

Degrees

volume 32, no. 1 | spring/summer 2020

The University of Regina Magazine

The COVID-19 Edition:
#UofReginaCares



University
of Regina





In the midst of the worldwide COVID-19 pandemic, University of Regina students (left to right) Anand Kumar, Eki Kristine, and Geraldine Hiagbe show their love while social distancing in front of the University of Regina sign. This issue of *Degrees* includes several stories about some others with big hearts. You can find a few heartwarming stories in the web series #UofReginaCares starting on page 34. To read the full collection of stories, visit www.uregina.ca/uofreginacares.

Photo by Trevor Hopkin, University of Regina Photography Department.

If you'll have a read of the story "A pandemic-inspired performance" on page 35 of this issue, you'll read about the virtual choir that came together to brighten up these dark times. Though each of the 15 members were in separate locations, they came together perfectly, making beautiful music performing Pierre Passereau's chanson, *Il est bel et bon*. The choir was planning to perform the piece as part of an end-of-semester concert until the University community – in just days – pulled together to convert all classes to a remote learning format in response to the COVID-19 pandemic.

Melissa Morgan, the choral director of the University's Chamber Choir and Chamber Singers said of the experience and subsequent performance, "From loss and heartbreak, creativity and innovation can grow."

Those of us associated with *Degrees* Magazine suffered our share of anguish attempting to put the puzzle pieces of this issue together in the midst of a pandemic.

Our new normal was challenging to say the least. But thanks to the efforts of many talented writers, photographers, designers, proof readers, and vendors, the creativity and innovation truly did grow.

You'll notice that most of those individuals that we photographed for this issue are wearing non-medical masks. I can say with certainty that taking portraits during a pandemic is a tricky proposition. I would like to thank all those we photographed for your cheery moods, total cooperation and accommodation, and your commitment to practise social distancing.

Those masks that were worn in the photos came courtesy of the two young women on the cover and their team at Sask Masks. Robyn and Jana Ham started their social enterprise just as COVID-19 was taking a foothold in Saskatchewan. The pair of fourth-year business administration students began engaging others to sew and others to assemble the masks which are sold through their Sask Masks Facebook page. A portion of the sales are going to four local charities that are in dire need of funding in these uncertain times. Carmichael Outreach, Regina Food Bank, YWCA, and the University of Regina's Student Emergency Fund are all benefactors of the Ham sisters' generosity.

In many of the stories you'll find between the covers of this issue of *Degrees* you'll learn how the COVID-19 pandemic has dramatically affected the narrative. The story, "Helping students in a time of need,"

starting on page 18, is an insight into how the Student Emergency Fund is helping students through these trying times. Please consider a donation to the Student Emergency Fund. You'll find information on how to give on page 20.

The story, "There is no Planet B," starting on page 24, is about a lecture series that began early in the year. The lectures presented a multi-disciplinary perspective on climate change and involved researchers from across the University and other off-campus lecturers. Unfortunately, the series came to a halt because of COVID-19. Organizers are hopeful that it can recommence at some point in the future.

On page 30, "A dream comes true," is a story about how graduate student Marah Mattison realized her dream to curate a museum exhibition while doing an internship at the Royal Saskatchewan Museum. Although she did curate the exhibit of Indigenous artifacts in the museum's collection, the exhibit was put on pause because of COVID-19.

Starting on page 34, we present a taste of the stories from our web series called #UofReginaCares. That's where you can find the full story of the Ham sisters. All those stories examine the ways that members of the University

family are embracing the U of R motto, "As one who serves" and making a real difference in our community in the difficult times of COVID-19.

Finally, on page 38, associate professor of history Donica Belisle examines Canadian food security in times of crises and offers a historical look at food in in our country.

Four months ago, terms such as "social distancing," "self-isolating," and "non-medical masks," were not part of the everyday vernacular. All that has changed.

How exactly these times might forever change our daily lives isn't entirely clear at this point.

The challenges we faced putting together this issue of *Degrees* Magazine is nothing compared to the challenge faced by University of Regina students, faculty, and staff in reaction to the uncertainty. You can read a bit about those challenges, and triumphs, in this issue as well.

I hope you enjoy reading this issue of *Degrees*. Perhaps it will provide a bit of a distraction in these distracting times. In the meantime, keep yourself and your family safe. And, I highly suggest you go to YouTube and type in "University of Regina virtual choir." I promise it will brighten your day.

Greg Campbell BFA'85, BJ'95
Editor (working from home)

Editor Greg Campbell BFA'85, BJ'95
Manager, Strategic Communications Katherine Cormack
Alumni Association Board of Directors 2019-20
President Monica Deters BHJ'04, MPA'09
Vice-President Christine Niemczyk CPR'88
Vice-President Finance Joel Graham BBA'09, BEd'13
Past-President Bert Yakichuk PGDGC'S73, MEd'77
Directors Scott Carson BSc'04 Sandra Kitts BEd'80 Jennifer Murray BA'03, BEd'05 Roxanne Olynyk BBA'13 Carmen Lien BEng'07, MBA'11 Talitha Smadu McCloskey BA'12, CPR'14 Cary Wessel BSc'01
Ex-Officio Members University of Saskatchewan Senate Representative Lynda Browning BEd'69 University of Regina Senate Representative Gwen Keith BEd'74, MEd'77, PGDEA'83, MEd'84 University of Regina Students' Union Representative Victor Oriola University Advancement & Communications Representative Marc Butikofer
Contributors Terina Abrahamson Bill Armstrong Sabrina Cataldo BA'97, BJ'99, Cert. PR'04 Tribby Henderson BAJ'05 Trevor Hopkin Diane Mullan BA'78 Evie Ruddy MA'08 Wanda Schmöckel BJ'13 David Stobbe Arthur Ward BSc'17 Bravo Tango Advertising Firm, Inc.
All photos by the University of Regina Photography Department unless otherwise noted. Original design by Bradbury Branding and Design.
<i>Degrees</i> is published twice a year by University Advancement & Communications at the University of Regina. The website is located at www.degreesmagazine.ca . The magazine is mailed to alumni and friends of the University. Ideas and opinions published in <i>Degrees</i> do not necessarily reflect those of the editor, the Alumni Association or the University of Regina. Letters and editorial contributions are welcome. Advertising inquiries are invited.
To reach us: Editorial/Advertising/Letters <i>Degrees</i> , University Advancement & Communications 210 Paskwāw Tower, University of Regina 3737 Wascana Parkway Regina, SK S4S 0A2 Ph: 306-585-5156 Fax: 306-585-4997 Email: Greg.Campbell@uregina.ca Address Change/Alumni Relations 210 Paskwāw Tower, University of Regina 3737 Wascana Parkway Regina, SK S4S 0A2 Ph: 306-585-4503 Fax: 306-585-4997 Email: uralumni@uregina.ca Toll-free: 877-779-4723 (GRAD) (in Canada and the U.S.) University of Regina homepage www.uregina.ca
Publication Mail Agreement Number 40065347 Return undeliverable magazines to: University Advancement & Communications 210 Paskwāw Tower, University of Regina 3737 Wascana Parkway Regina, SK S4S 0A2
ISSN 0843-7092

Degrees

The University of Regina Magazine

spring/summer 2020
volume 32, no. 1

On the cover: Twin sisters (left to right) Jana and Robyn Ham established Sask Masks to help meet the demand for masks during the COVID-19 pandemic. The fourth-year business administration students assembled a team that were selling 150 to 225 masks a day when the pandemic first hit. They are donating some of the proceeds raising much-needed funds for four worthy causes: YWCA, Regina Food Bank, University of Regina Student Emergency Fund, and Carmichael Outreach. For the complete story of the Ham sisters and more heartwarming articles visit www.uregina.ca/uofreginacares. (Photo: courtesy of Jana and Robyn Ham)



Features

Roll out the red carpet 8
Forty years ago, the U of R's first student to receive a Bachelor of Fine Arts in Film graduated. Since then, hundreds of students have graduated and some have gone on to top film and television jobs in North America. There was a great 40th anniversary celebration planned until COVID-19 came along.

Helping students in a time of need 18
Post-secondary students are some of the hardest hit by the COVID-19 pandemic, often facing financial stresses while trying to stay on top of their studies. Now, there is a way to help students – the University's Student Emergency Fund.

There is no Planet B 24
This past January, a group of University of Regina researchers embarked on a series of public lectures that looked at climate change. Find out what they had to say until COVID-19 stopped the lectures.

A dream comes true 30
Marah Mattison had a unique internship opportunity this past semester. Through a Faculty of Arts internship at the Royal Saskatchewan Museum, she realized a dream – to curate a museum exhibition. Unfortunately, due to COVID-19, the exhibit has yet to be unveiled.

#UofReginaCares 34
Here are a few tales from #UofReginaCares, a collection of stories about members of our extended University family who are using their ingenuity, resolve, and hearts to care for our community during these challenging times.

Departments

Feedback	2
President's Note	4
Around Campus	5
Spotlight	13, 23
Focal Point	14
Alumni News	37
360 Degrees	38

President's Note

In an ordinary year, the first week of June would have seen the University of Regina honour our newest class of graduates at the annual Spring Convocation ceremonies. But as we all know, 2020 has not been an ordinary year.

Because of the COVID-19 pandemic, for the first time in the University's history we were unable to gather in person to recognize the academic achievements of our graduates. This was a tremendous but unavoidable disappointment for our entire University community – faculty, staff, alumni, and most of all, our graduates and their families.

The fact that formal convocation ceremonies did not take place does not, however, diminish the achievement of our graduates. These talented and accomplished individuals are the newest members of our alumni family, joining nearly 80,000 alumni around the world who are outstanding contributors to their communities and committed ambassadors for the University of Regina.

When we made the difficult decision to cancel Convocation, University of Regina faculty and staff immediately developed alternatives that, while in no way replacing the ceremony, did help graduates, their families and friends celebrate the occasion. Among those initiatives was a special commemorative program for graduates that was mailed to them together with their parchment. As well, a special

video tribute to graduates was produced and posted on the University website. The video was also broadcast on Access Communications.

A virtual yearbook allowed Spring 2020 graduates to share memories of their time at the University and keep in touch with classmates. The University also made available some “electronic swag” in the form of virtual photo frames and backdrops that were available on our website so graduates, their family members and friends could create their own special memories. We also launched a social media campaign, #UofReginaGrads2020, where all members of the community were invited to post their messages of congratulations to this Spring's graduates.

COVID-19 has affected not just our graduating students; it has also had a distressing financial impact on many of our incoming and continuing students. A large number of these students have lost important sources of income – something that threatens their ability to enrol in courses and continue their programs. We know that many of our students hold down one or more part-time jobs. Too often, these students have seen their hours drastically cut or have suffered layoffs.

To mitigate the effects of student job and income loss, in March we began to promote our Student Emergency Fund. As of June 8, thanks to the generosity of our donors, almost \$325,000

had been distributed to help alleviate the financial strain on 330 students. Many alumni and other friends of the University have donated to this fund, and I thank you for your generosity and compassion. Your support means that many students in need can worry less about making ends meet and can focus more on their studies.

The need is still great. If you are in a position to help, please visit www.uregina.ca/external/donor-relations for details about the fund and instructions on how to donate.

In these unprecedented times, the University has taken a number of other measures to ease the financial strain on students. I'm pleased to report that there will be no increase to tuition this year. In addition, late payment fees have been reduced and parking fees have been suspended. The Recreation and Athletic fee has been waived for the Spring/Summer and Fall terms, and the University of Regina Students' Union has suspended the U-Pass transit fee. All students who have financial holds on their accounts have had them removed so they can register for the upcoming terms. All told, these measures are estimated to save students approximately \$4.65 million.

When students do begin classes in the Fall term, things will remain in what for now is the “new normal.” The remote delivery of courses that began in March has continued throughout the Spring/Summer term and will do so again

through the Fall term. There is the possibility that a small number of low-density courses may be offered in person in the Fall term, but only if it is possible for students and teaching staff to gather safely in accordance with provincial health guidelines.

In the coming months, as circumstances permit, we will gradually move from emergency operations to more normal activities. To facilitate that, the University has assembled a small team that will inform the University's recovery process. The University Recovery Planning Group (URP-G) consists of key members of our University community who will advise the University Executive Team as they co-ordinate the work of our academic, research and operational teams and navigate what we all hope are the final stages of the pandemic.

I have been truly inspired by the way our students, faculty and staff have pulled together (while staying apart!) to meet the challenges presented by COVID-19. And although the pandemic has dominated our lives since early March, we cannot forget about the great successes many members of the University community have experienced during these times. You will read about some of those successes in this issue of *Degrees*.

Sincerely,

Dr Thomas Chase
Interim President and
Vice-Chancellor



Left: Chancellor of the University and a former vice-chair of the Board of Governors, Pamela Klein.

Centre: Gordon Asmundson is a registered doctoral psychologist, professor of psychology, director of the Anxiety and Illness Behaviour Lab, and a Fellow of the Royal Society.

Right: David Gregory, interim provost and vice-president (Academic).



Briefly

A June 5 announcement by Saskatchewan's Lieutenant Governor, the Honourable Russ Mirasty, named the 2020 Saskatchewan Order of Merit recipients. Two of those named are important members of the University of Regina community. **Pamela Klein BA'80** is the chancellor of the University and a former vice-chair of the Board of Governors. **Gordon Asmundson** is a registered doctoral psychologist, professor of psychology, director of the Anxiety and Illness Behaviour Lab, and a Fellow of the Royal Society. Asmundson has published more than 350 peer-reviewed journal articles, 70 book chapters, and 8 books. He is a Fellow of the Royal Society of Canada and has received the Canadian Psychological Association Donald O. Hebb Award for Outstanding Contributions to the Science of Psychology. Among the other awards he has received is the CPA Traumatic Stress Section Award for Excellence in Psychology of Traumatic Stress and Canadian Pain Society Distinguished Career Award.

