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## A Taste of the Middle East for the U of R

Middle Eastern English as a Second Language (ESL) students hosted “A Taste of the Middle East” on November 4th to give the University of Regina’s community a chance learn about and experience their culture.

The event was buzzing with families, friends, students, staff, and faculty. Kids and students enjoyed having henna tattoos painted on their hands and many people were lined up to have their names written in Arabic. Middle Eastern student leaders and volunteers wore traditional dress and posed for photos with guests. Beautiful traditional jewelry, accessories, and fashion were also sold.

A slideshow presentation of Middle Eastern countries showed images of the amazing landscapes and cultures of different regions including Libya, Yemen, Turkey, and Saudi. In addition, students set up booths displaying cultural pieces, artifacts, and books, some owned by U of R staff.

Simone Hengen, ESL instructor, and Connie Novitski, Marketing and Communications Analyst for the Centre for Continuing Education, chatted with Ali Alsagheer, an ESL student soon to graduate from the program. Simone, who is Ali’s current instructor, asked him how to say “I graduated from ESL” in Arabic. After countless attempts to help Simone say “Ana takharjet min ESL,” it was proving far more difficult than originally thought. Connie asked Ali, “Did Simone pass?” he grinned, shaking his head. “Looks like Simone will have to repeat ASL 001,” we joked.

## From the Director

2011 ushers in an important milestone in the history of the University of Regina. We are celebrating 100 years of excellence in education tied to its establishment at the College Avenue campus. The history of the College Avenue campus was characterized by community involvement as the campus evolved from one of the earliest high schools in Regina, to a junior college, a second campus for the University of Saskatchewan, and finally, in 1974, the home of the University of Regina.



Our recognition of the past 100 years of teaching, research and community service is a source of pride to all communities. As part of the celebration, Continuing Education plans to integrate this theme into a number of our ongoing activities such as the Heritage Lecture series and special presentations like the "History and Folklore of College Avenue." We also see this centennial theme as an opportunity to present a vision of the future for lifelong learning.

The College Avenue campus has been the home for much of the Centre's programming and community outreach activity. Now that the initiative to revitalize the College Avenue campus is underway, it serves as a reminder of the University's commitment to continue to build for the future of our students and community. This future includes a unique opportunity for Continuing Education to grow and expand in our role as hub for university-based, community focused activity and to fulfil our mandate for lifelong learning.



Dr. Harvey King  
Director, Centre for Continuing Education



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In addition to all the cultural activities, a traditional "taste" was served by Middle Eastern students, to the men first, as per

custom. The room filled with the delicious aromas of Kebab, Falafel, Baba Ghanouj, and Baklava.

Special guest George Maslany, Vice President (Academic), gave welcoming remarks. "The University of Regina has a strong history of supporting International students. It's nice to see this kind of recognition of different groups of students," says Maslany, adding, "This event is a way to educate people about other cultures found in our backyard. The U of R is a place where cultures can come together." On a high note, Maslany expressed his love of food. "More important than knowledge is food! Enjoy the food and entertainment offered tonight."

Maslany was followed by cultural speakers who presented their particular Middle Eastern culture highlighting food, fashion, and religion. The grand finale was Saudi traditional dance performed by the University of Regina Saudi Students Club and guest, Dr. George Maslany!



"A Taste of the Middle East" was the first of a now-annual cultural event to be hosted and sponsored by ESL and its students. "This event is an opportunity for our students to introduce us to their culture and build awareness on campus and in the community," says Therese Gerrond, Acting Head of ESL. "International students face many challenges when arriving in Canada and we want to build compassion for all cultures that we have here."

**Editor's Note:** "A Taste of Japan" was held on March 7th. Watch the next issue of cce connections for event highlights.

# U of R Staff Lunch & Learn About Continuing Education

A great opportunity exists for University of Regina staff to take continuing education programs here at the U of R. Two areas from the Centre for Continuing Education (Credit Studies Division, Business & Professional Development) held a lunch and learn session in December to let staff know about various programs and courses available and their benefits.

Some of the programs highlighted were Recognition of Prior Learning (RPL), professional certificates, customized training, and undergraduate certificates in subjects areas such as project management, public relations, and administration.

University managers were invited to hear about the benefits to their staff. “We feel managers have a responsibility to encourage their staff members to better themselves through continuing education,” says Jason Grieve, Business and Professional Development. “Our own in-house programs can help enhance the functionality, team environment, and success of their staff and departments adding to the overall success of the University.”

