan. He escaped to Kenya, but was essentially homeless.

Jaleta applied to move to Canada and was accepted in 1982. At first he was overwhelmed. He recalls struggling to adapt to a new language and a very different culture. He credits his running for helping him make the transition. He remains grateful to Canada and Saskatchewan for his second chance at life and a chance to pursue unfinished business and dreams.

"Through running, I met many wonderful Canadians and competed at the international level. As with any sport, running taught me how to handle stress, how to communicate, and how to win and lose."

Jaleta became a Canadian citizen in 1985. He attended the University of Regina from 1987 to 1989 in the Bachelor of Arts program. He has worked for the Canada Revenue Agency since 1991.

Over the years, he has also built an enviable reputation as a community volunteer and leader, high performance athlete and coach, and motivational speaker. He credits his mother's role modeling as a community leader and

her belief in the value of education for his passion for lifelong learning and giving back to the community. This includes guiding several successful athletes, facilitating wellness clinics for community and sport groups, and promoting wellness and positive thinking to community groups, students at the U of R and inner-city schools.

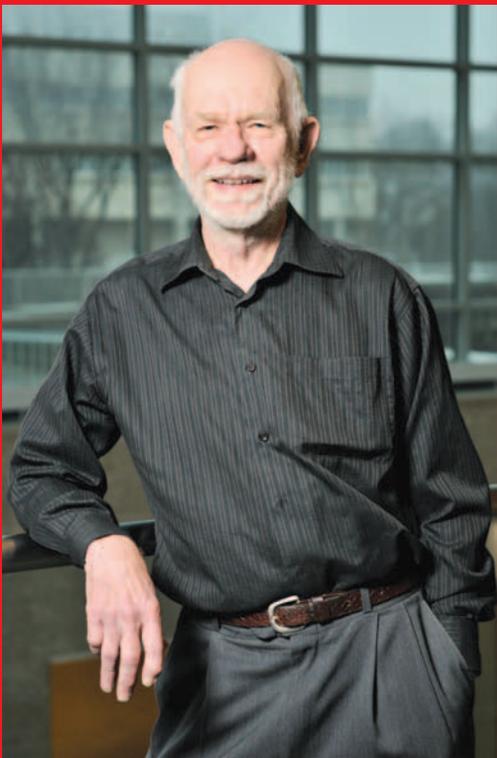
Jaleta coached the U of R's men's and women's track and field and cross-country teams from 2004 to 2007, and has coached the Jaleta Pacers Running Group since then. The Pacers is a distance running club with members at all levels of ability. They participate in various fundraising activities to assist Saskatchewan children and youth to overcome barriers and achieve their potential, and support leadership opportunities for the disadvantaged. "I get positive energy from my runners," he says.

In 1997, Jaleta was ranked seventh in the world in the Masters Division for distance running by Runners World magazine, and was named SaskSport Master Athlete of the Year. He has also received the Queen's Golden Jubilee Medal, and was inducted into the Saskatchewan Sports Hall of Fame in 2005. A book about his struggles and achievements, *Never Give Up* written by Deanna Driver, was published in 2006. In 2010, he fulfilled his dream of carrying the Olympic torch, near Swift Current, Saskatchewan.

"I am overwhelmingly honoured and inspired to be recognized by the University of Regina in this way," he says. "I have witnessed the exceptional growth in the diversity of campus life under the leadership of President Timmons. I value the importance of education in everything I do, and will embrace this memory for the rest of my life."



## Ken Mitchell



**K**en Mitchell is professor emeritus of English at the University of Regina. He has taught everything from introductory English literature to creative writing workshops, and honours and graduate classes in Canadian literature during his teaching career.

He is flattered, he says, to receive an honorary degree and is impressed to be included with three other outstanding recipients. Mitchell retired from teaching at the University in 2005, but continues to write, and to perform cowboy poetry, which goes back to his roots on the family farm south of Moose Jaw.

“I grew up helping to herd cattle, but being a cowboy is cold, hard, dirty work, and so I decided to leave home and get an education.”

Mitchell studied Journalism at Ryerson Polytechnic Institute, and after working as a reporter, returned to school and received his master’s degree in English from the University of Saskatchewan – Regina Campus. He began teaching at the University in 1967.

He served as director of creative writing at the Saskatchewan Summer School of the Arts from 1970 to 1975, and has played an active role in many writers’ institutions provincially, nationally and internationally. Along with his good friend and fellow honorary degree recipient Jean Freeman, Mitchell was instrumental in establishing the Saskatchewan Writers’ Guild. He has authored an impressive list of books, poetry collections, stage plays, radio productions, film scripts, lectures and papers, many of which are anchored in Prairie history and culture.

Among his other honours, Mitchell has received the Saskatchewan Order of Merit and the Order of Canada. He has also received a U of R Alumni Association Award for Excellence in Research.

In recent years, Mitchell began attending cowboy poetry gatherings and then started writing his own cowboy poetry. He also reconnected with horse whisperer Bill Gomersall, who had been a friend of his father’s. Gomersall collected and recited poems written by others and became Mitchell’s mentor. Mitchell’s musical drama *No Ordinary Cowboy* is about Gomersall’s life and times.

Mitchell began receiving invitations to perform cowboy poetry in schools and at various events and gatherings. Performing alone, or with his three brothers as the Moose Jaw Boys, Mitchell continues to entertain locally, as well as during his travels abroad. He loves travelling, in part because of the unplanned and unexpected things that happen “by accident and good luck.”

Besides travelling, Mitchell plans to continue writing and performing, including making audiences more aware of the work of Saskatchewan folk poet Edna Jacques. Mitchell speculates that Jacques may have been the model for Sarah Binks, the fictional “Sweet Songstress of Saskatchewan” created by author Paul Hiebert, whose story Mitchell has turned into both stage and radio dramas. Asked if it’s important to him to raise awareness of the works and reputations of writers who have fallen from public view, Mitchell replies, “Yes. It’s part of what I do, for sure.”

# Spring 2014 honorary degree recipients

**B**ill Shurniak was born on the family farm at Limerick, Saskatchewan. After high school, he joined the Imperial Bank of Canada (now CIBC) as a junior clerk in Assiniboia. During his 35-year banking career with CIBC, he worked at various locations in Canada, including the Toronto head office. He spent two years as manager of the bank's main office in Kingston, Jamaica, and then transferred to Hong Kong, where he headed up operations in the Asia-Pacific region.

Shurniak left the bank to become executive director and chief financial officer of Hutchison Whampoa Ltd., a Hong Kong-based conglomerate with operations in more than 50 countries. He retired in 1997, but moved to Adelaide, Australia, a few years later to become chairman and director of three electric distribution companies serving the states of South Australia and Victoria.

After spending 28 years working overseas, he moved back to Canada and took up residence on the family farm in 2005. Coincident with that move, he was appointed chairman and director of Northern Gas Networks Ltd., a distributor of natural gas in northern England, stepping down after six years. Shurniak has served on the advisory board of the Ivey Business School at Western University, as director of Trans Canada Trail and as a trustee of the Saskatchewan Foundation for the Arts.

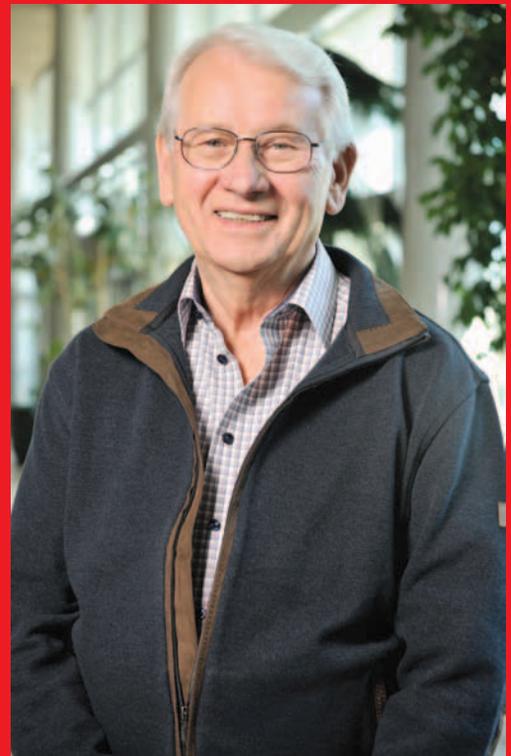
His lifelong passion for art is well documented, but his involvement with Trans Canada Trail stems from a similar love of hiking and trekking. He has done treks in the Himalayas, around Mont Blanc in the Alps, in the Peruvian Andes, and a two-week trek in the north Sahara Desert.

"In Hong Kong, I spent most of my Sunday afternoons hillwalking the amazing network of trails throughout the territory. Many of the hills are very steep, so it was a great workout and release," he says.

He built the Shurniak Art Gallery in Assiniboia to house his growing art collection. He also wanted to give something back to his home province and community. He was awarded the Saskatchewan Centennial Medal when the gallery opened in 2005, and he continues to donate his time to its daily operations.

"My ongoing desire is for the gallery to be a place where people of all walks of life feel welcome to visit frequently, to linger and enjoy the paintings and artifacts on display," he says. "In addition to supporting a number of educational, cultural and heritage initiatives, I also endeavour to assist established and emerging artists by exhibiting their works of art on a rotating basis."

Shurniak has received honorary Doctor of Laws degrees from the University of Saskatchewan and the University of Western Ontario (now Western University), the Queen Elizabeth II Diamond Jubilee Medal and the Saskatchewan Order of Merit. Although he says he is officially retired, he continues to serve as a director of Hutchison Whampoa Ltd. and as director and deputy chairman of Husky Energy Inc. On most days, though, he can be found at the gallery that bears his family name.



**Bill Shurniak**

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University  
of Regina



## Party like it's 1974!

The University of Regina and the Alumni Association are celebrating 40 years – 1970's style!

Come to the AGM and stay for a party with 70's music, food and activities!

Wednesday, June 25, 2014  
5:15 p.m. AGM • 6:30 p.m. Alumni Mixer  
Innovation Place, 10 Research Drive in Regina

Please pre-register on-line: [www.uregina.ca/external/alumni-relations](http://www.uregina.ca/external/alumni-relations)  
For more information please contact Alumni Relations: 306-585-4503 • [URalumni@uregina.ca](mailto:URalumni@uregina.ca)

40 Years  
1974-2014

University of Regina Director of Athletics, **Dick White BEd'74**, graduated the same year the U of R gained its independence from the University of Saskatchewan. After graduating, White taught physical education in rural Saskatchewan for seven years. He returned to the U of R in 1981 to work in the Athletics department – first as an administrative assistant and later as co-ordinator. Between 1988 and 1995, he served as the University's manager of Co-operative Education and Student Employment. He became Athletics director in 1995.

White was the president of Canadian Interuniversity Sport from 2005 to 2009 and is currently serving another one-year term. He also served as president of the Canada West Universities Athletic Association for two seasons. White was the chef de mission of Team Canada at the 2005 FISU (International University Sports Federation) Winter Games in Austria and again at the 2009 FISU Summer Games in Serbia.



**D** You have been coming to the University as either a student or employee for a good part of the past four decades. What do you see as the single biggest difference between the university you graduated from in 1974 and the one that exists today?

