Student Works

Zoe Stradeski uses street art to inspire

Campion Refugee Bursary
Meet the first recipient, Sidra Kasim
As we enter the 8th month of the pandemic with its challenges, including: racial tensions, unemployment, slower economy, new election in our Province and one south of our border, all with the uncertainty of when a vaccine will be available, I ponder about finding the sources of hope at this time of our lives. This is not an easy reflection, nor is it irrelevant for any community or society concerned for a healthy future, for our youth and for generations yet to come.

In the face of such challenges and uncertainty, Campion College keeps steering on with distancing measures that restrict our social events, prohibits face-to-face campus experiences, and minimizing everyday interaction with staff and faculty members. The physical distancing challenges us to be creative and to connect with one another, heart to heart.

In the midst of these measures and restrictions, the latest encyclical from Pope Francis, Fratelli Tutti, is timely, by highlighting how we can be an effective brotherly/sisterly neighbour to one another, especially to the poor; in addition to this encyclical, the global Society of Jesus has set its preferences to accompany those who are marginalized in the next 10 years of ministry. Lastly, the Canadian Jesuit Province is calling for the authentic humility found in an individual pilgrim who seeks God through the signs of our time. All three callings (neighbour, companion, and pilgrim) work in unison in order to face a future that begs for a meaningful life. To put it mildly, but also authentically, neighbour, companion, and pilgrim are 3 ways of actively listening: the pilgrim listens to interior movement of his/her heart; the neighbour listens to the needs of others; and the companion listens to God’s voice in the holy desires and dreams of others shaping into reality. At Campion College, it seems that the pandemic has shaped us to the challenges of reaching out in these capacities.

We are neighbours to other educational institutions for creative ideas to sustain a pedagogy of learning before the pandemic; we accompany our local and international students in their struggle of distance learning, and while being on pilgrimage with the Lord Campion College seeks the wisdom of the Almighty. I am humbled and grateful how the pandemic is already shaping us into a community of hope in our mission of service in higher education.

Please pray for us.

Fr. Sami Helewa, SJ
President
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When mid-March hit and we went into lockdown, like many parents I was trying to work from my living room while also having a school-age child that wanted my attention. I know I’m not the only parent who employed the trusty “digital babysitter” of YouTube and Netflix to allow me a moment’s peace to do actual work.

As the lockdown continued, while our teachers were working on remote learning plans and learning new programs to facilitate it, many of us started to download learning apps to try to counteract the hours of passive screen time our children were consuming daily. How to pick an app that helps stimulate our kids’ minds while also engaging their sense of fun? How do we know which of the over 80,000 apps available will do more harm than good? This is a question that Dr. Adam Dubé (BA ’06, MA ’08, PhD ’12) has committed his time and research to find out.
Starting out at Campion as a behavioural justice major, Dr. Dubé realized early on that while fascinating, he didn’t want his career to focus on the dark side of human behaviour. Switching his focus to Psychology, he met Dr. Katherine Robinson who was actively recruiting honours students to help in her research into how the mind of a child works.

Focusing on math, Dr. Dubé laughed when remembering the uniquely Saskatchewan ‘problem’ they had when testing children’s math solving abilities. “When we wanted them to actually take time to figure out the answers to problems, we realized quickly the multiplication questions couldn’t be multiples of 7,” he recalled. “This is a football-focused province and because of it, students just knew that 3 x 7=21 because that was three touchdowns in a Rider game.”

His time with Dr. Robinson furthered his fascination with how children approach problems and how that changed as they got older. He went on to complete both a Master’s degree and PhD under the supervision of Dr. Robinson, including stints as a sessional instructor in Psychology for Campion.

Then near the end of his PhD in 2012, a cultural phenomenon emerged which once again shifted the focus of his research. “The iPad came out,” Dr. Dubé remembered. “Steve Jobs was positioning it not only as a technical leap forward, but also as the start of an educational revolution. As a big tech nerd, my interest was piqued.”

After graduating, his research shifted to educational technologies, games, and more. It focused on what makes a good educational game and what are the consequences of badly designed ones. For example, too many distractions can actually tax a child’s attention so that they can’t focus on the learning part of the game.

Heading to work at McGill University in 2015, Dr. Dubé’s research and collaboration with video game companies has expanded and grown. He has a lab with seven graduate students working on these educational problems and when filling the spots, he focused on bringing in international students, with the hopes that they will take the research back when they return home. He currently has students from India, Turkey, Bangladesh, China, and Iran working in the lab.

For videogames, he has been collaborating with Montreal-based Ubisoft who may be best known for their popular game, Assassin’s Creed. They are working on a non-violent version of their games which focus more on exploration of the world and cultural lessons.

They are also working with a company called Ululab which has a background in developing educational apps, including one called Slice Fraction. Dr. Dubé and his team are working on a new project with them called Math Time which will involve
studies in Canada and China. They want to see how the game can improve math ability and perhaps even more importantly, children’s attitudes about math.

Their most recent trial is a math learning disabilities app they are testing in Malaysia called Treasure Adventure: Numeracy. The idea is that children with mathematical cognition difficulties can use the app to develop things like “how much is 76” by comparing numbers of different sizes and numbers of dots to build their comprehension.

While working on these apps, Dr. Dubé and his team have come up with five benchmarks that a commercially-designed educational game should meet in order to be used in the market and it’s a great resource for parents while debating which apps to download for their kids.

Meanwhile, his research has been getting international recognition; in 2019, UNESCO asked him to help create digital guidelines for learning and for learning apps, which has already been adopted in India. In a country of almost 1.4 billion people, this is a huge market and video game developers must meet these guidelines for their apps to be considered for the Indian school system.

Dr. Dubé’s work has become more vital than ever as we work on ways of engaging students from a distance. It’s no wonder that he was received the McGill Distinguished Teacher Award in 2020 and he became an AERA-SRCD* early career fellow in middle childhood education and development.

For all his work though, he said that he literally would not be where he is if it wasn’t for Campion’s former Registrar, Debra Morrison. “I didn’t know you needed to apply to graduate!” he exclaimed. “Luckily, Debra knew I was finished all of my classes and she reached out to me so I got my application for graduation in before the deadline. Campion was always like that –always looking out for us. It’s why I’m still a huge Campion fan and the kind of education they provide to their students.”

