



U OF R REPORT

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Tour builds goodwill close to home

University representatives received a warm welcome from students and community leaders during a recent tour across the province. Dubbed the Community Connections Tour, it is one of the early initiatives stemming from the U of R's recently launched strategic plan for 2009-2014.

President Vianne Timmons led the delegation on the tour, which has so far made stops in North Battleford, Swift Current, Moose Jaw, Estevan, Weyburn, Kawacatoose First Nation and Yorkton.

Delegates visited high schools and regional colleges, and hosted a number of community receptions to connect with people.

"The University of Regina is a provincial university, so it's important that we foster teaching, research, business and community partnerships



Recruiter Mike Burton hands information about the University to a student in Moose Jaw during the Community Connections tour.

throughout Saskatchewan," says Timmons. "Our new strategic plan places a heavy emphasis on strengthening these partner-

ships, and our ongoing visits with students, teachers, community leaders and the regional colleges are a great

way of achieving this."

Swift Current Comprehensive High School principal Bryan Braun, himself a U of R

grad, said the students appreciated learning more about the University. He also praised the U of R for its flexibility in handling student transfers and enabling students to complete their first year of studies at the local regional college.

"We appreciate their willingness to work with us and our students," Braun said. "I think people's perception of the U of R is changing. It takes time, but I think they're realizing it is a provincial university. And, I might be a bit biased, but I think the U of R co-op program is second to none."

Business owner Rick Schrader of Yorkton also gave the U of R top marks for the tour, which he said shows that the University has students' well-being in mind.

"People at Parkland (Regional) College have nothing but
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Alumni recognized for outstanding achievements

The people who leave the University with degree in hand often go on to make remarkable contributions in their field and in their communities. The University and the Alumni Association will celebrate a few of these extraordinary people during the Alumni Crowning Achievement Awards dinner and celebration on November 20.

High school educator Corey Matthews is one of the amazing individuals being honoured. Proud of his Métis heritage, he draws from personal experience to relate to his students and make a difference in the lives of inner city youth.

While Matthews has received numerous awards for his work in the school system and the community he describes the Outstanding Young Alumnus Award as the greatest honour he has been given.

"This award is about all of

the people – teachers and profs – from about Grade 4 on, who consistently went outside their jobs to show care and attention to kids like me," says Matthews. "I modeled myself after them without realizing it."

Matthews was "blown away" when he was accepted into the University of Regina after graduating from Scott Collegiate. He and his mother felt they were entering a world entirely unknown to them when they came onto campus to fill out forms and pay the registration fee. At age 19, the transition into this new, unfamiliar world proved to be too much for Matthews, whose prime motivation for finishing high school was his love of basketball.

"I needed to gain some maturity in the real world, but being unsuccessful as a Phys Ed major was important, because for the first time I

realized that the U of R was a legitimate option," says Matthews.

After dropping out Matthews spent three years as a construction labourer, working with older men who urged him to drop back in. He applied for and was accepted into the Saskatchewan Urban Native Teacher Education Program, which offers a Bachelor of Education degree to Aboriginal students through the Gabriel Dumont Institute in partnership with the U of R and the University of Saskatchewan. Matthews entered the program in 1999 and scored an 86 average in his first year.

"It was the first time I'd applied myself, and I knew that I belonged there," he says. He has always been aware of his Métis heritage, but the program's emphasis on exploring First Nations and Métis history and culture kindled his efforts



High school educator Corey Matthews is one of the people who will be celebrated during the Alumni Crowning Achievement Awards on November 20.

to learn more about his culture and family history.

After graduating from the U of R Matthews began teaching and coaching athletics at Scott Collegiate, helping to revitalize the school's athletic program, coaching the boys' junior basketball team

to two City Championships. Outside school he established the North Central Lakers to provide an outlet for young people looking to play football and basketball.

"At Scott and in the community I saw a lot of kids who
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Writ Large

Daryl H. Hepting
Professor
Computer Science

On September 22, the Faculty of Science hosted a screening of *The Age of Stupid* for a packed house in RIC Theatre. I am proud that the University of Regina took part in the world's largest film premiere, which coincided with the Global Climate Wakeup Call that marked the start of the UN General Assembly's climate session. I am delighted that the University of Regina has taken a strong stand in favour of sustainability in its new Strategic Plan, *mâmawohkamâtowin*.

It made sense that the Faculty of Science would sponsor the film. Though *The Age of Stupid* examines the morality of inaction on climate change, the scientific consensus is strong and clear: anthropogenic climate change is a serious threat that warrants urgent action now. Climate change is not only the concern of members in the Faculty of Science. Rather, many diverse academic units support a focus on sustainability, now enshrined in the University's Strategic Plan. As host to the event, the University of Regina showed that we are greater together with the community.