*The growth and development of the University in all aspects – from program offering and credibility to infrastructure and profile.*

**D** What do you see as the greatest success of the athletics program in your time as director?

*The expansion of our program from six to 14 sports. In addition to the growth, the excellence achieved by athletes and teams that did not exist during the early years of the University of Regina.*

**D** What do you see as the most significant benefit for students who combine academics with athletics?

*It's quite simply the development of leaders. Not just in the sport but in every aspect of community engagement.*

**D** In your opinion, who was the U of R's best ever student-athlete?

*That's a difficult task given the thousands of athletes in a variety of sports over many years. If given the liberty of choosing one male and one female, I would suggest women's basketball player Cymone Bouchard and football player Jason Clermont.*

**D** What is your rebuttal for those who question the value of an athletics program in these times of fiscal restraint?

*If we believe that universities are about excellence, then undoubtedly there will always be a place for athletics. University athletics is an investment in institutional branding, school spirit, the creation of leaders and community engagement. There is a reason our high schools and 56 universities across Canada believe that competitive sport has a place in our educational setting.*

**D** What is your favourite sporting memory?

*Really too many to count from years as an athlete, coach, fan and administrator, but [I am] not sure I will ever forget being at Mosaic stadium for the 2013 Grey Cup and marveling at no one leaving the stadium as the Grey Cup was presented to the Riders.*

**D** What is a perfect Friday night for you?

*We beat the University of Saskatchewan Huskies and then head out for a cold beverage and snacks with friends, family and staff.*

**D** What do you enjoy most about your job?

*The association and interaction with colleagues at the University of Regina and across Canada.*

Photo by Don Hall, University of Regina Photography Department.

# 40 in 40

## A timeline of University of Regina milestones

By virtue of a 1961 University of Saskatchewan Board of Governors motion, Regina College became the University of Saskatchewan – Regina Campus (it had been a part of the U of S since 1934). It would prove to be a restless marriage that by 1973 had prompted the provincial government to appoint a Royal Commission to look closely at the administrative structure of the University of Saskatchewan. The commission, chaired by former Supreme Court Justice Emmett Hall, recommended the province adopt a two-university model.

On July 1, 1974, by an Act of the provincial Legislature, the University of Regina became an autonomous institution and adopted the motto “As One Who Serves.”

The past four decades have included a copious number of highlights – here are 40.

Photos by the University of Regina Photography Department.





**1974**

With the passing of an Act of the Legislature, the University of Regina gains independence from the University of Saskatchewan.

**1976**

An agreement between the Federation of Saskatchewan Indian Nations and the University

establishes the Saskatchewan Indian Federated College (now, First Nations University of Canada). The federated college was created to serve “the academic, cultural and spiritual needs of First Nations’ students.”

**1976**

President emeritus Lloyd Barber is named as the second University president.

**1977**

The School of Journalism is established. Notable graduates include CBC Radio Middle East correspondent Derek Stoffel and International Emmy Award recipient Jacqueline Corkery.



**1978**

Honorary degrees are awarded to former premier Tommy Douglas, Sampson J. Goodfellow, and actor John Vernon (Dean Wormer in the cult movie classic *Animal House*).

**1981**

An agreement is signed between the University of Regina and Shandong University. It establishes one of the first reciprocal agreements between a Canadian and a Chinese post-secondary institution.

**1982**

The Dr. Paul Schwann Applied Health and Research Centre opens as a fitness evaluation and cardiac rehabilitation centre. Schwann, a Regina doctor, specializes in sport medicine and serves as team doctor for the Regina Pats, Regina Rams, Saskatchewan Roughriders, many high school teams, and the University’s athletic teams.



**1985**

Biology professor George Ledingham receives the Canadian Nature Federation’s Pimlott Award and a special award from Environment Canada for his dedication to botany and the environment. Ledingham devoted 60 years to botany and discovered *Astragalus ledinghamii*, a member of the legume family, on a rocky Iranian hillside in 1966. He was also instrumental in the establishment of Grasslands National Park in southwest Saskatchewan.

**1987**

Robert R. Ferguson receives the Order of Canada. Ferguson is an honorary degree recipient, original member of the University’s Board of Governors, early member of the University of Regina Alumni Association. He, along with his wife Norma, are the namesakes of the distinguished alumni award for outstanding leadership and service to the U of R.

**1989**

Construction begins on the Language Institute. The Language Institute is the francophone centre on campus and houses the Institut français. The building also includes La Résidence, a 50-bed residence for French-speaking students and students taking French classes.



**1990**

A pilot project for paper recycling is first implemented. In the intervening years, the University has dedicated itself to sustainable and environmental practices. In 2011, the Print Optimization Project resulted in a reduction in the number of printers, scanners and fax machines around the University from 1185 to 684. The current level of compliance will save the University more than \$1.14 million in operating expenses over the next five years.

**1991**

Donald Wells is installed as the third president.



**1992**

The Dr. John Archer Library celebrates its 25th anniversary. The main library was named for John Archer, who was principal of the University of Saskatchewan – Regina Campus. In 1974, he was appointed the first president of the University and served until 1976.



**1993**

The five three-credit hour system is introduced, aligning the University of Regina with most other universities in Canada.

**1994**

The University celebrates its 20th anniversary with Homecoming '94.

**1994**

The Awards for Cougar Excellence are introduced.

**1995**

The first students of the University's Master of Business Administration and Master of Public Administration programs convocate.



**1995**

The University's Software Systems Engineering program debuts. The program is unique in Canada.

**1996**

Research funding from the Natural Sciences and Engineering Research Council of Canada (NSERC) tops \$1 million for the first time.



**1997**

The Dr. William Riddell Centre opens.

**1997**

Petroleum engineering is offered for the first time. The program goes on to become one of the largest in Canada.

**1998**

David Barnard is installed as the fourth president of the University.

**1999**

The Bachelor of Arts in Police Studies, a four-year degree program that combines police training and a liberal arts education, is unveiled.

**2001**

The Cougars women's basketball team wins the Canadian Interuniversity Sport championship and the Bronze Baby for the first time, defeating the University of Alberta 94-85 in the final.



**2004**

During a special convocation ceremony, an honorary degree is conferred on Her Royal Highness the Princess Royal.

**2004**

The \$32 million Centre for Kinesiology, Health and Sport opens in preparation for the 2005 Canada Summer Games.

**2005**

The University's distinguished graduate awards, the Alumni Crowning Achievement Awards, are launched.

**2005**

Joe Fafard's sculpture, *Le jardin de l'esprit* (Mind's Garden), is donated to the University's Building Dreams and Futures campaign. The sculpture is valued at \$800,000.



**2006**

The University launches the unique Bachelor of Health Studies, the only undergraduate health studies degree in Western Canada. A collaboration between the Faculty of Arts, the Faculty of Kinesiology and Health Studies, and the First Nations University of Canada, the program focuses on the social, economic and cultural determinants of health and how these factors influence beliefs, attitudes, practices and behaviours.



**2007**

The Paul J. Hill School of Business opens its doors following a generous gift from local businessman Paul Hill. The Hill School of Business also enjoys a strategic partnership with the Ivey Business School at Western University.



**2008**

Dr. Vianne Timmons is introduced as president.

**2008**

The Research and Innovation Centre opens. The Centre receives national attention from the Royal Architectural Institute of Canada with a profile as an example of excellence in functional design in Award, the Canadian magazine of sustainable architecture, construction and design.

**2009**

One of the most unique student support programs in Canada, the UR Guarantee program, is launched. The program gives students the tools they need for academic success and provides opportunities to fully engage in university life.

**2010**

The U of R and SIAST announce a joint nursing program. The Saskatchewan Collaborative Bachelor of Science in Nursing (SCBScN) degree is offered for the first time the following fall.



**2010**

Department of Physics faculty members are involved in the largest scientific experiment in human history at the CERN laboratory in Geneva, Switzerland. Scientists hope to unlock the mysteries of the origins of the universe using the Large Hadron Collider, the largest and most complex machine ever made.



**2011**

The University's Heating and Cooling Plant is among four Canadian buildings to win the 2011 Prix du XXe siècle award for enduring quality and influence on contemporary architecture. Designed by Clifford Wiens, the building also received a Massey Medal for Architecture (now the Governor General's Medal), Canada's highest architectural honour, in 1970.



**2011**

The President's Aboriginal Advisory Circle is established.

**2013**

The University begins construction on a project that will see a new 605-bed residence, 90 new daycare spaces and 150 underground parking stalls. It will be completed by fall 2015.

**2013**

Building Knowledge – The College Avenue Campus Revitalization Project is launched publicly. It received a \$1 million gift from an anonymous donor in late 2012.

**2014**

The University of Regina celebrates 40 years of independence.





# Running for her life

Following a 1997 car accident, Stacey Shand found herself unable to walk without the help of braces and a cane. Determined to get better and get healthy, she vowed that she would never take her physical ability and strength for granted again. The braces and cane are long gone and these days you'll find the ultramarathoner in some of the most extreme long distance footraces in the world.

**By Raquel Fletcher BAJ'11**

Photos by Trevor Hopkin, University of Regina Photography Department and courtesy of Stacey Shand.

**E**ven at 8 in the morning, the sun beat down on the Badwater Basin hotter than anything Stacey Shand BA'02, BEd'02 had ever run in. "You could feel the heat radiating off the pavement," she says.

That was to be expected. The Badwater Ultramarathon, a 217-kilometre race spanning several days, boasts that it is "the world's toughest footrace." It is held every year during the anniversary week of the hottest recorded temperature on earth: 56.7 C on July 10, 1913. In the first few hours after leaving the start line of the 2013 race, the temperature was already pushing 50 C. Shand recalls, "It just kept getting warmer and warmer and warmer."

The race begins almost 300 feet below sea level and takes athletes through California's Death Valley to end at Mount Whitney, the highest point in the contiguous United States.

Throughout the next 41 hours, Shand wouldn't stop for longer than five minutes – and wouldn't sleep. She would encounter dust storms and unbearable heat and go through almost 70 bags of ice trying to regulate her body temperature. She would wear out three pairs of runners. At night, with only her headlamp and the stars to light the course, she would almost step on a rattlesnake.

By the second day, after already running 160 kilometres, she would reach a stretch of freshly paved road that reflected the sun upward and burned the roof of her mouth. Despite using a Q-tip to put sunscreen as far up her nostrils as she could, the inside of her nose would become so sunburned it would gush

blood before she crossed the finish line.

However, Shand didn't think about what lay ahead. She was grounding herself in the moment. Dressed in as much white as possible, she repeated to herself, "Just run. That's my job. Just run."

She focused on her heart rate monitor and what her body was telling her. "I just kept reviewing in my head, 'How is everything feeling?' I kept going through a checklist: Lungs? Good. Stomach? Good. Thighs? Okay, good. Calves? Okay, good. Feet?"

This was not her first extreme ultra-marathon, but it was the most dangerous, and that had been exciting for Shand. "Badwater was sort of this out of my realm experience, like most of my events are. I choose something that scares me and intimidates me because then it makes me train on the days that I don't want to leave the house or get off the couch," she says. "But this could kill me if I'm not prepared."

Training for Badwater in Saskatchewan was not easy. Regina had record snowfall during the winter that Shand found out she had qualified. She wore layers of clothes to try to emulate the heat on days where temperatures fell to -20 C.