Thomas Chase BA(Hons)'79 assumed the role of interim president and vice-chancellor of the University of Regina (see Spot Light page 13). He will serve in the role until the successful conclusion of the search for the University's next

full-term president. Chase has a nearly 40-year association with the University, as a student, faculty member, and administrator, most recently as provost and vice-president (Academic) since July 1, 2011. He earned a Bachelor of Arts (High Honours) in English from the University in 1979. In 1984, he received his PhD from the University of Glasgow in Scotland, where he held a doctoral fellowship in the Department of English Language. While in Britain, he also earned a licentiate diploma in organ performance from Trinity College of Music, London. Chase's research interests include linguistic approaches to literature and the questions of linguistic correctness and linguistic imperialism. French organ literature of the 19th and 20th centuries is also one of his passions.

Chase served as vice-president (Academic) and provost at Royal Roads University in Victoria from 2009-2011. While there, he played key roles in developing the University's strategic plan, reorganizing its academic administrative structure, and renewing many of the university's academic programs.

Prior to his work at Royal Roads, Chase held a series of academic and administrative appointments at the University of Regina. Those include

the positions of coordinator of the Linguistics Program, founding director of the Centre for Academic Technologies, associate dean of Arts (Research and Graduate), and for four years, dean of the Faculty of Arts. Chase has been leading the University's response to the COVID-19 pandemic, which focuses on minimizing the impact on the academic year and stress on students, faculty and staff.

Effective April 1, **David Gregory** began his new role as interim provost and vice-president (Academic) of the University. Gregory had been serving as the dean of the Faculty of Nursing since 2011. Despite the current uncertainty because of the pandemic, Gregory's overarching priority in his new role is to serve the University and members of the broader external community. He was named a Fellow of the Canadian Academy of Health Sciences in 2015, the only registered nurse in the province to hold this prestigious honour. In 2013, Gregory received a President's Award for Service Excellence in the University Spirit Award category for his significant contributions to the University.

Among his many accomplishments is his innovative leadership in partnering with Saskatchewan Polytechnic to develop

two collaborative nursing programs – the Saskatchewan Collaborative Bachelor of Science in Nursing (SCBScN) program and the Collaborative Nurse Practitioner Program. The SCBScN program is offered in Regina, Saskatoon, and North Battleford, providing many students with the option of studying in or near their home communities.

A graduate of the University of Ottawa and the University of Manitoba, Gregory holds a PhD in nursing from the University of Arizona. He received the title Dean Emeritus from the University of Manitoba in 2011 and holds an honorary diploma from the Saskatchewan Institute of Applied Science and Technology (now Saskatchewan Polytechnic). Gregory is the lead editor of the nursing textbook *Fundamentals: Perspectives on the Art and Science of Canadian Nursing*, which is used in nursing courses throughout Canada.

Vianne Timmons, the University of Regina's seventh president, was appointed President of Memorial University in Newfoundland on April 1. Timmons' 12 years leadership at the University left a legacy of balanced budgets, record student enrolment, and helped the University earn a reputation as one of the country's most inclusive and welcoming campuses.

For the first time since the inception of the Canadian Artificial Intelligence Association's Best Doctoral Dissertation Award more than a decade ago, a University of Regina doctoral thesis has received this prestigious award in computer science. Former doctoral candidate **Jhonatan Oliveira MSc'16, PhD'20**, in the Department of Computer Science, is the recipient of the Association's 2020 award for his research and doctoral dissertation *On the Development of Deep Convolutional Sum-Product Networks*. The award is given annually to the best doctoral dissertation from a Canadian institution in the field of artificial intelligence. Since 2010, the award has exclusively gone to students from the universities of Toronto, British Columbia, Alberta, and Waterloo.

Theren Churchill and **Andrew Becker**, two University of Regina Rams, were selected in the 2020 CFL Draft in late April. Churchill, an offensive lineman, was selected in the first round by the Toronto Argonauts. Becker, an offensive lineman, was drafted in the sixth round by the Montréal Alouettes. Churchill is the fourth player in Rams history to be taken in the first round, joining Jason Clermont, Chris Bauman, and Brendon LaBatte.

Scott Joseph, an 18-year-old first-year student in kinesiology, broke a 45-year-old Canadian Under 20 (U20) indoor long jump record in March. His gold medal win came within days of being named Canada West Male Rookie of the Year and U SPORTS Male Rookie of the Year. The previous record of 7.71 metres was set back in 1975.

Joseph's record-breaking indoor long jump came in at 7.73 metres (25.36 feet).

More than 830 attendees from across Canada packed the International Trade Centre in Regina on March 4 for the University of Regina's 11th **Inspiring Leadership Forum**, presented by TD. The first keynote speaker was **Dawn Smith**, an American writer and producer, who shared her story of growing up in and eventually leaving the evangelical, fundamentalist cult her grandfather founded. Her TEDx talk, "Why I Left an Evangelical Cult," has been viewed by over 2.25 million people since 2018.

Best-selling author and global advocate for equity, inclusion, and human rights **Samra Zafar** spoke about her escape from a decade of physical, mental and sexual abuse at the hands of her then husband. Living in Canada as a child bride, Zafar clung to her dreams of pursuing an education. Overcoming barrier after barrier, Zafar graduated at the top of her class at the University of Toronto only to discover that her true purpose in life was not the achievement of academic awards and success.

After 65 years of living behind closed doors unable to reveal her true self, **Caitlyn Jenner** spoke candidly about her experience of transitioning from Bruce to Caitlyn Jenner. Jenner was well-known as an Olympian, a reality TV star, and now as a best-selling author, transgender woman, and a champion for issues facing the LGBTQ+ community.

The event included a farewell tribute to former president **Vianne Timmons** who

spearheaded the event since its inception. University Chancellor **Pam Klein** will now take the lead of the Inspiring Leadership Forum.

Early this year, renowned Saskatchewan architect **Clifford Wiens** passed away. With a career spanning more than 40 years, Wiens is considered one of Canada's best architects. His diverse body of architectural work can be found throughout Saskatchewan and includes designs for the construction of schools, hospitals, churches, and private residences. Wiens' design of the Central Heating and Cooling Plant at the University of Regina won the Prix du XXe siècle from the Royal Architectural Institute of Canada in 2011.

Shawna Argue BAsc'87 was the recipient of the Lieutenant Governor's Meritorious Achievement Award at a ceremony in Saskatoon last November. Argue is the first University of Regina graduate to receive the prestigious honour. She is also the first woman to receive the award in its 17-year history. Argue has enjoyed a dynamic career that has seen her become one of the most respected members of the province's engineering community. In addition to her professional accomplishments, Argue has been a tireless volunteer in the community, fundraising more than \$40,000 for CIBC Run for the Cure and serving many organizations including Royal Regina Golf Club, Assiniboia Club, Regina Business and Professional Women's Club, Canadian Red Cross Water Safety Service and the Royal Lifesaving Society.

It was a hometown win as, earlier this year, University

of Regina business students placed first for School of the Year at **JDC West** – the largest undergraduate business competition in Western Canada. The University of Regina's Paul J. Hill School of Business hosted the event which was celebrating its 15th anniversary with the theme "Growing Forward." The competition saw student teams from 12 of the leading universities across British Columbia, Alberta, Saskatchewan, and Manitoba compete in academics, athletics, debate and a social competition. The Hill team also placed first in the categories of Entrepreneurship, Athletics, Participation, and Charitable Volunteer Hours with 5,036 hours volunteered. The team placed second in Debate and Social, and third in Business Technology Management, Human Resources, Not-for-Profit and Skit Performance. The Hill JDC West team has now placed in the top three as School of the Year 12 times – more than any other university.

COVID-19

Gordon Asmundson, a University of Regina professor in the Department of Psychology, was awarded a \$399,700 federal grant for his study, *COVID-19: The Role of Psychological Factors in the Spreading of Disease, Discrimination, and Distress*. The funding was part of the Canadian Institutes of Health Research's Canadian 2019 Novel Coronavirus (COVID-19) Rapid Research Funding Opportunity. Asmundson, who is also a registered doctoral psychologist, a Royal Society of Canada Fellow, and editor-in-chief of the *Journal of Anxiety Disorders and Clinical Psychology Review*, is

a researcher with a focus on health anxiety. Steven Taylor, from the Department of Psychiatry at the University of British Columbia and author of *The Psychology of Pandemics*, is the co-principal investigator of the project. The focus of this federally-funded project is a series of three studies. The end goal is to develop an online rapid assessment system that can be used to assess infection-related excessive behaviours, anxiety and xenophobia, and risk factors during a pandemic or major epidemic.

Whitney Blaisdell BEd'14, BFA'14, a University of Regina graduate student in the Faculty of Education, was already working on her master's thesis that focuses on barriers to play and effective supports that can enhance family play. Now, thanks to a \$5,000 research grant from the **University of Regina's Community Research Unit**, Blaisdell can turn her attention to how COVID-19 is affecting play. Blaisdell has partnered with the Regina Early Learning Centre, a child and family development centre that works primarily with low income families to foster healthy development of children to five years of age.

With all the change and uncertainty, many people are having difficulties coping with the complex feelings that present themselves in myriad ways, both emotionally and physically. The University's **Online Therapy Unit** offers online cognitive behaviour therapy to help those who are suffering with depression, anxiety, panic, trauma, alcohol misuse, and more, says psychology professor **Heather Hadjistavropoulos**,

the unit's executive director. The online therapy programs allow people to overcome the barriers of receiving face-to-face therapy by delivering safe, effective, patient-friendly treatment materials over the internet. And, in light of the pandemic, the unit has increased its capacity to take on more clients. For more information, go to www.onlinetherapyuser.ca.

Research

Bonnie Jeffery BSW'75, a professor in the Faculty of Social Work at the University of Regina's Prince Albert Campus, is leading a team of University researchers who have received a \$3 million grant from Employment and Social Development Canada's New Horizons for Seniors Program. The money will fund a five-year research project to improve the lives of older adults living with dementia in small cities and rural communities in Saskatchewan. The *Interventions to Enhance Social Inclusion of Older Adults with Dementia in Saskatchewan* project also includes team members **Tom McIntosh**, professor in the Department of Politics and International Studies, and **Nuelle Novik BA'88, BSW'94, MSW'96, PhD'08** associate professor in the Faculty of Social Work. The project is being conducted through the Saskatchewan Population Health and Evaluation Research Unit, a research centre based at both the University of Regina and the University of Saskatchewan. The research team will be collaborating with the Alzheimer Society of Saskatchewan, along with other provincial

organizations, to examine individual, community and organizational level supports and initiatives aimed at improving the lives of people with dementia. Jeffery says the team will focus on improving public awareness of the stigma and social isolation experienced by people with dementia, while also working to improve social inclusion. The researchers will also look at increasing and improving the availability and appropriateness of family and community supports for people living with dementia and for their care partners.

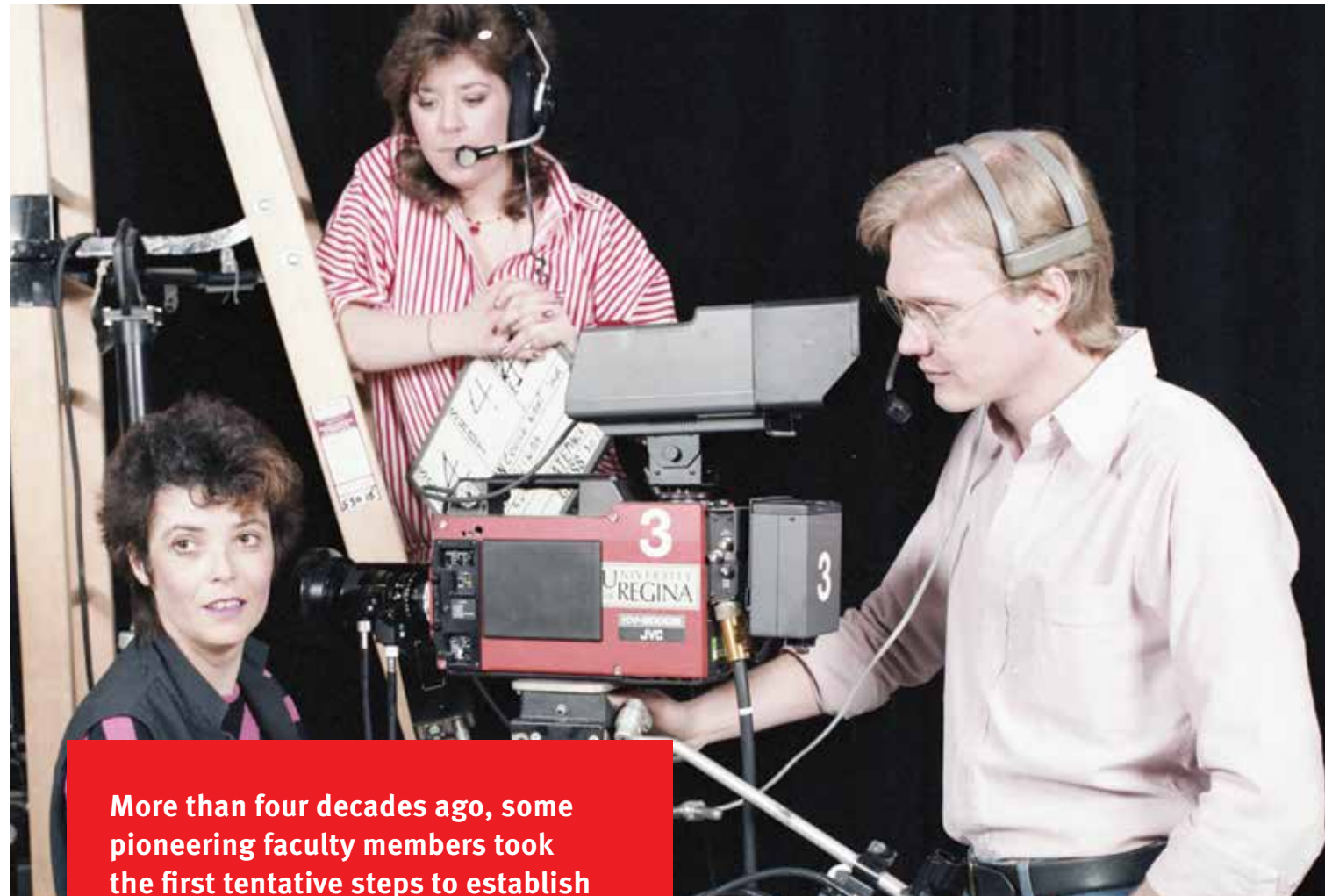
R. Nicholas Carleton BAdmin'01, BA'02, MA'05, PhD'10, a University of Regina psychologist, was awarded \$989,925 by the Canadian Institutes of Health Research's Mental Wellness in Public Safety Team Grants to help public safety personnel identify psychological and physiological signs of trauma and stress-related disorders, including symptoms of post-traumatic stress disorder. In December 2017, Carleton was awarded an \$8.9 million contract by the federal government to conduct a study on the effects of policing on the mental health of Royal Canadian Mounted Police officers.

