

Degrees

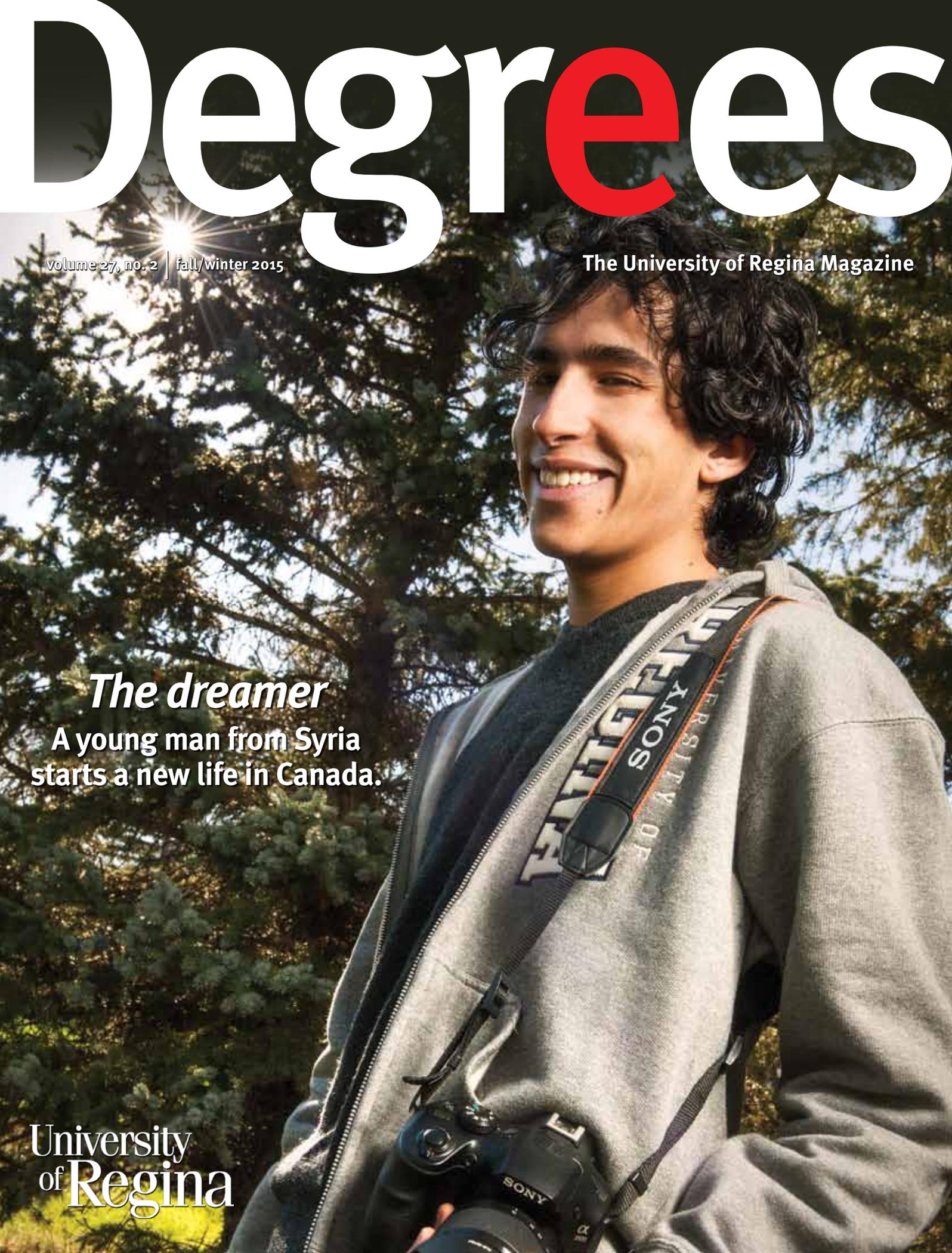
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The University of Regina Magazine

The dreamer

A young man from Syria starts a new life in Canada.

University
of Regina







Was it a bird? A plane? No, it was an unmanned aerial vehicle, more commonly known as a drone, that could be seen flying over the campus on a spectacularly beautiful late fall day. This photo, taken with a camera that shoots photographs and video at four times high-definition resolution, shows the campus looking from west to east.

Photo by Java Post Production.

On August 12, 2015, one of the world's bright lights was extinguished. Paul Antrobus, a former Luther College psychology professor, died from an infection not long after his 80th birthday. Antrobus started teaching at the College in 1973 and, although he retired in 2002, nobody could keep him out of the classroom.

In 2005, on a warm summer's day, Antrobus was perched on a ladder putting the finishing touches to a new roof on his Buffalo Pound cottage when he fell and broke his neck in three places. His son, Kevin, who was helping him with the roof, kept Antrobus alive with artificial respiration until the ambulance arrived some 45 minutes after the fall. Antrobus was in a coma for six weeks. When he awoke, he found he had lost the use of his legs and his arms. He would be confined to a wheelchair for the rest of his life. He relied on voice command software, a mouth-operated mouse and a ventilator that took in and expelled every one of his breaths.

In spite of the terrible hand that fate dealt him, Antrobus' spirit never dampened – nor did his love of teaching ever wane. He continued to teach university psychology classes in a room at the Wascana

Rehabilitation Centre where he was a resident. Later, he taught classes for the Centre for Continuing Education's Lifelong Learning Centre. This spring he taught his last class, *Expanding Consciousness: How Much Do You Want to Be Aware Of?* He died just four days before another course – *Psychology of Liberation from Negative Thoughts and Feelings* – was scheduled to start.

The online guest book that accompanied Antrobus' obituary was crammed with comments from people whose lives were affected by the gentle scholar.

"I will be forever grateful for his guidance and the life-changing wisdom he shared with me, which had a profound effect on my life," wrote one.

"Only great teachers have an effect on a student like that. He was an inspiring man," expressed another.

"Paul was a gifted teacher and an inspiring human being," stated yet another.

The American writer William Arthur Ward wrote, "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."

By that measure, and many others, Paul Antrobus was a great teacher. In keeping with

the same theme, this issue of *Degrees* has some more stories about great teachers.

Joanne Weber is a University of Regina doctoral student and a high school teacher at Thom Collegiate in Regina. She's also Deaf. Weber has introduced a remarkable new teaching model that's raising literacy levels among her Deaf and Hard of Hearing students. It very well could revolutionize the way Deaf and Hard of Hearing students are taught. Read this great teacher's story starting on page 28.

Gord Asmundson is a University of Regina professor of psychology and a leading post-traumatic stress disorder (PTSD) researcher. He's also a fellow of the Royal Society of Canada and editor-in-chief of the *Journal of Anxiety Disorders*, a prestigious academic journal based in the United Kingdom. He's recognized as one of Canada's top clinical psychologists and, if that wasn't enough, he is a great teacher as well. Nick Carleton, who studied under Asmundson, knows that first-hand. Carleton is now carving out his own reputation for research excellence and expertise in anxiety disorders and is a sought-out authority on PTSD

among first responders. The two are the co-directors of the Anxiety and Illness Behaviours Laboratory at the University, a facility that's drawing worldwide attention as a leading hub for anxiety research and is helping to train a new generation of psychologists. You can find their story about PTSD research and treatment starting on page 10.

Although Hany Al Moliya is not a teacher, there's a good deal that we could all learn from this remarkable young man. Al Moliya and his family escaped war-torn Syria three years ago and lived in a refugee camp in Lebanon. While in the camp, Al Moliya, who is legally blind, sharpened his photographic skills by recording daily life in the camp. Now his family has settled in Canada and he's taking ESL classes at the University of Regina. He's also preparing to tell the story of refugees through an exhibit of his photos. Al Moliya's incredible story begins on page 16.

You'll find these stories, along with a lot more, in this issue of *Degrees*. I hope you enjoy reading it and, if you don't mind, I think I will dedicate this issue to great teachers. I'm sure Paul Antrobus would approve.

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Degrees

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On the cover: Half a year ago, Hany Al Moliya was living in a tent in a Lebanese refugee camp. Today, the Syrian national is living a peaceful life in Regina with his family and attending the University of Regina.

Photo by Trevor Hopkin.



Features

Fall 2015 honorary degree recipients 8
 Meet our two most recent honorary degree recipients – a prominent local philanthropist and a pioneering outdoors educator.

Easing troubled minds 10
 Post-traumatic stress disorder (PTSD) is hitting Canada's first responders hard. This year alone, 30 first responders and 8 military personnel have committed suicide. Now, thanks to some leading edge PTSD research at the University of Regina, those horrific statistics may become a thing of the past.

The dreamer 16
 Hany Al Moliya, a University of Regina ESL student, fled war-torn Syria for a Lebanese refugee camp where he lived with his family for three years. Despite being legally blind, Al Moliya is an avid photographer and, through his lens, captured daily life in the camp. Now, he wants to exhibit his photographs to show the plight of refugees around the globe.

Crowning glory 22
 The Alumni Crowning Achievement Awards are the University of Regina's flagship alumni awards. Meet this year's deserving recipients.

From the void to voice 28
 University of Regina doctoral student Joanne Weber has developed a remarkable new teaching model that's raising literacy levels in her Deaf and Hard of Hearing students. Weber also happens to be Deaf.

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President's Note



A few months ago, I watched a documentary about a young man's amazing journey from a Lebanese refugee camp to Regina. That young man is Hany Al Moliya, and I'm proud to say he is now a University of Regina ESL student. His photo graces the cover of this issue of *Degrees*. Grace is a good quality to describe Hany. He epitomizes the word.

Hany has a thirst for knowledge and a hunger for education, and if there was any way I could help him I was certainly going to do what I could. I contacted Hany and he came to meet with me right away. Anyone who spends time with this remarkable young man cannot help but feel awe and admiration for him. He has so much to offer others and is so committed to supporting his family.

Hany was able to enrol in an ESL class thanks to some very generous donors who are supporters of the University of Regina and its students. Hany is legally blind, and those same donors will take care of any costs associated with his visual impairment.

The University of Regina has a rich history of helping students like Hany from around the globe. The University of Regina Group for Refugees

was established in the late 1970s and has been helping to sponsor refugee students ever since. Over the years, faculty, staff and students have supported almost 60 refugees.

Recently I announced that the University is matching the approximately \$100,000 that the University of Regina Students' Union raises to support student refugees through the World University Service of Canada's Student Refugee Program. The Students' Union raises the funds by charging a \$4.25 levy to each student registered in fall and winter classes. The University's matching funding doubles the number of first-year refugee students who can benefit from the program by accessing funds to pay for academic and living expenses.

Student refugees, as well as all our international students, bring their unique points of view to the University. In many instances, they give domestic students an understanding of life in another country or provide insight into international culture, politics and religion. All of the student refugees who have studied at the University of Regina have gone on to live productive lives and been contributing members of Canadian society.

For many of these refugee students an opportunity for an education is not a realistic expectation in their homelands. It is a sad reality, but war and refugees have gone hand-in-hand throughout human history. It seems that each generation faces a new refugee crisis, and that is the case again today.

The unrest in Hany's homeland began in 2011 in the midst of the Arab Spring. The conflict is now more than just a battle between those for or against the country's president. What began as anti-government protests has escalated into a full-scale civil war pitting the country's Sunni majority against the Shia Alawite sect. It has drawn in jihadist groups, (including Islamic State), neighbouring countries and world powers.

Since 2011, more than seven million Syrians have been internally displaced and more than four million have fled to nearby countries. Millions more have been left in poor living conditions with shortages of food and water.

Crises such as these have a devastating impact on the lives of millions of people. If there is anything positive to be taken out of these terrible situations, it is that they bring people from around the world

together for a common cause – making a positive difference in the lives of people like Hany who have so much potential but find themselves in difficult circumstances through no fault of their own.

In the past, refugee crises have been alleviated through international co-operation. I am optimistic that if we see that co-operation once again, the current situation for millions of refugees can be greatly improved. Canada is doing its part. Prime Minister Trudeau has made a pledge to bring 25,000 Syrian refugees to Canada, a very strong humanitarian response.

At the University of Regina, it's our responsibility to help our students become global citizens who are connected with and sensitive to the world around us. Our students need to understand world issues, have opportunities to see other countries and study with peers from all over the world. Above all, we have an obligation to provide tomorrow's leaders – people like Hany – with the skills and knowledge to make a difference in the world.

Dr. Vianne Timmons
President and Vice-Chancellor

Left: Board Chair, Daniel Kwochka

Centre: The University's new 606-bed residence and daycare, Kišik Towers

Right: The first two artists-in-residence of the Michele Sereda Artist-in-Residency, Joey Tremblay (left) and Eagleclaw Thom



Briefly

There are a few role changes in the 2015-16 version of the University's **Board of Governors**. The new Board chair is **Daniel Kwochka BA(Adv)'93** and the new Board vice-chair is **Cathy Warner**. Both Kwochka and Warner will serve until July 31, 2016. Continuing on the Board as ex-officio members are Jim Tomkins, Vianne Timmons and Lee Elliott. Roger Brandvold, Mark Brigham, Elaine Bourassa, Pam Klein, Patrick Maze and Lynn Barber round out the membership.

Following consultation with librarians, archivists and staff in the University Library, **Colleen Murphy BA'80 (Great Distinction)**, has been appointed acting University Librarian. She will hold the position until June 30, 2016, when a new University Librarian will be appointed following a national search.

The recipients of this year's Campion College Alumni of Distinction Awards are **Joan Halmo BA'77** and **Robert Labbie BSc'87**. The ninth annual awards dinner was held November 5 at the Hotel Saskatchewan.

On September 1, the University announced the establishment of a new French academic unit on campus – **La Cité universitaire francophone**. The new unit, the result of the President's Task Force on the Future of the Institut français, combines the

strengths of the Department of French and Institut français. With the academic status equivalent to a faculty, the unit will manage and deliver its own credit programming, becoming the de facto hub for French language studies, research and student services. With the start of the semester came the opening of the University's new 606-bed residence and daycare, **Kišik Towers**. *Kišik* means "sky" in the Saulteaux language. The University's north and south residence buildings have been renamed to reflect the University's Indigenization efforts, which are outlined in the 2015-2020 strategic plan, *peyak aski kikawinaw*. The north residence is now **Paskwaw Tower**, the word for "prairie" in the Cree language. The south residence is now **Wakpa Tower**, coming from the Dakota word for "river." All three symbols – sky, prairie and river – are on the Treaty 4 flag, the pennon of the ancestral land on which the University is located.

This summer, two University of Regina biology students located what is believed to be the largest western painted turtle ever found in North America. **Kelly Marchand**, a first-year master's student in biology, and **Alyssa Stulberg**, a fourth-year biology student, found the turtle in a marshy area of Wascana Lake in Regina. The turtle, named Olga after a powerful female Viking character, has a shell that's 26.6 centimetres in length. A second turtle, Houdini, was also found

in the same area of Wascana. It's believed the two are at least 30 years old but could be as old as 50. The discovery comes on the heels of a warning from University of Regina researchers and Wascana Centre Authority for people not to release their pets into the wild. The plea came after researchers discovered red-eared sliders living in Wascana Lake. These turtles are popular pets but, unlike the western painted turtle, they are not native to this part of Canada.