However, Shand is used to putting her body through one extreme after another. In 2010, she was the second female finisher of the Rock and Ice Ultramarathon through the Canadian Arctic. Then, in that same year, she completed back-to-back summits of Africa's two highest mountains: Mount Kilimanjaro and Mount Kenya. In 2012, she finished 37th at the Marathon des

Sables, a seven-day run through the Sahara Desert.

Badwater was the ultimate challenge – physically, mentally and emotionally – and that's why Shand had to attempt it.

Growing up, Shand excelled in academics, but dreaded physical education. She describes herself as "the least active person" in high school, and says she often found excuses to skip gym class. Then, a debilitating accident changed her perspective completely.

In 1997, Shand moved from Ottawa to study English and education at the University of Regina. One morning in late October 1998, she and a classmate were driving to the University on Ring Road. A train had held up traffic at the Winnipeg overpass and a truck remained stopped at the train crossing. Shand's classmate failed to see the truck and her two-door Honda civic crashed into the back of the vehicle at 107 kilometres per hour.

At impact, Shand's seat came loose and was propelled into the dashboard, pinning her between the seat and the exposed wreckage of the car. She could feel the hot fluid from the engine running down her leg and wondered how badly she'd broken it.

Once in the hospital, it was determined that Shand needed surgery for her knee and leg. "I was 18 years old. I should have been physically active. I should have been using my body 100 per cent and all I could think of was all the adults who say, 'Oh, I have a bad back,' or, 'Oh, I have a bad knee.' And that's the excuse for the rest of their lives. I can't let that happen," Shand recalls. "I vowed to myself then that



**Opposite page:** Ultra-marathoner Stacey Shand is a U of R Education master's student and will defend her thesis this spring. **Left:** Shand poses at the finish line of the Ultra-Trail du Mont-Blanc, a single-stage mountain ultra-marathon. The race takes place each year in the Alps, across France, Italy and Switzerland. With a distance of about 166 kilometres and a total elevation gain of about 9,600 metres, it is widely regarded as one of the most difficult foot races in Europe. **Right:** Shand during the Badwater Ultramarathon, a 217-kilometre event that begins in California's Death Valley and ends at the trailhead of Mount Whitney. The race takes place in mid-July when temperatures can reach 50 C.



Two photos of Shand from the Marathon des Sables, an annual six-day, 251-kilometre ultra-marathon. The event is held in southern Morocco, in the Sahara desert and covers a distance equivalent to six regular marathons.

I would never take my physical ability and strength for granted.”

Shand underwent multiple surgeries. She could walk only with the help of braces and a cane, but became determined to be as healthy as possible. Shand concentrated on taking longer and longer walks, eyeing the runners who circled Wascana Lake enviously.

Seven years after the accident, Shand saw a poster for the CIBC Run for the Cure, a five-kilometre race that fell on her birthday. It was longer than any distance she'd been able to run before and she studiously researched the best way to train.

“I tried to do it so smart because I didn't want to injure myself,” she says.

When she finished the race, she felt an immediate adrenaline rush. “At that time, I was in my mid-twenties and it felt like everything was taking so long to accomplish. Everything seemed to be a five-to-seven-year plan: getting a house, relationships and degrees. But with this, I could set a goal for three months and accomplish it.”

A couple of weeks later, she registered for her first half marathon, followed by the Queen City full marathon the next fall. She was never fast, but she soon discovered she had endurance.

“The more that I trained, the stronger I felt and the better I felt,” she says. “So then I just kept testing my body. And my body responded so well.”

Only a couple years after her first run, a friend asked her to be part of a relay team for an ultra-marathon in the Arctic. Shand agreed to run a double leg that would take her all night. Then, on the evening of the race, a blizzard set in. Organizers had no choice but to cancel it.

“I had already started running my leg and they couldn't get out to me,” says Shand. She ran for nine hours through subzero temperatures and blizzard conditions, seeing the northern lights for the first time and encountering a wolf.

“It was the hardest mental and physical challenge I had ever experienced. There were so many moments I was so scared and so many moments I was so proud that I was out

there and I didn't even know how bad it was!” she says. “That's when I realized that I may have a strength that's not just running – the ability to deal with challenges as they actually happen to me. And the adrenaline rush was amazing.”

Extreme long distance running was a sport that combined all of Shand's passions – her newfound passion for physical fitness and her long-time passion for research.

“Some of my spreadsheets that I use in my daily job, I use in my training schedules,” says Shand, who now works at SIAST as an educational co-ordinator. While training for Badwater last winter, Shand had been working as a research officer for the Indigenous People's Health Research Centre, as well as an ESL instructor at the University of Regina.

Working on campus was crucial for her training. Shand biked to work every day, swam during her lunch break and ran around the lake after work. She did workouts in the sauna – weight-training with free weights and riding a stationary



Shand swimming and cycling in the Ultraman Triathlon.

bike – that lasted hours. On weekends, she ran to Lumsden and back – some 30 kilometres each way. She did as much research as possible into how to condition her body to stand the extreme conditions she was about to face.

The race provides no break stations; runners who qualify for Badwater have to assemble their own crews to provide them with food and water. Shand hired a coach from British Columbia to look over her training schedule. She also asked a friend from Regina, Diane Yachina BA'92, BHJ'94 to be part of her crew. Yachina's boyfriend also volunteered. Knowing the Canadians wouldn't be heat-trained, she looked for other crew members from the southern United States. She connected online with three others and they met for the first time in Las Vegas two days before the race.

Shand knew her coach and crew were knowledgeable about the race and how to assist her, but she wasn't prepared to trust them completely. "I'm so independent that I do everything on my own. I get to know my body really well, so I wasn't comfortable even relying on them because runners don't rely on other people."

By late afternoon on the first day, the temperature reached its hottest. Yachina's nail polish melted off her toenails in the van while she watched her friend suffer in silence.

"If something gets serious, I get really quiet," says Shand.

"It was really hard. I'm used to always seeing a side of Stacey where she's always super positive and super strong," says Yachina. "I don't see Stacey ever quiet; I don't see Stacey ever not talking. To see her like that hurt, too."

Shand could feel her stomach turning. "When we first drove into Death Valley – it's stunningly beautiful. It's so overwhelmingly beautiful, but you can't even wrap your head around how hot it is."

Race organizers warn that when something goes wrong in Death Valley, things tend to escalate quickly. Desperate to catch any signs of a problem immediately, Shand realized she needed to begin vocalizing her concerns to the crew. They decided the best way to cool her down was to attach bags of ice to her neck and groin, under her armpits and under her hat while Shand continued to run.

"It was like NASCAR, where they are doing stuff to you as you're going," Shand laughs.

At nightfall, the group approached the beginning of the first climb and a bend in the course. "As soon as we changed directions, all of sudden there was this

crazy wind that I never felt anything like in my life," says Shand.

The combination of heat and wind created the sensation of being inside a convection oven and Shand felt as if the air was scalding her skin. She started to panic and questioned how she could possibly endure this and finish another full day of the race?

Her coach was also becoming exasperated. "Ugh, if I could just get in front of you and block this wind," Shand recalls him saying.

His empathy gave Shand an extra dose of energy.

"He knows what I'm going through right now," Shand remembers thinking. "How cool is that? That we get to experience this and I get to experience this with other people. As soon as I realized that it wasn't just me, I said, 'Okay, let's go. Let's get this done.'"

"There's nothing about that course that looked fun to me," says Yachina. "Stacey's an inspiration, not only as an athlete, but in everything she does. Her determination is amazing."

Shand insisted the crew not tell her what time of day it was or where she was on the course until she crossed the finish line. In the end, she was the ninth overall female to complete the race.

"I started off from scratch. I was not an active person before. To me, I feel like anyone could do it with the proper training and the proper research," says Shand, adding that there may also be a genetic component involved in extreme

long distance running. "I think I am gifted when it comes to recovery. The next day, I can walk. A lot of people can't walk."

Shand is now training for ultra-distance triathalons. Since Badwater, she has become fascinated by the waves of energy the body goes through when running without sleep. She has also qualified for the Ultraman World Championships, a 515-kilometre footrace around the main island of Hawaii, in November.

"To me, I find it extremely fascinating to learn about myself mentally and physically. I feel so in tune with my body," she says.

Shand says that pushing herself on a course where she has to think about whether major organs in her body will quit functioning helps her to find balance in her life. "It helps me remember that the world is so much bigger than what we give it credit for sometimes. We get so caught up and stressed out sometimes about the little things, but the world is way too beautiful to make it about these things that we complicate our lives with." **D**

*Raquel Fletcher is a freelance journalist based in Regina. Her forte is writing on environmental and business issues. She received a silver award in the Emerging Writer category at the 2013 Alberta Magazine Awards for her story, "Ten Tree sees the forest and the trees," that appeared in the fall 2012 issue of Degrees.*



Shand poses with a Saskatchewan Roughriders flag after back-to-back summits of Africa's two highest mountains – Mount Kilimanjaro and Mount Kenya – in 2010.



## One eye on the past

### Four decades of photography by Don Hall

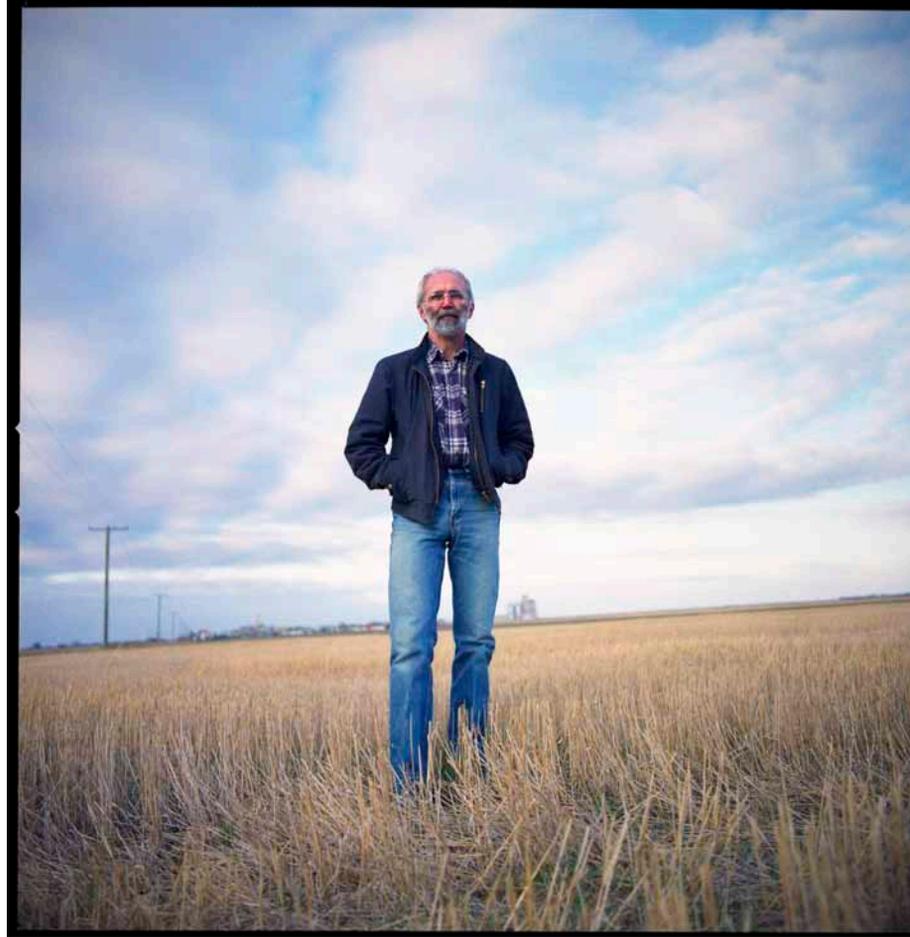
Don Hall's appreciation of the Saskatchewan landscape was shaped during his formative years living in Humboldt, Prince Albert and, later, in Regina. The manager of the U of R Photography Department attended the University of Saskatchewan – Regina Campus from 1968 to 1970. He continued his studies at the Northern Alberta Institute of Technology in Edmonton, Alberta, where he received a Diploma of Photographic Technology in 1972.