*AERA: American Educational Research Association; SRCD: Society for Research in Child Development

Five benchmarks for a good elementary educational app

1. Engaging but not distracting;
2. Active and purposeful, not minds-off;
3. Identifiable learning goal;
4. Meaningful & builds on their interests; and
5. Social – play together and learn together.

Want to learn more? Dr. Dubé has a YouTube video which goes into more detail:
Our students are the reason we’re here: to educate, to support, and to inspire. While we’re trying to help form the leaders of tomorrow, meet some of our students who are leaders at our college today.
The CCSU was created to promote fellowship among students and to give students a voice at the College. Usually, they organize activities to provide students opportunities to unwind from the rigour of academic pressures.

Members of the CCSU also represent Campion students on the University of Regina Students’ Union and the Campion College Board of Regents, giving our students a say when it comes to the College and the main campus.

I joined the CCSU this year because I want to help incoming students navigate the transition to university life. I am excited to be working with other passionate individuals from Campion to help our students become the best versions of themselves.

Since my high school years, I have been passionate about representing and supporting the student body. CCSU is an extension of that passion. Moreover, I care about student voices and interests and want to ensure campus opportunities are as equally distributed as possible for each and every one of us. Come share your ideas and I will make them happen.

I am a 4th year business student studying finance and management. Last year, I decided to join the CCSU because I was interested in getting involved with the Catholic community at the U of R. I joined as the treasurer so that my finance skills would be put to good work.

As a first-year student at the University of Regina, I experienced the inevitable challenges through learning online. For this reason, I am excited to be one of the Outreach and Event coordinators. This opportunity will allow me to plan exciting events and unforgettable experiences during this unprecedented time.
ARSLAN AZEEM  
Member-at-large  
Major: Arts

I joined the CCSU because I am interested in organizing events for Campion College and U of R students that would be beneficial and applicable to our daily lives and careers. I hope to host events with a focus on teaching/discussing career ethics, civic duty, or social innovation, among other subjects.

BRONWYN HEERSPINK  
Member-at-large  
Major: Political Science

I am a strong believer that you get the most out of your time at university by actively engaging inside and outside of the classroom. This is why I joined the CCSU. Through our outreach, I hope to encourage other Campion students to become active participants in university life!

KIEGAN LLOYD  
Member-at-large  
Major: History

I joined CCSU primarily because I feel there needs to be more federated college student consultation and student voice at the University of Regina and on the broader university community.

BELLA MANSELL  
Member-at-large  
Major: Media, Art, & Performance

I joined the CCSU for two reasons: the first was to find like-minded people that I could be friends with. The second was because I like to help-out with events and social media, and maybe eventually become more active on the events committee.

AMIR SAID  
Member-at-large  
Major: English

I joined CCSU this year to increase my involvement on campus, strengthen my board and leadership skills, and do everything in my power to help out during these challenging times.

TAYLOR STRACHAN  
Member-at-large  
Major: Psychology & Sociology

I was inspired to join the CCSU because I wanted to become more involved at the university and meet some new people, so I thought what better way than to join the Students’ Union at Campion!
DINA TREMBLAY
President
Major: Biology, Ecology & Environmental

Campion is very important to me for two reasons: 1. Jesus, who I want to keep at the center of my life, is at the heart of this school and this community. 2. Campion is a real community. People here know and care for each other. Because of these two reasons, Campion feels like home.

MARY GEBHARDT
Major: English (Honours)

Not only has Campion provided me with an extensive education in my area of study and beyond, but it has nourished my still-developing love for academics. I am especially grateful for the professors who have both challenged me and provided fond classroom memories, while simultaneously playing influential roles as sources of encouragement. I hope to utilize their positive example in my future career.

JOHNNA PARENTEAU
Major: Mathematics & Religious Studies

Campion has given me the support to explore a double degree in Mathematics and Religious Studies. I had not originally considered this option, and without the resources provided by Campion, it might not have been possible. Pursuing a double degree has allowed me to refine what I want from my academic career and has given me a vision for my future.

Founded in 1915 at Marquette University, Alpha Sigma Nu recognizes students and alumni who excel in their academic pursuits and in their loyalty to the values of their Jesuit education and service to others. The Campion College chapter was founded in 2006.

To be invited to apply, students must place in the top 15% of their class and submit an essay by which they document their scholarship, loyalty and service.

Other chapters include all 27 American Jesuit Colleges and Universities, along with Regis University in Toronto, Sogang University in Seoul, and Loyola University Andalucia in Europe.
HANNAH BOBST  
Major: Actuarial Science

Campion College has been instrumental in my post-secondary success. It’s ongoing support with class and career counselling, scholarships, and employment opportunities in the Math Center have helped me flourish. Campion always looks out for my best interests and helps me through many challenging moments. I would highly recommend Campion College to anyone.

KAYDENCE BANGA  
Major: Theatre and Performance (Music Concentration)

Campion has helped me to succeed in university by giving me opportunities to make connections with other like-minded students who want to be able to use faith to promote positive change in the community. I will forever be grateful for the faculty and staff who have dedicated themselves to helping each student as an individual with their academic careers.

KENDRA LEMIEUX  
Major: Mathematics & Computer Science

Campion is important to me because it has given me a sense of purpose through my education. I am always reminded by the Campion community to strive for more in my academics, as well as in serving others. Campion has been the highlight of my university experience and provided me with relationships I will cherish far beyond my time in school.

ANNIE PHAM  
Major: Biology

Campion is important to me because it allows me to be a part of a community—inspiring me to grow not only in academics but in service to others.

SHAE SACKMAN  
Major: Philosophy & Psychology (Honours)

Campion puts an emphasis on the things that are important to me in my work. Not only does Campion allow me to engage in exciting opportunities, but specifically supports and helps me to find them. Because my plans are ambitious, it is crucial to have a school like Campion to show me how to meet my goals.

LUCAS MACK  
Major: Political Science

Campion is important to me because of the one-on-one support I receive from its dedicated staff. It’s also given me the opportunity to meet so many great people I wouldn’t have otherwise met. I am proud to call Campion my home on campus!
Camp Monahan is situated in an area that was once a rustic, overnight camping spot for the Scouts from Sacred Heart Cathedral. After hearing about the beauty of the site, the land was purchased in 1945 by Archbishop Monahan as a place for Catholic youth in the Archdiocese to engage in summer activities. The Knights of Columbus took over sponsorship in 1948 and have ensured that upgrades to buildings and routine maintenance is provided each year.