“One of the overlooked benefits of professional development taken through Continuing Education is that the U of R will fully fund a certain number of classes for staff, depending on their union’s contract,” says Darrel Lawlor, Credit Studies Division. “We want people to seize the opportunity to advance and add value to their education and skill levels with this great benefit.”

“We encouraged attendees to discuss options with respective employees or manager, especially CUPE staff who had performance reviews coming up a couple weeks after the lunch and learn session,” says Robin Markel, Credit Studies Division. “This was a prime opportunity for both managers and staff to discuss program options and make a game plan for the winter session.”

For more information about taking CCE programs, visit [www.uregina.ca/cce](http://www.uregina.ca/cce). To find out about your funding options, contact Human Resources or your union.

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## Conservatory’s **Amadeus Orchestra** Entertains with RSO

The Conservatory’s Amadeus Orchestra joined the Regina Symphony Orchestra for a pre-Christmas performance on December 4th. The ensemble of senior string musicians took to the stage to perform a variety of Christmas carols with the RSO under the direction of their director, Eduard Minevich, who is also the RSO’s Concertmaster.

While waiting for his students to shuffle about and find their places on stage, Minevich entertained the audience with a little comedy. “We practice every Tuesday and we take 45 minutes to get set up and then we practice for the last 15,” he joked. Once the settled, the ensemble performed “Fiesta Boomba” by local composer, Ramses Calderon and other Christmas carols. Gainer the Gopher took to the stage to conduct “Sleighride” followed by a surprise appearance made by Santa Claus during “Rudolph the Red Nosed Reindeer.”

It was a great performance experience full of Christmas fun and excitement that the kids and their parents won’t soon forget.

# Celebrating 100 Years of Excellence in Education



When we pass the heritage brick building that occupies the corner of College Avenue and Scarth Street in Regina, how often do we think of the people who laid the foundation for a Regina-based college and created the legacy of education that has continued there to this day? Perhaps not often enough - but that will change for many of us in 2011 as the University of Regina invites the community to celebrate 100 years of education tied to its beginning at College Avenue campus.

The Centre for Continuing Education has developed and expanded over the years at the College Avenue campus. Now, over 3000 students of all ages take classes at the Centre each year. The Centre offers a variety of programs including music and performing arts, business and professional development, lifelong learning personal interest classes, degree and certificate programs, English as a Second Language programs, and distance education.

These buildings, which have been so important to the University of Regina's past, are slated to be an important part of its future as well. The University has recently developed and approved a new Campus Master Plan which includes proposals to revitalize the buildings at the College Avenue campus.

"As we celebrate a century of education in 2011, we are going to be launching a number of initiatives to both honour our past and plan for our future," says University of Regina President and Vice-Chancellor Vianne Timmons, who notes that the University of Regina's Strategic Plan, entitled *mâmahowkamâtowin: Our Work, Our People, Our Communities*, outlines the University's commitment to recognize the historic values and cultures of Saskatchewan while preparing for a prosperous and significant future.

"To commemorate the centennial we will host a series of events including an alumni homecoming, a President's gala, and a celebration of the University's 30-year relationship with China which has helped shape our university. In addition, we are announcing the Centennial Matching Scholarship Fund, through which the University will match individual donations that are designated to student support up to \$10,000."

These centennial initiatives and plans to renovate the College Avenue campus are important for the University's future, according to Timmons.

"It is crucial that as a community we celebrate our shared history of excellence in teaching, research and community service that began at Regina College," she says. "The University of Regina's beginnings were humble. As more and more people walked the halls at Regina College, they saw the value of the education we provide and they contributed to the success of the University along the way. The brick buildings at College Avenue do not just represent our past. They are a strong reminder of the foundation that was laid a century ago - a foundation that we must continue to build on for the future of our students and our province."



For centennial information and event details, visit: [www.uregina.ca/news/centennial.php](http://www.uregina.ca/news/centennial.php)

*\*Excerpt from article written by External Relations, U of R*

# Stephen Goes to Malawi

Stephen Wihak, Instructional Designer for the Distance Learning Division, embarked on a two-week trip to Malawi, one of the poorest countries in Africa, to work on a socio-economic development project. Part of the Canadian International Development Agency's (CIDA) 10 part Malawi development project, this specific project is a partnership between the University of Regina, Faculty of Education and the University of Malawi Polytechnic. The objective is to support the Malawi government's goals to reduce poverty and create socio-economic development.

