

Luther

LUTHER COLLEGE ALUMNI
& FRIENDS MAGAZINE

WINTER 2012

STORY

Sports &
wellness
issue



LUTHER
COLLEGE
REGINA CANADA

message from the editor




There are many things that make Luther College a special place, and one of these is its holistic approach to education. At Luther, education is not only about academic building blocks—your ABCs and 123s— but also about experiencing the natural world, growing spiritually, making social connections and being part of a community, and developing into a person who is active, healthy and content.

Wellness and activity—both physical and psychological—are important components of the liberal arts education provided at Luther. The tradition of athletics at Luther College High School is strong and deeply rooted, and it continues to play an important role in the lives of students and the greater Luther community today. At Luther College at the University of Regina, spiritual and psychological wellbeing occupy a central place in the College's student-centred priorities, and students have access to programs and supports that help them learn to manage stress and balance the diverse demands on their time and energy. What faculty and staff at both campuses understand is

that physical and psychological health are inextricably linked to intellectual wellbeing and personal growth: it is difficult to have one without the other.

This sports and wellness issue of *The Luther Story* contains stories from Luther students, alumni and faculty about the importance of activity and balance in their personal and professional lives. I hope that as you thumb through this issue, you will reflect on the impact that Luther's holistic approach to learning has had on your life.



Jennifer Arends
Senior editor of *The Luther Story*



The Luther Story is the magazine of the alumni and friends of Luther College.

If you have a question or story idea to share, please contact us at:

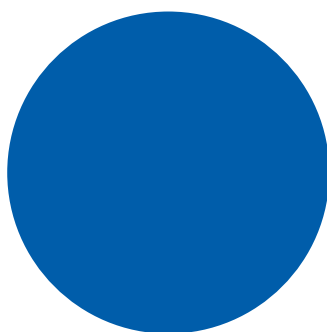
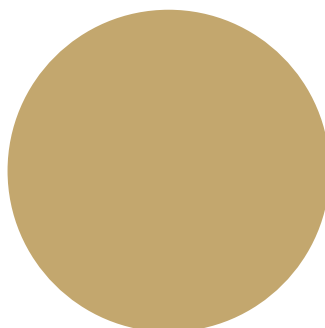
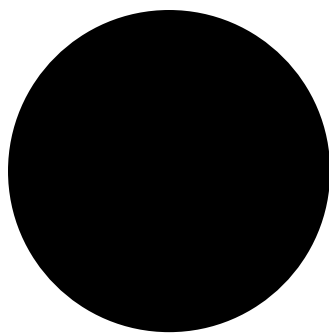
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**sports • wellness • recreation • challenge • competition •
teamwork • enjoyment • stamina • fitness • coaching • play •
balance • leadership • peace of mind • respect**

message from the pulpit

A high school chaplaincy offers some unique opportunities to serve. One particular task that has given me immense satisfaction and pleasure over the past 25 years has been serving as boys soccer coach. However, there have been those who felt my interest in athletics was a distraction from my “real” work.

A number of years back during a scheduled parent-teacher interview, it was suggested by a parent that maybe I should choose between soccer coaching or chaplaincy and teaching. Now the parent was usually supportive, and our interview was not in her first language, so maybe it didn't come out the way she meant. But it seemed as though she was saying, “Pick one, because you are doing a mediocre job of both.” Ouch!

Indeed, one could make the case that athletics and other co-curricular

activities distract us from the real job in high school of academic pursuit. It doesn't help that some lose perspective, seeing high school sport as a way to get their son or daughter a scholarship, university entrance, or even a “pro” contract, or for coaches to use the sport as a way to gain personal recognition. Competitive sport sometimes brings out the worst in people.

I appreciate the motto of the Regina High School Athletic Association—“Education through Sport.” It reminds me that the primary purpose of athletics in our schools is education—that on the bench we are teachers (or chaplains) first, and coaches second. While there are some very practical things to learn through sport, such as teamwork or leadership, and I could quote studies that show a balanced involvement in school sport actually correlates with academic success,

to me the most valuable lessons are around values. Sport continually teaches us to respect others, even when it is difficult, and even to “turn the other cheek.” Sport requires us to practice living fairly and honestly. It often humbles us, and team sport especially requires us to put others' interests ahead of our own, giving a unique twist to Jesus' “the first will be last and the last first.” Athletics can be a great way to bring out the best in people.

Actually, team sport can play a central role in the total curriculum of a liberal arts, Christian school—and be a labour of love for the chaplain too.



Pastor Larry Fry
Chaplain, high school campus



Pastor Larry Fry (right), coach of the boys soccer team.

message from the president

Photo courtesy of the Photography Department, U of R.



I am so glad that the editorial board of *The Luther Story* chose as a theme for this issue “sports and wellness” as it is a concern near and dear to my heart. Whether it be the fun I had swimming competitively and playing water polo as a youth, or the continued satisfaction I get from working out in my more “mature” years as an oarsman, amateur sports has always had a central place in my life.

And so it has also been with Luther College. In founding a liberal arts college modelled after the German *gymnasium*, the founders of Luther College indicated the need for balance in the life of a student and a College. Luther has continued to be proud of its tending to the intellectual, spiritual, emotional and physical wellbeing of its students. At the university campus, physical activity options are available through the plethora of University of Regina offerings; at the high school campus, the various sports teams and clubs are a witness to the continuing concern that our faculty and staff have for student activity and wellness.

Though I realise it’s become a bit of a platitude, in Saskatchewan we have for years been aware of Sask Sport’s advertising slogan “Sports: it’s more than a game.” For me, this slogan has pointed to all the benefits of sports. Even if one is not “successful” in sports, invariably one’s self-esteem gets a boost from the effects of hard work. Team solidarity is one way in

which participants benefit from the relationships they build with others, and this effect is even present in individual sports. Establishing goals, connecting with the community of organisers and builders, and understanding the value of willpower and rules are all tremendous benefits of sports.

Wellness is vitally connected and can be practiced in ways aside from sports. In the cafeterias on both campuses, our food managers give special attention to a nutritious, tasty menu. The balance that we teach, advise and yes, even preach at both schools can be observed in the value we see in all our extracurricular activities, whether they be sports, music, drama or community-related. Sports has too often been the only factor equated with wellness, but I am most encouraged to see that we have expanded our ideas of fitness and wellness to include much more than the athletic dimension.