It is scientifically appropriate to point out that not everything is known about climate change and that our future climate is uncertain. While debate about how best to address climate change mitigation and adaptation is healthy and welcome, there is no longer any room for debate about the reality of climate change.

Many commentators say that the upcoming negotiations in Copenhagen, to establish a successor to the Kyoto Protocol, are the most important since the end of World War II. The need for action is as clear now as it was then. Yet, the public is not overwhelmingly convinced. There is an appeal, for some, to choose the current comfortable status quo, no matter how destructive, over a challenging future.

The precautionary principle, also known as "better safe than sorry," tells us that more uncertainty in the present requires more precaution towards the future. Even if we had the luxury of inaction on climate change, our world is facing dwindling oil reserves, declining soil fertility, water shortages, increasing ocean acidification, decreasing biodiversity, and the list goes on.

The motto of this University is "As One Who Serves." We do not serve the people of Saskatchewan, nor the world, by fostering complacency on any of these issues. Sustainability is certainly easier said than done, but let us have the courage to lead by example, innovate, and demonstrate to our descendants that we are not stupid.

Writ Large is written by campus leaders and is intended to challenge readers to engage with and learn about the various parts that make up the wider University of Regina community and connect us to the world. If you have a topic suggestion for Writ Large, please e-mail UofR.Report@uregina.ca and include your contact information. Please put "U of R Report" in the e-mail subject line.

– from page 1 *Tour*

good to say about their relationship with the U of R, and I've always believed it's a good idea for first-year students to get course credits in their own town, giving them a chance to mature a bit."

Estevan mayor Gary St. Onge said reaching out to communities like his sends a good message.

"I have a son who went to the U of R, so I know it provides a lot of services to help students through that critical first year," St. Onge says. "After talking with members of the delegation, I'll now be speaking more knowledgeably to people in the community about what the U of R has to offer."



Students filled out inquiry cards to receive more information about the U of R. The cards also entered students into a draw to win a bursary for a year's tuition and books.

– from page 1 *Alumni*

had the same interests as I did at their age," Matthews says. "I didn't intend to do all of this stuff. I was in the right place at the right time, and a bit more mature."

In fall 2009 Matthews began teaching and coaching at Winston Knoll Collegiate, but he remains keenly involved with the Lakers.

The recipients of the following awards will also be honoured at the celebration with Matthews:

Lifetime Achievement Award – John R. Hewson

Hewson has made significant contributions to politics, government, business, academics and the financial system of Australia. He has been awarded as a Member in the Order of Australia, and has worked for the Australian Treasury, the Reserve Bank and the International Monetary Fund. He was also a professor of economics at the University of New South Wales for 11 years, serving as head of the School of Economics for five. He served as leader of the Liberal Party of Australia and was, for most of that time, a leader of the federal Coalition in Opposition.

Hewson completed his Master of Arts degree in Economics at the University of Saskatchewan – Regina Campus in 1969.

Distinguished Alumni Award for Professional Achievement – Justice Georgina Jackson

Jackson is one of Canada's top jurists. She was admitted to the Bar of Saskatchewan in 1977 and was awarded as the most distinguished graduate of its Bar Admission Course.

Since 1991, she has served as Justice of the Court of Appeal for Saskatchewan. She serves on many federal and provincial committees, commissions and panels. She is also a leading advocate of judicial ethics and judicial education, and a promoter of the role of women within the legal profession.

Jackson completed her Bachelor of Arts degree with distinction at the University of Saskatchewan – Regina Campus in 1973.

Award for Distinguished Humanitarian & Community Service – Laura Pettigrew

Laura Pettigrew spends countless volunteer hours teaching and promoting music as well as raising money to give opportunities in the Fine Arts to underprivileged children. She is an active volunteer with the Regina Music Festival board of directors, where she coordinates the silent auction

in support of the festival awards program and arranges schedules for woodwind and brass classes.

Pettigrew earned her Bachelor of Music degree in 1997 from the University of Regina and her Master's in 2001.

Dr. Robert & Norma Ferguson Award for Outstanding Service – Don Millard

This spring, Don Millard retired from his position as the University of Regina Liaison for the Saskatchewan Ministry of Advanced Education, Employment and Labour – a position he held for 15 years. He was also an early visionary in the development of the Liberal Arts Co-operative Education Program, and facilitated relationships between the university and other institutions.

Millard graduated from the University of Regina with an Arts degree in Psychology in 1974.