In February, **Risa Horowitz**, an associate professor in MAP, joined 26 other Canadian women artists in an exhibition at the Embassy of Canada in Washington, D.C. "A New Light: Canadian Women Artists" aimed to illuminate Canada's diversity, reflect the country's rich cultural heritage, and work towards balancing gender parity in the artworks exhibited at our foreign embassies.

The exhibition featured five pieces from Horowitz's series *Trees of Canada*.

Shadi Beshai, associate professor of psychology, received a Canadian Institutes of Health Research Project Grant worth \$165,000 for his research project, *Adapting a Mindfulness-Based Intervention for Depression and Anxiety Symptoms for Use with Indigenous University Students*. The project aims to develop a flexible, culturally sensitive manual for a mindfulness-based intervention to manage depression and anxiety symptoms among Indigenous university students. A second phase aims to study the effectiveness of the intervention on reducing symptoms of depression and anxiety among a sample of Indigenous university students. Beshai and his team will develop a model for adapting existing interventions to make them more sensitive to the needs of Indigenous peoples in Canada. Beshai's research team includes **Brenda Green PhD'17**, an associate professor of Indigenous Health Studies at First Nations University of Canada, and an expert in Indigenous health and Indigenous research methods. Beshai and Green are collaborating with Elder Betty McKenna, who is the Elder-in-residence at the Regina Public School Board and who also provides guidance on appropriate research and mental health practices with Indigenous peoples and families. **Misty Longman BAmin'08**, manager of the University of Regina's ta-tawâw Student Centre (formerly the Aboriginal Student Centre), is another partner on the project.

Roll out the red carpet



More than four decades ago, some pioneering faculty members took the first tentative steps to establish a film program at the University of Regina. In 1980, the first of the University's film degrees was handed out. Unfortunately, COVID-19 has put a halt to this year's 40th anniversary celebrations of the only degree-granting film program between the Great Lakes and Vancouver.

By Wanda Schmöckel BJ'13

Photos by Trevor Hopkin, University of Regina Photography Department, unless otherwise noted.

Candy Fox BFA'15 has had a very busy few years. Since graduating from the University of Regina's Department of Film in 2015, the Cree independent filmmaker has maintained a fast-paced schedule while enjoying many successes along the way; her fourth-year graduating film, *Backroads*, has garnered several awards and was included in the Toronto International Film Festival's Canada Top Ten Student Films for 2015.

Her most recent production, *ahkameyimo nitanis/Keep Going My Daughter*, a poetic documentary that expresses the hopes of two young Indigenous parents for their daughter, was made in 2018 through the National Screen Institute's Indigidocs program and selected to premiere at the 2019 Hot Docs festival. These accolades have since attracted the attention of the film industry; Fox's network television directing debut, *The Other Side*, will air on APTN this fall.

In the meantime, she has several new projects in the works with plans to begin development in the coming year. Fox credits the University of Regina's film program – and the connections she made there – for equipping her with the tools necessary to succeed as an independent filmmaker in an increasingly challenging landscape.

"I was really glad that we had a degree-granting program in Regina," Fox says. "A lot of work that I've gotten was because of the attention I received for *Backroads*. I appreciated that I was able to take my time at school, go at my own pace, find my footing, and really develop my voice. I think my career would be vastly different if I went east or west because I wouldn't be focusing on stories that relate to my own familial history here on these lands. For me, there's a huge value in staying on the land that I come from for my storytelling."

The Department of Film at the University of Regina offers the only degree-granting film program between the Great Lakes and Vancouver. Regina is perhaps an unlikely locale for a film school, in a part of the country more often associated with agriculture and resource extraction. It has put the University in a unique position to attract emerging filmmakers from across the Prairies.

"Some of our best students come from smaller communities in the province," says associate professor Gerald Saul BFA'93. "We're training our own kids from our own province and helping them find their voice here."

Saul has been teaching in the program since 1997 and says film culture has changed, with more images on different platforms being generated than ever before and technology that changes every year. However, the basics of what he teaches – frame composition, editing, film language, and working collaboratively – are similar to what he learned back when he was a film student. "We shoot more projects now, just because resources used to be more expensive, and that meant making multiple projects every semester was very difficult," he says. "Now students are able to make more projects – and they can work faster – but the same learning milestones are there."

"A truly great quality of the film program, both undergraduate and graduate, is how impressively the faculty and staff support and mentor the students," says Rae Staseson BFA'87, dean of the Faculty of Media, Art, & Performance. "Film students quickly have a sense of 'home' once in the Department, and this sense of place allows the students to prosper in ways they may not have in a different kind of program."

This year marks 40 years since the University of Regina awarded its first degree in film. Its first graduate, Ron Forsythe, went on to enjoy a decades-long career as a Gemini and Canadian Screen Award-winning director for CBC Sports, whose credits include Olympic Games, Stanley Cup finals and Grey Cup games. But the origins of the program date back more than a decade earlier to the late 1960s when the University of Saskatchewan's fine arts school (then at the University of Saskatchewan's Regina Campus on College Avenue) attracted Terence Marner, an English painter and recent transplant to Canada. Marner had a personal interest in film and started teaching an introductory course in 1968, but when he started putting the wheels in motion to establish a program, it wasn't an easy sell. "There was an interest in film but unfortunately, when Dr. William Riddell (first principal of the University of Saskatchewan's Regina Campus) sent a proposal to the faculty, they didn't think of film as being one of the fine arts," he says.

In 1970, Marner took leave from the University to attend the London Film School. In the meantime, he'd reached out to Jean Oser, a renowned German filmmaker and editor with a 40-plus year career working on such films as *The Threepenny Opera* and *Westfront 1918* by G.W. Pabst. Marner convinced Oser to leave his residence in New York to cover Marner's classes while he was away. Oser, whose legendary expertise and enthusiasm for film became synonymous with the program, found a welcoming home in Regina. He decided to stay and quickly became a favourite instructor.

"Jean was a really good teacher and a great inspiration," Marner says. Oser's influence on film culture in Saskatchewan



In the decades since the University of Regina's Department of Film's humble beginnings, Saskatchewan has produced a bumper crop of filmmakers who would find their place as leaders in the Canadian film industry, and elsewhere. Shown here in a mid-1980s photo is (left to right) instructor Elaine Pain BFA'91 and students Belina New and Neil Cannon. (Photo courtesy of Department of Film) Left: Regina filmmaker and Department of Film graduate Candy Fox BFA'15. (Photo courtesy of Candy Fox) Right: Former department head, associate professor, Gerald Saul BFA'93.



Left: Dean of the Faculty of Media, Art, and Performance, Rae Staseson BFA'87. Right: Former department head Terence Marner, who taught the first film class at the University of Regina in 1968. (Photo by Kate Cino for Art Openings) Below: Renowned German filmmaker and editor Jean Oser, an early instructor at the University, inspired many of the first generation of Saskatchewan filmmakers. (Photo courtesy of Department of Film)

would prove indelible, extending to a generation of filmmakers who would help nurture a unique film culture in the province. Some of Oser's students eventually went on to become professors and instructors in the program: Larry Bauman, Elaine Pain BFA'91, Gerald Saul BFA'93, Brian Stockton BFA'91, Will Dixon BA'87, and Mark Wihak BA'90 among them. Oser was named Professor Emeritus in 1989 and the Department of Film named an award in his honour to acknowledge the academic year's most outstanding film studies essays.

When Marner returned to Regina in 1972, fuelled by his experiences at the London Film School and after publishing two books on filmmaking, he was inspired to put the program on a different course. "When I went over to England, my roots were in avant-garde production," Marner says. "However, on my return to Regina, I wanted the students to realise their individual creativity by having a good command of their craft — and a professional ethic that would prepare them to succeed either in an industrial setting or as independent filmmakers."

When Oser retired in 1975, Marner was, once again, left to run the school's film courses on his own. If a film program had any hope of being established, he needed at least one other faculty member — and the University could not supply the necessary financial support at that time. Marner persuaded Campion College to provide one film studies faculty member, which allowed him to concentrate on teaching production classes. Without that initial support, building a department would have been impossible. In 1976, the first discussions about how to establish a fully-fledged academic department began.

In its early years, Marner brought a pageant of prominent filmmakers to visit the University's burgeoning program, including Indian Film Crew (National Film Board) founding



member Noel Starblanket, experimental film giant Bruce Baillie, National Film Board founder John Grierson, and father of Canadian direct-cinema Allan King. This was more than a decade before anything remotely resembling a film production industry would arrive in Saskatchewan but by the time the industry began to emerge in the late 1980s — led by many of the program's early graduates — a bustling production hub was born.

In the decades since the program's humble beginnings, Saskatchewan has produced a bumper crop of filmmakers who would find their place as leaders in the Canadian film industry (and elsewhere) with a Prairie-based perspective on the world. University of Regina graduates have gone on to help make a number of home-grown television series and films, including *Corner Gas*, *Wapos Bay*, *Prairie Giant*, *The Englishman's Boy*, *Landscape as Muse*, *Incredible Story Studio*, *RenegadePress.com*, and others.

Alumni that have received or been nominated for Canadian Screen and Gemini awards include Jackie Dzuba BA'89 (*The Englishman's Boy*), Ian Toews BFA'99 and Mark Bradely BFA'98 (*Landscape as Muse*), Dennis Jackson BFA'98 (*Wapos Bay*), Rob Pytlyk BFA'03 (*Drug Class*), Ron Forsythe BA'80 (*CBC Sports and Sportsnet*), Jeff Beesley BFA'96 (*Corner Gas*), Jason Nielsen BFA'91 (*Landscape as Muse*), Darryl Kessler BFA'93 (*The Neighbour's Dog*), Lucas Frison BFA'14 and others. The program has also produced many educators, curators, and programmers, including Alumni Crowning Achievement Award recipient, Janine Windolph BFA'06, MFA'11 (Banff Centre), Jemma Gilboy BFA'08, BA(Hons)'09 (Nottingham Trent University, UK), Roy Cross BA'90 (Concordia University), Belinda New BA'86 (RPL Film Theatre and Rainbow Cinemas' Studio 7), and Will Dixon BA'87 (CityTV Saskatchewan).

The foundations of Amy Mantyka's BFA'12 business were laid at the film school during her graduating year. Mantyka runs Play Creative, a full-service production company in Regina, with fellow University of Regina film graduates Mike Maekelburger BFA'11 and Chris Miller BFA'11. The company creates commercial content for a growing roster of clients ranging from Crown corporations to the private sector,

enabling the company to maintain a full production and post-production studio, and employ a full-time staff of six.

"Without meeting those people in film school, I really wonder what I'd be doing today," she says of her colleagues. Mantyka graduated from the program in 2012, when the Saskatchewan film industry was taking a hit from the provincial government's cancellation of the Saskatchewan Film Employment Tax Credit — a crucial element in attracting business to the local production industry. As it happened, Mantyka had decided to forge a business on her own a few years earlier, after spending time as a production assistant on a television show set between semesters.

While on set, even though she wasn't yet out of school, Mantyka was asked which departmental roles she'd like to pursue. The experience gave her pause for thought and helped to refocus her career path. "Sometimes it's about learning what you don't want to do," Mantyka says. "I was thinking about what I wanted to do with my film degree and if it felt right to start working on large film sets. I didn't want to commit to a specific role, or crew position, so quickly."

Her time at the University of Regina's film program exposed her to the experience of having more control over an entire production and carving out a career that entailed directing her own work. "I'm very thankful I went to film school at the U of R because it enabled me to write and direct my own projects. It was definitely a very collaborative experience, but having that sense of authorship really influenced me."

While the loss of the Saskatchewan film industry has had an undeniable effect on the Department of Film, Saul is quick to point out that the value of its the program goes well beyond that of a training school. "We teach people to be creative and



Top: Amy Mantyka directs a “Plan to be Different” campaign commercial for Sasktel in June 2019 near Lumsden. (Photo courtesy of Play Creative)
Above: Film graduate Candy Fox and her production crew for her film *ahkāmēyimo nitānis* (Keep Going, My Daughter). This photo was taken on the first day of production and includes (left to right) producer Chris Tyrone Ross, camera assistant Elian Mikkola, sound recordist Muskwa Lerat, Fox, and director of photography Aaron Bernakevitch. The film was shot in October 2018. (Photo courtesy of Candy Fox)

to use film as a means of creative expression,” Saul says. “There is now no local industry welcoming you in – you have to make your own work. Our students today have a better sense of where they want to go. They’re more realistic.”

In many ways, the scene for local filmmakers and producers now harkens back to the early days before the province’s film industry ever took root. While the bigger industry work that once employed many University of Regina graduates on large film sets is no longer an option in this province, there has, in recent years, been a notable increase in independent production.

University of Regina graduate Lowell Dean’s BFA’02 feature film, *WolfCop*, was produced in 2014. Graduate Matt Yim BFA’12 made his feature film, *Basic Human Needs*, in 2015, as did Department of Film professor Brian Stockton when he completed *The Sabbatical*. University of Regina sessional instructor Robin Schlaht’s BFA’92 arts documentary series, *Making It in Saskatchewan* (CityTV), was produced in 2019.

If there’s a path forward to producing more Saskatchewan-based film and television, it may well lay in the kinds of smaller, boutique productions that it has seen over the past five years.