Luther College will continue to value wellness and sports as primary components of its Christian mission to engage and nourish the entire individual, providing the best education for our students.

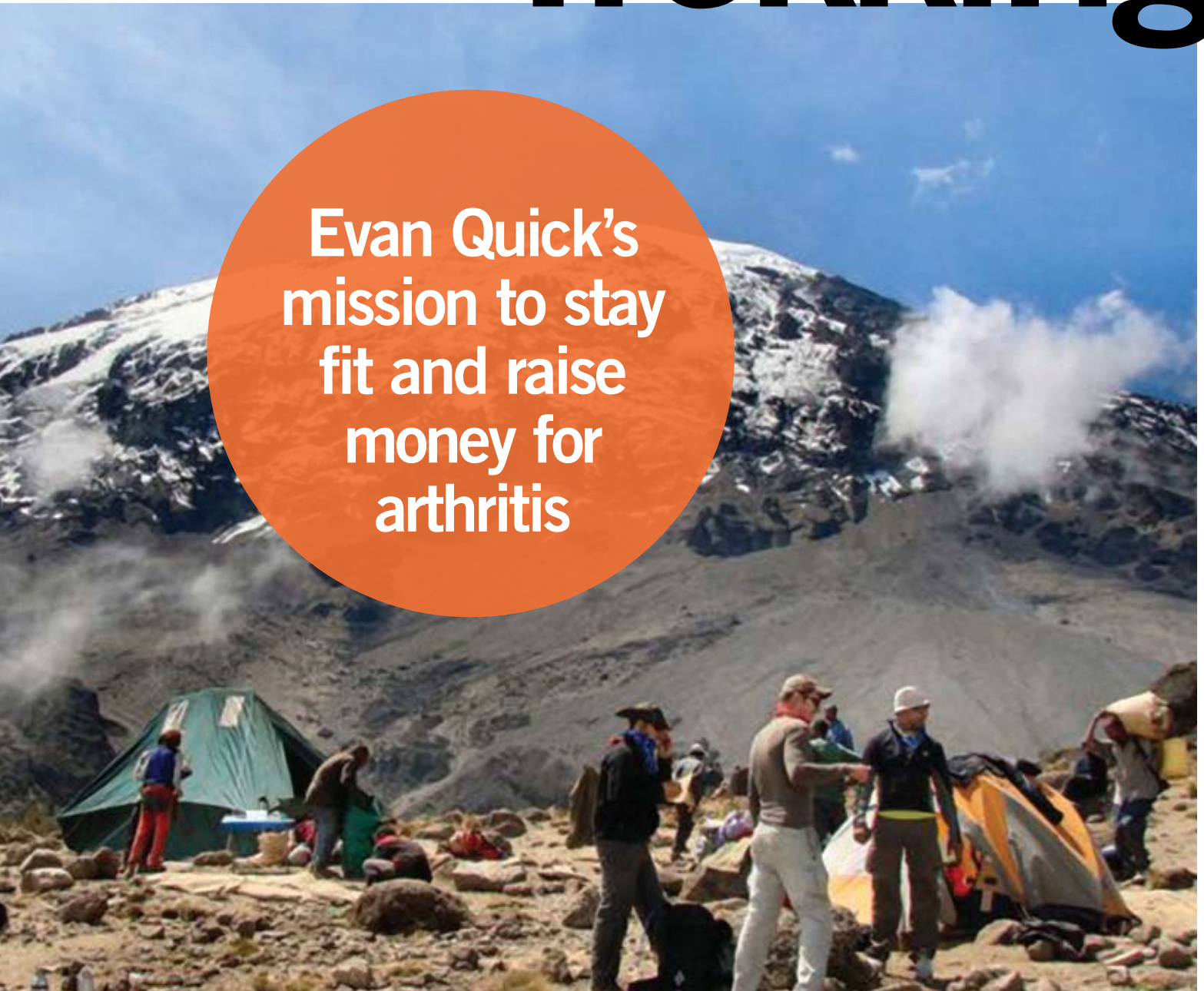
Bryan Hillis (U’77), PhD
President, Luther College



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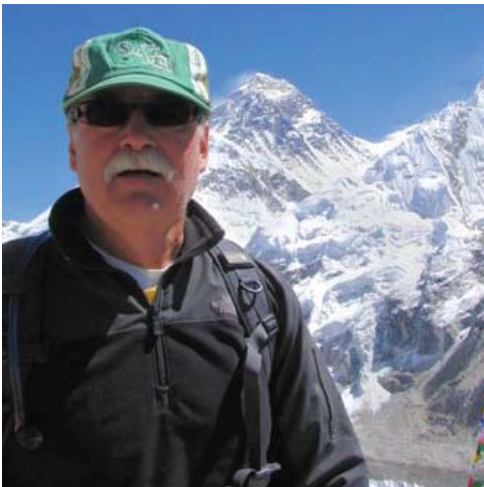
Trekking

Evan Quick's
mission to stay
fit and raise
money for
arthritis



By Jennifer Arends (U'02)

with a purpose



Above: Evan at the Everest Base Camp proudly sporting his Saskatchewan Roughrider cap.

Left: "Hanging out" at Mt Kilimanjaro.

For many of us, grand, epic adventures come once—or maybe twice—in a lifetime. This is even truer of trekking adventures, which require intense planning, training and commitment. But there is also something about those types of expeditions that keeps a person coming back for more. Trekking adventures are as much about the journey as the destination.



Above and right: photos taken at the Everest Base Camp in Nepal.

For Evan Quick (HS'69), trekking has become a near-constant draw, in part because his journeys have been about more than just his personal experience. For several years, Evan has journeyed to far-away lands, walking some of the world's most famous trekking paths to raise awareness of and funds for The Arthritis Society, an organisation that he has committed to support.

Evan's connection to The Arthritis Society is deeply personal. For twenty-two years, his wife Luanne has battled arthritis. The disease is marked by joint inflammation and pain that undermines a person's mobility, and it can appear in varying forms in people of all ages, genders and races. To assist those suffering from arthritis, The Arthritis Society operates a fundraising wing called Joints in Motion. The program is designed to allow participants such as Evan to challenge themselves physically and to raise money for arthritis research and education so that the quality of life for those suffering from arthritis can be improved.