Hall started working in the University's Photography Department in 1975, one year after the University of Regina gained its independence from the University of Saskatchewan. Over the years he has been witness to many of the most important University events and has captured more moments associated with the U of R than any other individual. His photographs have graced the pages of *Degrees* and its predecessor, *The Third Degree*, since the magazine's inception.

He is recognized as one of Saskatchewan's top fine art photographers and his work has been exhibited and published throughout North America and abroad. His photographs are included in many private and public collections including the Saskatchewan Arts Board, the Canada Council Art Bank, Canadian Museum of Contemporary Photography, MacKenzie Art Gallery, Mendel Art Gallery, the Winnipeg Art Gallery and the CBC Collection.

Hall has a penchant for photographing artists who are associated with the University of Regina. On the pages that follow, you'll see some of his favourites from the past 39 years.





**Opposite page:**

**Top left:** Former U of R Fine Arts faculty and Regina Five member Art McKay, photographed by Hall in 1975.

**Bottom left:** Sculptor Victor Cicansky BA'65 taught at the University of Regina for over 20 years. He is a recipient of a U of R honorary degree and a member of the Order of Canada.

**At right:** Brenda Parres, the founder of the MacKenzie Art Gallery's education program, photographed in 1977.

**This page:**

**Top left:** Frank Nulf photographed by Hall in 1981. Nulf moved from the United States to Regina in 1970 to serve as dean of Fine Arts. He continued to teach at the University after his term as dean ended until he moved to Ontario in 1988.

**Bottom left:** Dance, installation and performance artist Robin Poitras, photographed in 1988. Poitras taught classes in the University's Department of Theatre.

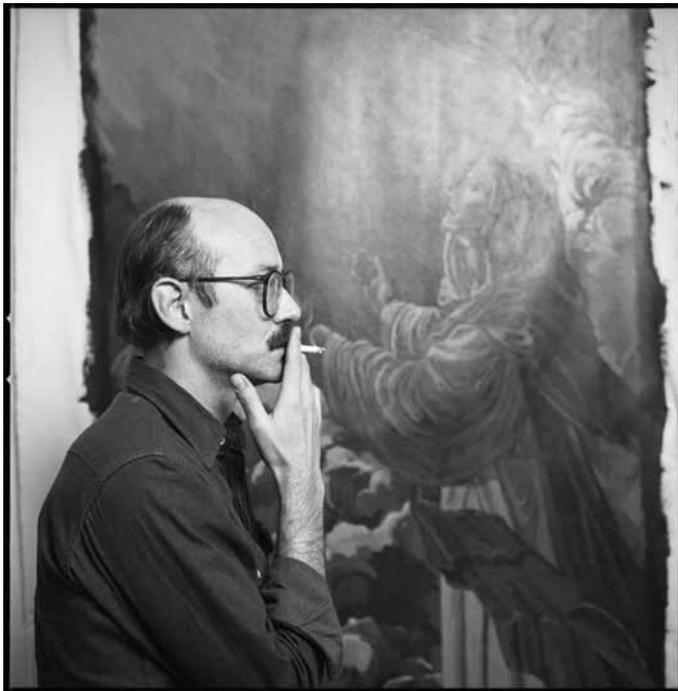
**Above:** Joe Fafard taught sculpture at the University of Saskatchewan – Regina Campus from 1968 to 1974. He received an honorary degree from the University in 1989. Hall photographed him near his studio in Pense in 1988.



Right: Ceramist Jeannie Mah BEd'76, BA'93 and her partner, Ed Jones, photographed in 1989.

Bottom left: Artist, critic, curator and former Fine Arts faculty member Jack Anderson, photographed in 1988.

Bottom right: Former University of Regina faculty member Gisele Amantea in a 1989 Hall photograph.





**Top left:** Bob Boyer BEd'71 became a professor of Indian Fine Arts at the Saskatchewan Indian Federated College. The photo was taken in 1999.

**Top right:** David Thauberger BFA'71 studied ceramics at the University of Saskatchewan – Regina Campus where he later served as an instructor. This photo of Thauberger in his studio was taken in 2014.

**At left:** Dancer Davida Monk photographed in 1996. Monk taught movement classes in the theatre department.



# Forty years of memories



## Long-serving employees remember “the way it was” at the University of Regina.

by **BD Miller BA (Hons) '89, BJ '95**

Photos by Don Hall, University of Regina Photography Department.

**N**early four decades have passed since the University of Regina became an independent institution in 1974. Two of the biggest songs on the radio that year – Jim Croce’s *Time in a Bottle* and Barbra Streisand’s *The Way We Were* – dealt with the changes wreaked by time and the impossibility of keeping things the same.

Students might have listened to those songs as they drove to Canada’s newest university in their Gremlins or Pintos, subcompact economy cars made popular by the oil crisis of the previous year when gasoline prices had spiked. And if they needed to take their minds off their coursework (or the price of gas), students could have gone to *Blazing Saddles* or *The Towering Inferno* – the two top-grossing movies the year that the U of R came into being.

Despite the creep of time and all the changes that have occurred since 1974, both on campus and around the world, some things have stayed the same. It’s still possible, for example, to find and chat with staff members who have served the U of R throughout its 40-year history and who continue to work there today.

Harald Berwald is currently manager of the Engineering Design Lab and Workshop, located in the Education Building, where he designs and builds research equipment for faculty and helps graduate and undergraduate students construct many of their projects. He joined the University in November 1971 when it was still the University of Saskatchewan – Regina Campus, starting as an instrument maker for the Faculty of Engineering (now the Faculty of Engineering and Applied Science).

Back then, his workshop was located in the Science Building at the College Avenue Campus. Berwald still remembers

arriving at the old campus on his first day to find his nameplate already on the workshop door: “I was quite impressed.”

“Of course, the workshop itself was like none existing. No workbenches or hand tools, only a 10-inch lathe, a floor drill press and a large grinder. My supervisor, Dr. Postlethwaite, was happy when I offered to go home to get all my personal tools, including a small drill press and vises.”

The items that Berwald builds in his workshop can be quite complex, but the process he’s always used to build them is relatively simple. The way he describes it: “I sit down, talk to people, and then turn their ideas into drawings. Then I start fabricating research equipment.”

From the start, “work came in fast and furious,” Berwald says. “The workshop was always very busy and we never had a dull moment.” He says the workshop has handled well over 2,500 work orders in its history, some of which required hundreds of hours of labour.

Regardless of whether a particular project is large or small, easy or full of challenges, Berwald says he’s usually asked the same two questions by faculty members: How much will it cost and when can I have it? “And they always seem to want it yesterday.”

He used to have three words pinned to his desk – GOOD, CHEAP, FAST – and he’d joke with faculty that they could only have two of the three criteria. “If they chose ‘good’ and ‘cheap’, then it wouldn’t be fast,” he says. “On the other hand, if they chose ‘good’ and ‘fast’, then it wouldn’t be cheap.”

One thing Berwald misses about the early days at the University is how tight-knit and social the staff were. “The atmosphere was different back then,” he recalls. “It was like a

big family. You knew the whole campus and all the employees. Engineering had plenty of gatherings, including picnics and barbecues in Wascana Park with everybody's families."

Over the years, Berwald has also had a lot of interaction with engineering students through machine operation and shop practice demonstrations and other sessions in his workshop. "Most of the students were so interested and wanted to know all of the 'tricks of the trade' that, at the end of the day, I had a hard time getting rid of them," he says. "That made me feel pretty good that they wanted to stick around. The enthusiasm usually carried over to their fourth-year projects where they needed to communicate their ideas and show me what they'd learned."

Berwald says it's difficult for him to single out any particular project as his favourite or most memorable assignment over the years. "With so many jobs under your belt, it's hard to choose one or two," he says. "Almost every project has special memories. But if I had to absolutely choose one of the most memorable projects, I would say the 3-D model of the carbon sequestration in Weyburn would probably be the one."

Less than a year after Berwald was hired, Brien Maguire joined the University's budding Department of Computer Science as a special lecturer after completing his graduate work at the University of Waterloo. That fall in 1972, the department had just three instructors, including Maguire; today, it has 15 faculty members and four lab instructors.

In those early years, computer science students didn't carry laptops or iPads to class. Instead, they lugged boxes of punch cards from a keypunch lab located in the Dr. John Archer Library, to a drop-off point in the Classroom Building. But first,

**Despite all the advancements in computer technology, Maguire says the biggest change during his 40-plus years at the U of R has been to the campus itself. When he first arrived in Regina, people joked that the campus resembled a mud bowl.**

the students had to write their program statements onto paper coding forms, before queuing for a keypunch machine to create their card decks.

The keypunch machines were similar to typewriters, Maguire says, only bigger. "You'd have a deck of blank cards going in from a hopper on one side, and as you typed they'd come across in front of you, one card at a time, and be collected in another hopper."

The cards were punched, boxed and taken to computer operators who carted them to a room in the back of the Laboratory Building. There, an operator would feed the decks through the University's mainframe to run the program and generate a printout. If any errors were found, the students would rush back to the keypunch machines to correct and replace the offending cards. "They'd punch up a couple of new cards," Maguire says, "and then they'd go running as fast as they could to try and catch up to the cart so that they didn't have to wait an extra hour or two before they got another result. You might get to run your program four, five, six times a day, but that would be it. So it was nothing like today where you can code your program on an iPad or laptop and run the program as quickly as you can type in the directions."

**One thing Berwald misses about the early days at the University is how tight-knit and social the staff were. "The atmosphere was different back then," he recalls. "It was like a big family. You knew the whole campus and all the employees.**

Given the newness of the field, the computer technology at the U of R in those early days was understandably cumbersome. It was also expensive. Maguire recalls that in 1975 the department was running a Digital PDP-11 minicomputer that could support about 12 simultaneous users running basic programs. The computer had room for another 8,192 bytes of memory that would increase capacity by another four student users. The upgrade cost the department \$5,500, but provided Maguire with an enduring trivia question for first-year computer science students: How much would the memory in your laptop cost if you were paying 1975 prices? The answer (assuming your laptop has four gigabytes of memory) is about \$2.8 billion. "So that provides a little perspective about how much cheaper the technology is these days," Maguire says.

Memory, storage and computing power have increased exponentially since the 1970s. Maguire remembers when his department bought three disk drives for one of its PDP-11 computers in the mid-1970s. "These were removable cartridge drives about the size of a large pizza and about two inches thick," he says. "We had two technicians fly in from Phoenix and spend three days with us to install them."

