



For immediate release — Tuesday, Oct. 9, 2018

## **University of Lethbridge highlights for the week of October 9 to 14**

The University of Lethbridge has several events lined up this week that may be of interest to your readers, viewers and listeners. Members of the media who are interested in covering these events are encouraged to contact the individual event organizer directly.

### **Mindful Communication — Wellness Lunch & Learn**

**Tuesday, Oct. 9, noon to 1 p.m., AH100, Andy's Place, Anderson Hall**

Dr. Bonnie Lee, an addictions counselling professor, will talk about how to communicate mindfully. As a marriage and family therapist, Lee's clinical research focuses on using a couple's communication to restructure attachment bonds to reduce addiction symptoms and heal from adverse childhood experiences. Using case examples, Lee will untangle the complexities of communication.

**Contact** — U of L Wellness, [wellness@uleth.ca](mailto:wellness@uleth.ca)

### **jamani duo — Music at Noon**

**Tuesday, Oct. 9, 12:15 to 1 p.m., Recital Hall, W570, University Centre for the Arts**

Jodi (BMus '11) and Matt (BMus '11) Groenheide play a fun and energetic assortment of music on an impressive collection of instruments from around the world. They play more than 50 different musical instruments, from African percussion and flute to vibraphone and zydeco tie.

**Contact** — Fine Arts, [finearts@uleth.ca](mailto:finearts@uleth.ca)

### **Truth and Reconciliation in Every School**

**Friday, Oct. 12, 1 to 4:30 p.m., Students' Union Ballroom**

The U of L, in partnership with the EdCan Network and the federal and provincial governments, presents a panel discussion to take stock of where reconciliation is currently at and how best to move forward. The event begins with an Elder Talking Circle featuring Dr. Leroy Little Bear and Francis First Charger. Panelists include Dr. Pamela Rose Toulouse, a Laurentian University professor and author of *Truth and Reconciliation in Canadian Schools*, Ira Provost, a cross-cultural educator, Blackfoot guardian and musician, Julaine Guitton, an elementary school teacher and lead of Stavely Elementary School's Project of Heart. The discussion will be moderated by Dr.

Michelle Hogue, U of L professor and coordinator of the First Nations' Transition Program.

**Contact** — Brad Reamsbottom, 403-380-1856, [brad.reamsbottom@uleth.ca](mailto:brad.reamsbottom@uleth.ca)

**The Hudson's Bay Company — Department of History Colloquium Series**

**Friday, Oct. 12, 3 to 4:30 p.m., B650, University Hall**

Dr. Tolly Bradford, a history professor at Concordia University of Edmonton, challenges the idea that the Hudson's Bay Company, especially before the 1870s, was a benevolent locally oriented institution. Bradford argues that the company's restructuring between 1810 and 1821 was largely based on strategies of commerce and colonialism that originated elsewhere in the British Atlantic World, such as in Jamaica, Upper Canada and New Brunswick.

**Contact** — Bev Garnett, 403-380-1894, [bev.garnett@uleth.ca](mailto:bev.garnett@uleth.ca)

**Wilma G. Winter Hall Naming Ceremony**

**Friday, Oct. 12, 3 to 4 p.m., just outside the Pronghorn Athletics office, PE209, 1st Choice Savings Centre**

A founding faculty member, Dr. Wilma Winter taught in the Department of Kinesiology and Physical Education and was head coach of the U of L's women's basketball team when it won the Canadian Junior Women's Championship. The U of L is recognizing Winter and her contributions to the University by dedicating a hallway in her honour.

**Contact** — Catharine Reader, [catharine.reader@uleth.ca](mailto:catharine.reader@uleth.ca)

**Let There Be Light Night**

**Friday, Oct. 12, 7 p.m., Markin Hall**

The U of L Alumni Association will celebrate the achievements of U of L alums by presenting awards for the alumnus or alumna of the year, the young alumnus or alumna of the year and inducting new members into the Alumni Honour society.

**Contact** — Leanne Sinclair, 403-317-2825, [leanne.sinclair@uleth.ca](mailto:leanne.sinclair@uleth.ca)

**Autumn Magic**

**Saturday, Oct. 13, 7:30 p.m., St. Augustine's Church, 411 11 St. S.**

Drs. Blaine Hendsbee and Janet Youngdahl have teamed up to present an evening of opera scenes and choral music in support of Syrian refugees. Admission is a free-will offering and all proceeds go to the resettlement and support of Syrian refugee families in Lethbridge.

**Contact** — Fine Arts, [finearts@uleth.ca](mailto:finearts@uleth.ca)

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