Many people have invested their time and energy into Camp Monahan, and I have been lucky enough to be a part of this legacy. Born and raised in Regina, I was offered a job by, then Camp Director, Lisa Mohr (BA ’96) to work as a counsellor during my second year as a student at Campion. With almost zero canoeing or leadership experience, I was assured by Lisa that I would learn everything I needed on the job.

During my first summer, unseasoned Counsellor Jeff struggled to keep up with Stan Ricci (BA ’97) and Alexis Losie (BA ’09) who were notable veteran staff. I lacked the necessary ability to sing and found swimming an absolute challenge. Nevertheless, I knew that Camp Monahan was changing me. Looking back on the time spent at Katepwa Lake, I grew in faith and generosity. The friendships that developed over my summers of service nourished me spiritually, and the work itself provided enough to pay my academic tuition.

After graduating from Campion in 1997 and entering the Jesuits, many years passed without much contact with Camp Monahan; this nevertheless changed when I received a phone call from my Jesuit superior. I was asked to leave my teaching position at the University of Manitoba to return to Regina and teach at my alma mater. Arriving in 2017 as an ordained Jesuit priest, I began my post in the Catholic Studies program and, soon after, I heard from an old friend...

Lisa Mohr reached out to me shortly after my arrival home. As the
now co-director of the camp with her husband Chad Marcotte, they were looking for a priest to celebrate the Eucharist and provide a spiritual presence on site. Delighted to reconnect, I spent my first and second summers in Saskatchewan back at Camp Monahan with old friends while making new ones. Renovated buildings, an updated chapel, new cabins, and an overhauled Olympic-sized swimming pool were all recent initiatives that Chad and Lisa undertook to improve the historical camp. This past summer, further improvements were made to the facilities since, due to COVID-19, there were no campers. Now, the buildings and grounds are as vibrant and fresh as they were in 1945, ready for many more generations of youth to enjoy and discover.

To paraphrase Dorothy Day, those at Camp Monahan work like it all depends on them and pray like it all depends on God. An estimated 15,000-plus campers and staff have felt the excitement and beauty of the camp and, just as the experience initially provided many unforeseen graces for me, I’m certain it has done the same for many others.

Looking forward to the 2021 season with anticipation, this Catholic summer camp continues to plays an important role in the Archdiocese. I frequently say that Camp Monahan is a special place to be because it is a community effort. There are countless staff members and volunteers who put in incredible hours of service directly on site, along with the ongoing financial support needed from the community.

Hopefully, the camp experience will continue to be a place of laughter and joy for campers from all faith traditions and cultural backgrounds. Although this past summer was much quieter than anyone anticipated, there is joy in knowing that a new season at Camp Monahan will soon be here.

Learn about Camp Monahan, their renovations, and more at campmonahan.ca
Want to learn more about it?

Holly has an Instagram account (@readhearkeepnear) which you can follow for inspiration and to find out when she will be offering her next prayer journaling workshop!
These words, from the book of Joshua, leapt out from the pages of my Bible (or rather, from the screen of my phone on which I was scrolling through the readings for that day’s Mass). It was March 19th, 2020 – school was suddenly and indefinitely cancelled, work had moved home, and our little family of seven was feeling scared and unmoored. When I came across this verse from Joshua, it was like a balm applied directly to the wound, and I jotted it down in my prayer journal and, on a whim, posted the page to Facebook.

Others found solace in the verse, too, in the reminder that we are not alone and, accompanied through the world by the One who created it, in fact have nothing to fear.

Over the days and weeks and months of pandemic life, as the shock wore off and the “new normal” set in, I continued to journal and share, usually writing something from the daily readings, a quote from a saint, or simply something I’d heard. With the daily practice, my hand-lettering technique – and my prayer – improved. People started to send me their favourite verses, and I’d send them back illustrated and illuminated, posting them to my page. I tried to never miss a day, even when it meant journaling in the parking lot of the orthodontist’s office during one of my daughters early morning appointments, even when it meant praying when I felt hopeless, lazy, or uninspired.

In meditating on the lectionary readings every day, and creating from it, what emerged in my daily life was a new habit of Scripture-seeking; each morning I sought – and found – the solace or insight or inspiration or hope I needed to get through the rest of the day. “Whatever you are doing, that which makes you feel the most alive… that is where God is,” said St. Ignatius of Loyola, probably, and if he didn’t actually say it, it’s at least on-brand; one of the main elements of Ignatian spirituality is finding God in all things, to be constantly seeking Him and witnessing to what we’ve found.

Journaling my prayer in new and creative ways saved my life in the tumultuous early days of spring, and is keeping me alive in the wearying days of fall. The routine of prayer has become my lifeboat, or better yet, the rock to which I, the boat, am moored.

By Holly Gustafson
BA ’96
James Pillans, a headmaster at a high school in Edinburgh, Scotland, hung up a piece of slate on a classroom wall in 1801 and is credited for inventing the first blackboard. This tool of education has been an iconic feature of schools ever since and will likely remain in classrooms for many years to come. Recently, Campion’s classrooms have seen a few twenty-first century upgrades to this classic.

As a result of the COVID-19 pandemic, a significant financial investment was made to transform our classrooms into smart rooms. They have cameras, microphones, touch screens, and other equipment which allow our instructors to broadcast their lectures remotely. A student simply needs access to a computer with a camera, microphone and the internet to participate in these classes. With the requirement to limit face-to-face meetings, smart classroom technology has become vital for our College. COVID-19 will pass but our smart classrooms will remain. What role will these new gadgets play in our post-pandemic future?
A recent survey of students taking Campion classes indicated that about 75% prefer face-to-face classes which suggests there will continue to be a strong demand for face-to-face classes. The rich experience of taking a class with peers in a classroom that has an instructor who can immediately respond to any questions is hard to beat. My face-to-face lectures were heavily influenced by reading my students reactions. If I felt that students were struggling or getting bored, I could respond by providing another example or by making a joke. Approaches like these were regularly used by myself and my colleagues to ensure our students got the most out of our class time.