Following the installation, the department had a total of about 7.5 megabytes of available disk storage "and we thought this was fantastic." By comparison, Maguire recently received a completed student assignment with a file size of about 120 megabytes. "The notion of a student with a single file that



**Harald Berwald, manager of the Faculty of Engineering and Applied Science's Engineering Design Lab and Workshop.**



Department of Computer Science faculty member Brien Maguire and his original identification card from 1972.

large – we just didn't comprehend those kinds of possibilities in those early days," he says.

Despite all the advancements in computer technology, Maguire says the biggest change during his 40-plus years at the U of R has been to the campus itself. When he first arrived in Regina, people joked that the campus resembled a mud bowl. "But it's not that way any longer," he says. "These days you work in a park when you work at the University of Regina. One time, quite a few years ago now, I was just looking around the campus at all that's changed and I remember thinking, 'When did this happen?' The place is landscaped and it's gorgeous."

About a year before Maguire joined the University, Teri Dibble started working as a Clerk Steno 1 in the Chemistry and Biochemistry Department. She was just 16 years old that summer, and this was her first job. Forty-three years later, she's still working that first job in Chemistry and Biochemistry (although she was promoted to Clerk Steno 2 after a few years and her current job title is Administrative Assistant).

Dibble says working on campus was a bit scary at first. "I was pretty young, really green. Most of the students were older than me and I was working with some really smart people too. So I was probably kind of intimidated, but I got more comfortable as time went on."

**"I was pretty young, really green. Most of the students were older than me and I was working with some really smart people too. So I was probably kind of intimidated, but I got more comfortable as time went on."**

She thinks one of the reasons she's stayed in the same department for so many years is she gets along so well with the chemists and appreciates their work ethic.

"They're responsible, on time, and they get up early," she says. "And they're good administrators too. A number of the chemists have gone into administration. The [former] University secretary, Reid Robinson, he was a chemist. And the [former] dean of Graduate Studies and Research, Rod Kelln. There have been quite a few who moved into higher administrative positions because they're good at it."

Dibble says her duties have changed enough over the years to keep her interested in coming to work. "It's still office work, but it's changed drastically since when I started."

Her first office machine was a 17-inch non-correcting typewriter, but by the mid-1980s, computers were starting to take over. At first, she wasn't impressed with the new technology: "We shared a computer on the back table for big projects. The screen was green and the resolution was so bad, it would just fry your eyes."

But computers eventually became an indispensable part of Dibble's work. "Now if the power goes off, you literally can't do anything," she says. "Sometimes I'm a little frustrated that everything is on that box."

But she concedes the technology has made things a lot easier for herself and also for the students. She says the old non-computerized registration process was especially awkward. Back then, students had to register for classes in person at the offices of each department. On the first day of registration for each semester "students would be lined up out the door and down the hall," waiting to get their names logged into a coil-bound notebook in the department office. "The students would line up at the desk and you would register them," Dibble says. "And if they dropped a class, you'd draw a line through their name. Now the registration is done online and it gives you up-to-the-minute records of which student is in what class."

Many things are different from that first summer on campus in 1971, but Dibble says the quality of the students coming to the U of R has remained the same. "I've been really lucky over the years to be exposed to the cream of the crop of young people," she says. "And there's still some fine, high-quality young people out there – respectful and with really good intentions. And that hasn't changed. Another thing I've really enjoyed, particularly with our grad students, is the international students who come here from all over the world. That's really been interesting."

Dibble says the growing diversity across the entire U of R campus is noticeable, whether in the hallways or classrooms or even while waiting with a group of staff and students for a bus. It's something she greatly appreciates. "Where else would you maybe see this [level of diversity] but at a university, where it transcends race, religion, and everybody gets together in the pursuit of knowledge." **D**

*BD Miller is a Regina-based writer and two-time graduate of the University of Regina.*



Teri Dibble has worked her entire 43-year U of R career in the Department of Chemistry and Biochemistry.

**Feed Back** *continued from page 2*

I came to Regina in 1966 as a young instructor in psychology, just one year after the opening of the new campus on its present site. The official University position at that time was one of strong support for the “One university – two campuses” system. Indeed, then-University of Saskatchewan President John Spinks wrote a report in the late 1960s that recommended the same idea for a much larger Ontario system (which was never implemented, of course).

It soon became evident that there were major tensions between the old, large and conservative institution in Saskatoon and the young, brash and radical (both politically and educationally) campus in Regina. All sorts of lip-service was paid to equality. For example, joint council meetings – to everyone’s inconvenience – took place in Davidson; some senior officials were moved to Regina (notably the formidable A. B. Van Cleave, who served as Dean of Graduate Studies for the whole University); and principals were appointed at each campus (originally there had been a president at Saskatoon, but a principal at Regina).

Tensions finally came to a head in the early 1970s when the Saskatchewan government announced that the University’s budget would have to be approved by the provincial legislature. The Regina campus was up in arms at what they saw as interference with academic freedom, and there were weeks of very public protests, culminating in a strident and packed public meeting held at one of the downtown cinemas. This was followed by a vitriolic debate on live television between government representatives (led by the deputy premier) and University officials, including Alwyn Berland, Dean of the Faculty of Arts and Science, and Reid Robinson (later to become University registrar). Things got so heated that, at one point, Dr. Robinson was told he had no right to offer his views since his accent clearly marked him as a foreigner.

President Spinks rushed down to Regina to try to quell the fuss, and spoke at a well-attended but hostile public meeting. Subsequently, Dr. Berland resigned his deanship because of a lack of support for the Regina stance from the Saskatoon administration (he was soon appointed executive director of the Canadian Association of University Teachers).

In the wake of these developments, there was a meeting of the Regina campus council (which, in those days, was open to anyone holding an academic appointment). I still remember the moment when one of my social science colleagues made a carefully enunciated list of Regina’s grievances, and ended by proposing a motion that Regina petition to establish itself as an independent university. Then came the most dramatic moment of all when the long-serving and well-respected (but cautious) William Riddell, who was chairing the meeting, announced that he would give the motion his support. It passed overwhelmingly in a great rush of excitement.

The rest of the history is better known. The NDP opposition announced its support of an independent U of R (Alan Blakeney, as opposition education spokesman, had already attacked the government on the university budget issue and been rebuked by Dr. Spinks for his trouble). Within a few months, the government had been defeated and a new university act was passed that created the U of R, with Dr. Riddell as its first president.

**Dr. Christopher Knapper PhD’69**  
Kingston, Ontario

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In 1974, I was a biochemistry lab instructor at the University of Regina. I was thrilled when the University of Saskatchewan – Regina Campus became the U of R. The atmosphere and goals were so different from the U of S that I thought the split was long overdue.

My relationship with the U of R started in the summer of 1967 when, as a biology student at the U of S, I got a summer job working for George Ledingham, who I had met through the Saskatchewan Natural History Society.

Under his guidance, I spent the summer comparing the productivity of the growth on an overgrazed pasture with that of a newly planted field. He took me and his other two summer students on several Saturday morning birding expeditions – an experience not to be missed as he drove while watching for and pointing out birds and native plants.

In the fall of 1969, I returned to the University of Saskatchewan – Regina Campus as a student in the BEAD (Bachelor of Education After Degree) program. It was an eye opener. Saskatoon at that time was pretty “staid” as campuses went. Regina was full of “hippies” and protestors with long hair and blue jeans.

However, the BEAD program showed me that teaching was not for me, so I did not complete my bachelor’s degree in education and, instead, took a lab job in Regina. In the fall of 1973, I was hired by Dr. Jim Gear as the biochemistry lab instructor even though my degree was in biology. I held that job until 1978. In addition, from 1975 to 1980, (note the overlap) I was a graduate student in biology under the supervision of Dr. Robert Agnew and received my master’s in science in 1980.

I moved to British Columbia immediately after completing my master’s, but I never forgot my years at the U of R and Dr. Ledingham. During my years there as an employee and a student, he was always available for a chat in the greenhouse or the herbarium. He was genuinely interested in his students’ lives and had a wealth of knowledge about the flora and fauna of Saskatchewan. After leaving the U of R, I continued to correspond with Dr. Ledingham right up until his death. I was thrilled that the Grasslands National Park finally came into being while he was still alive and able to appreciate it. I think that the formation of the Grasslands National Park is one of the greatest achievements of George Ledingham and another reason to be proud of the U of R.

**Sheila Carey MSc’80**  
Courtney, British Columbia

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My class time on campus was limited as my classes were in the evenings or in the summer because I was teaching full-time in the Regina public school system. I am proud of my alma mater as the education I received at the University of Regina empowered me to be a better teacher and to serve in multiple areas supporting education.

When I retired from teaching in 1995, I immediately enrolled at the University's Lifelong Learning Centre, where I registered for classes and served on the Seniors' University Group Board of Directors.

I became a volunteer programmer on CJTR 91.3 FM Regina Community Radio, hosting two programs – Regina 101 and Regina Reads and Writes. This provided an avenue to showcase the many opportunities in the community for older adults to keep learning to enrich their lives. Also, many U of R authors and editors were invited to discuss their work. President Vianne Timmons was interviewed about how the community could support the College Avenue Campus Renewal Project. My most rewarding experience at the Lifelong Learning Centre was setting up and co-ordinating the Prairie Sages Book Discussion Group for fifteen years. The Prairie Sages evolved into the best book club ever thanks to the U of R. I am a proud alumna.

**Elaine J. Yeomans BEd'79, Dip Ed(C&I)'83  
Regina, Saskatchewan**

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When I completed my high school studies and enrolled in the Faculty of Engineering in Sudan's top university (University of Khartoum) to study chemical engineering, I became more eager to pursue my graduate studies in one of the top universities in Canada. I chose Canada because I imagined myself exploring its numerous lakes, its prairies, its mountains and its extremely cold weather – things that we didn't have in my country, Sudan.

During my final year of my undergraduate studies at the University of Khartoum, I started my search for a university in Canada. My search led me to the University of Regina. I came to learn that it had become a fully autonomous degree-granting institution in 1974, the same year I was born in Sudan. That was one thing that inspired me more to go ahead and enrol there for my graduate studies.

When I started my Masters of Applied Science in Industrial Systems Engineering at the U of R, I had a small family – my wife and myself. My family continued to grow as I completed my doctoral degree in engineering (process) and was awarded the prestigious Governor General Academic Gold Medal. Today, my wife and I have five children. I feel very proud of what I have achieved, in spite of the enormous stress and the heavy burden of looking after and raising my family.

In 2010, after working for two years for a Regina-based energy company as a senior project engineer, I joined the U of R as a faculty member in the Faculty of Engineering and Applied Science. Today, I work side-by-side with my respected colleagues who used to be my respected professors.

**Hussameldin Ibrahim MSc'02, PhD'08  
Regina, Saskatchewan**

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My first year of education after high school was at the Moose Jaw Normal School, followed by a second year of education at the University of Saskatchewan. While teaching, I took a summer class in psychology at McMaster University and a library science class at the University of British Columbia. Correspondence classes included sociology from the U of S and Canadian history from Queen's University. Then, when the University of Regina began to offer off-campus classes in Estevan and Weyburn, I sent off a list of my classes in the hopes I would eventually graduate with a degree. The U of R accepted every single one of these classes from other institutions. Professor Ed Klopushak, my advisor, kept insisting that I needed to come to the campus for at least one semester, but by that time I was married and had four children so it was not possible for me to leave home.