Update your contact information to win prizes

As a graduate of the University, you are automatically a member of the Alumni Association, a family some 50,000 strong. The University strives to provide valuable services for members – on and off campus – and needs your help.

By updating your contact information with the Association you can win big prizes, including a laptop, a Nintendo DS or a Blu-ray player.

Deadline: December 15, 2009

Limit: 1 contest entry per alumnus*

*You can earn extra entries for every alumnus you refer. Just have them name you as their referral source when they update their contact information.

Update your information at:
www.uregina.ca/alumni/uyi.htm

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We welcome your comments and suggestions. Please send them to UofR.Report@uregina.ca, and include "*U of R Report*" in the e-mail subject line.

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Communities take on wellness challenge

Kinesiology and Health Studies (KHS) has joined with community partners to create a unique program that delivers health and wellness information in a fun and interesting way – the School of Wellness community health challenge.

The challenge is a joint project of KHS, the Saskatchewan Association of Health Organizations (SAHO), Regina Qu'Appelle Health Region, Pharmasave and File Hills Qu'Appelle Tribal Council. Special funding for the project is provided by Pharmasave, an unrestricted grant from Pfizer, and the University.

Standing Buffalo and Peepeekisis First Nations each have a team of 10 people who are part of the 12-week challenge that began Sept 22 and finishes Dec. 8.

The challenge is loosely based on reality shows that have participants compete to see who can lose the most weight.

"[The program] is really encouraging and inspiring. I've always wanted to do things to improve my health and my weight. I tried to do it on my own, but to have people come out and be interested in our life, it's made me feel the urge to do more for myself and my family."

– Angie Favel, challenge participant

While weight loss is supported, the main goal of the program is to give participants the knowledge and tools they need to live a healthier life.

Angie Favel, a home care worker and mother of three from Peepeekisis First Nation, is using what she learns through the challenge to make a positive change in her life.

"[The program] is really encouraging and inspiring," she says. "I've always wanted to do things to improve my health and my weight. I tried to do it on my own, but to have people come out and be interested in our life, it's made me feel the urge to do more for myself and my family."

At the beginning of the program, a number of health measures are collected: skin fold, strength, and blood sugar. The waist size of each of the participants is also measured.

At the end of the challenge, waistlines are measured again.



L to R, Dietitians James Smetaniuk and Janet Muirhead prepare food with School of Wellness community health challenge participant Carmen La Swisse. Standing Buffalo and Peepeekisis First Nations each have a team of 10 people who are part of the 12-week challenge that finishes Dec. 8

The community group that collectively loses the most centimetres off their waists wins.

Both teams win money for a community health initiative, with the winning team receiving \$5,000 and second place receiving \$1,000.

The teams are supported by weekly wellness sessions that are open to the community.

These sessions are guided by an Elder and coordinated by Health Studies students Krystie Luhning

and Jaimee Marks.

The weekly meetings begin with a prayer, followed by a physical activity, an educational component, and a talking circle led by an Elder from each community in which participants share their challenges and successes.

"The sharing circle is amazing," says Craig Chamberlin, Dean of KHS, who attended one of the sessions. "(People shared) what their fears are, what their challenges are. Just

to hear the stories of these women and the desire to take control back in their lives and do something positive – it was really quite remarkable to be there."

The educational component is often led by a guest who is an expert on the session's topic. Sessions have explored issues such as diabetes management, nutrition, physical activity, chronic disease prevention, holistic care, spirituality, and smoking cessation.

Simple steps can help prevent the spread of H1N1

Fall weather signals the approach of cold and influenza season. In addition to the other strains of influenza that may surface this time of year, Health and Safety is promoting preventive measures to protect the U of R campus from H1N1 influenza infection.

H1N1 is a subtype of influenza A viruses that targets the respiratory system and can have symptoms similar to a typical influenza.

"I don't think there is a great fear among people," says Holly Hastie, Director of Health and Safety. "Most cases of H1N1 continue to be mild and people have recovered at home. We just need to take some additional measures to protect ourselves, such as frequent hand washing.

"With H1N1, the symptoms aren't any more severe than other influenzas. People usually recover quite quickly. There are probably people who

have it and don't even know it because they think, 'Oh I've got an influenza.' They wouldn't think 'I've got the H1N1 virus'".

To help prevent contracting and spreading H1N1, Health and Safety recommends that people follow influenza precautions such as frequent hand washing, not sneezing into the open air, not sharing mugs and towels, avoiding contact with people who are suffering from symptoms and staying home if they start to show symptoms of influenza.

According to Hastie, H1N1 is a concern because it spreads easily. Also, since it's new, fewer people have immunity.