This pragmatic approach to teaching in our classrooms will also be used to determine what new tools will be used in the future, including ones that may already exist. Did you know that Zoom conferencing software was launched in 2013? Before the pandemic, most instructors knew little about it, but now Zoom is used by most instructors who are teaching live classes. In a few short months, we have all had to become proficient at using this software and many are impressed with its capabilities.

Similarly, some of our classrooms have been outfitted with LOFT screens. These large screens function like computer monitors, but are also capable of serving as a twenty-first century blackboard. Instructors can write on these screens like blackboards and move things around like a touchscreen on a tablet.

Now that instructors and students have become familiar with these new tools, I foresee a widespread adoption of these tools in the post-pandemic world. Just as we will not go back to a world without cell phones, I think the future of post-secondary education will move beyond the use of blackboards. The challenge in front of us is in determining how we will use these newly discovered tools for the betterment of us all and in the service of the greater good. It is a challenge worth taking!
In the summer of 2018, I moved from Toronto to Regina to begin my new position in campus ministry for Campion College. Having focused on Ignatian spirituality as part of my Masters of Divinity, I was excited for the opportunity to come to Canada’s only Jesuit undergraduate institution to work on creating and continuing to offer opportunities for Ignatian reflection and formation for our students, faculty, and staff.

The chapel, which fell under my care, gave me a rich sense of serenity, connection and rootedness. I hear from other members of the community and the public, that
When the Father General of the Jesuits, Fr. Arturo Sosa, SJ visited Campion in June 2018, the Campion Indigenous Advisory Circle was also meeting with Indigenous elders in our community.

They were invited to mass to not only partake but also to participate. Elder Rosella Kinoshameg smudged the celebrants and all those in attendance.

The Campion chapel is proud to be one of the places on campus which is able to smudge due to fire regulations.

the space inspires them and welcomes them into reflection, calm and a sense of deeper peace. I have heard from students and members of the public that it gives them that same feeling of centred-ness. Perhaps that is why some of our alumni have requested their important life milestones such as weddings be held in our chapel and partners such as the Archdiocese of Regina and Regina Catholic Schools request to hold retreats and liturgies in this space.

Normally, we hold our opening liturgy for the school year, the Mass of the Holy Spirit, in the chapel and celebrate student recipients of awards and bursaries. We also hold a welcome and orientation for 150 or more new students in our chapel, welcoming them into the life of the college in a space that calls them to be centred and focus their tremendous energy on their mission. It is our hope in that welcoming to give each of them a sense of home and support at Campion College.

Dr. Katherine Arbuthnott (Psychology) helped introduce the weekly practice of simple meditation for students, staff and faculty across campus called Meditation Minutes. The Ignatian Examen is also offered to reflect on our week, while inviting calm, focus and connection.

The Campion chapel is a special place and an integral part of our College. With your help, we can address some needed renovations while our empty building waits to host us again in celebration!
A global pandemic has highlighted the need to be connected, both through technology and the interpersonal feeling of community. With your help, we can enhance our space to be a welcoming beacon for when we can once again come together intellectually, spiritually and socially.

In March 2020, our classrooms fell silent as faculty, staff and students quickly transitioned to distance learning. Recognizing the opportunity to enhance the current student experience while embracing the possibilities for the future, classrooms were outfitted with the latest technology. Computers, smart screens, cameras and microphones allow faculty to teach a class in the same room or across the world! The cost has been significant as funding has been shifted from other areas. With your help, we can continue to ensure quality education and learning opportunities for our students.

Watch our video which explains our Annual Appeal in more detail and go to our donation page:
for a bright future

In 2019, our chapel and the main floor classrooms were becoming uncomfortable as the air handling had stopped working properly. Chapel events were canceled and classes were relocated while our facilities staff worked on the problem. Consulting with engineers, they determined that Campion required an update to our air handling units. Unfortunately, it would also require a complete renovation of the ductwork to the chapel and classrooms.

Our Saskatchewan winters have not been kind to the outer walls of the chapel and they have begun to crumble, requiring a complete renovation to the façade to ensure structural integrity. We will take this opportunity to also enhance the beauty of our chapel, both inside and out so it will be a focal point of our College and entire University of Regina campus for many years to come.

How to make a donation

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Our secure system will allow you to easily and quickly make your donation or set up monthly payments: campioncollege.ca/support-campion

Mail
Cheques or credit card payments can be mailed using our donation card sent to the address on the back.

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We would love to hear from you, give us a call at 306.586.4242 or 1.800.667.7282.

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Contact Krista Calfat, Alumni & Development Officer at krista.calfat@uregina.ca
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- Mary & Jim Seiferling
- Edward B. Shenher
- Sisters of Mercy Choir
- Sisters of the Presentation of Mary
- Dr. George Smadu & Dr. Marlene Smadu
- Donna Soder
- South Saskatchewan Community Foundation
- Elaina St. Onge
- Louise Sutherland
- James Taylor
- Lucille & Omer Tessier
- Doug Thomas & MaryAnn Rooney
- Mike & Patricia Thomas
- Neil Tomasiewicz
- Maureen Toth
- United Way of Regina
- Valley Native Ministries
- Koren Volk
- Dr. Maureen Volk
- Paul Welsh & Mary Ann Zakreski
- Noah Wernikowski
- Stephen Wernikowski & Connie Moker Wernikowski
- Patrick & Marjorie Windle
- Deacon Barry Wood & Sheila Wood
- Ronald & Joanne Wormsbecker
- Ken Yanko
- Brian Yaworski Q.C.
- Theresa & Bill Yee
- Brian & Kathy Yurris
- Dr. Carl Zylak
Sidra Kasim pulled up to the College on a sunny afternoon. She stepped out of her car with a smile and thoughtfully gazed at the campus around her. This is the place where she would start working towards her dreams.

Sidra is the first recipient of the Campion College Refugee Bursary which was established by the College in 2019 as a way to support new Canadians and made possible by our benefactors. When asked about the award, Sidra was quick to acknowledge her mother. “She was the first to find out about this award and she encouraged me to apply,” she said thankfully. “When I was filling out the application, I doubted myself. I never thought I would be selected, but now I have this amazing opportunity to help me start at university! I’m very lucky, and I recognize that.”