I was able to graduate from the U of R with my bachelor's degree in education in 1977. Professor Klopushak was sure that I was the only student he ever knew who received a degree and had never set foot on the campus for at least one semester. Three of my four children went on to graduate from the U of R, as well. From 1987 to 1992, I had the privilege of serving as a member of the Board of Governors. I have always been grateful for this opportunity and I am a very proud graduate of the U of R.

**Shirley Andrist BEd'77  
Estevan, Saskatchewan**

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I got my doctoral degree in chemistry from the University of Regina in 1973. I shall always be grateful to my PhD thesis supervisor, Professor Donald G. Lee, and other faculty members for the excellent education and professional guidance that I received from them. Based on my experience in Regina, I can say with utmost certainty that the people of Saskatchewan are among the most kind, courteous and generous people on this planet.

**M. Husain Sadar PhD'73  
Ottawa, Ontario**

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*continued on page 32*

**Feed Back** *continued from page 31*



I started university in Regina in 1963 when there was just the College Avenue Campus. Then, in 1965 or 1966, two new buildings at the “new” campus were opened. Wow – the Classroom Building and the Laboratory Building. These were connected via the main floor and there was a student cafeteria in the Laboratory Building that seated about a hundred students. Classes were held at both the new campus and at the old College Avenue site. A student could catch a bus between the two sites, but with just ten minutes between classes, I was always late for French class back on the College Avenue Campus. Believe it or not, attendance was taken, and even being late for class was noted by the professor. (One could lose grades or fail a class for non-attendance, even if exam and other marks were high.) It was impossible to make it on time, especially in the dead of winter. But it was great.

Writing this story brings back old memories and when I realize that it was more than 40 years ago, it makes me feel like I am getting a bit older. During those years, the U of R got its own student numbering system. Wow – that does make me feel older. My student number at the new U of R was R-00045.

**David Goldsmith BA’68**  
**Radium Hot Springs, British Columbia**

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It was 1997 and I had just begun my master’s of arts in English degree at the University of Regina. In August that year, I had been on a hike in a wilderness area north of Prince Albert with six other women. We each carried 40 pounds of gear on our backs and I had fallen into a hole and sprained my ankle badly. With walking cast and crutches, I began my course work and also began to wonder how I would ever get through the semester.

Fortunately, I was given a special parking permit that allowed me to park closer to the Administration-Humanities Building where all of my classes were held. The permit was good for as long as I required crutches to get around. That service in itself helped save me from a persistent and insidious feeling that I shouldn’t even be attempting that degree.

One evening, during an impromptu chat with Dr. Nicholas Ruddick, he asked how things were going for me. He seemed to have an innate understanding of what a mature student, slightly disabled at the time, who was also raising a seven-year-old

daughter, may be feeling. He was genuinely interested in exactly that ... how I was feeling! I told him I was feeling overwhelmed. He smiled, and gently told me that this was exactly how I should be feeling.

That two-minute encounter gave me the courage to continue my course work under less than optimal conditions. I completed my degree and was offered a job as a sessional lecturer in the U of R’s English department for the fall term; in other words, immediate employment.

Many individuals, including faculty, students and staff, contributed to my completing a level of education that I would never have dreamed possible when I was a 16-year-old high school student looking to simply make enough money to support myself and become independent.

I have never regretted my decision to complete a master’s degree at the U of R. I have been rewarded many times over and feel proud to have obtained a level of education that few in my family have had the privilege to enjoy.

**Bonita V. Dolmage MA’01, BEd’12**  
**Regina, Saskatchewan**

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When I think of my time at the University of Regina, I recall the memorable five years of my basketball career spent on the hardwood in front of energetic Regina basketball fans in a sold out crowded gym every weekend. I think about the sisterhood I was a part of – the sweat, blood, tears, commitment and dream of achieving the ultimate goal in Canadian Interuniversity Sport basketball – winning the national championship (Bronze Baby). Making history in 2001 by winning the University’s first women’s basketball national title with my “sisters” will always be my fondest memory of my time at the U of R. Being a Cougar will always be a major part of who I am. I met my husband (Cougars volleyball alumnus Brian Bernauer BEd’05) at the U of R. It is where I prepared myself for my dream job – teaching. It is the reason I give back wholeheartedly to the basketball community that supported me all throughout my “glory days.”

**Cymone Bernauer (nee Bouchard) BKin’04, BEd’09**  
**Regina, Saskatchewan**

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# Alumni Crowning Achievement Awards

## SAVE THE DATE

The 2014 Alumni Crowning Achievement Awards  
dinner will be held Wednesday, October 22!

Conexus Arts Centre, Regina, Saskatchewan  
Reception at 5:30 p.m. ~ Dinner at 6:30 p.m.  
Tickets will be available in August.

For more information please  
contact the Alumni Relations  
Office at  
[URAlumni@uregina.ca](mailto:URAlumni@uregina.ca) or  
1-877-779-4723.

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## Congratulations U of R Graduates!

Enter the University of Regina alumni  
“Stay Connected” contest for a chance  
to win great prizes:

- ✿ Apple iPad Air
- ✿ U of Regina gift card
- ✿ Travel gift card
- ✿ Rider jersey autographed  
by Chris Getzlaf



Enter now and we'll send you information  
about up-coming events, and the benefits of  
being U of R Alumni.

[www.uregina.ca/alumni/contest.htm](http://www.uregina.ca/alumni/contest.htm)

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Draw dates:  
September 2014  
to June 2015





## Alumni Association President's Message

I've been telling people lately that I want to make the University of Regina gym, field, rink, and wherever the Cougars play, more like the National Collegiate Athletic Association (NCAA) atmosphere. I usually get a laugh or a "Well, they could use the fans."

I think they could too.

As the president of the University of Regina Alumni Association, I want to make everyone proud to be a U of R alumnus. And not the traditional "*Oh, I'm proud of my son's participation ribbon!*" No, I mean pride like painting the upper half of your body (face included) hollowing out a watermelon, putting it on your head, and heading off to a Riders tailgate party before the game. That's pride.

The Alumni Association held a strategy planning session this spring. We came up with the mission at the core of our organization – it is to "build pride." That's it. You can't sum up the alumni board in a more simple fashion. We're all in the

business of building pride and we want to remind our alumni of that.

So how do you build pride? We have 40 years of University of Regina alumni. There must be a lot to be proud of! I try not to reinvent the wheel. If you head down south and catch a college football or basketball game, you'll find more fans at it than most CFL games. In many of the U.S. states, the athletic teams at the universities and colleges have fan bases larger than some professional sports.

So how do they do it? How do they build pride year on year?

How did the Fighting Irish football team get to the point where they sell out every home game of the season? How does Duke's basketball program bring out fans from all over the world every year? I try to remind myself that these amazing programs like Notre Dame and Duke didn't just wake up one morning with the fan support of 100,000 plus people at every game. Programs like that started small, with no fans, and grew

their following over time.

They started somewhere.

Why can't we do that in Regina? Do you remember when just before the Riders became "cool" and "popular", they had one of the worst records in the league and were fighting to stay alive as a team, let alone sell out a game? There's a precedent in Regina of taking a team that is down and out and making it the darling of the province. I want to do that with our Canadian Interuniversity Sports teams.

Let's all be proud of our Cougars and Rams. Let's go to games, let's cheer loud and let's tell our friends what a great time we had. I challenge you to be proud of the University and to support our athletics. If we work together – who knows – maybe one day people will hollow out watermelons and come to the games.

**Jeph Maystruck BBA'o8**  
**President**  
**University of Regina Alumni Association**

## 1960-1969

**Diane Ferguson BA'65** says she finds it hard to believe she graduated nearly 50 years ago. She is happily retired now, living on an acreage in Alberta and travelling the world.

**Lorne Dunsmore BA'68, MA'76** has been involved in volunteer community work with the Regina Food Bank and the Qu'Appelle Health Region. He sings with the Regina Philharmonic Chorus. His wife, Sharon, has maintained a central role in the daily care of several elderly family members, and is active in community groups. Avid fans of Cougars basketball, Lorne and Sharon travelled to see the U of R's women's team compete at this year's national championships.

After a career in education, **Gordon Hunter BEd'69** joined the ministry of the United Church of Canada as a designated lay minister. Although Hunter and his wife, Linda, intended to retire in the past year, they are both back in the ministry. She is now working full-time at Knox United Church in Calgary and he is working three days a week in Rockyford, Alberta.

**Patricia Somerton BA'69** retired in April 2012 from her position as a reference librarian at the British Columbia Legislative Library. She was previously employed at the Regina Public Library and the Saskatchewan Provincial Library.

## 1970-1979

**David Eaket BA'70** retired in September and says his biggest fear was being bored. He says that is not an issue. He enjoys skiing, travel, fitness, biking, golfing and more.

Since **Margaret Jeannotte BA'70** retired from the public service in 2007, she has been a senior fellow with the Centre on Governance at the University of Ottawa. Her research field is cultural policy and she has

published several articles and chapters in peer-reviewed journals and books. Her most recent work was a chapter on global cultural governance policy, co-written with Nancy Duxbury, that was included in *The Ashgate Research Companion to Planning and Culture*.

After 38 years of teaching physical education, outdoor education, health and counselling, **Shirley Whitaker BEd'71** retired to the Okanagan. Whitaker and her husband plan to explore British Columbia, Alaska and part of the U.S. west coast.

**Elizabeth Kelly BA'74** is the co-ordinator of the School-age Neurodevelopmental Assessment Clinic at the Glenrose Rehabilitation Hospital in Edmonton, Alberta.

**Brenda Merk Hildebrand BEd'75** is pleased to have returned to the U of R and Campion College to complete a Certificate in Pastoral Studies in 2003. She considers it a privilege to work in palliative and grief care, offering support and education from a spiritual perspective. Hildebrand and her husband have resided in Campbell River, British Columbia, since 2005. The couple is delighted to be grandparents. Hildebrand also enjoys return visits to the prairie.

Although **Timothy Low BAdmin'77** and his wife, Donna, have been in British Columbia since 1992, they are still ardent Roughriders fans and attended the 2013 Grey Cup game in Regina last November. They love ribbing their B.C. Lions-fan friends about the Riders' victory.

**Raymond MacDonald BA'77, BEd'81** celebrated his 20th anniversary as pipe major of the City of Regina Pipe Band (CRPB) with a performance at Regina's Mosaic Stadium with Sir Paul McCartney in August 2013. The CRPB has been Saskatchewan's champion pipe band since 1992, and performs throughout Canada at highland games and festivals. The band

has represented Saskatchewan at the World Pipe Band Championships and Glasgow International Festival of Piping on four occasions.

**Nancy Nowosad BMus'78** and her husband, Major Dave Nowosad (retired), were posted at Winnipeg in 1991. It was their sixth move in 12 years; others included time in Germany and England. With Dave's retirement from the Air Force in 2001 and subsequent employment at Standard Aero Limited, Winnipeg became their permanent home. Nancy has enjoyed a diverse music career playing and teaching both piano and saxophone. She maintains a very busy teaching studio, plays regularly as a church organist, is an accompanist and keyboardist in a big band and is an active music festival adjudicator and examiner for the Royal Conservatory. The Nowosads have two children: Kelsey, who is a nurse in the Armed Forces, and Curtis, who is currently pursuing his master's in Jazz Studies at the Manhattan School of Music in New York.