With the start of the fall semester, the University launched its new **student app**. The free app is available for download on the App Store and Google Play. As the official app for students, it has some unique features to help students connect to services and resources, including class schedule and grade access, as well as push notifications from the University's Emergency Notification System. The app – which is available for iPhone, iPad and iPod touch, as well as Android smartphones and tablets – was developed with students' needs in mind.

Accolades

President **Vianne Timmons** was recognized for promoting women's leadership in academia at an October event in Quito, Ecuador. The recognition came during a conference of the Congress of the Americas on International Education. The Gender and Leadership in Higher Education award was

presented for the first time at the conference and was presented by The Inter-American Space for Women Leaders in Higher Education Institutions of the Americas. University of Regina Chancellor **Jim Tomkins** was honoured by one of his alma maters, Purdue University in West Lafayette, Indiana. Tomkins, who earned his PhD at Purdue in 1970, was one of nine Distinguished Science Alumni Award winners at Purdue this year. He is the first Canadian to receive the award. Tomkins grew up in Regina and attended the University of Saskatchewan where he earned a Bachelor of Arts and an Honours Certificate in mathematics.

On Canada Day, Regina businessman, honorary degree recipient and University of Regina supporter **Paul Hill** was appointed to the Order of Canada. Hill – chairman, president and CEO of The Hill Companies – has close ties to the University of Regina. The undergraduate business program is the Paul J. Hill School of Business. The Hill School of Business also enjoys a unique and strategic partnership with the Richard Ivey School of Business at the University of Western Ontario.

Eagleclaw Thom BA'o8 and **Joey Tremblay BFA'87** are the first two artists-in-residence of the new Michele Sereda Artist-in-Residency. Eagleclaw, an alumnus of the Faculty of Fine Arts, is a visual artist

who will use the residency to gather stories of missing and murdered Aboriginal women. Joey Tremblay, a Department of Theatre alumnus, is artistic director of Curtain Razors, the theatre company founded by Sereda. Tremblay will use the residency to reinvigorate the company. If you want to learn more about how you can support the Michele Sereda Artist-in-Residency, please contact Kathleen.Inwin@uregina.ca.

Faculty of Fine Arts instructor **Holly Fay BEd'86, BFA'89** has received the National Visual Arts Advocacy Award from the Canadian Artists Representation/Le Front des artistes canadiens (CARFAC). Fay has been involved in the Saskatchewan arts community as an artist, educator, writer, curator, mentor and advocate for visual arts. Fay received her undergraduate degrees at the University of Regina and earned a Master of Fine Art at the University of Ulster in Belfast, Northern Ireland.

Trenna Keating BFA'00 has been named the Department of Theatre's Distinguished Alumni Award recipient. Keating, who graduated with a Bachelor of Fine Arts in Acting in 2000, played the snarky but lovable Doc Yewll on the Syfy channel's *Defiance* for three seasons. Some of her other film and TV roles include appearances in *A Dog Named Christmas*, *Combat Hospital*, *Corner Gas*, *Just Friends* and *Renegade Press*. Originally from Weyburn, Keating lives in Toronto with her husband **Alden Adair BFA'08**, who is also an actor and alumnus of the University's Department of Theatre.

Sean Lessard, an assistant professor of Indigenous education and core studies in the Faculty of Education, has received the 2015 Pat Clifford

Award for Early Career Research in Education from the Canadian Education Association. He was recognized for his work in redefining the ways in which Indigenous learners and their teachers can engage in traditional and non-traditional educational spaces.

The Canadian Red Cross in Saskatchewan, one of the University's biggest community partners, received the sixth annual President's Community Award at a ceremony in mid-October. The Red Cross and University partnered this past summer to house and feed more than 13,000 people who were forced from their northern Saskatchewan homes due to massive wildfires. The University also works with the Red Cross to prevent abuse, bullying, violence and sexual exploitation, through initiatives such as the Red Cross Day of Pink.

Dick White BEd'74, former director of Athletics at the University, was inducted into the Saskatchewan Sports Hall of Fame. White spent 34 years at the University of Regina, including 20 as director of Athletics. He was also inducted into the University of Regina Sports Hall of Fame along with **Joell Fiddler BA'05**. Fiddler played five seasons with the Cougars women's hockey team. She was a Canada West first-team all-star every year from 1999 to 2004. Fiddler is the top scorer in Cougars women's hockey history with 87 points, more than twice the total of the second leading scorer.

Former University of Regina men's basketball player, **Tyler Wright BEd'02, BA Hons'09** was inducted into the Regina Sports Hall of Fame in early October. Wright was a conference all-star twice and named most valuable player on the team three times. He is the team's record holder for most points in

a game (49) and most points in a season (459). He received the President's Award in 2002. The Department of Film has awarded its Distinguished Alumni Award to **Dennis Jackson BFA'98**, the creator of the popular television series *Wapos Bay*. Jackson and his wife, Melanie Jackson developed the stop-motion animated film, *Christmas at Wapos Bay*, which premiered at the Sundance Film Festival in 2002. The film was later developed into the popular TV series that aired for five seasons. It told stories of First Nation children and their families living in the fictional northern Saskatchewan community of Wapos Bay. The series won numerous awards and was broadcast in Cree, English, French and Inuktitut. Jackson is from the Peter Ballantyne Cree Nation.

Dean of Nursing **David Gregory** has been named a Fellow of the Canadian Academy of Health Sciences for his leadership, creativity and commitment to advancing academic health science. Throughout his career, Gregory has fostered the provision of primary health care across Canada and promoted the education of Aboriginal nurses.

Jo-Ann Episkene BA'91, BAHc'92, MA'94, director of the Indigenous Peoples' Health Research Centre and a professor of English at First Nations University of Canada, will receive a 2016 Indspire Award in February. Episkene is one of 14 Indigenous Canadians to receive the award that celebrates Indigenous achievement. Earlier this year she received a Lifetime Achievement Award at the YWCA Women of Distinction Awards in Regina.

Fatima Pirbhai-Illich, a professor with the Faculty of Education, also received a Women of Distinction Award

for education and mentorship. She was recognized for her international expertise in literacy development and her collaborations with educators at alternative schools.

Sophie Duranceau, a doctoral student in psychology, has been awarded a prestigious \$150,000 Vanier Canada Graduate Scholarship. Duranceau is studying the impact of police work on the psychological, social and occupational development of Canadian police. Duranceau is the third University of Regina psychology student to receive the Vanier Scholarship. The previous recipients were Matt Fetzner and Michelle Gagnon.

Gordon Asmundson has been named the editor-in-chief of the *Journal of Anxiety Disorders*, a prominent academic journal based in the United Kingdom that publishes research papers on anxiety disorders. Asmundson is a University professor of psychology, fellow of the Royal Society of Canada and the co-director of the University's Anxiety and Illness Behaviours Laboratory.

Three deserving faculty members are the recipients of this year's University of Regina Alumni Association Awards for Excellence. For his groundbreaking work in environmental engineering, **Gordon Huang** is the recipient in the research category. Huang is a professor in the Faculty of Engineering and Applied Science. **Janis Dale**, an enthusiastic and committed teacher in the Department of Geology known for skillfully combining classroom and experiential learning, has been recognized for excellence in teaching. The Department of Psychology's **Thomas Hadjistavropoulos**, known by his peers as a strong leader both in the classroom and in the lives of his students, has



Left: (left to right) Shahid Asam, Chair of Environmental Systems Engineering; Esam Hussein, Dean of Engineering and Applied Science; President Vianne Timmons; Jack and Mary Jean Mollard at the announcement of the Dr. Jack Mollard Sensing the Earth Scholarship and the Dr. Jack Mollard Sensing the Earth Tour.

Right: On hand for the Sylvia Fedoruk Canadian Centre for Nuclear Innovation funding announcement was (left to right) Scott Moe, Minister of Advanced Education; Neil Alexander, executive director of the Fedoruk Centre; Fedoruk Chair Aram Teymurazyan; President Timmons; Daniel Gagnon, Dean of Science.

received the award of excellence for his outstanding support of graduate students.

University of Regina Press

received the Lieutenant Governor's Heritage Architecture Excellence Award from the Architectural Heritage Society of Saskatchewan. The award came in the category of Education, Signage, Monuments and Interpretation. The award was presented by Her Honour the Honourable Mrs. Vaughn Solomon Schofield, Lieutenant Governor of Saskatchewan. The University of Regina Press has had two national bestselling books since it was launched in June 2013. *The Education of Augie Merasty*, a memoir of life in a residential school, was featured on CBC's *The Current*, in the Toronto Star and on the John Gormley Show. It was also on the cover of the Globe and Mail. The other national bestseller is Faculty of Kinesiology and Health Studies faculty member James Daschuk's *Clearing the Plains: Disease, Politics of Starvation, and the Loss of Aboriginal Life*.

A seven-member team from the Department of Physics was part of a worldwide collaboration of physicists that won the prestigious Breakthrough Prize in Fundamental Physics. The prize celebrates the world's most significant scientific advances and was awarded for the fundamental discovery of neutrino oscillations. The University team was

instrumental in the construction of the fine grained detector used in the experiment and continues to play a leading role in the calibration and running of the experiment, development of data reconstruction algorithms and in the analysis of the collected data. The group consists of **Mauricio Barbi, Ted Mathie, Roman Tacik, Nick Hastings, Caio Licciardi PhD'13, Spencer Giffin and Anezka Kolaceke MSc'15.**

Donations

Jack Mollard, a former lecturer in the Faculty of Engineering and Applied Science, has donated more than \$100,000 to establish the Dr. Jack Mollard Sensing the Earth Scholarship and the Dr. Jack Mollard Sensing the Earth Tour. In addition to the scholarship, the Sensing the Earth Tour gives engineering students a chance to explore locations of significance in Saskatchewan.

The University received \$1.475 million from the **Sylvia Fedoruk Canadian Centre for Nuclear Innovation**. The monies will fund the Fedoruk Chair in Nuclear Imaging Technologies and be used to purchase equipment to advance the University's nuclear imaging research. The Fedoruk Chair is **Aram Teymurazyan**. Teymurazyan earned a BSc in his native Armenia and a master's and doctorate at the University of Kentucky. He later did research at the University of Massachusetts and worked at

the Triangle Universities Nuclear Laboratory at Duke University in North Carolina. From 2010 until 2013, Teymurazyan held a postdoctoral fellowship in the Department of Medical Biophysics at the University of Toronto.

The University received \$375,000 from the **RBC Foundation** to establish the RBC Woman Executive in Residence Program. The Foundation also donated \$125,000 toward the College Avenue Campus Renewal Project. The Woman Executive in Residence will work closely with faculties on campus and advocate for outreach and research specific to women in leadership. With these gifts, RBC has now contributed more than \$1.2 million to the University of Regina.

Calgary-based oil and gas company Crescent Point Energy has donated \$100,000 worth of equipment to the University's petroleum engineering program. The new **Crescent Point Energy Undergraduate Petroleum Laboratory** provides students with state-of-the-art equipment that will be used to evaluate reserves in oil and gas production and treatment. The petroleum engineering program is enjoying record enrolment this year.

The University of Regina is receiving almost \$2 million in federal funding for 15 research projects. The money comes from the **Natural Sciences and Engineering Research**

Council of Canada (NSERC). The research projects look at a variety of subjects, including such things as treatment of agricultural water, effects of dryness on trees and forests, environmental pollution control and dinosaur amber deposits in Western Canada. The researchers represent a variety of departments: physics, chemistry, biology, mathematics, engineering, geology and psychology. The bulk of the funds come from the Natural Sciences and Engineering Research Council of Canada's Discovery Grants Program.

The University has received a \$2.3 million funding commitment to establish the **Public Safety Interoperability Platform (PSIP)** at the University's Bridging Research and Interoperability Collaboration. The funding will be used to purchase and install equipment and specialized software to develop the PSIP, which public safety agencies can freely use to improve public safety and emergency response across Canada. The PSIP will also provide a test-bed for regional small and medium-sized enterprises where researchers can develop and try out novel technologies for the public safety wireless broadband market. The test-bed is designed to reduce research time and development costs for these businesses and provide independent certification allowing them to commercialize their technologies.

Fall 2015

honorary degree recipients

A prominent local philanthropist and a pioneering outdoors educator are the latest honorary degree recipients.

By Bill Armstrong



Photo by Don Hall.

Lyn Goldman

Lyn Goldman has had, in her own words, “a very checkered career, indeed.” Although much of her career was with the University of Regina and she is known as an active and vocal supporter of the arts and women’s issues, that checkered career includes some colourful twists and turns along the way.

Goldman considers getting an education her greatest achievement, one that her parents highly valued.

Her father Leon operated a men’s clothing store in Regina from 1920 to 1977, and her mother Dorothy was active in the city’s Jewish community and many cultural and community organizations. (Dorothy received an honorary degree from the University in 1991 in recognition of her lifetime commitment to community service.)

When Goldman was six, her mother sent her and older sister Barbara to elocution lessons and children’s theatre. “It was probably the luckiest move of my life,” Goldman says. “When I took part in children’s theatre, on stage, I was no longer an awkward, left-handed, stammering little girl. I was graceful, confident and could speak out.”

Those first turns on stage have served her very well, Goldman says. She continued acting at Central Collegiate, where she became known as a trouble-maker: constantly late for school, encouraging dissent among the other students, and losing to a boy when she ran for office in Grade 12. “All of this,” Goldman observes, “obviously prepared me for my later life, including my early embrace of feminism.”

Goldman studied for an arts degree at Queen’s University, where she acted and volunteered at the campus radio station, hosting a jazz show on Friday evenings.

“I cultivated a low, sultry sound to my voice by doing vocal exercises, drinking a lot of gin and smoking, because I knew the boys at Royal Military College were regular listeners. I managed to get some interesting dates that way,” Goldman laughs.

She left Queen’s before graduating and took a secretarial job at a TV production house in Toronto. She then fulfilled one dream by landing a similar job at Columbia Pictures in Hollywood. She’d also dreamed of travelling in Europe, so after saving some money she headed off for the Continent, living on odd jobs for almost a year.

She returned to Regina where she became a writer-producer at CKCK-TV, in the days when programming was mostly live. With that experience on her resume, she headed to Toronto, but was told loud and clear that women producers were not welcome in the big city.

This is when the twists started, including a couple of nerve-racking years as a freelance producer, a return to Europe and work at a public relations firm in Los Angeles that turned out to be a front for an escort service. Then, in 1967, she landed a job back home as the performing arts officer for the Saskatchewan Centennial Corporation.

After the 1967 Centennial year, Goldman began working for the University of Saskatchewan, Regina Campus, as publicity and information director. While working full-time, she also joined her friends Jean Freeman, Carol Gay Bell, Mossie Hancock, Pat Krause and Lora Burke as freelance arts reviewers with CBC Radio. Their contributions grew from a collection of five-minute spots to an hour-long weekly show that ran for 15 years.