“Our own stories have to be made,” Marner says. “We have to tell our own stories or else we’ll just be left with other people’s.”

Wanda Schmöckel is a freelance writer and communications worker based in Regina.

In an April 1, 2020 announcement, **Thomas Chase BA(Hons)’79** was officially named the University of Regina’s interim president. Chase has a nearly 40-year relationship with the University, beginning as a student. He earned a Bachelor of Arts (High Honours) in English in 1979. In 1984, he earned a PhD from Glasgow University in Scotland, where he held a doctoral fellowship in the Department of English Language. He has served in various academic and administrative positions at the University of Regina, including coordinator of the Linguistics Program, founding director of the Centre for Academic Technologies, associate dean (Research and Graduate) of the Faculty of Arts and, for four years, dean of the Faculty of Arts. Most recently, he served as provost and vice-president (Academic), having been appointed on July 1, 2011.

D How would you characterize your leadership style?

Consultative. I listen very carefully to a wide range of people in order to draw on the deep reserves of knowledge, experience and wisdom that the University campus possesses.

D How do you see Canada’s post-secondary sector evolving over the next 10 years?

I believe the participation rate is going to continue to rise. We have as large a percentage of the population going to university now as went to high school in the years after World War II. I think the presence of international students on Canadian campuses will also increase in coming years.

D What are the main lessons learned from the COVID-19 pandemic so far?

How incredibly well the University community came together on very short notice and moved the entire course inventory to fully remote delivery in the space of a week. This is the largest change management process this campus has seen in its 50-year history. Thanks to the hard work of faculty and staff, it was done. I’m very proud of that.

D What do you see as the long-term repercussions of COVID-19?

I think there will be a new normal. I think the way we have interacted will change quite dramatically. I think the handshake is probably now a thing of the past.

D You are an organist. What drew you to the instrument?

Very simply, the low bass notes. As a young child I was fascinated by that sound. It’s what first hooked me on the instrument. My parents bought me several records by the great French organist Marcel Dupré, recorded in Paris. I was overcome by the sound of those mighty instruments in those resonant acoustics.

D Where was your most memorable performance?

It was December 2002 in Sao Paulo, Brazil in front of about 1,000 people, the largest audience I ever performed for.

D What drew you to university administration?

A phone call from the then provost Kathy Heinrich asking me to take on the formation of the Centre for Academic Technologies. That’s what started me in university administration. I enjoy the opportunity to make change and to help the institution thrive and grow. One of the aspects of the job I enjoy the most is hiring highly qualified new faculty and deans and administrators.

D What do you like to do away from work?

I love to cycle, walk, listen to music, and read. On a modest scale, I’m just learning how to garden. I’ve got a long way to go!

D Do you miss the classroom?

Yes, very much. I love the classroom and teaching and the contact with students who are some of the most wonderful people on the planet.





In Fall 2011, *Arthur Ward BSc'17, CAdmin'17* was recruited by the University of Regina Cougars track and field team from the Caribbean island of Anguilla. To make some extra cash while studying, the triple jumper videotaped basketball and volleyball games for the Cougars' coaches. He was also a freelance photographer for the University's student paper, *The Carillon*, and worked part-time at a local camera shop. In the summer of 2015, he established *Arthur Images*, which remains the umbrella for all of his creative work. Following graduation, he secured a full-time job at the Regina-headquartered jewelry company *Hillberg & Berk*, but left to pursue his true calling – sports photography.

"I'm a storyteller by heart. Being a competitive athlete for 15 years, I would soak up all the amazing stories of my teammates and fellow competitors. The content I create today is a unique blend of my knowledge of sports, technical expertise, industry experience, along with my love for people and their stories. My 'sportraits' have elements of sports, technology, and people. These 3 pillars are the foundation of my creativity. I like to consider myself more than just someone who photographs sports, I'm someone who influences the perception of sport through my creativity." *To see more of Arthur Ward's sportraits, visit his website at Arthurimages.com.*



Clockwise from top: Robyn Ham, former Canadian national champion in the MiniGP class, and University of Regina Business Administration student. Sports photographer Arthur Ward.



Clockwise from top left: University of Regina swimmer Bree Crookshanks. Double Olympic gold medalists Tessa Virtue and Scott Moir. Members of the University of Regina track and field team in a photo entitled *Team Track*. Members of the U of R basketball team in a photo entitled *Bench Character*.



Clockwise from top: Former Cornell University sprinter and hurdler Max Hairston. Multi-event track and field athlete Nikki Oudenaarden. A member of the Saskatchewan Roughriders 620 CKRM Rider Cheer Team defies gravity in this photo entitled *Riders Cheer*.



Clockwise from top left: Canadian beach volleyball athlete Megan Nagy. Members of the University of Regina women's softball team in a photo entitled *The Battery*. New Zealand surfer Freya Bullock.

Helping **students** in a time of need

The impacts of the COVID-19 pandemic are difficult enough on individuals who are fortunate to be able to work from home. Families that have endured job loss are finding it even more challenging. But post-secondary students in our communities are some of the hardest hit by the pandemic, often facing the stresses of financial hardship while trying to stay on top of daunting academic workloads. Now there is a way to help struggling students – the University’s Student Emergency Fund.

By Evie Ruddy MA’o8

Feature photo by IStock.

When Londa Rose Pyne was younger, she dreamed of going to university but didn’t think her dream would come true. “People tell kids they can grow up to be whatever they want, but because of my childhood, I thought I wouldn’t ever get to be anything,” says Pyne, a fourth-year student in the Bachelor of Indigenous Social Work program at First Nations University of Canada (Saskatoon campus) – a federated college of the University of Regina.

Born in Calgary, Alberta, into a family that struggled with poverty and addiction, Pyne became homeless by the age of four.

“My mom and I got evicted from one of our houses, and we moved around a bunch,” she says.

Pyne and her mother landed in Nipawin, Saskatchewan. The eldest of four children, Pyne helped her mother raise her siblings. After graduating from high school,

Pyne struggled with addictions for more than a decade. However, she persevered and went on to receive a Youth Care Worker diploma from SIAST, where she graduated with distinction.

“When I got into college, I couldn’t believe it,” she says. “I wasn’t sure if I’d get in, if I was smart enough. I had all that self-doubt that prevents us from chasing our dreams.”

Today, Pyne is realizing her dream of becoming a social worker. When she graduates, she will be the first in her family to earn a university degree.

“I’ve grown up without much of a support system, and I’ve gotten good at living with very little,” says Pyne.

Still, when the pandemic hit, and Pyne’s car broke down, things got desperate. Pyne had been working at a 40-hour-a-week, unpaid practicum and taking an overload course. This left her with only enough time to work one paid shift a month. She could barely pay her bills or buy groceries, and she needed to purchase parts for her car.

“I’m a go-with-the-flow person, but when my car situation happened, that’s when it became overwhelming,” says Pyne. “I didn’t have anyone I could call to give me a ride, or borrow money from to get my car up and running.”

With no one to turn to, Pyne applied to the University of Regina’s Student Emergency Fund. When her application was accepted, it was a huge relief.

“I was filled with joy,” says Pyne. “It helps me realize that I do have a support system. With all the hard work that I’m putting into my degree, I don’t have the people around to support me or keep me going or tell me that I’m doing a good job or anything like that, so it makes me feel that I’m on a good path and that the U of R is a good support system for their students.”

From her years of working closely with students, Dr. Kathleen Wall, retired U of R English professor and 2001 recipient of the Alumni Associations Alumni Award for Excellence in Teaching, understands the normal financial pressures of student life. When COVID-19 arrived in Canada, Dr. Wall was looking for a way to help students impacted by the crisis.

“Like many people watching the pandemic from relatively comfortable vantage points—a secure income

and a comfortable home—I kept wondering what I could do for the millions of Canadians who had lost jobs, or for students who wouldn’t find summer jobs this year, but I felt helpless,” said Wall. “The University of Regina’s appeal for student emergency funds gave me an opportunity to contribute where help was needed.”

The University of Regina Student Emergency Fund was created as a lifeline for students like Pyne, who are being hit particularly hard by the economic impacts of COVID-19. While caring donors have risen to the challenge, the number of applications for the Student Emergency Fund continues to grow each day.

In the past, many students got by living paycheck to paycheck with little left to cover unexpected expenses. Some used to rely on money earned from summer employment to cover the cost of tuition and living expenses for a full school year.

While each student story is unique, the recurring theme is that many students who were just able to scrape by before the pandemic hit, are now struggling to make ends meet and cover life’s necessities – never mind focus on their studies.

Michelle Intarakosit, a third-year nursing student, is another beneficiary of the Student Emergency Fund.

Living in a single-parent home with her mother and grandmother, Intarakosit feels fortunate to have such a caring family. “I do my best to support myself, but my mom supports us all – she pays for food and keeps the lights on at home. She really is the breadwinner of the household,” says Intarakosit.

Since COVID-19 hit, Intarakosit’s situation has become much more difficult. Intarakosit works as a casual employee at a care home for adults with physical, mental, and intellectual disabilities to hone her professional skills and help to pay the bills. She was expecting increased hours over the summer, but as a result of COVID-19, she can no longer rely on her job as a steady source of income for her family. To make matters worse, Intarakosit’s mother owns a sewing and alteration business that has been forced to shut down.

“We don’t know when she will be able to reopen her business and aren’t sure what she will receive from her applications to the Canadian Emergency Response Benefit and Small Business



Left: Londa Rose Pyne, a fourth-year student in the Bachelor of Indigenous Social Work program at First Nations University of Canada (Saskatoon campus). Right: Michelle Intarakosit, a third-year nursing student and beneficiary of the Student Emergency Fund. (Photos by David Stobbe)



Imagine having to choose between paying rent, buying groceries and other necessities, or continuing your studies.

Because of the COVID-19 pandemic, this was the difficult decision recently faced by Arian Pekaric, a University of Regina Business Administration student.

“This is bigger than any of us and none of us know what will happen next. There are factors outside of our control that have made paying rent and buying groceries very difficult and our grades are suffering because of it. We need financial support to be able to go back to focusing on our studies.”

Every day, more and more of our hardworking students like Arian are applying for emergency funding because their lives and finances are being affected by COVID-19. The part-time jobs they once counted on either no longer exist, or their hours are severely reduced. They are struggling to make ends meet while pursuing an education that is so important to them.

The need is great! Please consider donating to the Student Emergency Fund today.

More than 700 students have applied for assistance and applications continue to come in. Through your generosity, more students like Arian will have peace of mind and be able to achieve their academic dreams – something that is more important than ever in our world.

Today’s students need your encouragement, your support, and your belief in their potential.

Your gift will send a message of care and hope to our students during these challenging times.



Yes, I will provide a lifeline to our students who are being impacted by COVID-19 with my donation of: ☐ a one-time gift ☐ a monthly gift

☐ \$50 ☐ \$100 ☐ \$150 ☐ \$250 ☐ Other \$ _____

Name: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Email: _____

Phone: _____

Please direct my gift to:

☐ Student Emergency Fund COVID-19

☐ Area of Greatest Need

☐ Other _____

Donate online securely at <https://giving.uregina.ca/degrees>

Mail to: University of Regina Advancement & Communications
210 Paskawaw Tower, 3737 Wascana Parkway Regina, SK S4S 0A2
Phone: 306-585-5310 | Toll-free: 1-877-779-4723 | Fax: 306-585-4997
UR.Giving@uregina.ca | www.uregina.ca/giving
Charitable Registration # (Canada) 10816 2124 RR0001 | (United States) 980042539

☐ I am enclosing a cheque payable to the University of Regina.

☐ I have enclosed a void cheque for my monthly gift.

Please start my monthly gift on _____

Date: _____ Signature: _____

OR

☐ ☐ ☐ Card # _____

Name of Card: _____

Expiry Date: _____ Signature: _____

We will phone you at the number you provided to obtain the CVV from your credit card.
You may change or cancel your contribution at any time by calling 306-585-5310 or 1-877-779-4723.

- ☐ I've included the University of Regina in my Will.
- ☐ Please send me information on leaving a gift in my Will.
- ☐ Please send me information on donating appreciated securities and eliminating my capital gains tax.
- ☐ I would like to create my own named award. Please contact me at the phone number I have provided on this form.

Emergency Fund Payment,” says Intarakosit. “There is no money coming in. It’s a tough situation for us all.”

Wanting to help her mother out, Intarakosit has been periodically paying for groceries.

“My mother is always happy to support me, but I hate having to add to her burden with my bills during these uncertain times,” says Intarakosit, who is grateful to have received financial assistance from the Student Emergency Fund.

“It was such a relief,” she says. “It’s exactly the help I need right now. As a student, it feels so great to receive this type of support from your own university. So many other students are in a similar situation to me and having the Student Emergency Fund available to those who need it most is crucial.”

Many students who previously did not qualify for the Canadian Emergency Response Benefit will now be eligible for funding through the Canada Emergency Student Benefit and Canada Student Service Grant announced on April 22. However, many students have been out of work for months with no source of income and they require financial support beyond what is being offered. Previous months’ bills still need to be paid and living expenses continue to mount.

On the day that Nadine Hiltz, a single mother of two children, was supposed to start a new job, her daughter’s school was closed due to the pandemic. As a result, she was unable to keep her job.

“I am at a loss for income,” says Hiltz, who received her last student-loan payment in March.

A second-year Indigenous Social Work student at First Nations University of Canada (Saskatoon campus), Hiltz is juggling school and full-time parenting, with no access to childcare. Both Nadine’s father and son are considered at a high risk for a serious infection if they catch COVID-19, so Hiltz and her children are in self-isolation from the rest of her family.

“It was extremely difficult to finish the Winter semester,” says Hiltz, who has a three-year-old and nine-year-old. “With the anxiety and worry of the pandemic, and the fact that my son is high risk, it was nearly impossible to concentrate on my studies. When I finally got some downtime to myself, I was too exhausted to work.”

From the moment her son wakes at 6:30 a.m., Hiltz is focused on caring for her children, preparing meals, playing with them, cuddling them, helping them read, bathing them, and cleaning up. Every day, Hiltz and her children travel on a nearby gravel road to collect rocks and find frogs. They return home for quiet time and soon after supper, they start their nightly routine of reading together and getting ready for bed.