Sidra and her family came to Canada four years ago after being forced from their former lives in Syria and Turkey. At first, a move so far from home was a difficult adjustment and bittersweet. “Canada is so much different and, to be honest, it was difficult for me when my family came here,” Sidra remembered. “When we first arrived, I didn’t do much. I hardly knew English, I didn’t know anyone, and I didn’t have any of my friends that I had grown up with.” Eventually, she began to adapt to her new life in Regina. She started high school at Campbell Collegiate and became involved with the Regina Open Door Society, both of which helped her become more confident in English and make new friends.

When asked about her favourite part about Canada, Sidra became very thoughtful. “Being in Canada is like starting a new life,” she said. “You feel like you have a voice and rights, and I’m thankful for the freedom I have here.”

Sidra is passionate about justice and the law which is why she has chosen Political Science as her major. “My goal is continue my studies after Campion and get accepted into law school at the University of Toronto,” she confidently remarked with a smile. Even though she is in her first year of university, Sidra has her eyes set on her bright future and is passionate to work towards it. “I’ve been given a huge opportunity with this scholarship, and I’m determined to do something great!”
The transition from high school to university is never easy. The University of Regina is a big place, the classes are harder, and students have to take a lot of responsibility for their own learning. Even before COVID-19 hit, Campion had already started planning a new first-year transition program for Fall 2020. When classes turned virtual, we knew we needed to do even more and differently than we had originally planned.

Campion Connect

For those who were really motivated to work toward a smooth transition between high school and university, Campion partnered with Luther College to offer the new Connect program. It was a six-week summer program for developed for incoming first-year students to help them prepare for the fall term.

The centerpiece of the Connect program was the opportunity to take a non-credit virtual class in one of two streams: literacy or numeracy. In the literacy stream, they beefed up their skills in critical reading and writing and in the numeracy stream, they got ready to take a first-year calculus course. The teacher for the literacy stream was Leah Quick, known around Campion for her many years of involvement with the Kovacs exchange program for Hungarian students. Her colleague at Luther College High School, Dr. Gregory Akulov, taught the numeracy stream. Both Leah and Gregory were enthusiastic and managed to engage the students, which quickly made the two of them a highlight of the program.

For the Campion students who participated in Connect, they were also given the opportunity to meet with experienced senior student mentors, who could give them some perspective on how university looks from a students’ point of view. Even though the meetings took place over Zoom, they still gave students a chance to get to know some friendly faces on campus.
Campion’s President, Dr. Sami Helewa, SJ, had been championing a program to help students to prepare academically for their first year of university. Where Orientation usually helped students to find their way through the halls, and introduced those that could help them when they run into issues, Campion Orientation Prep Education (COPE) was intended to help students figure out how to succeed in the classes they will take.

With the need for distance learning this fall, COPE took two forms. On UR Courses (the virtual learning portal for the University of Regina), all first-year students were introduced to resources from Campion and the whole university. It is on their UR Courses homepage for their entire first year and it’s a place to learn about the skills they need (eg. how to get what you need from the library from afar), services available (eg. mental health resources), an introduction to what’s great about being a Campion student (like our Ignatian heritage), and even the ability to borrow a laptop to use for schoolwork.

The second part of COPE was a virtual workshop series, held at the end of August. Topics included writing for university, strategies for distance learning, ways to study more effectively, and how to stay motivated, especially while studying at home. Dr. Katherine Arbuthnott, who teaches in the area of emotion and motivation, suggested, “You’re challenging yourself but challenges can be fun!”

In his study skills workshop, Dean Dr. Tom Phenix suggested students take note of the well-researched benefits of “distributed practice.” A student who studies a little bit each day, taking regular breaks, can count on remembering a lot more than someone who does a night of cramming before the exam.

Between COPE and Connect, our new programs reached over 200 students! While the start of the first year of university can be a steep learning curve, it can also be a time of renewed energy and enthusiasm – not just for the first-years, but for our whole community. Remember: it’s a challenge, but challenges can be fun!
Locked in her house like her neighbours, Zoe Stradeski, a second-year science major at Campion took to the streets – or rather, the sidewalks. With her talent for art and a handful of sidewalk chalk, she started to create murals in her neighbourhood. Many had found daily walks their only respite from their homes and Zoe’s pictures put a smile on many people’s faces, including the MLA for her area (and Campion alumna), Nicole Saurer.

“It started out as a project to cheer up the neighbourhood, so I did a lot of cartoons and cutesy stuff since there were a lot of kids out with their parents. My mom started sharing it on a Facebook group for our area, so the traffic picked up as more people came to see what I had done,” Zoe remembered fondly.

Besides her art, she was glued to her news feed and the Black Lives Matter protests in the United States which escalated with the death of George Floyd. “When I saw all the stories of police brutality, I was outraged and knew I needed to be an ally, to bring awareness to the issue here in Regina,” recalled Zoe.

She reached out to MLA Saurer for help. “Her office secured me a spot in front of the Legislative because art is an expression of emotion,” she effused. She spent six hours on a portrait of George Floyd, with the caption ‘I can’t breathe’. “This work was meant to symbolize all racism and injustice, including that which is happening in our community,” she said passionately. “Racism is not unique to the U.S. and before we can change, we need to face the injustices head on.”

Her work was definitely noticed, and MLA Saurer helped bring more attention to it by
Education should be used to make the world a better place.

"Education should be used to make the world a better place," stressed Zoe. "I'm getting my education not only to have my name on a piece of paper but for a higher purpose. It's why I'm at Campion. It's a place where that idea of being more than a student is not simply tolerated but encouraged. I'm encouraged to grow as a whole person."

This pandemic has also made Zoe think more about her future, "I want to be able to help people in the future," she exclaimed. "I want my life to be fulfilling and that's why I've been thinking about Psychology and Pre-Med."

"I had people thank me for raising awareness and others who didn't know the significance of what I was drawing and were interested in learning more," she added.

Watch Zoe being recognized in the Saskatchewan Legislature.
Once upon a time, there was a curious girl living in a city named for angels. She loved dinosaurs and astronauts but her imagination was captured by the stars which were often hidden in the bright lights of her hometown. A classic yet little known movie called *The Dark Crystal* by Jim Henson furthered her fascination with the story of three suns lining up. She was full of questions that were beyond her parents’ knowledge so she turned to books to fulfill her curiosity.