Goldman resigned from her job as publicity and information officer to complete an honours English certificate, after which she went on a splendid cruise funded by a travel scholarship. After a short stint setting up a talent program for the provincial government, she enrolled in graduate studies at the University of Regina. She later travelled to Greece for three months where she planned to finish her thesis. “I didn’t, of course,” she says wryly. (She finally finished the thesis and received her master’s of arts degree in 1980.)

When she returned from Greece to Regina, then University president Lloyd Barber asked her to complete a feasibility study for the School of Journalism and Communications. Following that, she served in numerous positions for the University’s Faculty of Extension, including communications officer, acting head of fine arts and humanities, director of public relations and head of certificate programs.

“I believe that education can change the world, given the chance,” Goldman says. “I’m thrilled that the Lifelong Learning Centre has developed from 30 students to more than 1,000 eager and active learners. College Avenue Campus is the face of the University to the people of Regina, and must be preserved.”

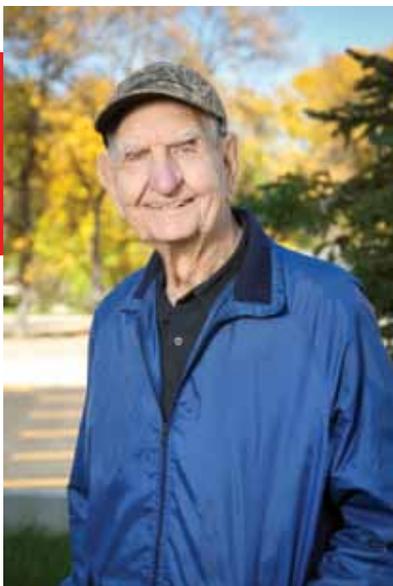
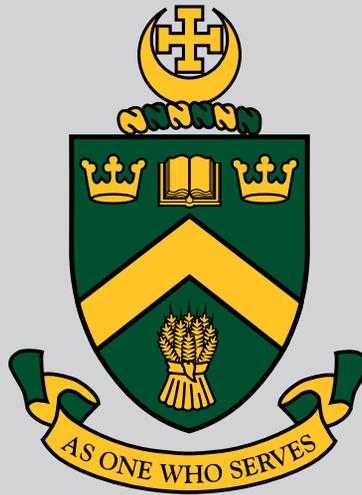


Photo by Trevor Hopkin, U of R Photography Department.

Jack MacKenzie

Knees bent, hands and arms mimicking paddling motions, Jack MacKenzie transforms the hallway of his retirement home into the dangerously tricky section of the northern river that he negotiated his canoe through years ago. While he sometimes has to reach for words and names from the past, his memories of that particular stretch of river, with the currents swirling and a granite wall looming beside his

fragile canoe, are as fresh and clear as yesterday. It's also evident that he relished the challenge at the time, and he enjoys re-telling the story for his visitors.

Joy is a word that pops up often when you're around MacKenzie. Having a school in Regina named after him is "a joy"; one that continues through his regular visits with the students and teachers there. A sculpture in the school and an award called The Joy of Effort epitomize MacKenzie's philosophy by encouraging students to "Have a go!" and recognizing the student who best exhibits "... the good feeling you get when you do your very best." He also provided seed money to establish the MacKenzie Random Acts of Kindness Trust Fund, which provides opportunities, guidance and funding for students to initiate and implement worthwhile projects for deserving individuals or groups, or environmental causes.

"My aim was to get the children involved," MacKenzie says. "Teachers and parents might come up with the ideas, but it's the children who unleash their creativity and enthusiasm, and go for it." The fund has since spread to support kids delivering random acts of kindness at other Regina public schools.

MacKenzie grew up in the small community of Franklin, Manitoba, "...living outdoors all summer." If that experience had not already determined the future direction of his life and career, four summers as a university student working on geodetic surveys in the Yukon, and another two summers working as a counselor at kids' camps in northern Ontario confirmed for him the importance of physical and outdoor education in childhood development.

Over the course of his career MacKenzie earned six university degrees. He began his teaching career at Swan River, Manitoba in 1953. He was hired as the director of physical education at Brandon Schools the following year, and then became a physical education consultant for Regina Public Schools (RPS) in 1956. MacKenzie introduced several innovations to the physical education curriculum, including outdoor education, during his 30-year career with RPS.

Among his notable achievements, he co-founded Saskairie, an outdoor camp and environmental education centre located at the edge of Moose Mountain Provincial Park in southern Saskatchewan. Just this past April, the 88-year old MacKenzie spent two days with a class of University of Regina students at Saskairie.

Many of the workers who helped build the lodge and cut trails at Saskairie were members of the nearby White Bear First Nation. MacKenzie fostered this relationship by inviting Elders and others from the First Nation to share their traditional knowledge of the area's plants and animals, and to demonstrate how to build and make things. Eventually, Saskairie hosted conferences (called Kiynowa, a Cree word for "all of us together") where First Nations people shared their culture with members of the public, including RCMP officers. The initiative was a natural evolution of MacKenzie's earlier canoeing expeditions in northern Saskatchewan.

"Going up the Churchill, I could see that the Aboriginal people had a different way of paddling and handling a canoe," MacKenzie says. "I could do a lot of the things they did, but they did it different. It became obvious to me that if we could have expeditions with kids from the south and the north mixed together, and an Aboriginal co-leader, we could learn from each other." The idea led MacKenzie to make fast friends with several Aboriginal guides who helped lead several expeditions.

During his career, MacKenzie provided leadership to a number of local, provincial and national organizations. He has received several awards in recognition of his contributions, including the Saskatchewan Order of Merit in 2007. As for the honorary degree from the University of Regina, MacKenzie describes it as the culmination of his long career. He also has some advice for the 2015 graduates: "You are stepping into a new world. Go with your heart, and don't be distracted by either money or lifestyle. Remember that every human being is precious."



Easing troubled minds

Twenty-nine years ago, Rick Hawes was a new recruit at the Saskatchewan Police College at the University of Regina. Although policing was his dream career, he had to give it up after 20 years because of the debilitating effects of post-traumatic stress disorder (PTSD). This year, in Canada alone, 30 first responders and eight military personnel have committed suicide. Now, thanks to some leading edge PTSD research at the University of Regina, those horrific statistics may become a thing of the past.

By Elsa Johnston

Photos by John Ulan and Trevor Hopkin, University of Regina Photography Department

Rick Hawes had been working in the police force only a few weeks when he was called to a terrible sudden death scene. For nearly two decades, Hawes would respond to countless calls for help where he was needed to investigate traumatic events – suicides, homicides and accidents – many of which would have long-lasting effects on him.

“I used to get calls in the middle of the night and the first thing I would think is ‘who’s dead?’, because that’s the only reason that I would get called out. I was a forensic identification technician who dealt with the dead guys,” explains Hawes. “I hated dealing with death but that was my job.”

For many first responders – members of the military, police officers, firefighters and paramedics – traumatic events are part of their regular work day. While the rest of us can run away from a burning building, first responders rush in. They bear the brunt of our worst experiences and they do it again and again throughout their careers. Over time, the stress of witnessing death and destruction may begin to take its toll in the form of a debilitating mental disorder known as post-traumatic stress disorder (PTSD).

“The worst things about PTSD were the nightmares, flashbacks and visions. I would close my eyes and see the faces, or what was left of the faces, of the people,” says Hawes. “Smells were the strongest triggers, but sounds and locations would also trigger a flashback. During the flashback, it felt like I was reliving the entire event again. It took a very long time for them to subside. I would go days without sleeping because I didn’t want to see the faces or didn’t want to experience another nightmare.”

Life can fall apart. “The PTSD becomes all-consuming,” explains Gordon Asmundson, professor of psychology at the University of Regina and fellow of the Royal Society of Canada. “People with PTSD are living in that moment. Marriages fall apart. They don’t play with the kids anymore. They isolate themselves. They stop exercising. Life becomes negative and dark and then depression comes along and sometimes drinking to cope.”

Experiencing trauma is not uncommon. “Ninety per cent of us will be exposed to a trauma at some point in our lives,” says Nick Carleton BAdmin’01, BA Hons’02, MA’05, PhD’10, associate



Photo by John Ulan

Opposite page: At the height of his PTSD, Rick Hawes could not escape the darkness of the nightmares, flashbacks and visions. Above: Thankfully, after 18 months of intense therapy, Hawes started to see the positive outcomes from his treatment.

professor of psychology at the University of Regina. “How we interact with that trauma varies quite dramatically.”

Not all people exposed to one or multiple traumatic events will develop PTSD. “In the high-risk populations (military members and first responders), the percentage of people who will develop significant PTSD symptoms at some point ranges up to about 32 per cent; whereas in the general population, it ranges up to about 9 per cent,” explains Carleton. “That’s a three-fold increased risk in the first responder professions.”

Research into the occurrence of PTSD among first responders is relatively new. PTSD was established as a diagnosis only in the 1980s and, according to Carleton, there has been long-standing hesitation in diagnosing first responders following traumatic exposure.

Asmundson has been studying anxiety disorders with a focus on trauma and co-occurring conditions like chronic pain. In the past 15 years, he has concentrated on investigating the mechanisms that lead to PTSD, creating methods for effectively assessing the condition, and developing innovative treatments.

Through his advancements, Asmundson has been instrumental in developing the gold standard for treating people with PTSD, in particular, the military and first responders. His work is inspiring the next generation of psychologists to pursue their research and clinical practice in PTSD, including Carleton who studied under Asmundson.

Carleton has built his area of expertise on understanding the variables associated with a variety of disorders, including PTSD, and is leading research



Directors of the Anxiety and Illness Behaviours Laboratory at the University of Regina, Gordon Asmundson (left) and Nick Carleton BAdmin'01, BA Hons'02, MA'05, PhD'10.

into how people with anxiety disorders deal with unknowns or uncertainties.

The Anxiety and Illness Behaviours Laboratory at the University of Regina, directed by Asmundson and Carleton, is drawing attention and recognition worldwide as a leading hub for research in PTSD in military and first responders. Under the umbrella of the lab, Carleton, Asmundson, their graduate students and other colleagues are conducting studies into such things as the role of physical exercise in reducing PTSD symptoms and the development of internet-based cognitive therapy. "There's been an explosion in research on exercise and PTSD in the past 18 months, and a lot of it comes from a theoretical re-conceptualization and related review paper that we wrote," says Asmundson.

In addition to the foundational research that they are conducting in

their lab, Asmundson and Carleton have established a clinical practice to treat members of the military and first responders with PTSD.

"Some people respond to calls for participants in studies or they have a spouse who says, 'You've been affected by your time at work in a really bad way. Go get help.' This is how they arrive in our research programs or in private practice. Hopefully our research and treatment efforts provide options that permit them to resume life, which is what it's all about," stresses Asmundson.

The very nature of being a first responder presents a unique challenge for developing effective treatment, interventions and prevention. To begin with, first responders often live in the communities where they work. "Unlike the military where we deploy them and then bring them back," stresses Carleton,

"we deploy the police officer, EMS or firefighter for 25 years and we don't ever bring them back. Their unsafe zone is the same place they're living."

For small-town first responders like Hawes, the closeness of the community where they live can complicate their treatment. These responders do not have the benefit of anonymity that life in a large city may provide when a person is seeking treatment for a mental health issue.

After Hawes's physician finally convinced him to see a psychologist, he refused to seek therapy in the small town where he lived. "There's not very many of us in uniform in that town. Everybody knew who we were. I didn't really want to be seen coming out of a mental health clinic and have to deal with the stories and have my family deal with the rumors," explains Hawes.

Asmundson acknowledges that society in general places a stigma around PTSD and that it prevents some people from seeking the help they need.

"Unfortunately, I was very 'old school' when it came to the idea of what a cop was supposed to be," says Hawes. "A cop was a rock – nothing ever bothered them. I thought that I was the only person that was bothered by death. I didn't see it bothering any of the co-workers that I respected. I saw it as a weakness and one that I strived very hard to bury."

Getting society to talk openly about mental health issues is still a massive hurdle. "Stigma is a generational thing," says Carleton. "You can't simply decide to get rid of a bias one day. Although today everybody wears seatbelts and we don't think twice about it, that's new."

"Back in the mid-to-late 1980s, PTSD wasn't exactly something that was discussed or accepted," says Hawes. "It wasn't something that I thought about. A few years later, I was at a particularly nasty situation and suffered a nightmare. I knew I was broken, but I wasn't willing to accept that there might be something wrong with me mentally. I can remember sitting in my car in the parking lot of my physician's for about half an hour telling myself that I should go in there. I sat in my car and just berated myself for being weak."

For people who don't get help or who are unable to recover on their own, PTSD can become a chronic condition and even lead to suicide. According to The Tema Conter Memorial Trust, an organization that provides support for public safety and military personnel

dealing with PTSD, 30 first responders and eight military personnel have committed suicide in the first 10 months of 2015. In fact, military and first responders are more likely to die by suicide on duty.

For a while, Hawes could not escape the darkness of his nightmares. “There were a couple times when the barrel of my gun was looking pretty tasty,” says Hawes. “The problem was that even when I just closed my eyes, I would still see the victims and all the carnage, and I got to the point where I hated to close my eyes. I would be awake for days on end. That takes a toll.”

Despite the thoughts of suicide, Hawes chose to carry on with his life. “I wasn’t going to do to somebody what somebody else had already done to me because that’s what messed me up. And I didn’t want to leave my wife and kids alone. It’s something that you consider because you just want it to stop.”

While common sense might suggest that it’s best to avoid talking to those with PTSD about the horrific events that haunt them, the reverse is actually true. According to Carleton, the avoidance of what happened is one of the main factors sustaining PTSD symptoms over a long period of time. “Instead of making the traumatic experience the elephant in the room that you don’t talk about, you make it the elephant in the room that you do talk about,” emphasizes Carleton.

Cognitive behavioural therapy, the frontline treatment for helping those with PTSD, is sometimes misconstrued as potentially aggravating the condition.



Above: Asmundson says there has been an explosion in research on exercise and PTSD in the past 18 months. He discusses some research results with graduate students Issac Hahan and Julia Mason. **Below:** Carleton addresses a group of police officers about PTSD at the RCMP’s Depot Division in Regina.

“Even research ethics committees will say ‘You shouldn’t ask people about those horrible things because you’re going to re-traumatize them.’ Well, actually, we have to. They work through the horrific memory and images,” says Asmundson. “It’s usually swept under the carpet and you know what happens with dirt swept under the carpet. It doesn’t go away; it’s just there.”

“Talking is incredibly important,” says Hawes. “The more you talk about it, the easier it is to live with. It’s something that’s happened to you. There’s nothing you can do about that, but you know it’s

part of who you are. If there’s anything to learn from it, then learn from it, and get on with your life.”

Currently, Asmundson and Carleton are working with first responders in Regina’s RCMP, police and EMS communities and promoting the importance of talking about PTSD. “I did a lecture with the RCMP Depot not that long ago where we talked about some of the different symptoms,” says Carleton. “There are some day-long or two-day programs where they try to build in intervention and prevention. I think those are all terrific, and I’ve participated in some of those because it’s getting the word out, it’s education, and it’s breaking down stigma.”