## 1980-1989

Thirteen years ago, **Glenn Schmidt BSC'80** moved to Kansas City, Kansas, on a six-month work contract. He met his wife-to-be, Diane, within 48 hours of arriving in Kansas and his life changed forever. Schmidt is enjoying the best job of his IT career as a data quality analyst at a large insurance company. He has travelled to 35 countries and expects to do more travelling in the future.

**Ken Alecxe MA'80** is the president of an active business and management consulting firm in Saskatchewan that has worked with dozens of clients. Most recently, he worked with Luther College at the University of Regina to help develop a new five-year strategic plan. Alecxe has been a consultant for five years, since he retired from his position as the president and CEO of Saskatchewan Communications Network.

Since **Susan Swedberg-Kohli BAJ&C'82** graduated from the School of Journalism's first graduating class, she has worked for a variety of mainstream media including CBC Radio, *The Globe and Mail* and the *Calgary Herald*. More recently, she became involved in writing non-fiction books, including *One Hundred Years of Optometry in Canada*. Swedberg-Kohli is the parent of four grown children, three of whom reside in Saskatchewan and one in London, England.

**Barb Pacholik BAJ&C'87** released her third book, *Boiling Point and Cold Cases: More Saskatchewan Crime Stories* in October 2013. Published by the University of Regina Press, it's the third installment in a series of books profiling Saskatchewan's true crime stories, spanning present day to the late 1800s. It follows *Sour Milk and Other Saskatchewan Crime Stories* and *Paper Cows and More Saskatchewan Crime Stories*.

## 1990-1999

For the last 16 years, **Marilyn Yanke BEd'93** has been employed as a correctional educator at the Regional Psychiatric Centre, teaching adults and developing and teaching vocational curriculum and academic diploma programs to adult offenders. She works with two other teachers in a multi-level security, rehabilitation prison/mental health hospital facility. She says it is a very challenging and interesting job that continues to broaden her view of the human condition. She says the successes are few, but the pride of accomplishment is monumental. She continues to find it exciting to watch students embrace learning as a way to re-design their lives.

**Nancy Duns CLGA'95** and her father convoked together from the Local Government Administration program in 1995, although it wasn't until 2010 that she pursued it as a career. While challenging at times, she

says the career is the perfect fit for her and her family. She says she wouldn't be where she is today if weren't for the U of R certificate program.

**Valerie Moore BSW'95** writes that the University of Regina helped her to have many years of rewarding positions working in the community for NGOs. Moore and her husband are preparing to celebrate their 46th wedding anniversary. They have two grown sons and three granddaughters. They enjoyed the warm weather of Mazatlan this past winter.

## 2000-2009

**Kenneth Weibe BAJ&C'00** has worked nearly 14 years as a sports reporter at the *Winnipeg Sun*. He is currently an NHL beat writer, following the Winnipeg Jets.

**Lea Nokonechny BFA'04** has been selected for the San Francisco Film Society's 2013 Djerassi Screenwriting Award and Fellowship. She will be completing the fellowship this summer.

**Ryan Mang BA(Hons)'05, BSW'09, MCert'11, MPA'13**, has received many accolades and much recognition for his work, including the Premier's Award for Excellence in the Public Service in 2012, a 2013 IPAC Student Thought Leader Award and Tansley Peers Choice Award, and two consecutive appearances in the Johnson-Shoyama Graduate School of Public Policy's Tansley Lecture policy poster competition. He is employed as a policy analyst in the Primary Health Services Branch of the Saskatchewan Ministry of Health and has eight years of experience in the government and the non-profit sectors, with client groups such as people with special needs, immigrants, refugees, non-profit agencies and regional health authorities.

**Deric Olsen MFA'07** is an award-winning filmmaker whose second feature-length drama *Common Chord* premiered at the 2013 Calgary International Film Festival. The film has been screened at festivals in Hamilton, Ontario; Atlanta, Georgia; and Alexandria, Virginia. He is in his fifth year

as an assistant professor at the University of Lethbridge, where he teaches courses in digital video production, cinematography and lighting, and narrative production techniques. He lives in the small town of Magrath, Alberta, with his wife Aubrey and their four children.

**Amanda Kasper BKIN (Hons)'07** completed a two-year post-graduate degree in radiation therapy and has been treating cancer patients. She is currently on maternity leave as she and her husband have just had their first child – a boy, Silas. She is enrolled in a master's program through distance education with Sheffield Hallam, an English university where she hopes to complete her master's degree in radiotherapy and oncology.

After convocating, **Melissa Tzupa BHJ'07** began her career working in Saskatchewan youth corrections. She later worked for the federal government and in June 2008, she became a correctional officer with the Correctional Service of Canada at the Regional Psychiatric Centre.

## 2010-present

**Michelle Schulz BEd'11** took the skills and abilities she learned at the University of Regina, travelled the world, volunteered and gave back to communities worldwide.

**James Boldt MPA'11** recently accepted the position of executive director, Regina Branch, and provincial director of Program and Policy Development for the John Howard Society of Saskatchewan.

**Julia Johnston BA'11, BEd'13** spent time abroad teaching in London, travelling Europe, providing teacher development in India, and backpacking through Australia and other places. She will be returning to Saskatchewan to embark on a teaching career. After seeing the world, she says she has decided there is no place like home.

After completing his diploma, **Thomas Reimer DBA'12** set off on an eight-month journey

University  
of Regina

### Disclosure and acknowledgement of consent

The University of Regina maintains a database of all its students, alumni and friends that is used for University alumni relations purposes, information and activities; news about the University; electronic newsletter; and requests for support. The database is also used by the University and Alumni Association's third-party business partners that offer benefits to alumni and students through insurance, credit card, financial and other services.

You acknowledge and consent to the use and disclosure of database information relating to you (such as name, mailing address, phone number, degree(s) and year of graduation) for the aforementioned purposes unless otherwise indicated below.

Complete the following and return by surface mail. I do **not** wish to receive the following:

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through India, Nepal and Sri Lanka. While on the road, he used his business experience to help local business owners develop and market their ideas.

After graduating, **Taylor Shire BAJ'12** spent time at Global TV in Saskatoon as a sports anchor. He is now in Regina as Global Regina's sports anchor, covering the Roughriders, Rams and Cougars.

**Miali-Elise Coley BEd'13** has been teaching Grades 3 and 4 Inuktitut in her home town of Iqaluit since the end of August 2013. Recently, Education Canada contracted her to write an article for their magazine. She has been coaching a junior basketball team and is

interested in working toward her Level 2 training to become a certified coach. Her hope is to take a team to Regina for the North American Indigenous Games this July.

**Tyler Gray BHJ'13** has been working with Carmichael Outreach in Regina as a housing support co-ordinator. His job involves sitting on several non-profit committees, bringing together housing stakeholders and participating in government-level advocacy. Gray says he owes a lot to the many great University of Regina professors, including Michelle Stewart and Hirsch Greenberg, who challenged him and helped him prepare.

## UPCOMING ALUMNI EVENTS

### Alumni Annual General Meeting and Reception

University of Regina alumni are invited to the Annual General Meeting of the Alumni Association. We are celebrating 40 years (1974-2014), so please attend the AGM and alumni mixer to follow.

Date: Wednesday, June 25 at 5:15 p.m.

Location: Innovation Place, 10 Research Drive.

Parking available in Lot 15.

Please **pre-register** for this free event at [www.uregina.ca/external/alumni-relations/](http://www.uregina.ca/external/alumni-relations/)

### President to visit Ottawa

President Vianne Timmons will host an alumni and friends reception on Wednesday, September 17 at the Rideau Club in Ottawa. More information is forthcoming.

### Roughriders tailgate parties

Stay tuned for more details about Riders tailgate parties:

- NCR (Ottawa) branch on Saturday, August 2
- Edmonton branch on Friday, September 26

### Alumni Crowning Achievement Awards Celebration

The Alumni Crowning Achievement Awards dinner will be held on Wednesday, October 22 at Conexus Art Centre, 200A Lakeshore Drive, in Regina. Tickets will be available in August. For more information, contact Alumni Relations at [URalumni@uregina.ca](mailto:URalumni@uregina.ca) or call 1-877-779-4723.

## University of Regina Alumni Branches

Get connected to U of R alumni in your area. To find out more about what is happening in your region, please contact your branch representative.

### National Capital Region (Ottawa):

Joanne Pomalis BSc'86 – [ncr.alumni@uregina.ca](mailto:ncr.alumni@uregina.ca)

### Greater Toronto Area:

Leah Morrigan BFA'96 – [leah@transformyourself.ca](mailto:leah@transformyourself.ca)

### Saskatoon:

Richard Kies – [richard.kies@redcross.ca](mailto:richard.kies@redcross.ca)

### Calgary:

Stuart Quinn BAdmin'81 – [stuartq@shaw.ca](mailto:stuartq@shaw.ca)

### Edmonton:

Brad Rollins BAdmin'78 – [bradjrollins@gmail.com](mailto:bradjrollins@gmail.com)

### Vancouver:

Tricia Gilliss – [tricia.gilliss@sistemas.com](mailto:tricia.gilliss@sistemas.com)

**Let us know** if you would like more information or to help organize an alumni event in your location. Contact us at [URalumni@uregina.ca](mailto:URalumni@uregina.ca).



The Alumni Association  
wants YOU.

**Build pride in your university by joining the University of Regina Alumni Association.**

Send us your information including your résumé by June 12 to [uralumni@uregina.ca](mailto:uralumni@uregina.ca)

Voting will take place at the AGM on Wednesday, June 25, 5:15 p.m. at 10 Research Drive in Regina.

For more information go to:  
[www.uregina.ca/external/alumni-relations](http://www.uregina.ca/external/alumni-relations)





# Pubnite postlude



In the fall of 1980, the University of Regina Students' Union unceremoniously cancelled Pubnite, the traditional on-campus celebration of cheap beer and loud music. When it was resurrected the following year and management of the club was put in the hands of Regina's first punk rock impresario, the course of Regina's music scene was forever changed.

**By Mike Burns BA'92**

Photos by Don Hall, University of Regina Photography Department and courtesy of University of Regina Archives and Special Collections and Mike Burns.

In 1981, nightlife in Regina consisted of 15 or 20 rowdy pubs and a few dodgy night clubs. On the University of Regina campus, the Students' Union Pubnite had gone bust a year earlier trying to compete with those joints and their musical entertainment – bands that invariably took to the stage wearing spandex or cowboy hats. Pubnite, an institution of bacchanalian activity for years, was held in the old Students' Union Building (SUB), which was hastily built in 1969 and sat undistinguished in what is now an empty green space west of Campion College. Pubnite ran out of steam for a couple reasons – first, there had been a crackdown on underage attendance (I know this firsthand) and second, the clubs in town had the same sort of acts six nights a week in nicer facilities with better sound.

After a few months with no live music venue on campus, the new president of the Students' Union, Trish Elliot (now U of R Journalism Professor Patricia Elliot), asked me if I could resuscitate Pubnite. I had been running punk shows with no budget and no clue for a year or two, mostly out of a tiny hole-in-the-wall on Hamilton Street called The Schnitzel Haus. I had no idea how to find real bands or how to manage bar personnel or really anything to do with operating a bar. So, of course, I accepted.

It was ironic that I was in charge of the Students' Union bar, since only a few months earlier my cohorts, local punk legends, The Extroverts, and I had been banned from the SUB by the previous administration. I can't recall exactly the sin we perpetrated, but I do remember that it was an evening of good fun.