The first trek that Evan did with Joints in Motion was the Inca Trail in 2007. Hiking to the ruins of Machu Picchu, a 15th-century "lost city of the Incas" and UNESCO World Heritage Site located in the mountainous region of Peru, was a life-long dream for Evan. But it wasn't until February 2007, when he

spotted an advertisement in the local paper for the Joints in Motion fundraising trek to Peru, that he heard the call to lace up his hiking boots.

In order to participate in the Peru trek, Evan had to fundraise at least \$6 900. After asking individuals for support, organising an art auction, coordinating steak nights and holding a yard sale, Evan's fundraising totalled a whopping \$21 000. Remarking on the effects of fundraising, Evan notes that not only does it raise money for a great cause, but it also "allows donors to live the trek vicariously through you."

Since Evan's first trip to Machu Picchu, he has participated in several additional fundraiser trips, including one as a trekker to Tanzania's Mount Kilimanjaro in 2008, and another as a trek organiser to Nepal in 2009, from which Evan was forced to withdraw as a trekker due to cancer. For this trek, Evan recruited high school friend Greg Willows (HS'68), who notes that his most precious memories of his "Great Himalayan adventure" are the many acts of kindness he experienced from fellow trekkers.

Fortunately, Evan was able to return to Nepal in 2010, participating in the Everest Base Camp. Next year, Evan is set to join a 5-day, 6-night trip to Iceland.



Above: Quick and trekking companion Ernest on the way up Mt. Kilimanjaro

When asked which trek stands out as a favourite, Evan replies that each one has been amazing in its own way. “To stand on Uhuru peak, the summit of Kilimanjaro, the roof of Africa, is beyond words, and seeing Mount Everest—it’s a dream come true.” Kilimanjaro, Evan recalls, was a gentle incline most of the way, but the summit climb “was a kicker,” consisting of a midnight to 8:00 am uphill trek that was undertaken in cold and dark conditions. And, Evan notes, because “going up is optional and coming down is mandatory,” the gruelling ascent was followed by an equally difficult trek down the mountain.

Evan describes his trekking experiences as “life-changing.” He explains, “afterwards, you look at yourself differently and say, ‘I did this’.” Evan traces his desire to embrace challenge and be active back to his days as a Luther student. Luther College High School provided Evan with the positive, motivating environment that allowed him to excel and be active in sports including basketball, football, track and badminton. As a fine arts student at the University of Saskatchewan, Evan continued to be active, taking up an interest in the game of squash that continued for decades to follow.

Adventure and activity, Evan remarks, occupy an important place in his life, and he intends to

continue trekking as long as he is able. Evan invites anyone who is interested in participating in Joints in Motion to visit The Arthritis Society’s website at www.arthritis.ca.

Evan and Luanne Quick have three children, all of whom attended Luther College High School. Five of their nephews have also attended the High School, and their daughter Leah also graduated from the university campus.



LUTHER
STORY

by Sabrina Cataldo
(U'97, U'99)

education through Sport



Soccer, hockey and volleyball are amongst Luther College High School's popular team sport offerings.

Luther College High School's athletic director Angela Tillier sees sport as an extension of the classroom. "Our belief of quality education in a Christian context shows itself within our extracurricular activities. We use that as another classroom for students, as education through sport," she says.

The high school's athletic philosophy, which Tillier wrote, emphasises a program "that offers opportunity for a greater percentage of the student population to participate," with "coaches who not only teach important lessons about sport, but, more importantly, also teach about life," and who "try to develop and foster a sense of community in students."

Because Luther is a smaller school, students are able to be involved in a number of sports and other extracurricular activities. As well, the football, hockey, soccer, cross-country, curling and track have no-cut philosophies, offering more opportunities for involvement. The only teams where cuts are necessary are those that practice in the gym, where there is limited space.

"We don't stack teams just to win," says Mark Leupold, who teaches history and English and has coached volleyball for 25 of his 28 years at the school. "At the junior level, there's a recognised emphasis that this is

a developmental program. You don't bring 12 people on a team and then work with only five or six of them just to win games. We have just as much pride in putting together a good team. We like to see more than numbers in the win column."

There is a strong emphasis on sportsmanship. "In our gym, we don't hang any championship banners. We hang sportsmanship banners. We have our kids think about how we get to the end, not just winning," says Tillier, who has coached basketball at Luther for 25 years and teaches physical education, chemistry and math. "There's still an emphasis on winning, but it's not winning at all costs," says Leupold. "We expect students to develop team attitudes and work with their team members very successfully. There is a high level of respect built into the system – respect for coaches, for other players, for parents, for fans, for other schools."

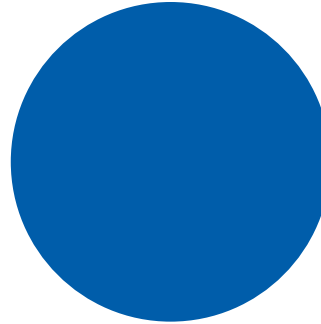
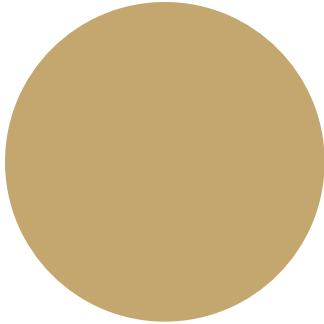
Leslie DeMars (HS'86), a Luther High School alumna, coaches curling and teaches math and chemistry. In curling, "Anyone who wants to be involved can join, as long as they're willing to put in the time and effort," she says. Most of the curling teams are either junior or recreational, which gives students the opportunity to learn the basics of the game, have some fun with their friends, and get to know other students better.

DeMars has seen first-hand the community that sport builds in the school, particularly for international students. "We have a practice once a week where we don't divide into teams. We throw rocks and everyone gets to interact with everyone else," she says. "Curling gives international students living in the dorms a chance to mix and talk with native English speakers. They are improving their language skills and getting involved with a greater number of people."

DeMars has been involved with curling for the past 11 years, and says that of the 40 to 80 students who come out each year, one-third to half are international students. One of the greatest successes she witnessed was that of an exchange student from Germany: "She picked the sport up very quickly and as a result, her team went to provincials."

Luther's athletic philosophy also recognises that students face a "world of uncertainty and turmoil." Sport helps to give them the skills to deal successfully with these challenges.