With no income, and a full schedule, Hiltz applied to the Student Emergency Fund and received much-needed financial support to help her pay rent and buy groceries.

“I am extremely grateful,” says Hiltz. “Battling this pandemic has been difficult. Financially, it is very scary. I am grateful that the University is helping their students. A lot of people will benefit from this help.”

Arian Pekaric is a third-year student at the Hill School of Business from Bosnia and Herzegovina, who lives happily in Regina with his wife.

Like many students who juggle part-time jobs and full-time studies, he has worked as a sales consultant and marketing manager to pay for his tuition, rent, groceries, and other necessities. Last year, after his father was laid off from work, Pekaric picked up more hours to help support his family back in Bosnia and Herzegovina.

When the pandemic hit, Pekaric was working at a gym and received a layoff notice, as all athletic facilities were ordered to shut down. Without his primary source of income, Pekaric went in search of other options.



Nadine Hiltz, a single mother of two and second-year Indigenous Social Work student at First Nations University of Canada (Saskatoon campus). On the day she was supposed to start a new job, her daughter’s school was closed due to the pandemic. As a result, she had to give up the job. (Photo by David Stobbe)



Arian Pekaric is a third-year student at the Hill School of Business from Bosnia and Herzegovina. He was working at a gym but received a layoff notice when the pandemic hit. (Photo by Trevor Hopkin, University of Regina Photography Department)

“I knew that I needed to find another way to support my family,” he says. “I was in contact with the Bosnia and Herzegovina embassy here in Canada, but it is a poor country and they are unable to support students right now.”

Pekaric contacted other international students, as well as University of Regina Financial Services, and was put in touch with Kathryn Boyce from the University of Regina Students’ Union, who encouraged Pekaric to apply for the University’s Student Emergency Fund. He applied and received an emergency bursary.

“Staff at the University have made my situation so much less stressful,” says Pekaric.

Although many domestic students have been able to return home to their families while continuing their studies, hundreds of international students remain in Regina with no immediate support system to fall back on. After receiving the bursary, Pekaric was able to buy groceries and pay bills.

“This truly is a global pandemic. People may think that international students will be okay because we were fortunate enough to come to the University to study,” says Pekaric. “The truth is that many of us came here in search of a better life and an education with little money for extras or emergencies such as these.”

While the federal government has lifted, until August 31, the 20-hours-of-work-per-week limit for those international students working in essential services (health care, critical infrastructure or the supply of food or other critical goods), international students remain unsure if they will be eligible for the same social benefits that other students receive.

“We all know that the life of a student can be quite stressful – but most don’t understand the impact of this situation,” says Pekaric. “There are factors outside of our control that have made paying rent and buying groceries difficult, and our grades are suffering because of it. This is bigger than any of us and none of us know what will happen next. We

need financial support to be able to go back to focusing on our studies.”

The Prairie Kitchen Party was to be the primary fundraising event for the Student Emergency Fund, but it was cancelled. Regina’s Redhead Equipment generously turned their event sponsorship into a pledge to match up to \$10,000 in community donations. The campaign was a success, and Redhead Equipment and community donors raised \$20,000 for the Student Emergency Fund. But so much more is needed. “We’re all struggling with the impact of COVID-19,” says Redhead Equipment president Gary Redhead. “Supporting our future leaders – in business, education, health care, engineering, sport – is so incredibly important at this time. Being part of keeping student dreams alive is invaluable and supporting our community is integral to who we are at Redhead Equipment.”

With the number of applications rising each day, the Student Emergency Fund is, once again, running dangerously low. As of June 8, almost \$325,000 has helped 330 students pay for necessities like housing and groceries. U of R staff are working diligently to continue processing the hundreds of applications that have already been submitted – with an even larger influx of applications expected in the coming months.

All gifts to the Student Emergency Fund – no matter their size – are welcome lifelines to students like Pyne, Intarakosit, Hiltz, and Pekaric, and so many of our 16,000-plus domestic and international students.

To help students in need, like those you’ve read about here, visit the University of Regina’s Student Emergency Fund webpage at: www.uregina.ca/emergency. **D**

Evie Ruddy lives in Regina, Saskatchewan, where they work as a communications officer, freelance writer, and audio walking tour producer.

Tara Hudye BSc’00 grew up on the family farm near Kamsack, Saskatchewan and earned a Bachelor of Science at the University of Regina in 2000. She graduated from the University of Saskatchewan’s Western College of Veterinary Medicine in 2004. Hudye and her colleagues operate Regina’s Veterinary Mobility Centre, a full-service animal clinic that specializes in pain control in family pets. In 2019, she received the Saskatchewan Association of Veterinary Technologists Veterinarian of the Year Award and, in 2018 and 2020, she served as a volunteer veterinarian at the Canadian Challenge Sled Dog Race. Hudye is pictured here with Hector, the prostheses-legged dog.

D What first sparked your interest in animals?

I grew up on a farm with livestock and working cattle dogs. I took a keen interest as a kid training the dogs basic obedience and the love of animals grew from there.

D What kind of pets do you have at home?

We currently have two cats and two dogs. We have had various pets in our house in the past, including geckos, hamsters, fish and guinea pigs.

D What makes your clinic unique?

At the start of my veterinary career, I was astounded by the number of pets that had chronic pain. The most common was due to arthritis and all the compensatory mechanisms that go with it. I became increasingly frustrated with pain management limitations to joint supplements and medications. I wanted to learn more about pain, lameness and other therapies that would improve quality of life. Approximately halfway through my career, I became certified in canine physical rehabilitation and have since amalgamated both veterinary medicine and physical rehabilitation into my practice.

D What did it mean to you to receive the 2019 Saskatchewan Association of Veterinary Technologists Veterinarian of the Year Award?

I was humbled and honoured to receive this award. The effort, hard work and dedication of myself and many other people, including talented veterinary technicians, have made this possible. We had a dream and together we achieved it.

D What do pets bring to people’s lives?

Pets are an extension of our lives and families. Their impact on our well-being cannot be measured or quantified, nor can I put into words just how important and essential they are to some.

D What did you take away from your experience at the University of Regina?

Graduating from the University of Regina in 2000 paved the way to the rest of my life. I continue to stay in contact with many former classmates; it is strange to think that was 20 years ago. I marvel at the changes that have occurred at the University since then.

D What is the most unusual pet you have treated?

I feel that I cannot single out one pet in particular since I have had the opportunity to be involved with so many different pets. Over the past 16 years, I have treated the typical dog, cat, guinea pig, and livestock animals. I have also dealt with snakes, tegu lizards, rats, deer, coyotes, owls, ducks, and bats – to name a few.

D What’s the most satisfying aspect to your job?

I love that every day is different – different pets, different health issues, and accompanying challenges that go along with it. I think the underlying factor that keeps me doing what I do is an inherent desire to help heal and alleviate pain for animals that cannot help themselves.



There is no Planet “B”



A November 2018 Angus Reid national survey found that almost 20 per cent of Saskatchewan residents (second only to Alberta) don't subscribe to human-caused global warming. The same survey indicated that Canadians do, however, look to university scientists to provide accurate information on climate change. So, this past January, a group of University of Regina researchers embarked on a series of public lectures that looked at climate change from a variety of perspectives – providing Prairie detractors with a combination of science-based evidence and Indigenous ways of knowing.

By Bill Armstrong

Photos by Trevor Hopkin, University of Regina Photography Department, unless otherwise noted.

If one is inclined to look, there's some alarming science regarding climate change out there. Average temperatures in Western Canada are rising at two to three times the rate of the rest of the world; there is a clear trend of 50 years of warmer-than-normal months in Regina; pests and invasive species have been detected in regions where they have never been seen before; there are more frost-free days in Western Canada; and, our Winters offer more rain and less snow.

With scientific evidence for climate change mounting and climate protests grabbing headlines around the world, University of Regina faculty members Sarah Abbott, Britt Hall and Sean Tucker knew the time was right to reach out and provide members of the public with access to reliable information about climate based on cross-disciplinary research and Indigenous ways of knowing. The Academics for Climate Community Lecture Series was born.

Abbott, an associate professor in the Department of Film who taught the first course on climate change last semester in the Faculty of Media, Art, and Performance, was encouraged when a list of possible presenters with expertise in different climate issues, including Indigenous perspectives, quickly emerged.

Hall, a professor in the Department of Biology, adds that the three knew right from the start that the lectures had to be compelling without being confrontational. To keep audience interest piqued, plenty of informative visuals would be necessary, as well as engaging question and answer sessions. One of the goals of the series, she says, was providing information without political bias and avoiding the polarization that affects so much of the discussion on climate change in the public sphere.

Tucker, an associate professor of Business Administration, points out that the effort soon involved many different areas of the University, as colleagues stepped up to support the series with funding for promotion and to provide technical support.

Hall kicked off the series in January 2020 with her presentation called, *"The Consensus is in: Evidence Supporting Human-Induced Climate Change."* That first event was held at Regina's Bushwakker Brewpub as part of the monthly Science Pub Series hosted by the Faculty of Science. The rest of the lectures were held at the University of Regina's College Avenue Campus.

In front of a full house, Hall shared basic information on how the Earth's atmosphere works, followed by evidence supporting the consensus among scientists that the climate is changing due to increasing concentrations of the greenhouse gases that regulate temperatures on Earth.

She also explained how oceans, trees and plants absorb carbon dioxide, illustrating it with data gathered from the Mauna Kea Observatories located in Hawaii. The data shows lower concentrations of carbon dioxide in the northern hemisphere during the summer, when trees and plants capture carbon dioxide, followed by higher concentrations in the winter, when they release carbon dioxide.

"The records show the variations from season to season, and also the overall trend line over years, which is up," Hall said. The result is that both land and ocean temperatures have been increasing since 1976, with the devastating consequences we see regularly in the news. These include reports of warmer Arctic temperatures causing increased ice melt and a more unstable jet stream which pushes polar air further south more often than in the past. We are also witnessing more unpredictable and intense wildfires (think Australia, Fort McMurray), drought (think Saskatchewan), and flooding (think great swaths of the U.K.) events.

In her conclusion, Hall conceded that conveying all of this distressing climate information – whether to the public or to her students – can be depressing. She optimistically noted that studies show that when researchers add a stressor to a model of an ecosystem and then remove it, the ecosystem often has enough resilience to rebound. However, she cautions, these are models and there are no guarantees. During the question and answer session following her presentation, Hall said people can expect to experience a transitional period in how society and the economic system operates as the world adapts to a lower-carbon future.

"What we can do is join a collective to take action,



Opposite page: Climate change is considered a very likely contributor to the unprecedented extent and severity of the 2019-2020 Australian bushfire season known as Black Summer. Here, the Green Wattle Creek fire ravages the village of Buxton, in New South Wales. (iStock photo)

Sarah Abbott, an associate professor in the Department of Film (top), Sean Tucker, an associate professor of Business Administration (centre), and Britt Hall, a professor in the Department of Biology (bottom) are the University faculty members behind the climate change public presentations, Academics for Climate Community Lecture Series.



Left: David Sauchyn, a professor in the Department of Geography and Environmental Studies and the director of the Prairie Adaptation Research Collaborative, was one of the lecturers in the Academics for Climate Community Lecture Series. Right: Gordon Pennycook, assistant professor of behavioural science in the Faculty of Business Administration, studies how people approach the topic of climate change.

Top: Michelle Brass CICA'02, BAJ'02(Hons), a member of the steering committee for the group Indigenous Climate Action, says that climate change is the breaking of the natural law, or p̄st̄ahowin in Cree, the concept that humans are exploiting the land, water and animals, rather than living in relationship with them. (Photo by Don Hall) Below: Margot Hurlbert BAdmin'87 is a professor in the University's Johnson-Shoyama Graduate School of Public Policy and Canada Research Chair in Climate Change, Energy and Sustainability Policy. She was the coordinating lead author for a chapter on land and climate in a special report by the Intergovernmental Panel on Climate Change (IPCC), released in 2019.

reduce consumption where possible, vote for progressive governments, learn more and spread the word,” Hall said.

One of the strong themes of the series was the recognition that understanding climate change and its associated issues can be difficult for people to grasp. It is particularly trying because the volume and range of scientific information coming at us can be overwhelming. The information often comes from several fields of study and requires people to consider a complex interplay of factors to gain a full understanding. In addition, cultural and ideological baggage can influence how people reach conclusions. The issue can be further complicated because, in this digital world, we have immediate access to climate change information that ranges from the truly reliable, to the utterly unreliable, to disinformation.

The understanding that climate change is a difficult subject for people to get their heads around was a theme in David Sauchyn's January 23 offering to the lecture series, *What does climate change look like in Saskatchewan?* Sauchyn is a professor in the Department of Geography and Environmental Studies and the director of the Prairie Adaptation Research Collaborative (PARC). For the past two decades, PARC has been gathering data on changing climatic conditions – in some cases dating back hundreds or thousands of years – and tracking the resulting impacts around the globe.

Sauchyn's presentation was filled with information gleaned from observations of tree rings, glaciers, and lakebed and ocean sediments. He acknowledges that convincing Saskatchewanians that his research provides indisputable evidence of climate change might be his biggest challenge. The largest concentration of those who are skeptical, or uncertain about human-induced climate change, is on the Prairies.

Sauchyn is not surprised by this, in part, because our weather can be dramatically different on what seems like a minute-by-minute basis.

“Our challenge is to tease out what is just natural variability and what is the effect of global warming, to separate the noise from the signals,” Sauchyn said. “And the Prairies is a good place to search for the signals because they are so strong; but so is the noise.”

The signals included in Sauchyn's presentation are compelling – since the late 1970s, the world has experienced only one month that was colder than the historical long-term average. In Regina, over the same time frame, the daily minimum average temperature has risen more than four degrees Celsius. Long, harsh and cold winters, such as were experienced in the past, are now unusual, Sauchyn observed.