I had been a big music fan since high school – and not just punk rock. I was, and remain, a fan of anything unique that is

played with heart. Throughout the 1970s I went to every show my budget would allow. I went to the Regina Folk Festival starting in '69, when it was held at the University's old campus (then later at the main campus) in the winter. I went to the Regina Folk Music Guild Coffee House beneath Sammy's Pizza in River Heights where Joni Mitchell and Neil Young had played. I went to Exhibition Stadium to see Jeff Beck and Buck Owens; Exhibition Grandstand to see The Guess Who; the Saskatchewan Centre of the Arts to see the Bee Gees, Ike and Tina Turner, Elvis Costello and The Police; and the University's Education Auditorium to see Lightnin' Hopkins, Sonny Terry and Brownie McGhee. I even saw jazzmen Ed Bickert and Moe Koffman play for free at the band shell in Wascana Park.

I reasoned that there was a lot of good music that was passing through the Queen City on the way to gigs in either Winnipeg or Calgary. There had to be a way to get some of those bands to stop in Regina. I found a couple of unsavoury but well-connected talent agents out of Toronto and Vancouver, and before you could say Reaganomics, Pubnite was back.

Our first show featured The Villains – a ska band based out of Vancouver with a couple of Brits as frontmen. Regina had never seen ska before and it was a revelation to all. The three-quarter rock-steady beat was infectious and, by the end of the night, the SUB's huge round tables were pushed back to the walls to maximize room on the dance floor. The Villains only had a dozen songs in their repertoire, but no one minded that they replayed the most popular songs five or six times before the night was done.

Things felt different for me on campus and in the city after that night – a window had been opened for new music. I became devoted to finding new sounds for our sleepy town. Over the next few months, and in the years that followed, that's just what I did. The Bop Cats led by Hamilton's Jack de Keyzer gave us our first rockabilly show. It was a big hit. Moe Berg from Edmonton brought in a couple of pop-punk acts as he honed his craft before commercial breakthrough with his later band, The Pursuit of Happiness. Queen Ida and the Bon Temps Zydeco Band from New Orleans blew the lid off the SUB with Creole-tinged R&B. The Shakin' Pyramids from Scotland brought us another take on rockabilly — more in the style of the popular early 1980s band, Stray Cats. Also from Scotland came Jack Green of T. Rex and The Pretty Things who delivered to us British pub rock, as did the popular British showman Long John Baldry. While I'm name-dropping, the Pubnite lineup also included an early incarnation of Saskatoon's The Northern Pikes and my friend Colin James, who at that time was just a talented young guitarist named Colin Munn.

All the while, during this influx of great music, I was supporting my pals The Extroverts and building an audience for the growing punk scene in Regina. Vancouver punks D.O.A. and the Subhumans played great shows at the old SUB, as did the amazing Art Bergmann with his various bands. For touring musicians, Regina turned out to be not only an important gig that paid for gas and meals on the long trek between Alberta and Manitoba, but also a friendly place to spend a night (or four) sleeping on various floors in my house.



Opposite page: Mike Burns photographed in the Students' Union's campus pub, The Lazy Owl. Burns served as the manager of Pubnite at the old Students' Union Building from 1981 to 1984. Above: Punk rock impresario Burns taking care of business, circa 1982. Following page: The Students' Union newspaper, The Carillon, reported the ups and downs of Pubnite in the early 1980s. Burns appears in a photo in the paper at top left page before he was hired as manager in 1981.

# 360

## Pubnite flushed down the tubes

By Alan Lusk

Pubnite was a success. The classic rock superlatives apply to what the Glaswegian quintet laid down that night. They were just a few months from breaking big worldwide. Their show was a spectacle for the Regina audience that barely knew their music. It took about 30 seconds for the crowd to understand they were in for an incredible treat from the band that would go on to record the number one smash hit *Don't You (Forget About Me)*, the theme from the John Hughes film *The Breakfast Club*.

Also topping my list was a sold-out Muddy Waters show at the Education Auditorium. The legendary bluesman perched on a high stool for most of the show, but then he slipped off the stool to vibrate across the stage during his signature song *Mannish Boy*. I thought that he had more soul in his one-leg shimmy than all the members of the Rolling Stones (who took their name from one of Muddy's songs) put together.

A bonus for me was picking Muddy up at the airport where he paid tribute to my 1972 Ford Fairlane. Later, I shared a 4 a.m. breakfast with Muddy and his band at the old Denny's on Broad Street. There was so much joy in them — I heard some incredible stories that night. Just one year later, he was dead. It was one of the great privileges of my life to have spent that time with him.



Pubnite was a success. The classic rock superlatives apply to what the Glaswegian quintet laid down that night. They were just a few months from breaking big worldwide. Their show was a spectacle for the Regina audience that barely knew their music. It took about 30 seconds for the crowd to understand they were in for an incredible treat from the band that would go on to record the number one smash hit *Don't You (Forget About Me)*, the theme from the John Hughes film *The Breakfast Club*. Also topping my list was a sold-out Muddy Waters show at the Education Auditorium. The legendary bluesman perched on a high stool for most of the show, but then he slipped off the stool to vibrate across the stage during his signature song *Mannish Boy*. I thought that he had more soul in his one-leg shimmy than all the members of the Rolling Stones (who took their name from one of Muddy's songs) put together. A bonus for me was picking Muddy up at the airport where he paid tribute to my 1972 Ford Fairlane. Later, I shared a 4 a.m. breakfast with Muddy and his band at the old Denny's on Broad Street. There was so much joy in them — I heard some incredible stories that night. Just one year later, he was dead. It was one of the great privileges of my life to have spent that time with him.

## It remains to be seen if time will tell

By Alan Lusk

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Pubnite's Mike, looking back, we've been doing it since '81.

## Entertainment

### Extroverts' transition begins

By Mike Burns  
After a decade of being a recluse, Mike Burns is finally making a transition from a shy, introverted person to a more extroverted one. Burns, who has been in the music industry for over 10 years, has always been a private person. He has never been in the public eye, and he has always preferred to stay in the shadows. But now, he is starting to step out of his shell. He has been seen at several public events, and he has even been interviewed by the media. Burns is excited about this new chapter in his life, and he is looking forward to meeting more people and making new friends. He is also starting to take more risks, and he is willing to put himself out there. Burns is a true extrovert, and he is finally embracing his true self.



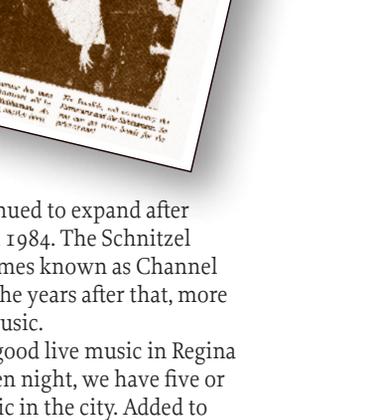
### Play to a large family

By Mike Burns  
Mike Burns is a family man, and he is proud of his large family. He has three children, and he is always spending time with them. Burns is a very active father, and he is always looking for ways to spend time with his kids. He likes to take them to the park, and he likes to go on family vacations. Burns is also a very supportive father, and he is always encouraging his children to pursue their dreams. He is a true family man, and he is proud of the life he has built for himself and his family.



### lower form of life

By Mike Burns  
Mike Burns is a fan of the movie *Lower Form of Life*. He has seen it several times, and he always enjoys it. Burns is a big fan of the movie, and he is always recommending it to his friends. He thinks it is a great movie, and he thinks it is one of the best movies he has ever seen. Burns is a big fan of the movie, and he is always recommending it to his friends. He thinks it is a great movie, and he thinks it is one of the best movies he has ever seen.



Of all the memorable gigs at the SUB, there was none more so than a November night in 1981 when Simple Minds played Pubnite. All the classic rock superlatives apply to what the Glaswegian quintet laid down that night. They were just a few months from breaking big worldwide. Their show was a spectacle for the Regina audience that barely knew their music. It took about 30 seconds for the crowd to understand they were in for an incredible treat from the band that would go on to record the number one smash hit *Don't You (Forget About Me)*, the theme from the John Hughes film *The Breakfast Club*.

Also topping my list was a sold-out Muddy Waters show at the Education Auditorium. The legendary bluesman perched on a high stool for most of the show, but then he slipped off the stool to vibrate across the stage during his signature song *Mannish Boy*. I thought that he had more soul in his one-leg shimmy than all the members of the Rolling Stones (who took their name from one of Muddy's songs) put together.

A bonus for me was picking Muddy up at the airport where he paid tribute to my 1972 Ford Fairlane. Later, I shared a 4 a.m. breakfast with Muddy and his band at the old Denny's on Broad Street. There was so much joy in them — I heard some incredible stories that night. Just one year later, he was dead. It was one of the great privileges of my life to have spent that time with him.

The city's musical landscape continued to expand after my time at the SUB came to an end in 1984. The Schnitzel Haus became a real club, at various times known as Channel One, The Venue and The Distrikt. In the years after that, more venues cropped up supporting live music.

Since those days, the audience for good live music in Regina has grown exponentially. On any given night, we have five or more decent choices for original music in the city. Added to that mix are the many local music festivals in Regina and area, sprinkled throughout the year.

Such a scene has created an incubator for local musicians. Regina bands such as Library Voices and Rah Rah (whose lineup includes my son, Marshall Burns, a former U of R Art History student one class shy of his degree, on guitar and vocals) have achieved real national success. I like to think that some of that success can be traced to the early 1980s on the U of R campus and an undistinguished building on the west side of Campion College that changed the music scene in Regina forever. **D**

*Mike Burns is a former punk rock impresario. He has been an employee of ACTRA Saskatchewan for more than a decade. He and his family call Regina home.*

# “EVERYONE WOULD BENEFIT FROM A RENEWED COLLEGE AVENUE CAMPUS.”

– DAYLENE SLIZ, STUDENT, CENTRE FOR CONTINUING EDUCATION, UNIVERSITY OF REGINA

Over 100 years ago, the University of Regina opened its doors at the College Avenue Campus, then known as Regina College. For decades, through growth and during struggle, the campus provided a place for students to learn, grow and thrive. Now it's time to restore and revitalize this historic campus for the future benefit of our students and the community.

*Building Knowledge – The College Avenue Campus Renewal Project* will see the College Building, the Conservatory and Darke Hall fully restored and adaptively reused as a fundamental part of the University of Regina. This revitalized campus will be known as the University of Regina Leadership and Outreach Centre (LOC) and will offer a multitude of tangible benefits to the entire community.

## PROJECT HIGHLIGHTS

- 32 newly renovated classrooms
- A 550-seat performance centre at Darke Hall
- A 75-seat lecture theatre
- A 250-300 seat concourse, including a raised lounge adjacent to Darke Hall
- A 150-seat Conservatory recital hall
- An art room for 20-25 students
- A state-of-the-art music room for master classes
- A computer laboratory for 16-20 students
- Teaching space for summer camp programming



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Knowledge**  
The College Avenue Campus Renewal Project

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years of independence

**The traditional 40th anniversary gift is a ruby. Rubies are said to possess an eternal inner flame that symbolizes passion and strength.**

**In the years leading up to 1974, those who fought for an independent University of Regina demonstrated strength and passion and envisioned a bright and eternal future for our campus.**

**Between these covers are a few more gems from our 40-year history of independence.**