The University of Regina is in a unique position to increase the opportunity for its researchers to collaborate with first responder communities in Regina. The Saskatchewan Police College is located on the University campus only minutes away from the Anxiety and Illness Behaviours Laboratory. The RCMP’s Depot Division, where all RCMP cadets from across Canada come to train, is just across town.

Administrators at the University recognize the importance of fostering new research and expanding knowledge in the areas of policing and mental health. Anxiety, Stress & Pain and Social Justice & Community Safety are two of the institution’s five key research clusters in its 2015-2020 Strategic Plan.

Photo by Tanner Aulie





Hawes has a new perspective on life now (shown here with wife Shelley) and has started another career, fittingly as a health and safety manager.

The University's size creates advantages as well: it's small enough that interdisciplinary activities are common. "We can solve complex problems because we can bring multiple experts to a table to address the different dimensions of that problem," explains Carleton. He is currently collaborating with Patrick Neary, professor in kinesiology and health studies, and David Gerhard, a computer science professor, to study how acoustical analysis of heart rate changes associated with stress could be used to create new technologies for improving mental and physical health.

Conversely, the University is large enough for its researchers to conduct major research programs. "We have a critical mass of people and important findings. There are research foundations that support us taking bigger steps in the future," says Asmundson. "Things have been really good, and there are bigger things on the horizon to benefit the University and the people who are struggling with traumatic exposure and experiences. We're confident that if things go the way we have planned, we'll be able to make bigger inroads into helping people with PTSD."

The next step for the researchers at the University has enormous potential to change and improve the way that first responders worldwide are trained about mental health.

"Actually building in an intervention as part of training means that you're integrating it into every part of training," says Carleton. "The biggest mistake we keep making is we keep thinking that with mental health we can give you a half-day session and tell you what to do and then send you on your way. But if we really want to change how people are interacting with their mental health, we're talking about something that's far more pervasive because we're talking about lifestyle changes."

Recently, Carleton and Asmundson have been heavily underscoring the need to invest time and money in prospective, longitudinal research in order to better understand, predict, treat and support members of the military, first responders and their families as they manage the traumatic stresses of PTSD. Redefining and restructuring programs for training first responders could provide the researchers with the large-scale, evidence-based research program that is required to develop the right interventions and successfully treat PTSD in Canada and internationally.

The benefits of Asmundson's and Carleton's research are wide-reaching. "The work that we do for our military and first responders is very important for them, but the evidence that we can draw from those populations has an impact on the entire civilian population as well," explains Carleton. "When

researchers and clinicians are asking for community investment, you should do it because these people are literally saving community lives. Resources need to be directed to these things in very real ways so that we can have the outcomes we all want."

After 18 months of intense therapy, Hawes started to see the positive outcomes from his treatment. He has a new perspective on life now and has started another career, fittingly as a health and safety manager. "The things that used to really set me off, that I would stress about, now they don't bother me at all. I get up in the morning, I look in the mirror, I see myself looking back. It's going to be a good day."

To others who may be suffering in silence with PTSD, Hawes offers this insight: "Don't let your ego control you. If you think you're broken, you probably are. Seek help, and there's lots of it out there." **D**

If you think you are suffering from PTSD, the Psychology Association of Saskatchewan has an online service that provides contact information for qualified psychologists in the province. For more information, go to psychsask.ca.

Elsa Johnston is a Regina freelance writer and communications strategist. She is currently employed as a homemaker and enjoys delving into the many mysteries of science.

John Loepky was born in England and grew up in Martensville, Saskatchewan. This summer, the third-year English and theatre student received the Student Leadership Award from the Canadian Association of College and University Student Services. Loepky certainly qualifies as a leader. In addition to his studies, he is the sports editor of the student newspaper, *The Carillon*, a competitive athlete who has competed nationally as a member of Saskatchewan's wheelchair rugby and basketball teams, an actor who has performed in University theatre productions and a tireless advocate for the disabled. Loepky has a reputation as a funny man on campus. And, oh yeah, he has cerebral palsy.

D What would you like people to know about cerebral palsy?

That it is just a disability, nothing more, nothing less. On a less serious note, take a look at how often the acronym for cerebral palsy (CP) shows up in your everyday life. Think about it – Canadian Press, CP Rail, the list goes on.

D You received a Student Leadership Award from the Canadian Association of College and University Student Services this year. What is leadership to you?

Leadership, for me, is always about being open. Open to questions, open to answers, open to thought, but also being open to new experiences, and being willing to be challenged on your assumptions and biases.

D Wheelchair rugby is also called murderball and resembles a demolition derby. What do you enjoy most about playing it?

I think I was a linebacker in a previous life. I enjoy the contact. I played wheelchair basketball for 10-plus years and, in that time, I think my best skill was being a physical defender (read: fouling without getting caught), so I don't think it's any surprise that I switched to a sport where that contact is legal.

D What is the Inclusion Initiative?

The initiative is a student-led project that aims to help members of the University community in matters of inclusion. This ranges from programming to providing resources for those on campus, for example: providing class talks, answering questions and providing links to resources.

D What was the best thing about your experience with the Devising Inclusive Theatre class?

Meeting a group of like-minded people whose goal was to create. The class also produced a show that we have performed a number of times after the class ended. The journey that began in that class is certainly far from over.

D What is your biggest challenge going to university?

Time management. With so many things on the go, I have become a planner instead of being a fly-by-the-seat-of-your-pants type of guy.

D What is the greatest skill you have acquired at university?

The ability to think critically, whether it be in relation to literature or otherwise. University has been a place where I have experienced so much.

D Who is your hero?

Tough question. I know this might seem like a stock answer, but I'm going to have to go with my parents. Without them, I wouldn't be here -- in more ways than one! They've always been supportive and pushed me to explore the things I can do rather well and the (few) things that I can't.

D If you knew you could not fail, what would you do?

Become a professional athlete and freelancer writer. One can dream, right?





The dreamer

Hany Al Moliya, a 22-year-old University of Regina English as a Second Language (ESL) student, fled war-torn Syria in 2011 to live in a Lebanese refugee camp with his parents and six brothers and sisters. The family spent three desperate years in the camp before being granted asylum in Canada. Despite a vision impairment that renders him legally blind, Al Moliya honed his keen love of photography. Now he's looking to better the lives of refugees worldwide by telling his story and the stories of those left behind through the thousands of images he shot while outcast.

By Evie Ruddy MA'o8

Photos by Trevor Hopkin, University of Regina Photography Department



It's a bright, breezy fall afternoon. Orange, yellow and brown leaves colour the ground of a park in south Regina, where 22-year-old University of Regina ESL student Hany Al Moliya is taking photographs of his younger brothers. The boys playfully run around, laughing and kicking a soccer ball while Al Moliya stands off to the side, wearing a University of Regina sweatshirt, ball cap and dark sunglasses. Despite wearing shades, Al Moliya squints and holds one hand over his eyes to block the sunshine. With the other hand, he grips a camera and brings it unusually close to his face. Then he snaps a picture.

Al Moliya is legally blind. He has an eye condition called *nystagmus*, which causes his eyes to move rapidly and makes bright sunny days uncomfortable. Referred to as “dancing eyes,” the condition prevents Al Moliya from focusing on anything further than 10 centimetres away. When it comes to his photography, he relies on memory and intuition.

“It’s a feeling,” Al Moliya says. “I can feel if it will be a good picture or not. I depend also on my experience and practising, especially for setting up the camera.”

In 2012, Al Moliya and his family fled their home – a beautiful two-storey house – in the Syrian city of Homs. They came to Regina in June 2015, after living in a refugee camp in Lebanon for three years. Al Moliya describes his life before the conflict as normal. He went to school, hung out with friends and played in a jazz-rock-rap band called The Dreamers. The lyrics to their songs, written and sung by Al Moliya, were mostly about world peace and ending war.

Like the name of the band, Al Moliya is himself a dreamer. In Syria, he was passionate about finishing high school. He planned to go to university and dreamed of becoming a communications engineer, but those plans came to a halt when the Syrian conflict turned his home city into a war zone.

“There was shooting all the time,” says Al Moliya, who walked three kilometres to school every morning with his friends. They would laugh and talk about activities from the day before. But when the conflict hit Homs, their carefree walk became dangerous. “There were a lot of checkpoints,” Al Moliya says. “We risked our lives to go to school.”

One night, government troops invaded Homs in an effort to crack down on the rebellion opposition. “Some groups entered our town and just started killing,” recalls Al Moliya, who hid inside his home with the rest of his family. When the battle ended, Al Moliya discovered that two of his cousins were dead. “We lost a lot of people in Homs that night,” he says. “Every Syrian has lost at least two or three people.” According to the Violations Documentation Center in Syria, 124,503 people have been killed in Syria since the uprising began in early 2011.

The Al Moliya family decided they were no longer safe. Al Moliya left first with only his clothes and high school diploma. He and his uncle paid a taxi driver to get them safely through checkpoints and across the border without any questions asked. A month later, Al Moliya’s parents and five younger siblings joined him in Lebanon, where all eight of them lived in a tent the size of a single room in their former house.

“When we left, we thought, ‘It’s just a matter of time and we’ll come back,’” says Al Moliya. “But after we realized that we are refugees, we thought maybe we would spend our whole lives in the camp. No one was talking about a solution. When we realized that, it was really, really hard.”

Al Moliya struggled to hold onto his life purpose. He had gone from being an ambitious teenager with dreams to feeling displaced and hopeless in a crowded, noisy refugee camp with no obvious way of realizing his goals. Day after day, he sat in despair. “My dad was very depressed because of my situation,” says Al Moliya. “He saw his boys doing nothing.”

Despite having already finished high school, Al Moliya decided to attend a high school for Syrian refugees in Lebanon to keep himself busy. He became inspired again and began teaching theatre to teenagers and adults in the camp. He became friends with other young Syrian refugees and together they formed a group that entertained people. They even performed with actress Salma Hayek, who was visiting the area to raise awareness about the Syrians’ plight. “The young people that we helped – they lost everything,” says Al Moliya. “Now they are doing a lot of things, like acting and photography and writing.”

One day, Brendan Bannon, a photojournalist from New York, came to the camp to facilitate a two-week intensive workshop on writing and photography. Supported by the UN Refugee Agency, the workshop, titled “Do You See What I See,” was designed to give refugee youth a chance to explore and share their experiences. Many took self-portraits, photographs of their families or images



Above: New York based photojournalist Brendan Bannon is hoisted on the shoulders of Al Moliya and others. Bannon was in Lebanon delivering a two-week intensive workshop on writing and photography for refugee youth to explore and share their experiences. **Below:** Because of an eye condition called nystagmus, Al Moliya can't focus on anything further than 10 centimetres away from his eyes.

that reflected their dreams. Some of the photographs were then showcased in an exhibition and published.

On the first day, Al Moliya quietly entered the workshop and observed the other students; they were younger than he was and less proficient in English. Al Moliya helped and encouraged the other participants. He already had a passion for photography and frequently took pictures in Syria with his cell phone, which, consequently, was almost always out of storage.

The first time Bannon downloaded Al Moliya's photographs, his jaw dropped. "His pictures were precise," Bannon says. "They were beautiful and expressive. Most of all I think it was the affection in the images – the sense of gently caring and loving what he was showing us." (See some of Al Moliya's photographs starting on page 20.)

In one of Al Moliya's photographs, an elderly woman sits by a fire, looking off into the distance. In the passage that accompanies the photo, Al Moliya writes that the woman "burns on the inside every time she remembers the past." He goes on to say that each time he looks at the picture, he feels the same way too.

"There is a melancholy to what he shows us," says Bannon, "but that is just one point. The sound of laughter, either as a way of coping with what he's seen or remembering what he lost or engaging in the future, is never far. Together the pictures show a poetic autobiography of a wise and sensitive young man."

Al Moliya's ambition had returned, and he was eager to pursue his post-

secondary education. When he heard that some of his Syrian friends were studying in countries like Sweden and Germany, he applied for asylum. A year later, the Canadian government sponsored the Al Moliya family to resettle in Canada. On June 2, the family arrived in Regina.

"I feel that I'm lucky I came here," says Al Moliya, sitting in a Regina coffee shop. "But I'm sad on the other hand because I left a lot of people like me in Lebanon. I feel responsible now for sharing my story and their stories and to help as much as I can. That's what I want to do now – help refugees around the world."

Inside an average bungalow on a quiet street in Regina, The Eagles' Hotel

California plays from the speakers of a Mac laptop. Al Moliya sits on his bed in his new bedroom – a good-sized room with a double bed, a closet full of clothes and a desk. The Regina Open Door Society, an organization that assists newcomers, has set Al Moliya and his family up with basic living requirements such as housing, bus passes and health cards.

Al Moliya leans his face close to his computer and watches the song's lyrics scroll across the screen. Impossible as it seems, this is how Al Moliya taught himself English in Syria – by watching YouTube videos of popular American songs. "I began with the classics," he says, rattling off a list of his favourites that includes Frank Sinatra, Bob Dylan and Whitney Houston.

When the song is finished, Al Moliya moves to the living room where he joins his parents and younger brothers around a steaming hot pot of tea sweetened with honey. Suddenly, the sound of Middle Eastern music plays from the kitchen. Al Moliya explains that it isn't music but a Muslim call to prayer. Adhan, as it is referred to in Arabic, is a call that typically rings from a mosque into the sky to remind anyone who hears it of Islamic spirituality and beliefs. Now the family's call to prayer rings from a smartphone thanks to an app they downloaded from the Internet.

An English learning program is on the television, and the term "Attorney General" flashes across the screen with the Arabic spelling underneath. The youngest of the family – four-year old Ashraf – runs over to Al Moliya and whispers in his ear. "He said he learned how to say 'Thank you,'" says Al Moliya.

Ashraf is picking up the language quickly, but Al Moliya's parents





Left: Al Moliya is taking ESL class thanks to President Timmons and the documentary she saw on the Al Moliya's journey from Lebanon to Regina. Centre: Al Moliya shares a laugh with President Timmons. Right: Al Moliya (far right) spends some time with his family in their modest south Regina home. (Left to right): His father, Mohamed; brother, Ashraf; mother, Keaton; brothers Hussein and Ibrahim.

are finding it difficult. His father, Mohammed, sits on a love seat in the living room and smiles but doesn't say much. When he does speak, he speaks in Arabic. Both he and his wife are on a waiting list for English classes. Meanwhile, Al Moliya has been taking an ESL class through the University of Regina's Centre for Continuing Education, thanks to the help of President Vianne Timmons.

Timmons was moved by Al Moliya's story after watching a documentary web series that the UNHCR had produced on Al Moliya and his family. "It was impossible for me not to be inspired by both his talent and his courage in the face of adversity," Timmons says. "I wanted to support him in his quest for education in any way I could."

After meeting with Al Moliya, Timmons secured funding from anonymous donors to cover the cost of his ESL course, as well as any costs associated with accommodating his visual impairment. The gesture is reflective of the University's commitment to internationalization.