While many of her peers grew out of the looking-at-the-stars phase, she delved into the likes of Ray Bradbury, CS Lewis, Arthur C. Clarke and more to feed her need for knowledge – even though they were fiction. She took that thirst as she headed to Caltech as an undergraduate in astronomy. The rest is history… or her-story.

Dr. Samantha Lawler (or Sam as she prefers to be called) is one of the most interesting people I’ve ever met. Yes, she’s an astronomer, which means she’s intensively studied physics as part of her specialty studying the heavens but back here on Earth, her and her partner are raising their two daughters on an acreage where they grow organic produce and raise a mini-zoo of animals.

Even her area of research sounds like an episode of Star Trek: *The search for Planet 9*. Asked to explain it to someone with no knowledge of astronomy beyond Star Trek and Star Wars, Dr. Lawler laughed and started gently, “It’s a theoretical planet that is supposed to be five to ten times the size of the Earth in a really distant orbit.” How far is really distant? “Well, take the distance of the Earth from the Sun. Neptune is 30 times further from the Sun than the Earth. Now,” said Dr. Lawler with a twinkle in her eye, “imagine there’s a planet that is 500 times further from the Sun but still in our solar system.” Enough to blow one’s mind. How would you possibly find and prove the existence of a planet that far away?
The key lies in an immense donut-shaped ring of icy rocky objects that rotate around the sun beyond Neptune where former-planet Pluto lives called the Kuiper Belt. The objects that are orbiting there are called Kuiper Belt Objects (KBOs). One of the reasons Pluto is no longer a full-fledged planet is that it is missing one criteria: its gravity isn’t enough to clear other KBOs out of its orbit. Why is this important in the search for Planet 9? It’s that ability to move objects out of the way that will tell astronomers if it exists.

Think of it in this super basic way: there’s a rock that’s hidden from view in the middle of a river. You can’t see it but you know it’s there because the water flows around it. The fact that the river moves around it tells you it exists without you needing to see the actual rock.

That is how the initial theory of Planet 9 came to be in 2014; astronomers observed some KBOs that had strange orbits in comparison to other objects around them and many of those orbits were pointing to the same general area in the Kuiper belt, as if something was there, affecting their orbit and moving them out of the way.

How can you tell if something is moving that far away? Astronomers take a picture of a section of the sky with an extremely high-powered telescope and then they take pictures at regular intervals and compare the pictures to see if anything moved. Dr. Lawler is part of team using the Canada-France-Hawaii telescope on the summit of Mauna Kea on Hawaii’s Big Island. Yes, they use computers to track those movements but they also sometimes confirm movements in the telescope images with their own eyes.

As you may imagine, it’s really difficult to discover KBOs, especially the ones on the outer reaches of our solar system. As part of OSSOS (Outer Solar System Origins Survey), Dr. Lawler and the other 40 astronomers from eight countries are diligent to try to avoid something called “observational bias” – only reporting what you discover, without accounting for what was too faint or too far away to see at that moment. “Sometimes, it’s just as important to report when you don’t find anything as it is to report when you do,” mused Dr. Lawler.

Her research has certainly been getting some attention – in the last year, she has been a part of multiple articles about the idea of Planet 9. During a time when many are searching for meaning and something bigger than themselves, it’s an idea that captures our collective imagination about what’s out ‘there.’

As an undergraduate at Caltech, Dr. Lawler (along with other students) had the opportunity to have lunch with the brilliant Dr. Stephen Hawking. “He would spend time there every year, but I was too fascinated and terrified to say anything!” laughed Dr. Lawler.
It was my first day back to work after a short summer break which I spent at home in Regina observing non-essential travel, reading and listening to music. Regardless of the initial seeming mundaneness of the day, August 4th is a day I will not forget for a very long time: it was the day that Beirut, the city of my birth, my childhood, and my entire teen years became as good as pile of rubble and ashes.

Although I no longer have legal status in Lebanon since the year I immigrated to Canada in 1981, the blast of August 4 became a catalyst, a major shift in how I regard the people of Lebanon. I am not going to describe the political side of Lebanon; I will leave that to the experts and historians of the region. Nevertheless, I want to reflect how, in the past year, something in me was shifting towards the needs of the Lebanese: especially given recent events, I am taking time to reflect on the human suffering in a country known for the majesty of its cedars, its mountains, its exquisite cuisine (among many other things), as well as a nation hosting many refugees.

Since August 4th, the news coverage provided extensive exposition of the political sectarian system in Lebanon (along with the elite social class that benefitted them); what the media also (and bravely exposed) were the sufferings of the Lebanese from the blast.

The videos that I watched, while most were taken by mobile phones, captured the majority of the blast in a mushroom shape of smoke seconds before the blast extensively damaged almost an entire capital. After seeing such videos, I immediately called some friends and relatives there to check on their safety, only to find out how devastated they were with the entire situation. One of them told me “Beirut is damaged.” Those phone connections were real, powerful, extremely authentic, yet enormously confusing and emotionally exhausting. Luckily, I was far from the explosion; yet, I was not far from it. This realization, alone, awakened within me how one remains connected to one’s place of childhood and early youth.

Last year, for two weeks in July 2019, I visited Lebanon for the first time since 1981. The reason for my visit was a conference which was attended by other Jesuits who minister to and work with Muslims around the globe. International Jesuits met in the Beqaa Valley situated between two series of mountains, the western one which borders Syria. After the conference was over, I took an extra few days to visit the country, to rekindle some memories, to re-connect with relatives, and to meet with my godfather.

Needless to say, it was a trip in which I had a sense of travelling back in time: I visited two of my former schools, checked on my old neighbourhood and met one of my old neighbours. One can only imagine that there was a lot of personal news to catch up on after 38 years.

Fast forward from a year ago, to what I experienced a few weeks ago: Lebanon is now truly suffering from poverty, low purchasing power of their currency, high youth unemployment, high inflation, dysfunctional distribution of utilities, and a society divided by the ideologies of religion and political privileges.

Today, I cherish the conversations I had with taxi drivers in Lebanon a year ago who had (and I suspect have) the habit of sharing their family news and their daily frustrations with their clients. On a good day, many of these drivers make a daily profit equivalent to US $5 or 6 dollars. Their stories moved me a year ago; their stories highlighted what the common Lebanese people were going through.