Alumna Toni Jestadt (HS'02) serves as the personal counsellor, math teacher, and track team coach at the school. She is also undertaking a master's degree in educational psychology, exploring the role teachers play in students' body image. "Kids who look at the function of the body as opposed to the appearance of the body



have a positive body image,” says Jestadt. “The ones who look at the function of the body are the ones who play sports and receive feedback on how useful and functional the body is.”

Both Jestadt and Leupold point out the importance of students learning to push themselves beyond perceived limits. “When you run into a kid who’s never competed, they are easily frightened when a workout pushes them to their max. I see the same thing in the classroom with kids who have never had to try really hard before,” Jestadt says.

According to Jestadt, “Sports give kids a well-rounded experience to both winning and losing. Some kids don’t often experience failing at something, and I think that’s a really healthy thing to experience. When kids have the experience of playing a sport against someone who is better than them, it helps them see that they could be better.”

Leupold agrees, “They may have an idea that they can’t do something. You teach them the mechanics of doing it, you give

them the opportunity to try it, you maybe pressure them a bit to go beyond that level, and then they’re doing it. They learn to think outside of what they usually can do.”

Tillier believes that involvement in sport helps create better students. “If you encourage them to get involved in the larger community, that will often translate to success in the classroom,” she says. “I have seen students who were not doing well in the classroom but were interested in sport. A community was built around them through sport and their teammates helped them be more focussed and become more successful in the classroom.”

DeMars adds that sport is mental as well as physical: “They’re using their brains to think of strategy. In curling, it’s not just the coaches that are calling the plays. The kids have to look at the ice and decide the best play.”

The school’s athletic philosophy also states that, through sport, “Students learn lifelong lessons about passion, discipline,

selflessness, respect, perspective, courage, leadership, responsibility, resilience and imagination.” Says Tillier, “We use sport as a vehicle to build leaders. We try to build a moral compass within our kids and extend that to all the things that we do to try to build the whole person. We are builders of people, of citizens of the world, and this is just a vehicle we use to develop our young people.”

PARTICIPATE IN THE 2012 LUTHER WINTER PHOTO CHALLENGE



What did you do this winter?
Go skiing in the mountains?
Play a game of golf in Arizona?
Escape winter on the beaches
of Mexico?

Send us your best winter holiday
photos. A selection of your
photographs will be featured
in the next issue of *The Luther
Story*.

**THE DEADLINE FOR
SUBMISSIONS IS
15 APRIL 2012.**

To enter, visit www.luthercollege.edu/lutherstory
and click on the photo
challenge link.



2011 PHOTO CHALLENGE



Above: Jill Cameron—In late 2010, Jill Cameron, manager of admissions and recruitment at the university campus, had a baby named Lily. In this photo, Lily's uncle is introducing Lily to her first horse on a warm Saskatchewan summer day.

Far Right: Jessica Reitmeier (U'09)—“My dog Maddy and I went to check out the waves that Hurricane Irene was making near East Lawrencetown, Nova Scotia. You'll notice in this picture that there is a lot of contrast in water colour. The ocean in this area is usually green, blue or a blue-grey colour. On this particular day, it was mixed with a lot of brown because of all of the sand that was lifted up by the strong currents.”





Top Left: Dean Terichow (HS'90)—"This was taken at Rawson Falls along Upper Kananaskis Lake, Alberta. The sounds, smells and colours of the rushing stream and little waterfall were amazing. It was nice to share these with our kids as we did a family hike in July 2011. The picture has such great contrasting colours—especially the boldness of the greens and the aging driftwood."

Bottom Left: Dean Terichow (HS'90)—"This was taken after a short 2 km hike along Upper Kananaskis Lake. The kids were down by the edge of the water throwing rocks in to the lake. I found myself drawn to the Inukshuk and the mountains behind. I soon realised that it was so peaceful and relaxing just sitting there captivated by my surroundings."



NNERS



ONE stroke at a time

By Barbara Woolsey (HS'07, U'11)

Student profile: Alyssa Kohl (HS'08)

“The smaller classes made it so that I wasn’t just a number,” Alyssa said. “My teachers were always willing to work with me. That helped me to get ahead so I could go away and travel for paddling.”



Left: Spring training camp in Tarpon Springs, Florida (2009).

Centre: A gold-medal win for Alyssa's Junior Ladies War Canoe team at Nationals in Ottawa (2007).

Right: Alyssa at National team trials in Welland, Ontario (2008).



As a national athlete and paddling champion, Alyssa Kohl's accomplishments have taken her across the continent. But she will never forget where it all started — during her days as a student at Luther College High School.

Alyssa took up canoeing and kayaking six years ago, the summer after grade nine.

“My sister began paddling a year earlier and I would go and watch her,” she explains. “It always looked like a lot of fun. Being outside all day in the sun, it really doesn't get much better than that.”

Only a year later, Alyssa would be competing in the national championships in Regina. The ladies' war canoe team — of which Alyssa was a part — won silver and then, in 2007, garnered the gold medal in Ottawa.

“It was probably the best feeling in the world,” she recalls.

Paddling would even bring her such exciting experiences as racing at the Olympic basin in Montreal, and again at an international regatta at Lake Placid.

But juggling sports and school was challenging. Besides homework, Alyssa would train sometimes as often as 16 times a week.

“I became a lot more organised,” she says. “In high school, I honestly lived and died by a calendar, and it really taught me independence.”

But it was being a student at Luther College High School that made being both an athlete and a student possible. In grades 11 and 12, Alyssa missed a month of classes for spring training in California. The school allowed her to learn units ahead of time and take exams early. It made a huge difference.

“The smaller classes made it so that I wasn't just a number,” Alyssa says. “My teachers were always willing to work with me. That helped me to get ahead so I could go away and travel for paddling.”

Kohl is now in her fourth year of the Bachelor of Health Studies program at Luther College at the University of Regina. She hopes to one day become a surgeon.



ask an expert

Troy Casper and Susan Weir on the importance of physical and mental health

Troy Casper teaches physical education and coaches football at Luther College High School.

Beyond encouraging general fitness, how do sports develop students' life skills?

Being involved in sport has many benefits besides general fitness. It can help develop leadership skills for students, including their understanding of guidance, direction, and working toward common goals. Sports help manufacture competitive spirit in an environment in which students participate, regardless of whether they win or lose.

Being involved in sport develops many social skills within a person. Sport helps teach our students how to interact with teammates, officials, opponents, coaches, and in some cases the media; it also builds confidence and gives students a sense of belonging and accomplishment. The life skills that students learn and practice through sport are countless. As a person involved in athletics and wellness, it is my goal to enable students to cope with the many tests that they will encounter over their lives.