Gordon Pennycook, an assistant professor of behavioural science in the Faculty of Business Administration, also studies how people approach the topic of climate change. In his February 19 presentation, *Fake news, political ideology and climate change*, Pennycook noted that people with the highest intelligence are the most polarized around the question of whether climate change is real or not.

“These people are smart, but they are influenced by their ideological bent, and their intelligence makes them better at convincing themselves that the things they see are true,” Pennycook said. “Interestingly, in other areas where we also rely on science to shape our ideas – such as nuclear power or genetically modified foods – we don't see the same pattern.”

In the ensuing question and answer session, Pennycook shared research about how people handle information, including misinformation. Studies show that people who



believe fake news don't think that much about what they see or hear. With regards to accepting the science related to climate change, there is evidence that people can change their minds, although such changes are usually gradual. Pennycook is grateful that movements such as the Global Climate Strike have encouraged people to join the conversation and have helped to normalize the issue. It will take persistent efforts to make the big changes required, he concluded.

Michelle Brass CICA'02, BAJ'02(Hons), a member of the steering committee for the group Indigenous Climate Action, agrees that changes are coming. Brass titled her March 2 presentation *Indigenous Climate Action: why land-based, Indigenous-led responses are crucial to addressing the impacts of climate change*.

Climate change, she explained, is the breaking of the natural law, or p̄st̄ahowin in Cree, the concept that humans are exploiting the land, water, and animals, rather than living in relationship with them. “Being able to adapt to our natural environment has been embedded in our teachings,” she says. “We are also taught to always think about future generations when making decisions.”

Brass says finding solutions to the problems posed by climate change will require a shift in mindset, what she refers to as “Indigenuity,” a new way of approaching those problems by applying Indigenous stories and teachings. The solutions, she explains, are rooted in the land and the ecosystems, and each area or region has its own balance. This will require us to respect and restore ecosystems where possible and do a better job of protecting biodiversity. We will also need courage to face the changes ahead, she added.

“We don't know what our world will look like, but I think we



Climate discussions have raged on for years as this 2014 photo attests. Parents carry children among thousands marching through central Oslo, Norway, to support action on global climate change. According to organizers of "The People's Climate March," the Oslo demonstration was one of 2,808 solidarity events in 166 countries. (Photo by iStock)

place too much emphasis on what we might lose, and too little on what we stand to gain. There are opportunities for us to rebuild kinship systems and community; after all, we were all land-based people in the past," she noted.

Margot Hurlbert BAdmin'87 is a professor in the Johnson-Shoyama Graduate School of Public Policy and Canada Research Chair in Climate Change, Energy and Sustainability Policy. She was the coordinating lead author for a chapter on land and climate in a special report by the Intergovernmental Panel on Climate Change (IPCC), released in 2019.

Using the data from the IPCC report, and applying it with a global and regional perspective, Hurlbert asked her audience to consider five climate change scenarios in her February 13 presentation *"Climate Change: Where are we and What Might the Future Bring? Scenarios and Pathways."*


"With the information we have from the social sciences and from economics, we can suggest future human pathways of what life might look like," Hurlbert said. "Those five pathways range from a completely sustainable future to one that continues to rely heavily on fossil fuels. Those can provide us with a lot of information, but they are only illustrations to help people get their minds around the subject."

The pathways, Hurlbert added, also challenge people to think about the degree of change they can imagine by

asking questions about power production, the nature of clean technology, and how we will sustain our economy, infrastructure and communities. There will be difficult trade-offs, she notes; for example, in how land is used.

"We like forests because they absorb carbon and sequester it, but when we cut down forests to grow crops to feed the world, we regard that as also a good thing," explained Hurlbert. "We also know that Saskatchewan farmers are good at managing crop rotations, which can be huge in sequestering carbon and nitrogen (two important greenhouse gases) in the soil. This is one way agriculture can help reduce the use of nitrogen fertilizer on crops."

At the time of writing, the series is on hold due to the COVID-19 pandemic, but all those involved are optimistic that the Academics for Climate Change Lecture Series will soon return and University of Regina researchers will continue to share the facts about climate change with Prairie audiences.

The videos can be found on YouTube by searching for Academics for Climate - University of Regina. For more information visit the Academics for Climate Community – Regina Chapter Facebook page. 

Bill Armstrong is a Regina freelance writer and amateur photographer with a strong interest in Saskatchewan history.



TD Insurance | Ready for you | 



University of Regina Alumni Association members, feel confident with preferred rates from TD Insurance.

You could save with rates on car, home, condo and tenant's insurance.

Get a quote and see how much you could save!

**Go to tdinsurance.com/UREGINA
Or call 1-888-589-5656**



The TD Insurance Meloché Monnex home and auto insurance program is underwritten by Security National Insurance Company and distributed in Quebec by Meloché Monnex Insurance and Financial Services Inc., Damage Insurance Agency, and in the rest of Canada by TD Insurance Direct Agency Inc. Our address: 50 Place Crémazie, 12th Floor, Montréal, Québec H2P 1B6.

Due to provincial legislation, this car and recreational insurance program is not offered in British Columbia, Manitoba or Saskatchewan.

* The TD logo and other trademarks are the property of The Toronto-Dominion Bank or its subsidiaries.

36-23307-287

A dream comes true



Marah Mattison had a unique internship opportunity this past semester. Through a Faculty of Arts internship at the Royal Saskatchewan Museum she realized a dream – to curate a museum exhibition. Unfortunately, due to COVID-19, the exhibit has yet to be unveiled. By completing the curating project, Mattison became the first University of Regina history student to earn an honours degree by completing a hands-on project rather than writing a paper. No doubt that also helped her gain acceptance into the Heritage Studies and Public History program at the University of Minnesota – the first Canadian to do so.

**By Sabrina Cataldo
BA'97, BJ'99, Cert.PR'04**

Photos by Trevor Hopkin, University of Regina Photography Department, unless otherwise noted.

As someone who was born in Guatemala and adopted at the age of 14 months by a Canadian family, Marah Mattison BA'19, BA(Hons)'20 has always been interested in different cultures. "Being adopted, I was immersed into a culture that wasn't mine. I'm always fascinated by how people can learn different things in different cultural settings. That's why I went into anthropology, to learn about cultures in the world that are different than mine," she says.

Mattison, who served in various capacities at the Saskatchewan Science Centre and was a teaching assistant at the U of R, earned her Bachelor of Arts in anthropology in 2019 and just completed a Bachelor of Arts (Honours) in history. Moving from anthropology to history was a natural evolution, as she had taken a few history classes during her undergraduate degree and sees strong links between the two disciplines. "I was studying about how cultures developed, and so much touched on their history. History is more the

facts, while cultural anthropology is about how people interpret their history," she says. "Culture is described more as how people live their everyday lives. A lot of the time, how they live reflects their history. History is the past, and things that happen in the past influence the present," she adds.

Mattison is especially drawn to Asian cultures. She has focused on Japanese and Korean cultures and histories, even taking language classes in both. "From a young age, a lot of cartoons I watched came from Japan. I was fascinated with the animation. From the animation, I came to learn more about the culture, and that led me to learning about Korean culture, because it's very tied to Japanese culture. Because of the cartoons, I was learning more about their culture and then more about their history," she explains.

A conversation with history department head Philip Charrier took her research in a different direction, however. One day he asked her, "What's your dream job?" Without hesitation, Mattison responded that she wanted to curate an exhibition of artifacts. Charrier made it his mission to make that dream a reality. "I realized that Marah needed a career internship," he says. He wanted to find her more than just a job placement, though. "What I had to find is a professional who would recognize Marah's potential and mentor her. She will graduate from here with a fantastic academic foundation. But how do you take that and then go and put together an exhibition?"

Charrier teamed up with the University's Community Research Unit, soon to be rebranded as the Community Engagement and Research Centre, to find Mattison an internship that would serve her academic goals, as well as benefit a local organization. The Centre's internship program places students in such organizations as Sofia House, Saskatchewan Writers' Guild, and Saskatchewan Chamber of Commerce. The internships involve 8 hours a week of students' time for 13 weeks.

"The internships provide students with valuable work experience that helps kick-start their careers," says Lynn Gidluck BA'90, MA'96, PhD'15, the Centre's community director. "As an employer, when you've got an entry-level job and have 20 résumés come across your desk, the ones that rise to the top have something beyond their education."

In addition to the experience gained in the internship, many students have been offered paid summer jobs afterward. They also make valuable community connections that could lead to future employment. "Hopefully by the end of semester, you've developed a good relationship with your supervisor in your placement, and they'll give you a good reference or help you find a job with someone else in their network. Informal networking is how a lot of people find jobs. I think this even the field a little bit for some students," Gidluck explains.

Gidluck feels it's important that the internship program focuses on placing arts students, specifically. "I think this program shows the broader community what an arts degree teaches students," she says. "I think there are a lot of misconceptions that if you graduate with an arts degree, you don't graduate with tangible skills you can use in the workplace. I disagree. An arts degree brings a lot of skills other degrees might not bring, such as critical skills and an ability to write. There are some perceptions out there that it's not the most practical degree, and I hope that these internships help change that perception."

She also notes that the success of the internship program

has challenged some common myths about younger generations lacking a work ethic. "I have not seen this," Gidluck says. "Students that I've helped put into these community placements have been inspiring. Community partners have overwhelmingly said they would welcome interns again, if they can find people like the ones that they've had. And Marah is certainly one of them."

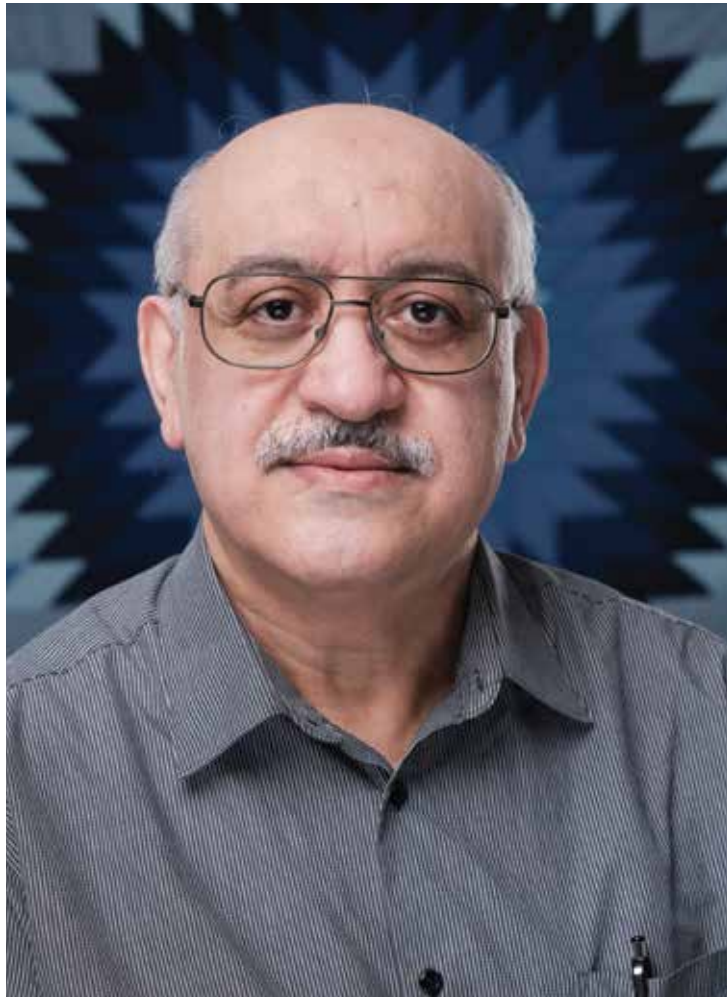
For Mattison's internship, Gidluck reached out to Evelyn Siegfried, curator of Indigenous studies at the Royal Saskatchewan Museum. Coincidentally, Siegfried was working on a project that culminated in the curation of an exhibition of the museum's Indigenous artifacts.

The multifaceted project was conceived by Arzu Sardarli, a math and physics professor at the Prince Albert campus of First Nations University of Canada (FNUC). He, along with his colleagues from Royal Saskatchewan Museum and the University of Regina, has initiated a project where students could engage in math and science and be excited about what they were learning. He decided that archaeology was an intriguing route, because there is a lot of science involved in the discipline, such as the carbon dating and statistical analysis of chemical compositions of artifacts. The goal was to entice students into science by having them participate in a project that didn't seem to be only about science. "Usually what happens is that people learn something about Indigenous culture and oral stories, and other people make some measurements in the lab. With this project, you could combine both of those components," he says.

There were several phases to the project, which was supported by a Museums Assistance Program grant from Heritage Canada. The first involved Indigenous students, who travelled to the Sturgeon Lake and Pelican Narrows First Nations to interview Elders and gather their oral history about the relationship their people have with local artifacts.



Opposite: Marah Mattison's BA'19, BA(Hons)'20 dream came true when she curated an exhibit of Indigenous artifacts at the Royal Saskatchewan Museum. Unfortunately, the exhibit was paused because of COVID-19. Above: Community Research Unit director Lynn Gidluck BA'90, MA'96, PhD'15.



Left: Evelyn Siegfried, curator of Indigenous studies at the Royal Saskatchewan Museum. (Photo courtesy of Royal Saskatchewan Museum) Right: Arzu Sardarli, a math and physics professor at the Prince Albert campus of First Nations University of Canada (FNUC), says the purpose of this project was to learn about Indigenous culture and research and to get students excited about science by having them participate in a project that wasn't only about science. (Photo courtesy of Arzu Sardarli)

Some interviews were conducted in Cree, and others are being transcribed by Mattison. Sardarli also forged a partnership with the University of Saskatchewan allowing students to use their synchrotron to analyze artifacts that Siegfried selected from the Royal Saskatchewan Museum's Indigenous object archives. The final phase of the project will be the curation of an exhibition of artifacts that would tour the museum, the University of Regina, and the two First Nations. That's where Mattison came in.