In September, Timmons announced the University will provide approximately \$200,000 in funding to help first-year refugee students with expenses such as rent, tuition, textbooks, computers, clothing and personal allowances through the World University Service of Canada's Student Refugee Program. Currently, University students pay a levy of \$4.25 in the fall and winter semesters to the University Regina Students' Union, which provides approximately \$100,000 a year to the Student Refugee Program. The University now matches that amount, allowing for the number of students who receive support to double.

"Refugee students have so much potential for success, and providing them with educational opportunities that they otherwise might not have access to is simply the right thing to do," says Timmons. "At the same time, refugee students bring a unique perspective and life experience to our campus, and serve as inspiring role models for our students, faculty and staff. We have much to learn from them about courage, perseverance and dedication."

Sitting in his living room, Al Moliya comes across as bright and enthusiastic. He speaks of creativity as though it comes naturally. His words are poetic. "Everyone has special abilities in their blood," he says. Al Moliya's abilities and passion lie in the arts. He's currently writing a novel in Arabic that he conceptualized while living in Lebanon. It's about a young Syrian man and a western journalist who flee the country together.

Al Moliya wants to help others find their creative passion, too. It's one of the reasons he plans to study communications engineering – to blend technology with art and entertainment. He has ideas for incorporating technological devices into theatre classes, for example, and hopes to someday design apps that will allow people to "educate themselves while they are having fun."

He is interested in studying information technology at the University of Regina, but will need financial support. Currently, the family of eight is living off financial assistance, which leaves them with \$1,500 a month after rent and utilities are paid. They are also repaying a \$10,000 government loan that they received to help cover medical examinations and travel costs to Canada.

In Syria, Al Moliya's father supported the family through sheep farming.

Now, Al Moliya feels responsible for providing for his family and hopes to profit from his talents. "I always want to be independent," he says. "I'm looking for an opportunity to give back to this community, because it's already given me a chance. I want to do something to be helpful and useful here."

His latest passion is bringing the "Do You See What I See" exhibition to Saskatchewan and other parts of Canada. He would also like to teach photography to refugees in Regina. "I'm a refugee just like those I took photos of, and I want to bring their messages to the world with photography," says Al Moliya. "I want the project to give refugees a chance to re-build their lives."

When Al Moliya was diagnosed with his vision condition 16 years ago, the doctor told him he would never succeed in school. At every annual checkup after that diagnosis, the same doctor asked Al Moliya, "Are you still studying?" And each time, he replied with a proud and enthusiastic, "Yes!"

"I feel inside that I can do anything," says Al Moliya. "When I think about what I've overcome, I know that I can pass this, too. And I will go for it." **D**

To view the UN Refugee Agency's five-part web documentary on Hany Al Moliya's journey from a Lebanon refugee camp to Regina, go to: tracks.unhcr.org/2015/09/looking-for-hany.

Evie Ruddy is a freelance journalist who enjoys writing about politics and people. Her work has appeared in Reader's Digest, the Toronto Star and Briarpatch Magazine. She lives in Regina.

Hany Al Moliya already had a passion for photography when New York photojournalist Brendan Bannon came to the refugee camp in Lebanon where Al Moliya lived.

Bannon was there to deliver a writing and photography workshop called “Do You See What I See,” designed to give refugee youth a chance to explore and share their experiences. The critique and encouragement that Bannon gave Al Moliya pushed him even more to perfect his art. Though legally blind, Al Moliya’s dream is to use his photos to raise awareness of the plight of refugees around the world. Here are a few of Al Moliya’s images and writings from the November 2014 workshop.



This woman told me that she burns on the inside every time she remembers the past in her country... Or when she compares herself before and after coming here... I can feel that too every time I look at this picture.



The fence and the people are woven together into one fabric. Fences are the fabric of our lives.



Every time I look at the my little cousin, I forget all my sadness and fears, due to all the hope of a better reality.



My Mother. Every time I look at her while she is hanging the laundry, I realize that she is washing my soul with the water of tenderness.



Pain... Missing...Distance...Adoration...Beauty... Tents...Cold... Hunger...Identity...A Student...An Actor...A Dancer...A Photographer...A City...A Country...A Question...An Exit...No Answer...Hope...A Future...Loss...A Writer...Being away from home...Society...Routine...Return...And a right...Do you hear what my hand is screaming?



A Meeting. I was very proud when I captured this shot: The moment the stone met the water. Nature's reflection is impressive (amazing timing), said Brendan...



The Shadow of Angels. My little brother Ashraf standing on a barrel in that camp. He dances like angels. He spreads joy everywhere and this might not be Ashraf. Maybe Ashraf is just one who is supposed to be child with all his simple rights intact.

2015

Alumni Crowning Achievement Awards

This year marks the 11th anniversary of the University of Regina's flagship alumni awards program – The Alumni Crowning Achievement Awards. The awards were established to celebrate the accomplishments of University of Regina alumni who have realized outstanding achievement in their field. This year's gala was held on October 1 at The Terrace with more than 225 alumni and friends gathered for the celebration. Meet this year's deserving recipients in the pages that follow.

Profiles by Greg Campbell BFA'85, BJ'95

Photos by the University of Regina Photography Department.

Screened background on this page: Recipients of the Alumni Crowning Achievement Awards receive a miniature steel facsimile of one of the panels from the Joe Fafard sculpture *Le Jardin de l'esprit*, that adorns the north side of the U of R campus.

Lifetime Achievement Award

When most people think about Jim Hopson, they think about his eight-year tenure as president and CEO of the Saskatchewan Roughriders and how he revitalized the Canadian Football League (CFL) franchise. Fewer people know about his distinguished 30-year career in education. For his contributions in both fields, Hopson is the recipient of the 2015 Crowning Achievement Awards' Lifetime Achievement Award.

The award is given annually to the University of Regina graduate who exemplifies a lifetime of contributions in one or more fields, gives back to society, is a recognized leader and is an inspiration to members of the University's family.

"Receiving an honour such as the Crowning Achievement Alumni Award is special in that the award recognizes a lifetime of work and commitment," Hopson says. "I think it also reflects well on the many colleagues I worked closely with in my education and football careers. It is the rare person who accomplishes anything of significance by themselves."

Hopson grew up in North Annex, a rough-and-tumble neighbourhood that sat on the most northwesterly section of Regina at the time. Like many in the area, the Hopson family was of modest means – they didn't own a car and, with no indoor plumbing, relied on an outhouse in their backyard, summer and winter.

Hopson started playing football in Grade 10. After graduating from Thom Collegiate in 1969, he joined the Regina Rams coached by Gord Currie, a teacher and principal who convinced the young Hopson to pursue an education degree. Aided by a Rams' scholarship, Hopson enrolled in the two-year teaching certificate program at the University of Saskatchewan, Regina Campus. His first teaching job was in 1972 in the southern border town of Ceylon, where he taught for one year, all while playing for the Rams and earning distinction as the best offensive lineman in the league.

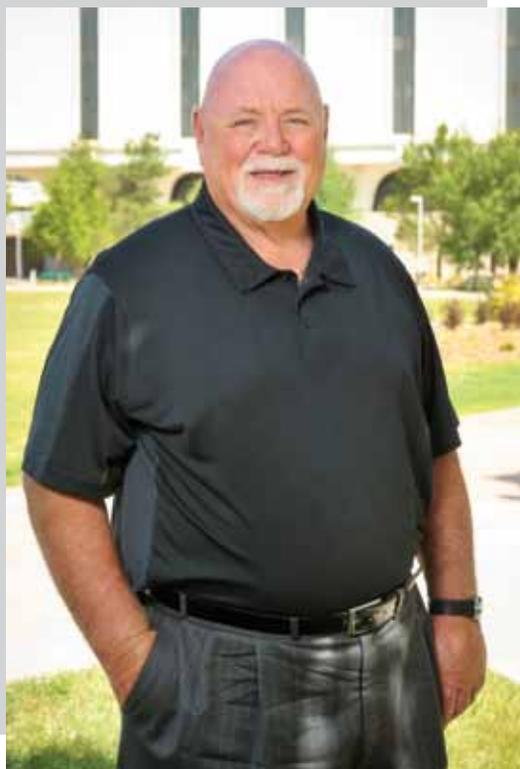
"Sports played a huge role in shaping who I am. High school and junior football helped me to develop confidence, self-discipline, understanding the importance of teamwork and cooperation. Perhaps most importantly are the roles that dedication and perseverance play in success. Sports are a great metaphor for life and prepare you to deal with the challenges and disappointments you encounter," says Hopson.

In 1973, Hopson made the roster of the Saskatchewan Roughriders and would play for the green and white for the next four seasons. He also devoted himself to his education, working toward a bachelor of education degree, which he earned with great distinction in 1975. From 1975 to 1976, Hopson taught at the high school in Lumsden. After appearing in the 1976 Grey Cup game, he retired from football to devote himself full-time to his education career.

"My greatest satisfaction was seeing kids who struggled academically graduate and then become very successful."

His career in education spanned more than 30 years. During that time, Hopson taught, became a principal in Lumsden and Pilot Butte, and eventually was the director of education for the Prairie Valley School Division. In 2005, about the time he was going to retire, the new position of president and CEO of the Saskatchewan Roughriders came up. Hopson jumped at the chance to work for the Roughriders again after three decades.

Hopson was at the helm of the Roughriders during what has been their most successful era, both on and off the field. Under his watchful eye, the team appeared in four Grey Cup games,



Jim Hopson
BEd'75

winning two and very nearly winning all four. He changed the organization's culture and instilled a winning attitude that permeated the entire club. During his term, a Code of Conduct was introduced that set standards of behaviour for players, personnel and volunteers, and held them accountable for their actions. He was also a driving force behind the construction of the new \$278-million state-of-the-art stadium that will become the team's home at the start of the 2017 season.

"When I look back at my career with the Riders, the four Grey Cup appearances and two wins, including the 2013 home game, certainly stand [out]. I am most proud of being part of the change in expectations of Rider Nation. It seemed we used to be happy just to have a team with little expectation of winning, but today, the expectation is to win and be the best CFL franchise."

Under Hopson's leadership, the Roughriders are now one of the top teams in CFL attendance and television ratings and the team's merchandise sales are greater than all other CFL teams combined.

"My fondest memory is the end of the 2013 Grey Cup Game and seeing the absolute joy on the faces of fans, players and staff," Hopson recalls.

Hopson and his wife Brenda split their time between Last Mountain Lake and Arizona. He has two children – Carrie and Tyler.

Distinguished Professional Award

The Distinguished Alumni Award for Professional Achievement recognizes alumni who have achieved exceptional professional distinction and made innovative contributions to their field. Molecular biologist Kristian Baker has established herself as an exceptional scholar, educator, mentor and leader, and is recognized as one of North America's pre-eminent researchers in the area of RNA metabolism.

Baker earned her Bachelor of Science (Honours) in chemistry and biochemistry at the University of Regina in 1992 and followed up with a master's degree in biochemistry in 1994. She went on to attend the University of British Columbia where, in 2002, she earned a doctoral degree in genetics. During her doctoral studies, she was awarded a Postgraduate Scholarship-Doctoral from the Natural Sciences and Engineering Research Council of Canada and was a recipient of the prestigious Killam Doctoral Scholarship. Upon completion of her PhD, she trained with the Howard Hughes Medical Institute at the University of Arizona in Tucson, Arizona.

Today, Baker is an assistant professor at the Center for RNA Molecular Biology in the School of Medicine at Case Western Reserve University in Cleveland, Ohio – one of the top universities for biomedical research in the United States. Her research focuses on understanding how cells identify and rid themselves of faulty messenger RNA, a key intermediate in the gene expression pipeline that produces protein from information embedded within the genes found in DNA.

Baker has been described as an outstanding scholar who quickly established a productive research program in a highly-competitive field. Her research findings are published in top scientific journals and have broad impact in the areas of cell and molecular biology. Her research group uses innovative and cutting-edge experimental approaches to understand how the cell manages RNA and, as a result, her work has uncovered many new and previously unanticipated findings.

"Science is about pushing the boundaries of our understanding," says Baker.

In her role as a teacher and mentor to junior researchers, Baker encourages asking questions and testing assumptions. In 2013, she was the recipient of a highly competitive and prestigious CAREER Award given by the National Science Foundation in recognition of outstanding research and a dedication to the education and training of young scientists. Baker's CAREER award was the first given to a researcher in the School of Medicine at Case Western Reserve and provides \$1.3 million over five years to support her innovative approaches for integrating education into her research program.

While impressive, Baker says the real prize is the satisfaction she gets from sharing in the thrill of new discovery and experimental achievement.

"Nothing beats watching a student transition from a learner to a discoverer – and the added bonus for me is that I often learn something new too!" she says.

In addition to her contributions to RNA research, Baker is an active and influential leader in her scientific community. She is routinely asked to participate on grant evaluation panels, has organized scientific meetings and is an Officer of the International RNA Society.

Baker takes advantage of her position and participation in these activities to champion a cause that she is passionate about – promoting the participation and retention of women and minorities in science.



Photo by David Schwartz

Dr. Kristian Baker
BSc Hons'92, MSc'95

"We need to better prepare both our men and women for the challenges and roadblocks (real and perceived) associated with a career in science, and provide greater resources to ensure opportunities are available for everyone to contribute and excel in their work."

Her energy, organizational skills and ability to multitask have been critical to her more recent challenge of balancing her career with parenting her two-and-a-half-year-old daughter, alongside her husband. As to being both an accomplished researcher and new mother, Baker hopes that she serves as a positive role model and example for those students considering a career in science.

Distinguished Humanitarian and Community Service Award

Inner city leader, passionate community builder, urban visionary – these are just a few of the terms used to describe Rob Deglau, the recipient of the 2015 Distinguished Alumni Award for Humanitarian & Community Service. The award is presented each year to an individual who demonstrates distinguished community or voluntary service that has made a difference to the well-being of others and had a positive impact on the community.

“The award is an honour. Working in the inner city was my reward,” Deglau says.

Deglau has been helping the community for the better part of two decades as a public servant, community leader, volunteer and board member. His time in public service began in 1996 when he was elected councillor of Regina’s Ward 6 – a ward that includes significant parts of Regina’s inner city. Deglau served the residents of Ward 6 until 2003. While on council, he represented the issues that were most important to inner-city residents, such as housing, crime prevention, employment, food security and health. He also spearheaded the introduction of a low-income bus pass that allowed people in need to access affordable transportation.

“My family insisted that if I wanted something I should work for it,” says Deglau. “If I want a better community, then I need to be a part of the process to make it better – if something is wrong, it is up to me to help fix it.”

He found his next calling in 2005, when he took over as the executive director of the North Central Community Association (NCCA). Deglau embodied the neighbourhood’s mission statement: “Working together with the community of North Central to enhance the quality of life by representing, promoting, developing partnerships and unifying our community and its image through effective communication, programs and services.”