What role do athletics play in high school education at Luther?

Athletics and physical activity play a variety of roles in any setting, including schools. Student athletes learn the importance of patience, acceptance, accountability, sacrifice, time management, social values, and body and kinesthetic awareness. Luther's intramural program and competitive sport offerings allow students the chance to step away from other pressing stressors within their lives. This has many benefits for a student's self-confidence, mental maturity, and overall wellness. In my experience, students involved in physical activity and athletics develop a strong sense of belonging to a team, and academically they excel.

I understand you are a diabetic. What are the challenges associated with managing your diabetes as a physical education teacher?

"Challenges" is an interesting word to use, as I have never seen them as

challenges (even though they are). The obvious challenge for me is to be sure that my blood sugar is at an appropriate level prior to any strenuous activity, as the activity alone will drop my blood sugar level and burn calories. Being aware of how my body is responding to my blood sugar level is, at times, difficult. As a teacher, I always try to be aware of the situation and the condition of the students in my class.

I often speak to students about the importance of being aware of what they do and how it can affect them and others around them. I hope that I model this with habits I have developed around my diabetes. Over the past five years, I have taught students that are diabetics, and they have helped me to stay informed about the technology and advances in diabetes management. I have often talked with diabetic students about how they are doing, and in turn I have reflected on how I have dealt with the "challenges" of being an active diabetic.

Does being a diabetic influence the way you teach students about physical wellbeing?

I believe that teachers are continually influenced by their own experiences. Teaching is a "personal" profession: teachers are very passionate about the subjects they teach and the activities and clubs with which they are involved. My experience as a diabetic over the past 26 years has undoubtedly shaped how I teach, and it is the reason that I wanted to be a physical education and wellness teacher. I learned from a very young age that how I treat my body affects every area of my personal wellness; even stress affects how my blood sugar behaves. All areas of a person's wellbeing are related, and each dimension of a person—be it physical, spiritual, social or psychological—can affect another.

Susan Weir teaches psychology at Luther College at the University of Regina.

Why does it appear that many people in society privilege physical fitness over mental wellbeing?

Our society is influenced by a belief that “what is beautiful is good” (for example, physical fitness and youth), and this belief fuels multi-billion-dollar advertising campaigns that often make us feel inadequate. This, coupled with the use of photo-shopped models whose beauty and body shape are unattainable for the majority of us, causes individuals to feel bad about themselves, which sometimes prompts anxiety and/or depression. Mental wellbeing is often taken for granted by the majority of people until they themselves or someone close to them is affected by mental illness. Even though there have been, in the past year or so, a number of celebrities who have been very open about their struggles with mental illness, it is still often perceived as a weakness, and as not similar to a physical illness.

Why is it important to maintain good mental health? What are the consequences of neglecting one's mental health?

I believe that one's mental health is as important as one's physical health, if not more important. Mental health can often influence every other aspect of one's life, affecting one's ability to work (resulting in financial difficulty), to care for one's basic needs (resulting in physical difficulty), and to look after one's emotional well-being (resulting in emotional problems). I am grateful every day for my mental health. One could be extremely physically healthy but, without mental health, unable to function the way that he/she would like to be. Neglecting one's mental health could have dire consequences. If one neglects his/her mental health (too much stress, not eating properly, not resting enough, not having enough of a social support system, working too much, and so forth), then physical health deterioration may follow.

Are mental, physical and spiritual health connected?

I believe that they are. I see individuals in a holistic way and not as parts. Spiritual health is, for me, being in tune with one's “Higher Self,” feeling a connection to something bigger than oneself, and accepting

oneself just as one is, warts and all. Without spiritual health, in my belief system, one may not have mental health, which in turn can influence one's physical health. For those who are not spiritual, I still believe that one's mental health is inextricably connected to one's physical health. Eventually, mental health issues can cause a person to suffer from physical ailments as well—for example, depression can lead to poor nutrition, sleep and exercise.

As psychology instructor, what have you observed to be the greatest challenges to strong mental health today?

From my experience with both students and others, stress is the biggest factor in most people's lives. People are overextended (physically, mentally, financially, emotionally) most of the time. We have become a society of wants and not needs; for many, this also involves instant gratification and not delayed gratification. My parents saved up when they wanted to buy something. Credit has made acquiring the “wants” in life far too easy. Students are caught between studying and

having to work due to high tuition and living expenses; many students are working almost full-time hours while taking four or sometimes five classes. They are “running on fumes.” The belief that we need “bigger and bigger” and “more and more” STUFF to look more successful and more powerful than others has fuelled a system of purchasing beyond our means. One research study that made me very sad found that “normal” children today have anxiety levels comparable to those who were considered a psychiatric population in the 1950s. Children no longer just play; they aren't outside exploring, running around, riding their bikes, and using their imaginations. They are inside, isolated, playing video games, watching TV, or on the computer “talking” to friends via networking sites. We are becoming a society in isolation, connected by technology but not in person.

class notes

UPDATES

Jella An (HS'01) completed an undergraduate degree in microbiology and immunology, following which she decided to study medicine. She graduated from McGill University two years ago and is now working as a resident in ophthalmology at Montreal General Hospital. She continues to play the violin in the orchestra (*I Medici di McGill*) and in quartets, performing regularly and participating in benefit concerts whenever she can. Jella's parents still live in Seoul, but they visit her often. One of the most exciting things that happened to Jella in 2011 is that she finally obtained Canadian citizenship. She is proud to be Canadian at last!

Brenda Beckman-Long (U'88) has written a book entitled *Breaking with Theory: Carol Shields and Women's Self-Representation*, which has been accepted for publication by the University of Toronto Press. Based on her PhD dissertation at the University of Alberta, the book is forthcoming in 2012.

Ivy Gae Benson (Smith) (HS'61) is happily retired in Edmonton after teaching for many years, raising her children, and playing the church organ, which she continues to do. These days she is enjoying recent re-marriage after five years of widowhood. Camping in the beautiful country west of Edmonton is one of Ivy's great joys. She has a large family of children, grandchildren and great-

grandchildren, who ensure that she remains active.

Stephanie Bickerton (HS'01) lives in Elkhorn, Manitoba, a small town located on the Trans-Canada Highway. She has been married for three years and has a seven-and-a-half-month-old son. She works with her husband at their family-owned automobile shop.