Sardarli wanted both Indigenous and non-Indigenous students involved in the project. "I'm not Indigenous, but as a professor at FNUC, I've worked with Indigenous students and learned from Elders. When I see interest from non-Indigenous people in these kinds of projects, I really appreciate that. The purpose of this project was to learn about Indigenous culture and research. The participation of Indigenous students [Margo Jobb, Alyse Custer, Ann Marie Dorian BA'16, BA(Hons)'18 and Skylar Wall] and non-Indigenous students [Mattison, Khaysa Osmanli and Jyotsnamani Mohanta], together, is very important."

"These artifacts were found right here in Saskatchewan," Sardarli says, noting that it was imperative for a student to curate the exhibition. "It's one thing for students to learn about things in a book or a classroom; it's another to touch the objects yourself. I always encourage students to participate in

a research project – it's very important for learning."

Siegfried feels it's essential for the exhibition to eventually return to the First Nations from where the project and stories originated. "Hopefully it will show people that archaeology is an interesting area as a discipline that Indigenous students may want to go into and study."

To curate the exhibition, Mattison listened to the translations of the oral stories and, along with Siegfried, went through Indigenous artifacts from the museum's archives. Siegfried provided Mattison with the background information of the pieces, explaining what they represented in terms of culture, what they could have been used for, and how they were made.

Throughout the process, Mattison learned that curation is not as simple as some may think. "It takes a lot of time and collaboration," Mattison says. "At a museum, you have to write a few sentences for each artifact. It doesn't seem like a lot, but it has to be short enough for people to read, yet fully explain the artifact. It takes a lot of editing," she says.

The project was incredibly gratifying for Mattison. She used the internship experience as the basis of her honours requirement, becoming the first student in the Department of History to do a practical, hands-on project instead of a research paper for their honours degree. In the Fall, Mattison will be attending the University of Minnesota



Top: Research assistant Margo Jobb (left) gets Pelican Narrows' Elder Adam Highway's oral account of some of the Indigenous artifacts included in the Royal Saskatchewan Museum exhibit. (Photo courtesy of Arzu Sardarli) Below: Marah Mattison was accepted into the Heritage Studies and Public History program at the University of Minnesota – the first Canadian to do so. She begins her studies in September.



to pursue a graduate degree in heritage studies and public history. "It's interpreting culture and artifacts in order to create exhibits for the public – very much what I've been doing in the internship," she explains. "To be a curator, you have to know a lot about many things, so a master's degree will give me the knowledge to be successful – and the tools necessary to have a career in museums."

The original plan was for the project to wrap up in April 2020, but due to COVID-19, it was put on pause. Says Mattison, "Unfortunately with the current circumstances, I wasn't able to fully develop my exhibit or display it, but maybe this project will inspire future students to carry on my work or create their own."

While, ideally, Mattison would like to work in a museum that specializes in Asian history and culture, she would be happy working at any venue where she can continue learning and bring history to life. "A lot of the time when you're talking about the past, it isn't necessarily relevant to people. I like the visual representation that an artifact can bring to history and how it can connect people to that history. It can captivate people and bring history to life. That's what I really like about this work." **D**

Sabrina Cataldo is an award-winning writer and communications strategist in Regina.

#UofReginaCares

During the COVID-19 pandemic, members of the University of Regina community have embraced the University's motto "As one who serves." Alumni, students, faculty, and staff are lending their ingenuity, creativity, and deft ability to problem solve for the benefit of Regina and all the communities in which they find themselves. Here are a few tales from #UofReginaCares, a collection of stories about members of the University community who are opening their hearts to care for our community during these challenging times. For more stories, visit www.uregina.ca/uofreginacares.

The little idea that could

Jillyan Clark BSRS'18 had an idea for connecting seniors' homes residents who can't have visitors during the COVID-19 pandemic with kids stuck in the house with their parents. The result? A pen pal program that's bringing real joy and caring to seniors and kids alike.

What started out as a single post on Facebook asking kids to send in letters and artwork to seniors at Qu'Appelle House, quickly generated 20,000 views and an overwhelming response from parents, kids, teachers, and the public.

"The pen pal program has been such an incredible experience and has become larger than I could have ever imagined!" says Clark, who is the recreation coordinator at Qu'Appelle House, a seniors' residence in Regina. "I put out a post reaching out to kids that want to write letters to our seniors. It blew up within a day and a half! We got a lot of letters from that single post and it's been growing since then."

At last count, Clark estimates she's received more than 75 letters and 50 pieces of art for the 34 residents. To ensure that residents' health is not jeopardized, Clark receives the pen pal correspondence by email or snail mail and then takes pictures of the mailed items to share with the residents. So far, she has created several "Joy Walls" of pictures, art, and letters for residents to enjoy.

Since her initial post on March 30, the pen pal program has expanded to include participants from the general public, and from teachers in Regina and as far away as Nova Scotia.

"The partnerships I've formed through schools during the pandemic is definitely something I want to keep going forward," said Clark. "Teachers have been reaching out to me to see if they can use this program as part of an English project or an art project where the kids will send in their contributions and then they can be graded."

Public interest in her program has generated more than enough letters to keep her seniors busy. Letter writing is now a part of the residents' weekly activities.

"Kids want a reply so I want to make sure we respond to every letter we get," says Clark. "Once a week we're writing letters back to the children. A few seniors have written several letters. They enjoy it and want to do it."

This overwhelming response has provided the perfect opportunity to extend the pen pal program to other seniors' residences in Regina.

"I've also referred interested people to other facilities that have partnered with us on this project – Cupar & District Nursing Home, Eden Care Communities, and Santa Maria Senior Citizens' Home. That's cool to see – my little idea that stemmed from just a conversation has grown into something that is inter-facility."

The drive to help make the world a better place is something that was instilled in Clark during her studies in therapeutic recreation and psychology at the University of Regina.

"I am still in contact with a lot of my recreation professors," says Clark, who recalls her time studying under Rebecca Genoe in the Faculty of Kinesiology and Kathy Park, academic supervisor. "They really shaped the person I am in my career. They showed me what the outside world could look like. What they've done to advocate for recreation is amazing and I want to do that as well. This is a really good step in the right direction."

Clark was inspired to create the program by what she was seeing and experiencing at work, as well as from conversations with her sisters who have young children at home during the pandemic.

"Everyone's going through something right now. It's important to me to try and get my programs to benefit as many people as I can," stresses Clark. "Daily, I look at my residents and they don't always understand what's going on during the pandemic. It's heartbreaking."

For the past seven weeks, residents in care homes across Saskatchewan have not been able to receive visitors.

"The one thing that gets me is that they don't realize that people out there care about them during this time," says Clark. "They think people are so involved with themselves and protecting themselves. They're blown away by people taking the time to reach out to them and care about how they're doing during this crisis."

"A lot of them have said, 'I don't worry about myself because I've been through a lot of things that have shaped this world, like the wars,'" explains Clark. "They're worried about the kids, honestly, so they're writing their letters back asking how the kids are doing and sending them hints about how to keep busy."

To participate in the pen pal program, reach out to your local care homes or contact jillyan.clark@saskhealthauthority.ca and see how you can spread some joy during this time. Cupar & District Nursing Home, Eden Care Communities, and Santa Maria Senior Citizens' Home are all trying to start a pen pal program for their residents.

A pandemic-inspired performance

What does the University of Regina Choir do when COVID-19 makes it virtually impossible for them to get together to rehearse or perform? They meet up virtually and still make beautiful music together.

Necessity truly is the mother of invention, as borne out by the University of Regina Choir's first virtual performance of Pierre Passereau's "Il est bel et bon" on May 17. The piece is part of an entire program of music that the U of R Concert Choir and the U of R Chamber Singers were preparing to perform as part of an end-of-semester concert until the University moved all classes to a remote learning format in response to the COVID-19 pandemic.

Singing together in a choral setting allows people of all ages and walks of life to unite in language and expression to bring art and beauty to the world.

"The art form calls on the singers to engage every part of their beings towards the creation of harmonious melodies that can only be captured in a single moment of time," says Melissa Morgan, assistant professor within the University's Faculty of Media, Art, & Performance, Department of Music, Choral Studies. "As the realities of COVID-19 were revealed, our choir began to grieve the loss of community and the loss of singing."

But from loss and heartbreak, creativity, and innovation can grow.

The pandemic has seen music educators around the world trying to come up with ways to keep the choir community alive. The virtual choir phenomena that is exploding all over the world is one way to create community, but it is also a very difficult thing to do. Hours of work are required to fuse audio and video together. So, when Alex Clarke, long-standing member of the University of Regina Chamber Singers and lab instructor in the Department of Computer Science, suggested to Morgan that they try to put a virtual choir together and offered up his services to help make it happen, the project was given the green light.

"It was a strange and sometimes uncomfortable experience for some of the singers – making a video, following music over headphones, and hearing their voice all on its own – but still they persevered," says Alex. "I've been thrilled to see my fellow singers' excitement as they share this performance with friends and family on social media, and am happy to see the positive responses in return. Performer or not, virtual is not the same as being in the same room with others, but wonderfully the connection is still very real."



Left: Jillyan Clark BSRS'18 strives to ensure her pen pal program benefits as many people as possible. (Photo courtesy of Jillyan Clark) Right: A screen capture of a pandemic-inspired performance by members of the University's Chamber Singers and the University of Regina Concert Choir.

The virtual setting, Morgan knew, meant that each singer has to be brave enough to sing solo and record themselves into a video. The individual videos are then sent to an editor who, along with the choral conductor, weave together the mix of voices and video to produce the concert.

As was quickly discovered, this process is not without challenges. When the call went out to the singers, Morgan and Clarke soon found that not all singers had access to electronic devices with some students lacking the WiFi bandwidth needed to create their individual performance. Additionally, some students, feeling overwhelmed with the challenges of the COVID-19 pandemic, were having difficulty finding it within themselves to perform, never mind battle with technology. So, conductor and editor decided to draw upon the resources of former singers and alumni of the choirs for support. Additionally, they invited future singers – grade 12 students planning to study in the U of R's music department this Fall to join in the choral project.

The response was amazing and the resulting 15-member virtual choir, dubbed the "UR Virtual Choir," is a testament to the power of the human spirit. As the Chamber Singers had been preparing "Il est bel et bon" for their April 5 concert, the group decided to move forward with the piece's light, fun, and uplifting madrigal style for their virtual performance. It was the perfect choice to bring hope and inspiration to the community in and around Regina, as well as to viewers the world over.

"Music truly is a gift and I am so grateful to be a part of such a fantastic community at the University of Regina – bringing light during these times of darkness," says Morgan.

Given audience response, plans for the University's Virtual Choir 2 are underway.

To view the performance, go to YouTube and search for U of R virtual choir.

Feeding their souls while feeding others

In the spirit of Ramadan, Muslim students from the University of Regina are helping to feed Regina residents who have been hit particularly hard by the COVID-19 pandemic.

In times of crisis, communities comes together to support those who need it most. During the COVID-19 pandemic, members of Regina's Muslim community have banded together to create meaningful impact.



Left to right: U of R Muslim Students' Association (MAP) incoming president and Hill School of Business student Ashar Usmani and Muaz Ahmed, current MSA president and Electronic Systems Engineering student, hand out food hampers to those in need. Labiba Aboguddah, a fourth-year sociology student and president of Ebtihaj Organization, helps to distribute food hampers at the Islamic Association of Saskatchewan. She is just one of the many Muslim students at the U of R involved in the Regina Muslim Community Emergency Response hamper drive. Haris Khan BSc'18, former University of Regina Students' Union president, was on hand to direct traffic to ensure all food hampers were picked up while maintaining proper social distancing protocols. Hill School of Business student Salmaan Moolla has been impressed by the contributions of U of R students in a time of need. Photos: University Advancement and Communications.

Regina Muslim Community Emergency Response (RMCER) formed this past March to provide assistance to those experiencing challenges as a direct result of the pandemic. The community based group has been offering grocery and medication pick-ups and drop-offs, friendly phone calls for those who are lonely, and providing support for international students.

Labiba Aboguddah, a fourth-year sociology student and president of Ebtihaj Organization, became involved with RMCER after members of her community reached out about ways to help those in need. She has since been busy coordinating volunteers to fulfill the grocery drop-offs, as well as getting the word out in the community.

"We have been reaching out to the vulnerable and anyone who is in need of services," says Aboguddah. "The Holy Quran emphasizes helping those in need and performing good deeds whenever possible – particularly during Ramadan."

Ramadan, the holiest month of the year for Muslims, took place this year from April 23 – May 23. Those celebrating Ramadan use the month as a time to self-reflect, pray, spend time with family and friends, and give back to the community. Observers will fast from dusk to dawn as a form of worship, a chance to get closer to God, and a way to become more compassionate about those in need.

"As we get to have a little experience of hunger, this motivates us to give to those that experience hunger more than they should – those that can't always afford to put food on the table," says Aboguddah. "We empty our stomachs to feed our souls and this is done by giving back to the community."

The success of RMCER has since inspired a partnership with the Islamic Association of Saskatchewan, which has culminated in the highly successful contactless food hamper pickup program. Salmaan Moolla, a fourth-year U of R business student and member of the Association, notes the inspiration for the program came from a desire to adapt typical Ramadan celebrations to help the community – while keeping everyone safe by practicing social/physical distancing and wearing masks.

"Every year during Ramadan, we gather at the Mosque each night and feed hundreds of people after their fast and anyone else who needs a hot meal," says Moolla. "This year, although we can't gather, we can give out food hampers to keep the spirit of Ramadan alive."

Initially created as a one-off event at the start of Ramadan, the hamper program has taken place each week since and will continue for the foreseeable future. People from the community can contribute groceries by dropping them off at the Islamic Association of Saskatchewan on Wednesdays, which are then sorted and packed by volunteers into hampers and handed out on Sunday afternoons from the Association's parking lot.

Volunteers with RMCER had heard of interest from many U of R students looking for ways to assist with the food hamper program. The U of R's Muslim Students' Association (MSA) was approached and has been able to utilize its network to contact potential volunteers and get the word out to those in need. Muaz Ahmed, president of the MSA, saw the tremendous opportunity for his organization to lend a helping hand.

"We recognized that there was a need for these services in the community," says Ahmed. "U of R students have volunteered to help with planning, management, promotion, and distribution of the food hampers. It is beautiful to see so many different members from our community collaborating so effectively."