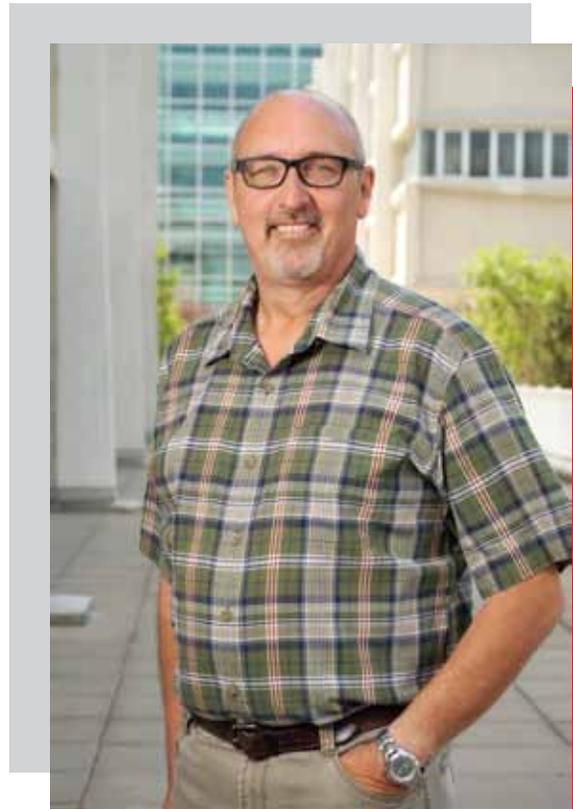
“When you talk to any of the 10,000 people that live in the neighbourhood, you quickly find out it is their community of choice. It’s a very active and alive community. It is home to many cultures and, with so many different places of worship, it truly mirrors the diversity Regina has to offer.”

For a decade, Deglau ably led the community association from an office that was just a stone’s throw from Scott Collegiate, the high school he had graduated from in 1976. According to a controversial 2007 Maclean’s magazine article, the neighbourhood was the worst in Canada. Deglau never engaged in that discussion – he was too busy working to better the lives of the residents of North Central who were underemployed, undereducated and underserved. Regina’s North Central neighbourhood is unlike most in Regina and it proved to be a perfect fit for its community association’s new executive director.

“My job was like being a talent scout, a connector,” he says. “As events transpired, we always looked inward for a solution. We empowered people to come up with their own plan and helped them see it to fruition.”

Under Deglau’s leadership, NCCA became a model for developing community programming to meet the unique needs of inner city residents. He ushered a number of projects that provided alternative revenue streams for the organization, and, over the past few years, NCCA has developed a series of subcommittees and task groups to bring expertise and technical resources to its volunteer board.

The association has effectively partnered with key delivery agencies throughout the city. It’s seen as a leader in community development and is a key partner to various levels of government.



Rob Deglau
CCDEV'08 (CCE)

The NCCA has positioned itself as a spokesperson for the community and has earned seats on multiple intergovernmental committees. This has enabled it to bring a community perspective to the business of community development.

“From community schools to nonprofit organizations, the neighbourhood is well-connected and the streets are busy. People know each other and are not afraid to say ‘Hi.’ It’s a neighbourhood of innovation and is home to many firsts. From Girl Guide cookies to the first community-run library, the neighbourhood has set a standard of participation and been recognized globally. It is really a small town in a big city.”

Although he stepped down as NCCA executive director in 2014, Deglau still remains involved in the association by overseeing its community relations portfolio on a part-time basis.

Deglau has been involved in countless other volunteer activities in Regina, including serving on boards of the Warehouse Business Improvement District, Civic Museum of Regina, Regina Trades & Skills Centre and the University of Regina’s Community Research Unit, which connects North Central Regina with faculty and student researchers in the University’s Faculty of Arts.

When he’s asked why each of us should consider volunteering, Deglau’s answer is simple, to the point and reflects his own caring attitude. “Why wouldn’t you consider it?” he says.

Dr. Robert and Norma Ferguson Award for Outstanding Service

Barry Clarke says, “I am a strong believer that we need to give back to the institution that provided so much to us. It’s easy to do so when I reflect on the many great memories from my time at the University of Regina.”

Clarke is the recipient of the 2015 Dr. Robert & Norma Ferguson Award for Outstanding Service. The award is presented annually to the graduate who demonstrates outstanding volunteerism, leadership and service to the University of Regina and the University of Regina Alumni Association.

“Receiving this award is very humbling,” says Clarke. “I am grateful for the award and proud to join the illustrious group of alumni, including several friends, who have won the award ahead of me.”

Clarke was born in Kamsack, Saskatchewan and moved to Regina at an early age. After graduating from Sheldon-Williams Collegiate, he studied at the University of Regina and earned a bachelor’s of administration degree in 1981. Clarke was also a dedicated student-athlete, playing for the men’s hockey Cougars from 1978 to 1981, with some of the best teams in the history of the program.

“We were very successful as a team during those years and that binds us all together forever,” he says. “Most of my best friends today shared time together on those Cougars teams. It was a great four years of learning, maturing as a person, participating at an elite athletic level and developing lifelong friendships,” Clarke says. “It was an exciting time of my life.”

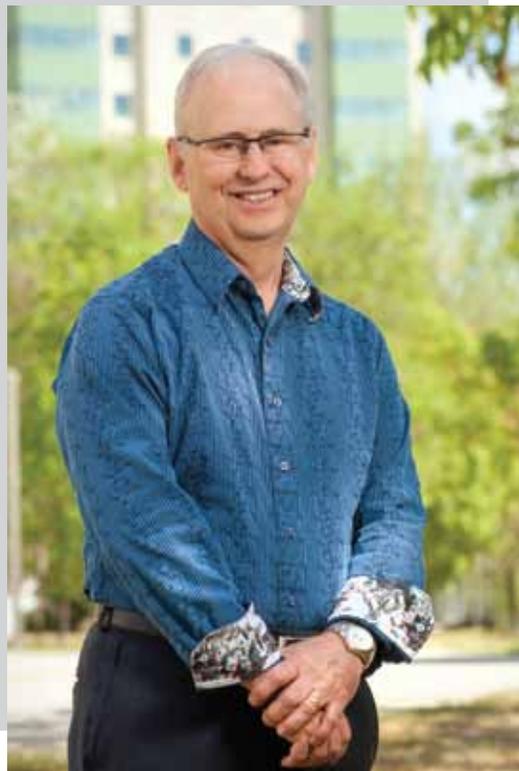
Clarke says his time as a Cougars player and his involvement in sports helped shape the person he is today. Some of those early lessons have spilled into his professional life and influence him to this day.

“I think the biggest impact was learning to be part of an effective team,” he says. “So much of what we do in life is enhanced if you are able to work as part of a team. As student-athletes we often faced conflicting priorities. As a result, I developed strong time management skills that have served me well throughout my life professionally and personally. We all juggle many things in our professional, volunteer and family lives. The time management skills learned have benefited me greatly. Being an effective and contributing member of a team comes into play every day of my life.”

Clarke earned a chartered accountant designation in 1993 and began his career in Regina. He is now the chief operating officer for McDougall Gauley LLP, one of Saskatchewan’s oldest and most trusted law firms. He directs the firm’s financial functions as well as the accounting functions in the Regina office. He also oversees the preparation of the firm’s budget, financial reporting and banking relationships, and is responsible for the financial analysis, billing and collections of the firm’s office in Regina.

Throughout his career, Clarke has maintained a strong commitment to the community, volunteering for many organizations and events, especially those related to sport. He serves as a director on the Saskatchewan Roughriders board, has played key roles in events affiliated with Grey Cups held in Regina and has contributed to many Roughrider Plaza of Honor dinners.

In addition to his broader community involvement, Clarke has been a long-standing supporter of the University of Regina. He served as chair for the University of Regina Cougars Athletics Sports Dinner (now known as President’s Breakfast for Athletics) that raises valuable funds to improve athletic



Barry Clarke
BAdmin'80

programs and benefit University of Regina student-athletes. Clarke has been a member of the University of Regina alumni board and has volunteered and chaired numerous Cougars athletics fundraising events. Since 2010, he has been a member of the Regina Cougar Hockey Alumni Association board of directors and in 2014 served as president.

Clarke and his hockey alumni colleagues have raised over \$230,000 in the past five years through fundraising efforts like the annual golf tournament. In 2008, Cougar Ag, a unique fundraising project was born. The project started with 285 acres of rented land that was seeded to canola. With the help of sponsors like Kramer Ag and Brandt Ag, the profits from the harvest were donated to the hockey club. By 2012, Cougar Ag was seeding 426 acres of land near Regina.

All Cougar Hockey Alumni funds raised go towards the Cougars hockey program, helping current team members in their academic pursuits by funding scholarships.

“I am very proud to say I am a University of Regina alumnus as well as a Cougars hockey alumnus,” says Clarke. “While the opportunities to return to the campus are rare, I love the energy of the place and the memories that I feel when I return.”

Clarke’s spouse Ramona, their three children – Jared, Kirsten and Jessica – and daughter-in-law Kristin, are all graduates of the University of Regina. The Clarkes also have twin grandsons, Rowan and Teal.

Outstanding Young Alumni Award

At only 32, Cherish Jean-Baptiste is already thriving in the public sector and enriching her community in countless ways. For those reasons and others, Jean-Baptiste is the recipient of the University of Regina 2015 Crowning Achievement Outstanding Young Alumni Award. The award recognizes University of Regina graduates under 35 who are making significant contributions to their communities and excelling in their fields of endeavour.

Jean-Baptiste (nee Deegan) graduated from First Nations University of Canada in 2006 with a bachelor's degree in business administration with a focus on marketing. She now works as a business consultant for Crown Investments Corporation (CIC) and is the president of the First Nations and Métis Fund (FNMF) and First Nations Business Development Program (FNBBDP).

As president of FNMF and FNBBDP, Jean-Baptiste oversees CIC's investments in Saskatchewan's First Nations and Métis businesses and manages employment targets and economic growth objectives.

"Aboriginal enterprise is growing," she says. "Aboriginal businesses are diverse and span industry sectors and markets. In Saskatchewan, the projection is that by 2045, 32 per cent of the province's population will be of Aboriginal descent. This is a good indicator that Saskatchewan and Canada will continue to experience growth in Aboriginal business participation rates in the economy. There is definitely still more work that needs to be done to bridge the gap towards full participation of Aboriginal business in the provincial economy, but I believe with good business cases, accessible financing and strong, willing partners, that it's achievable."

Jean-Baptiste points to her mother, Denita Deegan, as the person who more than any other, instilled in her the traits that would see her succeed at an early age.

"My greatest mentor has always been my mother," she says. "She was a part of the 'sixties scoop' during the residential school era and attended the Qu'Appelle Indian Residential School in Lebret, Saskatchewan from the age of 5 to 15-years-old. Being raised by a single mother helped me understand those struggles at an early age and I had an appreciation of them when I became a single mother mid-way through my degree program. Without the support of my mother, I would not have graduated. Her courage, resiliency and pure strength inspire me to this day."

Jean-Baptiste is also involved in many purposeful community-building ventures. She sits on various boards and committees, including the Mosaic First Nations Pavilion, CIC's United Way Committee, First Nations University of Canada Alumni Association and Regina Aboriginal Professionals Association. Since 2010, she has chaired the Aboriginal Government Employees' Network, a provincial network of more than 500 Aboriginal government employees that provides leadership, personal and cultural development opportunities for its members. She also served on the volunteer recruitment and screening committee for the 2014 North American Indigenous Games and 2015 Regina Canada Day Committee, and was the volunteer coordinator for the First Nations University of Canada Powwow.

Jean-Baptiste was nominated in 2010 for the YWCA Women of Distinction Awards in the Leadership and Management Category and was highlighted in 2011's "A Proud Generation Calendar," which profiled inspirational Aboriginal youth. Most recently, she was named one of CBC Saskatchewan's Future 40, a compilation of the broadcaster's picks for the province's brightest new generation of leaders, builders and change-makers under 40.



Cherish Jean-Baptiste

CA'03 (SIFC), CCE'03 (SIFC),
BAdmin'06 (FNUC)

Jean-Baptiste is delighted to be able to give back and relishes her role as mentor to young Aboriginal people.

"My advice to Aboriginal youth is to never give up on your dreams and to keep pushing forward," she says. "You may have to change your location, your lifestyle and even your circle of friends, but it is important to surround yourself with people who are positive influences in your life, who challenge you to do better, but also encourage you when you feel like giving up."

Jean-Baptiste says she would also recommend that youth find a mentor or role model in their career field who they can not only look up to in times of struggle, but also rely on to help grow their networks – a valuable asset in their long-term career path.

Receiving the 2015 Crowning Achievement Outstanding Young Alumni Award is an honour for Jean-Baptiste, one she intends to share with her family, colleagues and the mentors who continue to inspire her with their passion for their careers and communities. She also feels privileged to be in the company of the other 2015 Crowning Achievement recipients.

"Seeing the achievements of the other recipients is a good reminder that I still have a lot of work to do. I am truly honoured to be in the company of the other 2015 Crowning Alumni Achievement Award recipients."

Jean-Baptiste treasures spending time with her 10-year-old daughter, Latasia, and new husband Dieugo. She lives in Regina and is a member of the Carry the Kettle Nakoda Nation.



University of Regina PhD student Joanne Weber is the only Saskatchewan teacher of individuals who are Deaf or Hard of Hearing who is also Deaf. Weber has developed a remarkable new teaching model that's raising her students' literacy levels through art-making and visual storytelling. It may revolutionize how students who are Deaf or Hard of Hearing are taught.

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

Photos by Trevor Hopkin and Rae Graham, University of Regina Photography Department

From the void to voice

(“Deaf” is capitalized in this story when referring to language-defined communities and is in lower-case when referring to medically defined diagnoses.)

In many ways, Joanne Weber’s teaching philosophy can be summed up by the hand-made poster hanging at the front of her classroom, which reads, “The sweet moment when eyes are equal to the ears.”

Weber, who describes herself as “profoundly deaf and culturally Deaf,” has been teaching the Deaf and Hard of Hearing (DHH) program at Thom Collegiate in Regina for more than 12 years, providing language arts instruction to six students from Grades 9 to 12 who are Deaf.

Unfortunately, over the past five years, the “sweet moment” began to turn sour for Weber. She noticed a major downward trend in students’ language skills. The median reading level of her high school students is Grade 4, with some coming to the program with a Grade 2 or even Grade 1 level. The problem isn’t just in her classroom, however. It’s worldwide.

Weber says no one is entirely sure why Deaf students’ language skills are suffering to this extent. It could be incomplete access to language – either American Sign Language (ASL) or spoken English – in their formative years, or the overemphasis on spoken language and the reliance

on technology such as hearing aids or cochlear implants. Or perhaps young people aren’t reading as much as they used to.

The result is that many DHH students are not fluent in either ASL or English. “Deaf students have been mainstreamed,” says Weber. “They have hearing aids or cochlear implants, but that doesn’t give them full access to language. It would be like trying to learn French, but [you] can only hear a few words. And then you don’t get a sense of the grammar of the language.”

Weber, who wears hearing aids, explains, “If I’m not lip reading, everything is noise. If you don’t know English, you can’t lip read.”

The students also lack complex vocabulary. They understand words like “happy” and “sad” but not the nuances of “joyful” and “depressed”, and much less idioms or metaphor. “By the time they get to high school, it’s a mess we have to fix,” she says.