Mathew Block (U'10) has been appointed communications manager for Lutheran Church—Canada (LCC). As part of his new role, Mathew now serves as editor of LCC's national magazine *The Canadian Lutheran* and its online counterpart CanadianLutheran.ca.

Laurence Boesch (HS'51) is recovering from knee surgery. He and his wife have three sons farming, and Laurence helps when he can — or when they let him. The couple takes trips at any opportunity. This winter, they plan to spend time in Puerto Vallarta with some of their family, and they would like to visit Laurence's brother in Australia in 2012.

Kenneth A Bradley (HS'71) has been retired from the position of PE/Health Consultant in Moose Jaw for 14 years. He spends most of his summers on the golf course, and he continues to referee basketball locally in the winter. He and his wife have made several trips to Florida, Arizona and California to escape the cold winters. Kenneth is the

Provincial Senior Men's Golf Champion (2009 and 2010), and he has participated in six national tournaments. His current passion is writing a book on the history of golf in Moose Jaw for his club's 100th anniversary in 2013.

Joycelyn Oi Ye Choi (HS'92) works for a pay-TV company operated by PCCW as a content development manager.

Chad Christiansen (HS'91) has recently opened his own home building company called Spring Green Homes. Visit his website at www.springgreenhomes.ca.

John Courtney (HS'55), long-time member of the Political Studies Department at the University of Saskatchewan and currently Senior Policy Fellow at the Johnson-Shoyama Graduate School of Public Policy, was awarded the Mildred A Schwartz Lifetime Achievement Award by the American Political Science Association on 1 September 2011 in Seattle, Washington. The award was established to recognise "scholarship and leadership in bringing the study of Canadian Politics to the international political science community." A world-renowned expert on electoral democracy, John Courtney has received the Distinguished Researcher Award and an earned DLitt from the University of Saskatchewan. He holds a PhD and MA from Duke University, an MBA from the University of Western Ontario and a BA from the

University of Manitoba. His areas of research include Canadian and comparative parties and elections; electoral reform, electoral systems and electoral administration; franchise and voter registrations; and party conventions and leadership selection.

Terry Dahlman (HS'71) had his own independent insurance adjusting firm (Dahlman Adjusters) from 1996 to 2007. In May 2007, he sold it to his staff and retired. Terry is "lovin' the retired life" and spends his time volunteering, curling, golfing, and playing guitar. His wife Theresa works at SGI, and his two children have left home. His daughter Danielle was married to Dave Hopfner in September 2010. Terry became a grandparent on July 2011, and his son Tyler was married on 11 June 2011 to Whitney Glushka.

Benjamin Chun Ho Fong (HS'01) is working with an apparel company in the position of product manager. He handles business inputs, watches over production, and creates innovative and functional garments. More recently, Benjamin has been building his own e-marketing business with several other partners. His hobbies include enjoying the dragon boat season, training with his teammates, and winning a number of gold and silver cups and plates.

Mike Fritzler (HS'88) has been running his own computer business, FACT Computers of Regina,

since 1989. Mike has been married to his wife Michelle for 11 years, and the couple has four children, two of whom currently attend Luther College High School. Mike has been a member of the Luther College Board of Regents since 2009, and he now serves as chair of the finance, audit, and building and renewal committees. Mike enjoys all of his interactions with the Luther faculty and staff, and he looks forward to continuing to give back to his *alma mater*.

Elizabeth Greggain (Kurtz) (HS'72) graduated from Washington State University (WSU) in 1999 with a Master of Arts in human development (HD) and worked as the undergraduate internship coordinator for the HD Department from 2001 to 2008, specifically teaching and working with WSU online students in the HD Department. In 2008, she moved into advising and now works as the academic advisor for HD students completing undergraduate degrees online. She has had the privilege of being students' point of contact while they complete their BA degrees, and she enjoys the relationship she has with the students, as well as not having to grade any more papers. She remains married to Don Greggain, who graduated from Central High School in Regina. Elizabeth and Don are celebrating 35 years of marriage this year. Don continues to practice family medicine, and two of their three

children have also become physicians. Their youngest is applying to a PhD program for 2012. They have four grandchildren ranging in age from two to 14 and think that grandparenthood is the reward for not killing one's teenagers. Elizabeth continues to be involved in music ministry at their church, and she enjoys acting in plays as much as possible. Last year, on her 55th birthday, she completed a full marathon (26.2) miles in six hours (walking/running). She will probably never do one again, but she did enjoy the training with her friends and getting into better shape.

Michelle Grodecki (Hawkes) (HS'01) married Nick Grodecki in July 2005. They welcomed two boys—James and Oscar—to the world in April 2009. Nick's job has seen the family move around Saskatchewan and Alberta over the last few years, but they have finally settled and are living in Regina again. Michelle is a special education teacher at Winston Knoll Collegiate in Regina.

Celeste Just (HS'01) was married on 19 June 2010. She is currently in her third year of medicine at the University of Saskatchewan, and she is doing her clerkship at the Regina General Hospital.

Reg Lakness (HS'71) and his wife Judy have been grain farming at Govan since 1974. They have two sons—Trevor and Kyle—who both live and work in Regina.

Over the past few years, Reg and Judy have been fortunate to be able to travel to different parts of the world, which they have very much enjoyed, and they hope to continue to explore in the coming years.

Richey Lane (HS'51) recently moved back to Balgonie and lives in the Heritage Court. He helps out at the store owned and operated by his two sons: **Brian (HS'82)** and **Lee (HS'83)**. His main hobby is playing tournament bridge. He is a lifetime member of the Regina Wildlife Federation and has been involved with that organisation for 30 years.

Michelle Long (HS'04) began work as a resident doctor at the Children's Hospital of Eastern Ontario in July 2011. She completed her MD in June of 2011.

Gerry Lowden (HS'51) and his wife have been cruising since 1993, when they left Vancouver to do a circumnavigation. As of today, they have sailed across the Pacific, Indian and Atlantic Oceans. At present, the couple is moored in Bonaire in the Dutch Antilles, where the water is clear and warm. They hope to be back in Vancouver sometime in 2012.

John Mang (HS'71) has retired after 30 years of working for Canadian Broadcasting Corporation.