"Distance Learning Division and U of R's role is to help figure out an effective, cost-sustainable way of using Distance Education strategies to train teachers who are living in the far flung rural villages of the nation," says Stephen. "This project will strengthen the capacity of the Malawi Polytechnic to design, deliver and renew programs, and conduct research, as well as develop and train competent managers and teachers to meet the challenges of poverty reduction and to contribute to socio-economic growth."



During his short visit, Stephen presented a successful week-long workshop to the Faculty of Technical Education at the Malawi Polytechnic. "Our goal was to apply all feasible best principles and best practices to the Malawi context. Our specific objective was to create a robust, effective system for the training of fully qualified teachers of the trades in the outlying regions of the country," says Stephen. To this end, he also collaborated with the faculty to develop suitable templates for adapting their existing face-to-face course materials to meet distance delivery requirements. The course materials themselves are currently being created via distance technologies, with the Malawi Polytechnic Faculty sending content to Stephen, who is adapting it here, in Canada, for distance delivery.

Stephen left Malawi happy with their plan for success and is now experiencing first-hand some of the limitations imposed by the economic situation in Malawi – for instance, one of his collaborators had no internet access for an entire month due to infrastructure failure. "Challenges like this are daily realities in the developing world," says Stephen.

"Malawi," Stephen says, "has a very high regard for education. My general impression is that while Malawians are very poor materially, they are very peaceful, respectful, happy, and enjoy a rich, vibrant indigenous language and culture. The single most amazing moment I had there was when the students at an all-girls secondary school suddenly jumped to their feet with a spontaneous, screaming ovation upon hearing that an alumnus was now a Professor at the Polytechnic University of Malawi."



Stephen will be returning to Malawi at an undetermined date this year to work with instructors on finalizing their course materials for distance delivery. The proposed launch date is September 2011.

# CCE Brag...

## Jill Welke, Sessional Award Winner

Jill Welke, sessional instructor for Credit Studies Division's Public Relations Certificate program, was honoured with a 2010 Inspiring Sessional Award on November 3rd. This annual award celebration acknowledges student recognition of sessional instructors who greatly inspire their students but are often overlooked.

Students are given the chance to tell how their sessional instructor has inspired them, guided their career aspirations, or made a difference to the University of Regina Faculty Association. A dozen sessional instructors (who are not full time faculty members, but typically industry experts teaching on the side) are selected out of hundreds to receive this award.

One of Jill's students commented, "Jill, always the professional, brings credibility to a career in communications/public relations. She is obviously passionate about her field of work and it is difficult not to be inspired when she talks about strategic communications. For a field that has struggled to find its place at the board room table, Jill demonstrates how to bring value through the art of communications."

The Centre for Continuing Education would like to congratulate Jill Welke for her contribution to the Public Relations Certificate program and dedication to teaching her students. We are proud of the quality instruction and expertise she brings into our classrooms.

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## Darrel Lawlor, Research Award Winner

Congratulations to Darrel Lawlor, Credit Studies Advisor, part of the joint project "Integration of Learning Portfolios across the Curriculum: Do They Lead to Student Success?" which received funding through the Teaching and Learning Scholarship Grant. Darrel is a co-investigator with Kinesiology and Health Studies group Doug Cripps, Harold Riemer and Jennifer Love Green.

## U of R Summer University, WASSA Award

The Centre for Continuing Education (designer, Bradbury Branding and Design) received the award for Best Use of Theme from the Western Association of Summer Session Administrators for its Summer University brochures. The Summer University campaign, promoting the spring and summer terms, kids summer day camps and other non-credit adult programming, ran February to July 2010. This year's campaign is now underway.

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## Lifelong Learning Centre, SSFA Funding Recipient

The Lifelong Learning Centre at the University of Regina received funds from the Saskatchewan Seniors Fitness Association (SSFA) Games that were held in Regina in July 2010.

The Host Committee for the SSFA Games presented a cheque for nearly \$3000 to the Lifelong Learning Centre

in recognition of the Centre's students volunteering at the games and the Centre's promotion of fitness.

Thank you to the student volunteers and the Lifelong Learning Centre for your dedication to promoting fitness, health and wellness in our community.

## Congrats to our U of R Long Service Award Recipients...

**Lisa Sisson**, Distance Learning Division - 15 years

**Peggy Racette**, Distance Learning Division - 25 years

## Food Bank Lecture Series Begins with **Intriguing Topics...**

“Walking like a porcupine, talking like a raven...” is a quirky enough lecture title to make anyone perk up with interest.

On Thursday, November 26th, the 2010-2011 Nourishing Thoughts at the Food Bank Lecture Series began with Olga Lovick, First Nations University of Canada professor, talking about figurative expressions of the upper Tanana Athabaskan language.