Although most people who are Deaf or Hard of Hearing have vision as a major strength, the majority of literary intervention programs focus on using residual hearing and speech as a way to understand language. Weber decided to change that by coming up with her own model, one that truly makes the eyes equal to the ears. She partnered with Regina multidisciplinary artist Chrystene Ells MFA’09 to use art-making and visual storytelling as a way to raise the literacy levels of students. Weber received



Opposite page: University of Regina PhD student Joanne Weber. Weber’s new teaching model may revolutionize how we teach students who are Deaf or Hard of Hearing. Above: Eighteen-year-old Alex Bristow has blossomed in Weber’s class, so much so that he has been inspired to become a teacher at a Deaf school.



Above: Multidisciplinary artist Chrystene Ells MFA'09 with her dog Moxie. Thanks to an ArtsSmarts Saskatchewan grant from the Saskatchewan Arts Board, Ells will be Weber's classroom artist-in-residence for the full 2015-2016 academic year. Opposite page top: Charlene and Alex Bristow on the steps of Thom Collegiate. Opposite page bottom: Interpreters Lee Agarand (left) and Deaf Elder Allard Thomas are integral to the classroom and ensure all students understand tasks and assignments.

ArtsSmarts Saskatchewan grants from the Saskatchewan Arts Board to bring Ells into the classroom as an artist-in-residence for three months in 2015 and for the full 2015-2016 academic year.

The year-long artist residency is divided into three parts: in the fall, students learn about two-dimensional art and develop skills such as colour mixing, drawing and shading; in the winter, they explore three-dimensional art such as mask-making; and, in the spring, they collaborate with filmmaker Berny Hi to learn photography, filmmaking and digital editing.

The project culminates in a community performance on the theme of "The Deaf Experience" at The Artesian in Regina on June 13, 2016. The performance will incorporate all of the techniques learned throughout the year, including visual art projection, puppetry, mime, ASL poetry and drumming. Deaf and Hard of Hearing students from Regina-area preschools, elementary schools and high schools, as well as Deaf adults, will perform. In this way, the project reinforces connections within the Deaf community and creates mentorship between younger and older students.

Contrary to how storytelling is usually taught, Weber's students work with Ells to create the images for stories first and then determine the words they want to use after. The students use their vision to understand the meanings behind lines, shapes and colours, and how they reinforce the plot, character development and themes of their stories. "Our focus is from the void to the voice. We're encouraging students to work from an abstract place and to hone those images down to something that creates a narrative that comes from within," Ells says.

When Ells first came into the classroom, the students were very shy about communicating with her or even making eye contact. "They were generally uncertain and restrained with dealing with me as a hearing person," she says. "Within three sessions, they began to see improvements in their own abilities and soon were working hard, bringing art to show me that they made on their own time, joking and laughing with me, and excitedly teaching me ASL signs and testing me on them later."

As an artist, Ells is enjoying learning ASL. "It's like painting in the air, like puppetry. You string images together to tell a story. It really appeals to me," she says. Ells admits that her sign language is more signed English than ASL, but she is working on it. "I feel so honoured to be welcomed into the Deaf community and to help the students find their power, their voice."

A major part of Ells' professional arts career has involved collaborating with people in marginalized groups through artwork and performance. In San Francisco in the 1980s, she worked with people who were living with HIV and AIDS, then spent more than a decade working with at-risk youth in that city. Most recently, she helped senior citizens living in Regina-area care homes to tell their stories by creating memory boxes, and she is currently running a program through the Dunlop and MacKenzie Art Galleries for individuals who are blind or have low vision.

Ells says that the Deaf community is the most marginalized that she has worked with. "There is an awareness of the needs of at-risk youth or senior citizens. Everyone has a senior in their lives or has some interaction with the elders in our community.

But very few people I know have ever had a friend who is Deaf. There isn't a larger awareness of the Deaf community. It is very insular and isolated," she says. "When I learned that many Deaf youth in Saskatchewan aren't fluent in American Sign Language or English, I realized how marginalized the community is."

The combination of language deprivation and isolation can lead to behavioural problems in youth who are Deaf. "They are often passive and don't have a sense of themselves or a feeling of being powerful," says Weber. "They have become dependent on hearing people. They expect special privilege or extra help – for someone to tell them what's on the page or the answer to a difficult question."

In her classroom, this kind of behaviour is not tolerated. "I know every game in the book because I've played those games myself. I say to them, 'Stop the game,'" she laughs. "I have high expectations of students. I know they can try more and do more. If they were deprived of language in elementary school, their education wasn't valued. If we don't value their education, how can they? When we approach people with a deficit language, we create failure for them as adults. We need to try to figure out what we can do to help them become productive, contributing adults rather than having someone look after them forever."

The students respond well to Weber's blunt approach. "They develop a sense of efficacy. They realize, 'I can do that. I can pay attention to the word on the page. I don't have to look at the first half and wait for someone to tell me what the last half of the word is.' I never have to tell these kids to work. They work."

Weber understands the isolation her students feel. "What I do is so different and off-the-wall in many ways. I am so grateful for the support of my administrators, but they have a hard time understanding what I'm doing and I have a hard time explaining what I do," she says. To address the isolation Weber feels on a professional level, she is working on her PhD in language and literacy at the University of Regina. "I realized I needed to develop a language to let administrators and parents know what is happening in my classroom."

Weber sees her job as giving students power in a positive way. Incorporating art into regular schoolwork encourages students to become more active in their learning. The classroom has also become its own Deaf community within a hearing school. There are three sign language interpreters, including Allard Thomas, an Elder and traditional knowledge keeper who is fluent in ASL.



Weber says, "I call this a 'Deaf space.' Here, everyone is equal. The Deaf community prides itself on contributing to the culture – we're here to give, not to take. Part of the literacy program is about shifting them out of the deficit model into a cultural model."

The program is powerful because it emphasizes students' strengths – their vision and tactile senses – rather than their hearing deficits, and it recognizes literacy as the basis for all education. "Language is the bridge to knowledge about our world and how we fit into it," Weber says. "A student with limited literacy and language skills will know very little about aspects of life that most people understand easily, such as the fact that there are other countries, that we live on a planet, and any basic scientific, cultural, mathematical and social aspects of life."

As an example, Wells tells about a student from Burma who came to the program at age 17. Because of his lack of literacy skills, he didn't understand the concept of "mother" and why a certain woman was around him all the time. Once the student began to explore language through art and to learn ASL, Weber was able to explain that his mother had given birth to him. "You could see the light come on for him. It finally made sense!" she exclaims.

She has noticed other positive outcomes for students, including improved memory and abstract thinking, greater confidence in reading and social interactions, and a growing appreciation for ASL as a language.

Alex Bristow, an 18-year-old currently in his third year (modified Grade 11) in Weber's class, is one of the program's success stories. He grew up in British Columbia, but his mother, Charlene, was frustrated by the lack of dedicated Deaf education there. One day, she went by Alex's school and



Ells and Weber show the class one of Ells' artworks while Deaf Elder Allard Thomas translates to American Sign Language.

noticed him playing outside while the other students were in the classroom. "When I asked why they weren't trying to teach him, they said it was hard to teach him because he doesn't have any vocabulary," she says. "I wanted him to be challenged, so I started researching Deaf programs, and Saskatchewan had what I thought was the best one."

When the family moved to Regina in 2007, Alex attended the Deaf and Hard of Hearing Program at Henry Janzen School before transitioning to high school. Charlene says that he's come a long way since then. "In Grade 9, he was like a child in a 14-year-old's body. He didn't understand social situations. Relationships were difficult. He was very reserved and didn't have any social skills unless it was with family," she says. "Now, he's very mature. He's much more confident and is an advocate for other kids, especially Deaf kids. If he sees someone treated poorly, he speaks out."

At first, Alex didn't like Weber because he found her non-nonsense, no excuses approach "too mean." Once he adapted, though, he grew to appreciate the sense of community Weber has created in the classroom. "When I was at Henry Janzen, I was bullied and people were rude to me and I felt alone and sad," Alex says.

"They didn't want to be friends with a Deaf kid and I would feel so bad because they thought I was dumb or stupid," he says. "I have lots of friends now. People are very accepting. I feel like an important person here – everyone is equal."

One of the greatest transformations in Alex has to do specifically with the arts literacy program. When Ells came into the classroom to teach drawing, Alex shocked himself by drawing a picture for the first time in his life. The drawings were turned into shadow puppets, which were turned into a movie. It's a process he still speaks about excitedly, months later.

Charlene says that his comprehension is also much better. "He can look at a picture and tell you a story. Before he would say, 'There's a sign in it.' Now he will go into detail about what's happening in the picture. He started reading, too – he wouldn't read before. He still likes lots of pictures in the books, though," she laughs.

Alex says, "I wasn't using my eyes. I didn't really notice there were shapes in the world. I learned that a horse's ears were triangles and there are shapes everywhere."

Alex had previously been a member of the photo club at school, but although he liked taking photos, he didn't understand the assignments. After he was introduced to art in the classroom, however, his photos changed. Instead of taking pictures head-on, he began experimenting with perspective, shooting up the trunk of the tree or through the branches and leaves, capturing subjects on the other side.

"His eye is developing to see what a good picture is," Ells says. "His brain is changing and he is looking at the world with an artist's eye."

Weber notices that Alex has embraced exploring the visual world. "Before, it was about fitting in with the hearing world. Now that he has permission to use his eyes as a way of learning, he's really latching on to that. You think it would be obvious, but Deaf kids are not encouraged to use their eyes as a way of learning."

A recent class trip to the MacKenzie Art Gallery also had a major impact on Alex's understanding of himself. After viewing an Inuit art exhibition, all he wanted to do was draw the owls in the stone carvings. He says that the art gave him a "funny feeling" in his stomach, until he realized that the owls and stones were related to his Métis heritage. It was the first time he had made a visceral connection with his culture.

Ells says, "Art heals and it creates connection for us in our lives. Not just making art, but seeing other art and participating in the art of others. These kids are the most incredible example of that I've ever seen. They're finding a sense of identity and connectedness through art."

Alex loves art and although he plans to continue drawing and taking photos, he has one main career goal: "I'm going to go to college to become a teacher at a Deaf school. I want to teach like Mrs. Weber," he says. **D**

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

This month, biology graduate student **Danae Frier BSc'13 (Hons)** will defend her master's thesis on the pollination of Haskap, a berry-producing shrub that is native to northern Boreal regions around the world. A member of the Honeysuckle family, Haskap has more polyphenols than tea, coffee and red wine; five times more phenols than blueberries; and more vitamin C than oranges. In other words, it's a superfood and formidable antioxidant. Saskatchewan is the world's largest producer of Haskap. With the benefit of Frier's research, Haskap could become an increasingly important crop in the province's future.



D What prompted your interest in nature and biology?

My family is very outdoorsy, and I have loved animals and nature my whole life. I've known since I was 10 years old that I wanted to be a biologist, and my parents were always incredibly supportive.

D Why are bees important?

Bees are important crop pollinators – without bees, we wouldn't have a lot of the fruits and vegetables we regularly enjoy. They are also important for healthy ecosystems. By pollinating wildflowers, bees help maintain whole communities and plants and animals.

D What is one of your favourite amazing facts about bees?

How incredibly diverse they are. There are over 20,000 species of bees in the world and they come in a huge variety of sizes, colours and behaviours.

D How many times have you been stung?

By a bee – never! Bees are typically very non-aggressive, unless they are directly threatened. Wasps, on the other hand...

D Is Saskatchewan experiencing declines in bee populations like some other parts of the world?

*It's difficult to say for sure; however, it's likely that Saskatchewan bees are affected by similar things as bees in other parts of the world, such as habitat loss and pesticide use. The Western Bumble Bee (*Bombus occidentalis*), which is found in Saskatchewan, is one of a few bee species that are considered at risk in Canada.*

D What's the most gratifying aspect of your research?

Being able to work with fruit growers who are truly passionate about conserving native bees is very rewarding. As a researcher, I can only do so much. Growers are the people who are implementing the strategies that help to conserve bees and increase food production at the same time, and that's a really great thing to be a part of.

D Are there things the average person can do to ensure bee populations are maintained?

Plant lots of flowers! Wild flowers are great for gardens and provide an important resource to all sorts of pollinators throughout the summer.

D You have a close association with the Royal Saskatchewan Museum (RSM). Why are natural history museums important?

Natural history museums like the RSM keep records of diversity over time. These collections are important for tracking changes in populations and can be crucial to the development of conservation and management plans. In addition, museums can bridge the gap between research and the general public, and can be important for teaching people about the importance of biodiversity.

D What's your favourite natural landscape in Saskatchewan and why?

The native prairies in Grasslands National Park. It's home to a great number of species that you don't get to see anywhere else in Saskatchewan and is one of the last places where you can experience beautiful pristine prairies.

Alumni Association President's Message



Two things seem constant at the University: first, things are always changing and second, we are usually too busy to see that change.

As we near the end of the semester, students have become increasingly busy. It has also been a busy time for the Alumni Association, with Fall Convocation (the biggest one yet), the Alumni Crowning Achievement Awards dinner and events associated with Welcome Week and Cougars Hockey.

This year promises to be an amazing one as we work hard to build pride in our alumni community. We build pride on a number of fronts: by engaging and enabling future alumni, by connecting with our existing alumni, and by sharing alumni stories and accomplishments to inspire others.

Our focus has been on building a stronger foundation, while connecting and reconnecting with our fellow alumni and alumni groups. We have reached out to the various chapters and branches across the country to determine how the association can best meet their needs. With the help of External Relations, we have put renewed efforts into our messaging on social media and throughout our communities.

Our message is clear: pride in the University of Regina and the accomplishments of its graduates. It is an inspiration to see the achievements of those who have graced the halls of the University. From a Chancellor for Academic Advancement at MIT, to the founder of the Vancouver International Film Festival, there are U of R graduates in every facet of society.

If you haven't visited the halls of the University lately, I would encourage you to do so. There are new buildings, new faces, new programs, and even new learning and socializing environments. The things that have remained the same, however, are equally as important. Those are things like the determination and drive of the students, the enthusiasm and energy throughout the campus, and the support of the faculty and staff.

Every once and a while, British author Neil Gaiman writes a New Year's wish to the world. I find his wish from 2011 especially fitting as we are about to turn the page on a new year.

"I hope that in this year to come, you make mistakes.

Because if you are making mistakes, then you are making new things, trying new things, learning,

living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something.

So that's my wish for you, and all of us, and my wish for myself. Make new mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you're scared of doing, do it. Make your mistakes, next year and forever."

This promises to be another exciting year. I invite you to join me in our efforts to build pride in the University of Regina. Share your stories of accomplishment, triumph and adversity. These stories are fuel that can keep others going and bring us all together.

Brian Hillier DDA'04, BA'04, MBA'09, MHRM'11
President
University of Regina Alumni Association

Upcoming Alumni Events

Professional Development Workshops

The Kenneth Levene Graduate School of Business Alumni Association Chapter is presenting professional development workshops targeted at enhancing your leadership abilities.