Moe Mathieu (HS'88) has opened The Willow on Wascana as well as Beer Brothers Restaurant,

and he is now a full-time culinary instructor at SIAST, where he just received the organisation's instructor of the year award. He will also be featured as a Saskatchewan chef in an upcoming issue of Canadian Living Magazine.

Margaret Merrifield-Daily (Kurtz) (HS'72) has an integrated medical practice on an acreage in Richland, Washington. She often travels to see friends and family with her husband, Jim Daily, a retired naval captain. All of the couple's children and grandchildren are happy and thriving.

Megan Morrison (HS'01) is in her first year of a doctoral program in medicine at Memorial University of Newfoundland. She is studying healthy and positive aging for individuals with Alzheimer's disease and their caregivers.

Michael Nelson (HS'01) has been working as a scuba diving instructor in the Philippines for the last few winters. At home in Canada during the summers, he works as a labourer for a power line contracting company. He and his girlfriend, who is from the Philippines, have a new baby girl.

Arek Nicholson (U'10), after graduating from the University of Regina with a Bachelor's degree in music education, returned home to the Cayman Islands to take up a teaching career. He is currently employed with the Cayman Islands Government

and Department of Education Services at one of the two public high schools in the Cayman Islands. The school in which Arek works is also his old high school, and he currently teaches alongside of some of his former high school teachers. He reports that they are no longer "Mr" or "Mrs," but rather "Nicole," "Alan," "Lorna" and "Tim" — something that is still taking some getting used to. To read Arek's entire report from the Cayman Islands, visit the *Luther Story online* at www.luthercollege.edu/lutherstory.

Verna Purcell (Dahl) (HS'61), together with her husband Mike, has been an escort for a travel company owned by Mike's cousin for the past eight years. Verna and Mike have seen many parts of the world, including Vietnam, Cambodia, Peru, the Galapagos Islands, and many other exciting places. Verna plays tennis, bridge and music, and she is also an active volunteer. Mike plays golf, and his hobby is video work.

Angela Redwood (U'08) has been taking a few years "off" to raise her baby. She recently took a two-week course at the Treaty Four Citizens Police Academy.

Darren Ruecker (HS'04, U'09) has accepted an offer of admission, which includes a significant level of funding, to the Master of Arts program in cinema and media studies at York University.



class notes

The Luther Story is available online. To subscribe to the digital edition and read special online features, visit www.luthercollege.edu/lutherstory.

Garth Ruecker (HS'71) retired from Canada Post in December 2009. Two of his sons were married this summer: **David (HS'00)** and **Darren (HS'04)**, who married Michelle Long (HS'04). Garth continues to sing with "Prairie Spirit."

September Russell (U'04) and Jon Achtzehner (HS'98, U'04) are pleased to announce the arrival of a baby boy. Wilson Philip Achtzehner was born 28 June 2011.

Eric Sommerfeld (HS'70, U'79) retired in April 2010 after 26 years with RBC Dominion Securities. In 2011, he celebrated 30 years of marriage to Elma. Eric and Elma have been active travellers, venturing to Egypt, San Diego, Palm Springs, and Europe within last 10 months alone. They report that they plan many more trips to come!

Robin K Spearing (HS'71) operates a custom grain-hauling business in the Pense, Saskatchewan area. Robin and his wife Janet have three grown children and five grandchildren that they enjoy very much. They love to camp in the summer and try to spend at least one month in Arizona each year.

Richard Tiefenbach (HS'01) is married with a three-year-old girl, and he is expecting the arrival of a new baby in February.

Keith Wagner (HS'61) is still happily married to Mary (née Meisel). He is now retired, and he enjoys

golfing, acreage living, and travel. The couple recently purchased a winter home in the Phoenix area.

Lisa Whaley (HS'01) is currently a grade four teacher with the Regina Public School Board.

Shannon Williams-Stawnicki (HS'93, U'98), along with her husband Craig, welcomed twin boys into their family on 22 November 2010. The twins were born 10 weeks early and were tiny but very feisty. Elijah weighed 11b 14oz and Hayden weighed 2lbs 10oz. They spent almost four months at the hospital, but both boys are now home and doing well. Shannon is on parental leave until February 2012, after which she will return to her position as crown prosecutor with the Federal Government. Craig is a naturopathic doctor and opened his own practice, Halifax Naturopathic Health Clinic.

IN MEMORIAM

Carol Joanne Boden (HSU'61) passed away on 29 July 2011, her 69th birthday, after a brief battle with cancer. Carol was born to Bena and Carl Johnson in Ogema, eventually moving to Torquay, Saskatchewan. Carol was baptised and confirmed in the Lutheran Church and, over the years, served the church in many capacities. She was hired by the Saskatoon Public Board of Education in 1967, and in her last 16 years of teaching she was a teacher-librarian in several Saskatoon schools. She passed on to

students and colleagues her love of reading and literature. Carol met her husband, Ron, in 1965, and they were married in 1967. They retired from teaching in June 2002 and enjoyed many activities, including teaching English in China and golf at Greenbryre. They have three children, and Carol enjoyed being a mother and grandmother. Carol was predeceased by her parents, Bena and Carl; Ron's parents, Florence and Nelson; sister-in-law Carol Beasley and her partner Gord; and many aunts and uncles. Left to remember her love and graciousness, lefse, butter tarts, chocomint squares, and sausage stuffing are husband Ron; children Andrew, Aaron, (Sharon) and Britta; grandchildren Teddy and Edwin; siblings Glen (Joanne), Don (Lois), Larry (Lorraine) and Diane (Larry Mossing); as well as sisters-in-law Doreen (Bob) Dennison and Bonnie (Ray) Cardona and their extended families. A service was held at Redeemer Lutheran Church in Saskatoon on Wednesday 3 August 2011.

Michele Sonja Gilchrist (PGY U'85), beloved wife of Grant Gilchrist of Okotoks, Alberta, passed away on Friday 8 April 2011 at the age of 45 years after a courageous three-year battle with inflammatory breast cancer. Michele was born in Prince Albert, Saskatchewan and grew up on her family's farm near Weldon, Saskatchewan. She attended the University of Regina, earned her

accounting diploma in Moose Jaw, and served as a talented and energetic bookkeeper, first for a large accounting firm, then for a number of small businesses in Ottawa and Calgary, and later for her church. Straightforward, practical, and cheerful, Michele instantly won the trust and friendship of those she met. Michele is remembered by her husband Grant; son Paul; daughter Kelsey; grandmother Esther Poley; and parents Lyle and Darlene Poley. She is also survived by her sisters Corinne Richmond (Kevin) and Kim Poley (Kelly Minisofer); brother Chris Poley (Kelley Nygaard); parents-in-law Eugene and Marion Gilchrist; sisters-in-law Donna Lindskog (Steven) and Bonnie Spruyt (Ken); brother-in-law David Gilchrist (Cassie); and numerous nieces and nephews. A celebration of Michele's life was held at Calgary's Lutheran Church of Our Saviour on Friday 15 April 2011. Michele's ashes were scattered at her beloved Candle Lake, Saskatchewan. In living memory of Michele, a tree has been planted at Fish Creek Provincial Park in Calgary.