August 4, 2020, was different: these stories, now a year ago, feel very distant. This year was certainly a different year for Lebanon which has had so many decades of strife and instability. Within hours of the blast, the story of many volunteers started to emerge. Those volunteers were cleaning the streets...
of their capital from the broken window glass, removing their dead from under the rubble, transporting the injured to places of safety, and moving patients from damaged hospitals (even the injured helped carry the more seriously injured citizens to safer places).

Facebook messages were downloaded informing the whereabouts of many people, (some people are still missing today!). Through these volunteers who embodied the resilient hope needed for their country, the human Lebanon became crystal clear to me. When the injured helped other injured persons, it was apparent that the blast did not break the soul of a people, even though it destroyed their capital causing enormous suffering and anger.

A city, after all, is not just a compound of buildings, highways, electricity and so on, but it is a people who want to build families, engage with meaningful work, and who know their thirst for justice as they struggle to bring about a kinder world. This is the essential role of many cities of the world (and further reason I have always admired Ignatius of Loyola’s love for cities).

In the video clips, I saw rather clearly the Two Standards described in the Spiritual Exercises of St. Ignatius. The first standard destroys, dehumanizes, and promotes enormous suffering with causes far from praising God and serving God’s people; the second standard reaches out, via limited resources, to bring healing to a bleeding nation.

Yes, Lebanon embodies today the Two Standards: the downloaded video clips reveal the suffering incarnation of the Cross from a humanity which cries out to the international community not only for merciful aid, but also to heaven for divine justice. Nothing is more authentic than the human suffering close to the Cross of our Lord. This is today’s Lebanon.

Like St. Ignatius of Loyola, I take prayer time as part of creative imagination of what is possible; in this case, what is possible for Lebanon. As France and Germany were rebuilt after the Second World War by the help of the Allies, I see a similar situation for Lebanon from the international community.

But I also pray and contemplate the words of the psalmist, “Unless the Lord builds the house, its builders labor in vain. Unless the LORD watches over the city, the watchmen stand guard in vain. In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves. Sons are a heritage from the Lord, children a reward from him.”

Yes, we have a city capital with buildings of broken doors and shattered windows, and many sons and daughters are now gone but not all. Let these images not discourage us; instead, let our solidarity of grief with the Lebanese take the lead that they are not alone in their fate.

There are nations praying for them and extending their aid with a generosity known to God (God who is interested in rebuilding broken cities). My prayers for Lebanon transformed me into a new reality which I was not even close to before August 4.

Today, I realize that a suffering nation, no matter how foreign to my ethnic background, becomes my country in prayer. My hope relies on God and in what I know potentially of the Lebanese. The Lebanese are smart, well educated in matters of the world, religious in devotion, multi-lingual, humorous and resilient from years of experience of instability.

They are lovers of life, and they have the will to transform their fate from a rubble state to a serving nation – in the recent weeks, their volunteers in the streets of Beirut have not only shown this, but have also taught the world.

Aftermath of explosion in Beirut
Photograph: Anna Om

This article is reprinted from igNation.ca. The original was published on August 22, 2020.
In February 2016, Lynn Armstrong walked into the shoe business to create a new retail vision under the name ZÖE, which means “to live.” Now, after reimagining all possibilities Armstrong’s entrepreneurial courage and resilience, continues to be an inspiration.

Today, a poignant sight: the streets are quiet. Our business like others, have changed to reduce the spread of the COVID19 virus.

I have always loved the shopping experience, and I have always loved shoes. With countless pairs in my personal collection, I look at each one as a story in and of itself. I remember where I purchased each pair, and what was happening that day, or what life event I was preparing for. Shoes have always been part of my journey. I wanted to create a space for our guests that would be a reprieve from the outside world and share a piece of the world that few people can see in the amazon market place.

Small business is the heart of our community because we are the community. We are the dreamers and the innovators. We are your neighbors. Your customers. Your parents. Your children. Your grandparents. Your biggest cheerleaders.

As a small business owner, I take pride in my business and the experience of shopping here. I support my independent community and take part in telling our collective story. Like most of us, we are resilient and thankful to still be here. Every day is a new day and a new opportunity to make it better. Each step is an important step. The walk matters. The dance brings joy.
Lynn Armstrong is a Canadian storyteller turned entrepreneur with a penchant for shoes. Her focus is helping people find their way, and tell their stories, from corporations, universities, and non-profits to independents. Journalist by training, she’s a corporate planner by experience and an entrepreneur with a special interest in the business of art and design. Lynn works across all mediums with the belief that all good things are accomplished through good intentions, good communication and good people working together.

I love my business and the difference I can make with it. And I am thankful that people still walk through the door of ZÖE and feel its spirit. Through all of it though, ZÖE has always been a destination known for beautiful and rare pieces. Relationships are everything to us.

Finding joy in the smallest things matters because if there is one thing that COVID-19 has taught us, it’s that one person, each person and every step we take makes a difference. I am thankful for my education from Campion College that I am able to be so resilient today.

A facetime conversation with friends over a glass of wine, a conversation with my family and I immerse myself in my work, and my passions, writing, fashion and music.

When its Fluevog Friday, and my favourite day of the week, I dance. No matter how I am feeling. No matter what has happened during the week. I dance because it makes people happy. And it makes me happy. It brings the joy and personality of ZÖE to life.

Everyone has a story. The walk matters.

Stay in touch with Lynn
Head to her website zoesshoes.com or follow her always interesting and always beautiful Instagram, which also occasionally has videos of Fluevog Friday dances @zoe_shop_concept

Lynn Armstrong is a Canadian storyteller turned entrepreneur with a penchant for shoes. Her focus is helping people find their way, and tell their stories, from corporations, universities, and non-profits to independents. Journalist by training, she’s a corporate planner by experience and an entrepreneur with a special interest in the business of art and design. Lynn works across all mediums with the belief that all good things are accomplished through good intentions, good communication and good people working together.
Dr. Katherine Arbuthnott (Psychology) became a contributor to the website, Women for Saskatchewan (womenforsaskatchewan.ca) with an article on September 23, 2020 entitled “Embracing natural landscapes in Saskatchewan.” She was also featured in the Catholic Register in an article entitled, “Campion professor in reinvention mode” on October 23, 2020.