January 29, 2016 - Building Teams – Engage and Empower Employees

February 26, 2016 - Constructive Conflict and Negotiation

April 15, 2016 - Taking Your Leadership to the Next Level – Bringing it All Together

Slam Dunk of an Evening

Slam Dunk of an Evening will be held on Saturday, February 6, 2016 prior to the Cougars basketball games. Save the date for the family fun event of the year.

For event updates check out our website at www.uregina.ca/alumni

Chapter and branch contact information

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1969-79

Lynda Browning BEd'69 (Distinction) retired from teaching 11 years ago. She spends most of her winters in warmer nations all over the world. Having served with CUSO from 1971 to 1973, she has always been interested in cultural exchanges and has visited over 35 countries worldwide. Most of her visits have been to developing nations. She taught English as an Additional Language in Vietnam for three winters. She feels her contact with other cultures has made her a better global citizen.

Denis Hall BEd'70, BA'89 co-founded the Young Athlete Saskatchewan (YAS) Inc. youth summer sports school program in 1975. The program just completed its 40th summer - 12,904 youths from 273 communities have graduated from its summer basketball camps. He has completed a career as a teacher and school principal and is now a certified federal electoral officer administering First Nation elections and reviewing election codes for Aboriginal Affairs and Northern Development Canada (AANDC).

Dale Beck BA'72, BEd'74 is the director of the Office of Residential Tenancies and Chair of the Provincial Mediation Board.

Sherine Gabriel BSc'73 has been appointed dean of the Rutgers Robert Wood Johnson Medical School in New Jersey. After earning her undergraduate degree at the University of Regina, she studied medicine at the University of Saskatchewan. She also earned a fellowship at the Mayo Graduate School of Medicine in Rochester, Minnesota. She later held a fellowship at Wellesley Hospital in Toronto and earned a master's degree at McMaster University in Hamilton.

She has attended graduate executive education courses at the Wharton School at the University of Pennsylvania and the Kellogg School of Management at Northwestern University. Before her Rutgers appointment, she was associated with the Mayo Clinic in a variety of roles for nearly 30 years, most recently as dean of the Mayo Medical School.

Winona Kent BA'74, BAHC'75, MFA'85 signed a multi-book contract with New York's Diversion Books, to reprint four of her previous novels: *Skywatcher*, *The Cilla Rose Affair*, *Cold Play* and *Persistence of Memory*. They were released in paperback and ebook format in July 2015. Her latest novel, *In Loving Memory*, will be published by Diversion Books later this year.

Charles Rook BEd'74, BA'78 has enjoyed his retirement for the past nine years after a successful 30-year teaching career.

Nigel Salway BSc'79 is a senior analyst and partner with CGI Group in Regina, formerly Cooperator Data Services Limited. He has been employed with CGI since he convocated from the University of Regina. Salway lives in Regina with his wife, Judy Salway BA'80, and daughter, Geena, who has completed her third year of music performance in viola at the University of Manitoba.

1980-89

Earlier this year, **Bernadette McIntyre BAdmin'80, BA'81** received the Joan Mead Builder Award for her contributions to women's curling in Canada. McIntyre was the chair of the 1998 Scott Tournament of Hearts host committee, still the largest and most financially successful Scotties in the history of the championship. She was the executive vice-chair of the 2008 Scotties host committee and also volunteered at the very first Tournament of Hearts

in Regina in 1982. McIntyre contributes significantly to all aspects of the sport of curling and was awarded the Ray Kingsmith volunteer executive award in 2003.

Hugh O'Reilly BA'81 is president and CEO of OPTrust, one of Canada's largest jointly sponsored pension plans. Prior to that, he was head of the pension, benefits, governance and insolvency practice at Cavalluzzo LLP.

Alexandra Sutter BEd'82 pre-interned and interned at Miller Comprehensive High School in Regina. After temporary contracts at Sr. McGuigan High School and Marian High School, she taught at Greenall High School in Balgonie, Saskatchewan, for about 10 years. After being a stay-at-home mom with three children, she returned to the teaching profession, again at Miller High School. She enjoys teaching the commercial cooking classes and teaches mathematics and Christian ethics as well.

Paul Stockton BSc'84 has written a book, *On the Detour: Cycling Across Canada on a Recumbent*, which was recently published by Detour Press.

1990-99

Susan Hoffos BA'95, BPA'97 says that her Bachelor of Physical Activity Studies degree helped her get employment as a recreation therapist at various facilities in Regina and Edmonton. Five years ago, she and her husband moved to Nanaimo, British Columbia, where she works as a recreation therapist at a long-term care home. The couple has two daughters, Julia (five) and Kaitlin (two).

Geoffrey David McLeod, BSc'97 passed away on March 4, 2015 after a 21 month battle with brain cancer. He is survived by his wife Jamille and daughters

Grace (5) and Beth (3), parents Frances and Gary McLeod, sister Heather and her family and brother Scott and his family.

2000-2009

Tammy Folbar-Gedak BA'05, MHRD'15 graduated in June 2015 with a Master of Education in Human Resource Development.

2010-present

Tasha Lupanko CPR'10 says she got a great start to her career when she earned her Certificate in Public Relations at the University. She also earned her professional designation in communications from the International Association of Business Communicators (IABC). She believes both achievements have contributed to a steady sequence of positions and promotions and a very fulfilling career in public relations.

Elliot Roellchen-Pfohl BEd'11 and her husband have been teaching in Bjoa Haven, Nunavut, since August 2015.

Ryleigh Carr BA'12 serves on the executive of the Nutana Legion Branch #362 where she helps run the Artifacts Room of Military History. They have created the 'We were there... over there' First World War commemoration project, which involves a two-person play featuring a nurse and a soldier, as well as a television series about veterans' stories and military artifacts.

Ashley Clayton BEd'12 completed a Certificate in Extended Studies in Inclusive Education.

Blaine Petrie BA'15 is working as an insurance broker.

Viviana Ruiz Archand MEd'15 recently became a career development consultant with Northern Lights School Division in La Ronge, Saskatchewan.



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

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Alumni Awards 2016

Crowning Achievement

The Alumni Crowning Achievement Awards highlight the contributions of outstanding University of Regina alumni.

Consider nominating an outstanding alumnus or alumna for a 2016 Alumni Crowning Achievement Award.

The deadline for 2016 nominations is March 15, 2016.

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University of Regina



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University of Regina

Prizes will be drawn in December, 2015, February and June, 2016.



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Call for Nominations: Election of University of Regina Senators and Chancellor

Are you a University of Regina graduate? Consider nominating a fellow alumnus for the 2016 Senate election to be held on Thursday, May 26, 2016.

Send us a nomination form signed by three graduates and endorsed by the nominee. Nominees must live in the district for which they are nominated and must provide biographical information and a photograph.

The University Secretariat will accept nominations until 4:00 p.m. on **Friday, April 15, 2016**.

Nominations will be called for the following:

District 5 (Maple Creek-Rosetown-Lloydminster)

Incumbent is eligible for re-election

District 8 (Dundurn-Delisle)

Incumbent is not eligible for re-election

District 9 (North Battleford-Prince Albert)

Incumbent is not eligible for re-election

District 10 (Moose Jaw)

Appointment is eligible for election

Chancellor

Incumbent is eligible for re-election

(Note: Nominations for Chancellor must be endorsed by seven members of Convocation. The nominee must be a member of Convocation for at least 10 years and reside in Saskatchewan. The Chancellor will be elected by members of Senate at the June 1, 2016 Senate meeting.)

For more information, or to access nomination forms, visit our website at www.uregina.ca/president/governance/senate or call the University Secretariat at 306-585-4436.

University of Regina

Fields of dreams



In 1996, Derek Stoffel BA'94, BAJ&C'96 was just another eager School of Journalism graduate hoping to ply his trade. Today, he is the Middle East bureau chief for CBC News. In between, he worked assignments for NPR News, PRI Public Radio International, Deutsche Welle in Germany and the BBC World Service, among others. He also reported from CBC's London and Washington bureaus. Stoffel recently returned to Regina to deliver the School of Journalism's 35th annual Minifie Lecture, the first graduate to do so. He shares with *Degrees* readers his perspectives on the troubled Middle East and the importance of reporting from the field.

By Derek Stoffel

Photos by the University of Regina Photography Department and courtesy of Derek Stoffel

In the course of my journalism career, I have reported from battlefields, refugee camps and military bases. But my first stab at journalism took place as a teenager in the grain fields of southern Saskatchewan. It was on the farm belonging to my father and grandfather. It is a beautiful place, high on a hill, over a valley, just outside of Dysart, a 45-minute drive north east of Regina.

While I spent time driving the grain truck or was sometimes behind the wheel of the tractor, I knew farming wasn't for me. One day, I grabbed my dad's video camera and turned it on.

The resulting documentary, called Harvest '87, may have had poor production values, but it was the first time I realized how important it was to get out and talk to people. I had come to realize that good journalism comes from spending time in the field.

The importance of the idea of getting out and talking to people was reinforced in the group of young journalists who made up my class at the University of Regina when I began the journalism program in 1995. One of our first assignments was to go out and wander the streets of central Regina, and to do something that was really quite difficult – talk to strangers and figure out who they were and what mattered to them. That exercise taught me that good journalism and good stories are all about people, not talking heads, but people who are out in our communities.

I went on to work at CBC Radio in Regina right after graduating in 1996 and returned to the grain fields, this time as CBC's agriculture reporter. That meant spending countless days out on the road, talking to farmers and their families. That's where the journalism happened. I got the chance to talk with busy producers, to take them away from their chores or the combine for a little while and discover what mattered to Canadian farmers.

For me, it was an opportunity to figure out the story; to really get to know the details, the background, the history. Understanding the people in their stories gives journalists a much better understanding of the story they are writing, broadcasting, or posting online.



Opposite page: School of Journalism grad Derek Stoffel is the Middle East bureau chief for CBC News based in Jerusalem. Above: Stoffel returns to the classroom to address the current crop of journalism students hoping to make as much of an impact on the news world as he has.

I'm still doing exactly the same thing, half a world away. I'm often invited into people's homes, in Jerusalem or in the occupied West Bank. Last summer, Palestinian families who lost loved ones and homes to war invited me into what was left of their houses in the Gaza Strip.

I've spoken to Syrians from the ruins of the bombed-out neighbourhoods in Aleppo. I've visited refugees in the white UN tents in Jordan, Turkey and Lebanon. I've listened to their stories, come to know their difficulties, and then reported back to the Canadian public about why what's happening half a world away matters to us, our communities and our society.

The disappointing reality is there are fewer Canadian journalists based outside the country these days. Canadian reporters need to be abroad to cover stories and to act as a translator to help Canadians understand the world and what's happening in it. It also helps us better understand ourselves and our country.

Everywhere I go on assignment I look for a "Canadian connection" to the story. Last summer, as the Gaza war was underway, my cameraman and I met a family of Palestinians who hold

Canadian citizenship. I spoke to the family a couple of times and featured them in my reports, because I think it helped people better relate to the story.

Working in the field as a journalist, however, has its risks.

Along with my producer and camera operator from the CBC bureau in Jerusalem, we covered the 51-day-long war between the Palestinian militant group Hamas and Israel in the Gaza Strip last summer. This was the second Gaza conflict I reported on.

It was dangerous, no doubt. Just getting in and out of Gaza was a hair-raising experience. The bus that transported journalists took a familiar route from the Israeli checkpoint in northern Gaza to Gaza City, where media crews worked from various hotels along the seaside. The 20-minute ride seemed to take hours. We were greeted by Israeli tanks firing shells into Gaza as we left the checkpoint. Rockets fired by Palestinian militants into Israel whizzed overhead.

Why do we do it? Why do journalists put themselves at risk?

When I try to answer that question from the safety of my home in Jerusalem, a year after the war, I think about a group of young Palestinian boys I met last year.



On October 6, Stoffel delivered the School of Journalism's 35th annual Minifie Lecture, the first graduate to do so.

About a half dozen of them were out playing soccer in the middle of a Gaza City street, smiling and laughing as they kicked around the ball, as children do. But then a series of loud booms shattered the morning quiet. An Israeli warship anchored off the coast was firing artillery shells directly overhead. The boys didn't stop playing soccer. They didn't even look up. They were so used to the war that the violence overhead and around the corner didn't even disrupt their game.

Understanding the people involved in and caught up in conflict helps us better understand why there is war and strife. It can also help a community and a country take action and bring an end to violence. This is one reason why it's important for journalists to go out into the field, to battlefields if necessary, to cover stories around the world. Good journalism and storytelling means getting in the middle of the story and seeing and hearing from the people living it.

There are other risks journalists face in the field. In many countries where freedom of the press is a lofty goal at best, governments continue to try to silence those who stray from an official narrative.

Turkey is one such country. It has arrested scores of journalists for presenting coverage officials have deemed anti-government.

I had my own brief experience in 2013, while in Istanbul covering large protests

that had morphed into demonstrations against the government of then prime minister Recep Tayyip Erdogan.

A day after police had cleared the park where the protests had taken place, the mood changed. It was much calmer, so I set out to find a story. You just have to walk around out in the field to find something worth reporting, and that day in Istanbul was no different. I had just walked out the front door of my hotel and saw something worth recording – police were using bulldozers to tear down the metal and wood barricades erected by the demonstrators.

After a few minutes of filming, the CBC crew was quickly surrounded by undercover police. The situation escalated quite quickly, with yelling and screaming, most of it in Turkish. My fixer, a local journalist who helps navigate stories and provides translation, was doing his best to explain we were journalists from Canada trying to record a few shots. The Turkish authorities were having none of it and that led to a long day and night detained, including a couple of hours in a large holding cell.

I was released about 12 hours after I was first picked up. I turned on my phone to see this had become a major story in Canada. Journalists love covering the news, but we dislike being in the news. It was kind of hard to swallow to

see that news of my detention made it to the House of Commons in Ottawa.

What about all of the other journalists behind bars? In Turkey, after I was released, dozens of journalists critical of the government remained locked up. Turkey went after a foreign news crew working for VICE TV earlier this year, arresting three of them. Journalists James Foley and Steven Sotloff were among those brutally killed by ISIS jihadists. Conflicts in Syria, Ukraine and parts of Africa continue to put journalists at risk of arrest, or worse. According to Reporters Without Borders, 144 journalists have been put behind bars this year.

These kinds of challenges make it difficult, at times, to report from hot spots around the globe. But now, more than ever, I believe it's critically important for journalists to get outside, into the field, to keep shining a light into all the dark places that still exist. It helps us better understand where we live and who we are. **D**

Derek Stoffel and his colleague Margaret Evans' reporting in Syria earned them a Gold Medal at the New York Festivals in 2013. His continuing coverage from Libya and Egypt, as well as Syria, led to three awards from the Radio-Television News Directors Association of Canada. Stoffel lives in Jerusalem.

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Marie Digney received student support to help her cover some of the cost of tuition and living expenses, enabling her to make the most of her experience at the University of Regina. Marie is very grateful for the financial help that “lifted a great burden” from her and allowed her to “focus on academics and be more successful in her studies.”

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