With classes now finished for the Winter semester, many students have been seeking out opportunities to help out wherever possible. Moolla notes that among the more than 50 volunteers that have been assisting with the hamper drive, U of R students have played a critical role in the project's success.

"U of R students have been key to much of what the RMCER has been able to accomplish," says Moolla. "They have been doing the groundwork: making deliveries; sorting food; posting on social media; working on the website; and, recruiting new volunteers."

Public safety is top priority for the group. Each volunteer is outfitted with personal protective equipment, including masks and gloves. When community members drive up to collect their food hampers, volunteers communicate with drivers through their car window for their household needs, then open either the vehicle's back door or trunk to load in. All interactions are contactless and ensure proper social distancing protocol is taken.

"We are fortunate to have many doctors and nurses in our volunteer community including Shaqib Shahab, chief medical health officer for the Government of Saskatchewan, who we look to for guidance," says Moolla. "They are making recommendations and ensuring everyone can remain safe."

Each week has seen more than 150 hampers handed out to deserving people in the community – and larger numbers are expected as word of the program continues to travel. If someone is unable to come for the hamper pick up, they can contact RMCER who will dispatch a volunteer to make a contactless drop off. Ashar Usmani, incoming president of the MSA and RMCER volunteer, has been moved by the tremendous team effort from all involved to help those who need it most.

"It is truly inspiring to see so many people working together to do something good," says Usmani.

For anyone interested in donating groceries to the food hamper program or is in need of the other services offered, please visit the Regina Muslim Community Emergency Response website or Facebook page to learn more.

Alumni news

Please save the date for the following Alumni Engagement events. Please note that in light of the current pandemic, we are not certain that face-to-face gathering will be possible in the fall. The Alumni Engagement Office will provide an update via email to alumni and friends once we have more information. If we do not have your current contact information, please visit www.uregina.ca so we can stay in touch!

Alumni Association Annual General Meeting
Wednesday, September 16, 2020
Registration will open at 5:30 p.m.
Meeting will begin at 6:00 p.m.
College Building 139

Alumni Crowning Achievement Awards
Thursday, February 11, 2021
Conexus Arts Centre
5:30 p.m. Reception
6:15 p.m. Program begins
7:00 p.m. Dinner

Need to Read Alumni and Friends Online Book Club

Looking for a good read and a little online discussion during the pandemic? Why not consider joining the U of R Need to Read Alumni and Friends Online Book Club. The online book club is exclusively for University of Regina alumni and friends, focusing on the incredible benefits (and fun!) of lifelong learning – with topics ranging from leadership, personal growth and so much more. We've picked the first book, but after our inaugural reading period, future books will be voted on by members. After our inaugural reading period, future books will be voted on by members. Book club members will connect through a private forum where alumni and friends can discuss the current book and connect with each other – available 24/7 around the globe!

Our first book is for the summer session is *Own the Room: Discover Your Signature Voice to Master Your Leadership Presence* by Amy Jen Su and Muriel Maignan Wilkins. People are drawn to and influenced by leaders who communicate authentically,

connect easily with people, and have immediate impact. So how do you become one of them? How can you learn to "own the room"? This book will help you develop your leadership presence. Filled with real-life stories and examples, the book demystifies the concept of presence and gives you the tools you need to identify and embrace your unique leadership voice – and have a greater impact on the world around you

Joining the book club is completely free. You just have to pick up a copy of the book – at a library or bookstore. Or consider purchasing a book from the Indigo.ca Fundraising Program where a portion of the purchase price will support the U of R Student Emergency Fund to help students who have been adversely impacted by the COVID-19 pandemic.

The group will read one book every two months, so you will have plenty of time to get through them. You don't have to commit to reading every book – life is challenging enough in these unusual times.

To sign up, go to www.pbc.guru/uregina. Please note that the University is working with PBC Guru – a third-party service provider. As well, we want you to know that the University may use your contact information to update our mailing lists and to inform alumni and friends about University of Regina news, events, and initiatives.

Summer camps

Looking for some arts-related instruction for your children aged 3-14 to do throughout the summer? Why not enrol them in one of the Centre for Continuing Education's digital Summer camps. The camp themes range from such topics as dance, music, scriptwriting, and drama, to name a few. Summer 2020 camps are four- and five-day camps offered through remote delivery. So what is remote delivery? It's when students and teachers get together virtually for a lesson at a pre-determined time.

July and August digital camps

- Each student will have two daily video conference lessons with an experienced arts educator. Morning check-ins are at 9:30 a.m. and afternoon check-ins are at 1:30 p.m. each day.

- Included are optional 30-minute fun daily drop-in activities for all campers from 12:30 - 1:00 p.m.

- Your child will get the opportunity to socialize digitally with peers who are also passionate about the arts.

- Your family will receive a digital curriculum package prepared by our educators that includes information about what your child is working on for the week as well as additional material to engage your child in activities related to their camp.

- Digital photo galleries and/or video performances will be presented at the end of each week.

- The camps provide your child with an opportunity to build routine into their day at home and try new activities to stay creatively inspired.

Full-day camps are priced at \$100/5-day week and \$80/4-day week. Half-day camps are \$50 and \$40 respectively. Sibling discounts are available when registering two children in the same camp. For more information, visit the website at: www.uregina.ca/cce/conservatory/day-camps/summer.html

Food in a time of crisis



The ramifications of the COVID-19 pandemic on the world's food supply could be disastrous. Hoarding, international trade disruptions, shortages of farm workers and processing plant closures, among other issues, threaten to push global food security to the tipping point. Associate professor of history Donica Belisle assesses the Canadian food security situation and puts today's challenges in an historical context.

By Donica Belisle

Photos courtesy of Donica Belisle unless otherwise noted.

Food is essential to survival. It is also essential to identity. Perhaps at no greater time than the present have we been aware of these facts. As news of the COVID-19 pandemic began circulating, Canadians hurried to grocery stores, stocking up for the upcoming crisis. By mid-March, experts had begun warning against hoarding. There is plenty of food in our supply chain, they said; do not “panic buy” lest we create shortages – and very real hardships – for the most vulnerable members of our communities.

There were, however, problems emerging. In mid-April, the national media became aware of a major COVID-19 outbreak at Cargill's meat processing plant in High River, Alberta. Given that Cargill is one of Canada's largest beef suppliers, there was tremendous pressure to remain open. Such scenarios were repeating themselves across the country and internationally. On farms, in factories, in transportation and in retail, people are working in dangerous conditions. Labour

shortages, illness, stress and overtime have all combined to make working in the food industry incredibly harrowing – and in some cases, deeply tragic.

Meanwhile, potential supply problems loom. In some regions, food costs are going up, purportedly due to “higher operating costs, lack of availability of raw materials, and the current exchange rate,” as Atlantic Grocery Distributors put it. Local stores are scrambling to keep shelves stocked, creating frustrations for customers who only shop bi-weekly in attempts to practice social distancing. For their part, producers have been aggrieved because, although consumer demand is growing, they are having difficulty switching over product lines meant for wholesale toward the retail sector. In more remote communities, including several First Nations, concerns are increasing over reported declines in food shipments. Additionally, Food Banks Canada has launched a special appeal for \$15 million because donations have been decreasing; there have also been fewer volunteers available.

As an historian of Canadian food, I have paid close attention to this developing situation. As my colleagues and I well know, it is during times of national crisis when food concerns move to the forefront of national debate. Since March 2020, Canadian food historians have used new publications and websites to share their knowledge about how Canada has coped during past food crises. We have also contributed through teaching. At the University of Regina, I am currently supervising graduate work in food history, including a master's thesis by Brandi Adams on the history of sugar rationing during the Second World War. Between January and April 2020, I also taught an undergraduate course about the history of Canadian food.

This course, called “Eating Canadian? A History of Food in Canada,” covers many topics, including the perennial question: What is Canadian food? Since March 2020, however, it is clear that my students and I must also ask another

question, which is: How have Canadians distributed food during national crises? Fortunately, this is a question that many scholars have previously explored. As my students now know, there have been many crises affecting the history of Canadian food. Here, I will focus on three. However, it should also be noted that at no time in Canada's past has there been a golden age of Canadian food. Rather, food insecurity – or difficulty in accessing food – has been a major problem in northern North America since at least the 1600s.

As many Indigenous Elders, scholars and community experts point out, Canada's greatest food crisis started approximately 400 years ago. And, it is currently ongoing. This is, namely, the colonization of Indigenous foodways. Since time immemorial, Indigenous peoples have tended the environment in ways that have enabled sustainable food production, distribution and consumption. However, when Europeans began arriving, they brought their foods with them. By Confederation in 1867, the two so-called founding nations of English and French Canada were actively transposing their preferences for beef, pork, sugar and wheat upon the northern North American landscape.

As Canadian settlement increased, a battery of measures meant that Indigenous peoples began having tremendous difficulty accessing their own food. Particularly harmful have been reserves, the pass system, residential schools, private property laws, forced re-settlement, and such related events as species extinction (including wild bison) and habitat loss. For these reasons, Indigenous communities often experience food insecurity, even in supposedly normal, non-pandemic times. And unfortunately, when times are not normal, many Indigenous peoples' food insecurity becomes acute.

When people ask me the question – “What is Canadian food?” – my answer is that Canadian food is colonial food. Other scholars have different answers to this question; Canadian author and geographer Lenore Newman, for example, suggests that Canadian food is that which grows



Opposite: Donica Belisle, an associate professor of history, taught the class, Eating Canadian? A History of Food in Canada, last semester. Left: In the early days of the pandemic, panicked shoppers rendered grocery shelves bare. Here a shopper in Belgrade, Serbia leaving grocery store with an overflowing cart. (Photo by iStock) Right: Canadian author and geographer Lenore Newman suggests that Canadian food is that which grows wild in Canada, and which Canadians particularly enjoy, including salmon, fiddleheads, berries, and maple syrup. Donica Belisle suggests Canadian food is colonial food.

wild in Canada, and which Canadians particularly enjoy, including salmon, fiddleheads, maple syrup and berries. These foods are also present in Indigenous cuisines. But given that Canada is a colonial enterprise, one that has built its own food system upon already-existing food systems, it is important to recognize that Canadian food is colonial food. Moreover, so-called iconic Canadian foods such as Nanaimo Bars, poutine and butter tarts all derive from European foodways. One can certainly identify Canadian cuisine if one wishes; however, one must also acknowledge that this cuisine has a violent history, one that has marginalized Indigenous peoples, even as it has advantaged settlers.

Other, more time-limited crises in Canadian food history have also occurred. Of particular note are the First and Second World Wars. During these events, the Canadian state went to great lengths to reduce Canadians' consumption of certain foodstuffs, and to then send such foodstuffs to Great Britain. During the First World War, Britain called upon its Empire to increase their shipments of beef, pork, butter, sugar and flour. These foods were needed not only for civilians, but for the British military. In 1916, Canada stepped up production of these goods; by the end of the war, it had tripled its exports to the Mother Country. Meanwhile, on the home front, Canada introduced 28 Orders-in-Council that regulated meat, dairy, sugar and wheat consumption. At no time did Canada introduce rationing during the war; instead, through propaganda, as well as threats of fines and jail sentences, it urged civilian compliance.

Things were different during the Second World War. Having witnessed skyrocketing inflation between 1917 and 1921, in 1939 the federal state created the Wartime Prices and Trade Board (WPTB). Designed to curb inflation, reduce shortages and secure supplies for overseas, the WPTB was an unprecedented form of market control. In 1941, the WPTB introduced comprehensive price, rent and wage controls. The next year, it introduced rationing. Each Canadian household was issued a ration booklet that they used to purchase meat, sugar, butter, preserves, tea and coffee. Not until 1947, when the last of the rationing restrictions were lifted, did Canadians return to peacetime conditions. Even then, people protested. Almost as soon as restrictions were lifted, prices rose. In response, many argued that Canada should restore price ceilings. Only in this way could it guarantee nutritious food for all.

As we grapple, again, with problems in the food supply, it is helpful to reflect on past crises. Lessons from both the World Wars offer insights into how our federal government, today, might move forward. Should shortages deepen, we might expect the state to introduce new measures that resemble the cautious steps taken during the 1910s. However, should both prices and availability become severe, we might expect stronger measures, ones more in accordance with those introduced during the 1940s. Through both price regulation and rationing, Canada's federal government was able to adequately protect Canada's food supply. In fact, price control and rationing during the Second World War actually improved Canadians' diets. While price restrictions kept food prices at affordable levels, rationing ensured that there was usually enough food available for all but the most disadvantaged.

That being said, we must also remember that the crisis we face today differs in certain ways from the past. Rather than needing to regulate Canadian food consumption to fight an overseas war, we are now needing to fix current problems in our food supply.

Even more importantly, we must today also recognize that



Top: Donica Belisle is currently writing a book on the history of Canadian sugar. Above: People with COVID-19 masks gather at a traditional Turkish grocery bazaar in Eskisehir, Turkey. (Photo by iStock)

even if Canada solves its food problems related to COVID-19, many in this country will continue to experience food insecurity. Thus, even as we turn to past crises for insights into current times, so must we also remember that there are ongoing food shortages in Canada, unrelated to the pandemic, that also require urgent attention.

Donica Belisle is an associate professor in the University of Regina's Department of History. She is the author of the books Purchasing Power: Women and the Rise of Canadian Consumer Culture and Retail Nation: Department Stores and the Making of Modern Canada.

YOU BELONG HERE.

RACISM DOESN'T.

Here is safe. Here is inclusive. Here is respectful.
Here is compassionate. **Here is the University of Regina.**



University
of Regina



#YQRbelong



The University of Regina is honoured to share with our community the U of R 2020-2025 Strategic Plan.

Built on a First Nations' concept that honours the interconnectedness of all things, we seek to explore unanswered questions, empower our citizens, generate high-impact scholarship, and embrace Canada's diversity. Now more than ever, it's time for "All Our Relations" to come together at the University of Regina.

To learn more about our Strategic Plan, visit www.uregina.ca.



University
of Regina