"The main way that influenza viruses spread person-to-person are from respiratory droplets when infected individuals cough and sneeze," says Hastie. "You should always cough

into a tissue or your sleeve.

"With H1N1, if your hands are contaminated with the virus and you touch a doorknob, for example, you can contaminate that doorknob. If a person comes along and touches it, and then touches either their nose, their eyes, or their mouth, the mode of transmission is there."

To help reduce the transmission of influenza and other diseases, wall-mounted hand sanitizers have been installed in many high-traffic areas of the University.

Health and Safety also included a disease prevention brochure in students' orientation packages and has distributed information to all students living on campus in residence.

Prevention information, contact numbers and regular updates about H1N1 can be found through the "Emergency Info (H1N1)" link in

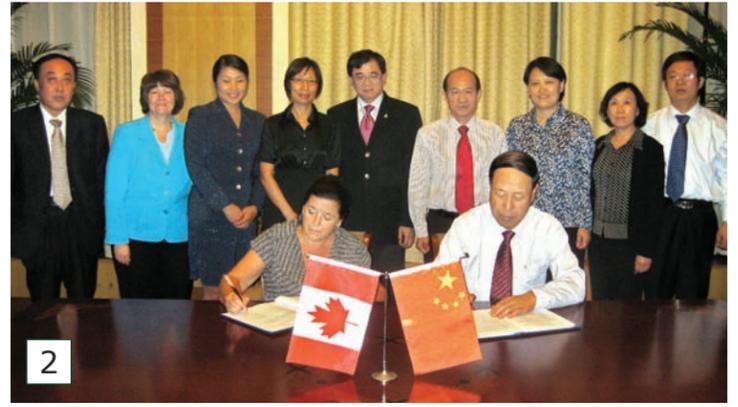


To help reduce the transmission of influenza and other diseases, wall-mounted hand sanitizers have been installed in many high-traffic areas of the University.

the top left-hand corner of the U of R homepage.

All faculty, staff and students are also strongly encouraged to use their uregina.ca e-mail accounts,

or forward these accounts to their preferred email address. Important information will be sent to these email accounts in the event of an emergency or possible pandemic.



Partnership tour strengthens bond with China

A University of Regina delegation led by President Vianne Timmons made a 13-day trip to China to develop even closer teaching and research partnerships with Chinese institutions, September 13-25.

The University has enjoyed

a special relationship with China for nearly 30 years.

Since the introduction of China's Open Door policy the University has built relationships with more than 50 Chinese institutions that have resulted in joint programs, student exchanges,

faculty exchanges, co-op placements, honorary degrees, and innovative research projects.

During this trip, the delegation met with representatives from Xiamen University of Technology, Shandong University, Hunan

University, North China Electric Power University, China Venture Tech Investment Corporation, National People's Congress and State Administration of Foreign Experts Affairs.

Timmons has invited a number of Chinese university

presidents to come to Regina in 2011 to help celebrate 100 years of education connected to the U of R and the 30th anniversary of the University's formal relationship with Chinese institutions.

(endnote)



1. The delegation visits with Cao Weizhou, deputy secretary general of the General Office of the Standing Committee of the National People's Congress. Delegates discussed the possibility of creating a new internship program, exchanges and study tours.
2. Vianne Timmons and Liu Jizhen, president of North China Electric Power University (NCEPU), sign a memorandum of understanding (MOU) between the International Performance Assessment Centre for Geologic Storage of CO₂ (IPAC-CO₂) and the North China Electric Power University. The MOU is a step in establishing the NCEPU as the China node for IPAC-CO₂.
3. Delegates meet with representatives from Hunan University (HNU). They discussed collaboration opportunities in academic and research areas. More than 400 students have been sent from HNU to the U of R through joint international development programs.
4. Representatives from the University received a warm welcome from Jing Xinhai, founding chairman and CEO of CVIC Software Engineering Co. Ltd – one of the top-ranked software companies in China. Jing was a visiting scholar from 1982-84 in the Computer Science Department – one of the first visiting scholars under an agreement between the U of R and Shandong University, which was the first such relationship established between a North American and a Chinese university after China implemented the Open Door Policy in the late 1970s.
5. Timmons gives remarks at the Xiamen University of Technology during its opening of the Sino-Canada Joint Teaching & Research Center of Membrane Technology. Paitoon Tontiwachwuthikul, Dean of Engineering and Applied Science, was made an honorary director of the centre.
6. Shandong University President Xu Xianming (centre) and Tong Guangwu, Director of the Shandong University International Office present Timmons with a gift. Delegates discussed potential study tour programs, joint international degree programs and faculty and student exchange programs.