Olga researched this Aboriginal language while living among the communities where it is spoken. Only 95 people in the eastern interior of Alaska still speak it and it is one of the least documented languages in the region.

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The School of Wellness Community Health Challenge was a fitting topic for the second lecture held post-New Year, giving everyone who attended some inspiration to get fit in 2011.

Janet Bradshaw, pharmacist and certified diabetes educator for the Pharmasave Central Region, works with the School of Wellness and promotes the Community of Health Challenge across Saskatchewan.

This team challenge is a 8-12 week program designed to give participants the know-how and tools to lead a healthier lifestyle.

The first challenge took place in 2009 between two First Nations communities. According to Bradshaw, it was a huge success for many team members who experienced great improvement in their health. More challenges have taken place between businesses and towns in the province.

**For information on how you can start a Community Health Challenge, visit [schoolofwellness.ca](http://schoolofwellness.ca).**

## Gerontology Institute: Let's **Keep Moving**

“Keep Moving” was the theme of the 9th Gerontology Institute sponsored by the Lifelong Learning Centre and Centre for Aging and Health held on November 25th at the Regina Inn. Conference attendees, many being health care professionals, spent the day learning about physical and mental activeness in older adults.

The Gerontology Institute hosted its largest number of attendees reaching over 120 registrations. Its growing popularity is helping raise awareness and educate people on a variety of issues surrounding elders. Keynote Speakers from Service Canada talked about its role to provide support programs and services to older adults, such as old age security.

Dr. Thomas Hadjistavropoulos, second keynote speaker, Director of the Centre on Aging and Health, presented on aiding older adults with self-managing chronic pain.

Many workshops were held throughout the day covering topics on physical activity of older adults, elder abuse prevention, fall prevention, and drugs and cognitive function.

Jean Freeman, who played the mayor's granny for six years on the hit TV series “Corner Gas,” spoke to the “Dynamics of Dog River” with an undoubtedly light-hearted look at the ways in which the denizens of Dog River might model facets of the human spirit which could be applied to our own lives.

As an active, semi-retired person who writes, speaks, and acts, Jean is a perfect example of what it means to ‘keep moving’ in the later years of life. Inspiration can be found in Jean to keep us all moving in our own way.

## Upcoming Events

### **Nourishing Thoughts at the Food Bank Lecture My Visual Voice: an artist talk with Judy Anderson Judy Anderson**

Wednesday, March 23, 2011, 12:00-1:00pm  
Regina & District Food Bank, 445 Winnipeg St.  
Free

Presented by the Centre of Continuing Education

### **Heritage Lecture Series Recollections on the Creation of the U of R Dr. Howard Leyton-Brown**

Wednesday, April 20, 2011, 7:00pm  
Location: TBA  
Free

Presented by the Centre of Continuing Education

### **Distinguished Canadian Award Dinner Recipient: Pamela Walin**

Thursday, May 12, 2011  
Location: Delta Hotel  
Tickets: TBA

Presented by the Lifelong Learning Centre

## New Staff

**Welcome to our new and returning staff members...**

### **English as a Second Language Program**

Milena Ehr	Marketing & Recruitment Officer
Rachel Husband	Secretary to Department Head
Joe Pogorzelski	Secretary
Amy Snider	Instructor
Karlie Butler	Instructor
Myra Froc	Instructor
Stacey Shand	Instructor

### **Lifelong Learning Centre**

Chris Ollinger	Practicum Student
Jen Billan	Co-op Student

### **Distance Learning Division**

Kalyn Neuls	Program Support Coordinator
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### **Credit Studies Division**

Donavon Howden	Co-op Student
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## Tell us your story...by Dawn Hastings

I graduated a semester early from High School. I thought I knew it all. I passed! I was out of there! I went on my way to Alberta where I became a small chain store manager in the West Edmonton Mall - Welcome to retail! It wasn't long before I was back in Regina busy with a husband, house, being a caregiver and still in sales jobs.

At my 10-year high school reunion, I realized although I already owned a home, business and had kids, I admired the academic accomplishments of some of my peers who got the credentials first. Soon after that, I accompanied someone to a meeting at U of R Continuing Education interview for advising. I said, "Hey, I want to do that! No time like the present." I had good support from work and family to do it.

While it has been a slow road (I have been a student for over 10 years), I have two certificates and no longer say I take classes to set a good example for my kids. I take them for me.

Watch out! When I am retired someday I will take the fine arts classes just for fun!

**Dawn Hastings**  
**Former Credit Studies Student**

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