Dr. Leanne Groeneveld (Theatre) presented ‘Epic Selection,’ Eugenics, and the Oberammergau Passion Play” online as part of 2020-21 MAP Presentation Series.

Dr. Samantha Lawler (Astronomy) is a co-investigator on a successful NASA grant “Neptune’s Migration - The Origin and Evolution of the KozaiPlutinos.” She was also awarded time on the Canada-France-Hawaii Telescope as principal investigator to discover new Kuiper Belt Objects in a particular type of orbit. She published a paper as a co-author in the journal Icarus, “The Bimodal Eccentricity and Inclination Distributions of the Stable Neptunian Trojans.”

She (virtually) gave invited colloquium lectures on the Kuiper Belt at San Francisco State University and Mississippi State University and has started somewhat regular appearances on CBC Saskatchewan’s “The Morning Edition,” discussing the viewing of Comet NEOWISE, the Perseid meteor shower, and Mars’s closest approach. She is also part of a new working group to advise the University of Regina’s Vice President for Research, Dr. Kathleen McNutt, on how best to refurbish and expand the old astronomy teaching lab on the roof of the Classroom Building.

Dr. Philippe Mather (Film) received the Image International Award for Excellence for Volume 10 from The Image Research Network for his article, “Orientalist Stylometry: A Statistical Approach to the Analysis of Orientalist Cinema” Winners are selected from the ten highest-ranked articles emerging from the peer review process. The author is invited to be a featured speaker at the next conference, where they are also acknowledged in a short presentation. Additionally, the award-winning article is also granted Open Access publication status.

He also published two papers. The first is entitled, “Shanghaied in Singapore: Dogmas of Orientalism” in the Canadian Journal of Film Studies Vol. 29, No. 2 (Fall 2020). The second is “Intercultural Sensitivity in Orientalist Cinema” in the East Asian Journal of Popular Culture Vol. 6, No. 2 (Fall 2020).

Dr. Anna Mudde (Philosophy) presented a paper, “Craft as Ontological Training: Relations and Marginalized Knowing,” at the Universities Art Association of Canada Conference, October 15-17, 2020. It was hosted virtually by Simon Fraser University, on the traditional, ancestral, and unceded Salish territories of the Musqueam, Squamish, and Tsleil-Waututh Nations.

Elaina St. Onge (Librarian) joined the Board of Directors of the Saskatchewan Library Association as the Vice President, Engagement and Communications. She also gave a presentation entitled, “Libraries in the Digital Age” to the Regina Gyro Club in January, 2020.

Dr. Tom Phenix (Psychology) was featured in an article in the Catholic Register entitled, “Campus life back to a virtual normal” on October 23, 2020.

Dr. Christian Riegel (English) and Dr. Katherine Robinson (Psychology) received an SSHRC grant for their project, “Disrupt/ability: Disability, Ableism, Eye Tracking Technology and Art Creation.” The project continues their work in the IMPACT Lab on developing eye tracking technology so that it can be used to create art with the eyes only. One of the project’s goals is to draw attention to how we conceive of disability.
In 1990, I went to Queen’s University on a full science scholarship. However, I didn’t do particularly well at Queen’s (wrong program? immaturity?). After graduating with a terrible GPA, I returned home to Regina to contemplate my options. One day in early May, I dropped in at Campion College. I talked to Registrar Loretta Leibel for a few minutes before she pulled out my original application. She said that I could register in intersession classes starting the following week. My life changed that day.

Prior to talking to Loretta, I thought that I had ruined any chance of getting a decent university education. That fall, I was picked to be a Tutor/Mentor to Dr. Gary Sherbert’s English 100 class. Loretta hired me to help students pick their classes etc. After my terrible experience at Queen’s, I can’t tell you how much it meant to me that the profs and staff at Campion had faith in me. I am truly thankful for my Campion experience. The professors were wonderful and the classes were tough but the welcoming atmosphere and belief in student potential are what I remember most fondly about my Campion experience.

After Campion, I went on to do a law degree at the University of Saskatchewan, a Masters at McGill and a PhD at the University of Victoria. I would not have succeeded in these challenging programs had I not found the love and support of the staff, students at Campion.

Since 2009 I have been a professor at the Faculty of Law, University of New Brunswick. I try to remember the many lessons that I learned at Campion: grades do not define your self-worth, universities are really about learning who you are, and students need encouragement and support. In 2013, my husband and I asked Campion President Father John Meehan to officiate at our wedding in Fredericton. I was thrilled to learn from him that the spirit of Campion lives on. And that’s why my meagre alumni donation goes to Campion College. I want other students to experience the generosity, guidance, and support that I found at Campion. It matters.

Best wishes, Nicole O’Byrne (BA ’96)

Zack Almond (BFA’17) and Hannah Wildman (BMus’19) got married on July 4, 2020.

Derek Cameron (BA’18) has completed his Master of Arts in history at the University of Saskatchewan, researching anti-vaccine perspectives. The pandemic presented new opportunities as Derek was able to work on the USask COVID-19 Community Archive. He also undertook a research project which examined the 1918 Spanish flu health crisis. Read more by clicking the QR Code.

Randy Lundy is a former lecturer for Campion and he published Field Notes for the Self. He joined the English Department at UoT Scarborough in July, 2020 as an Assistant Professor, Teaching Stream, Creative Writing, Indigenous Literatures, and Oral Traditions.

Dr. Larry Matthies (BSc ’79) is a Senior Research Scientist for the NASA Jet Propulsion Laboratory in Pasadena, California. The JPL has the 2020 Mars rover mission set to land on February 18, 2021. There are several significant new capabilities in that mission that he played a seminal role in developing, including a vision system for precision landing, a vision system for fast rover driving, and the first ever rotorcraft to be tested on another planet. We’ll have more about it in our Spring 2021 Brag!

Keep in touch!

Tell us what’s going on in your life! We want to celebrate you and your accomplishments. Send us your updates to campion.alumni@uregina.ca or you can reach out to our Alumni and Development Officer, Krista Calfat at kirsta.calfat@uregina.ca.
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[Learn more about our Alumni in Business by contacting Krista Calfat at Campion.alumni@uregina.ca]
Campion flashback

While going through our archives recently, we found some pictures of Campionites “back in the day.” If you have some photos or stories you would like to share or you see yourself in some of these pictures, please reach out to campion.alumni@uregina.ca!