Ian Tyler Goulet (URes'04-'06) died suddenly at his home on Tuesday 25 October. He was born in Swift Current, Saskatchewan on 9 August 1981. He received his schooling in Shaunavon, Saskatchewan, graduating from Shaunavon High School. Ian moved to Calgary and studied

for one year at the DeVry Institute of Technology. From there he moved to Medicine Hat, working at a variety of jobs. Ian moved to Regina in 2004 and attended Luther College at the University of Regina, where he met **Jessica (née Thompson) (U'09)** in 2005. They married on 12 August 2006 in Shaunavon. Ian and Jessica made their home in Regina, where Ian was studying geology at the University of Regina at the time of his passing. He served as the sports coordinator with the Luther University Students Association, organising dances and bowling events. Ian was predeceased by his paternal grandfather Albert Goulet in 2008; maternal grandparents Phyllis Joannette in 2002 and Chris Barber in 2006; and grandparents-in-law Alec Thompson in 2005 and Samuel Moldovan in 2010. He is survived by his wife Jessica; parents Richard and Beverly of Shaunavon; paternal grandmother Armande Goulet of Medicine Hat; mother and father-in-law Sandra and William Thompson of Lemberg, Saskatchewan; grandparents-in-law Edith Thompson of Lemberg and Dolores Moldovan of Regina; sister-in-law Katie Thompson of Carnduff, Saskatchewan; brother-in-law Joshua Thompson of Regina; and many aunts, uncles and cousins. Funeral services for Ian were held on Tuesday 1 November 2011 at Christ the King RC Church in Shaunavon, and interment took place at St Mary's RC Cemetery.

Bradley Clarence Johnson (HS'06) tragically passed away at the young age of 23 years after a swimming accident at Last Mountain Lake on Tuesday 26 July 2011. He will be forever missed and lovingly remembered by his devoted parents Dale Johnson and Rita Schiller; grandmothers Ida Johnson and Elise Todd; aunts and uncles Yvonne and Lorie Graff, Karen and Kirk Lawson, Carmen and Walter Derenowski, and Vern Klatt; cousins Chanda (Kim) Schmidt and their daughter Ireland, Christy (Jay) Dunbar and their children Cael and Grace, and Brennan and Emerson Klatt; and a huge circle of friends. He was predeceased by his dear grandfathers Clare Johnson and John Schiller. Brad was born in Toronto, Ontario but spent most of his life in Regina. An only child, he cultivated a large and eclectic group of friends during his years at Hawrylak Elementary School, Luther College High School and at the University of Regina, where he was enrolled in the Faculty of Arts. Brad was a bright, precocious little boy who grew into an independent, free-spirited young man with a diverse and wide range of interests. Always eager to learn new things and explore new ideas, he experienced life with enthusiasm. During his years as a student at Luther, he was a member of the Luther Lions football team and was thrilled to be on the team that won the provincial high school championship in 2006. Brad was proud to be named a city all-star that

year. A celebration of Brad's life was held at All Saints Anglican Church in Regina on Wednesday 3 August 2011.

Cheryl Dianne Weber (MacKenzie) (PGY HS'66) passed away peacefully with her family at her side on Thursday 9 June 2011. Cheryl was born in Regina on 27 September 1948 and was raised in Kronau, Saskatchewan. She moved to Regina to attend high school at Luther College and Balfour Technical Collegiate. Cheryl spent 32 years working in various Government positions until she retired from the Worker's Compensation Board in August 2001. Cheryl was the eldest of three children born to Ruth and Earl MacKenzie and was the beloved wife of Dave Weber for over 40 years. Cheryl will be remembered and celebrated forever by her family: husband Dave; children Tasha (Milan), Cara (Jay) and Lee (Jill); grandchildren Kaitlin, Michaela and Tucker; siblings Daryl and Caryl; and countless other family members and friends. A memorial service was held at Christ Lutheran Church in Regina on Tuesday 14 June 2011.

Eric Weisberg (HS'43) was born on 11 October 1924 on his parents' farm, situated between Odessa and Francis, Saskatchewan. The family expanded to include four other siblings: Ruth, Harry, Gary, and Esther. Eric grew up working on the farm, where his

love of nature developed. His love of studies led him to Luther College High School in Regina. A few years after graduation, he started a farm machinery business, which he ran for six years before selling it to attend the University of Saskatchewan in Saskatoon. Eric and Linda were married in 1956. They had four children: Ruth, John, Fred, and Beth. Eric attended the Lutheran Theological Seminary in Saskatoon, serving as student pastor at Hodgeville and North Battleford. After his ordination in 1959, he served in numerous parishes across Saskatchewan. Eric was predeceased by his parents, sister Esther, brother Harry and his wife Henny, and Linda's sister Lorraine and her husband Bill Kirsch. He died peacefully on 25 May 2011 at Bethany Pioneer Village in Middle Lake, Saskatchewan. Remembering Eric are siblings Ruth and Gary; daughters-in-law Dawn and Kim; son-in-law John; grandchildren Elisabeth, Christina, Max and Merrick; great-grandchildren Lucas and Sierra; as well as in-laws Henk, Miriam, Orville, Ella, Emma and Rudy, and many nieces and nephews. The funeral service for Eric was held on 30 May 2011 at Faith Lutheran Church in Middle Lake.

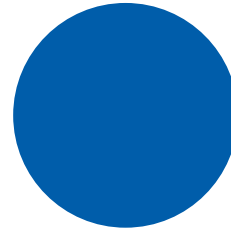
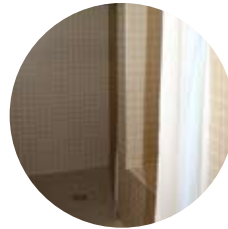
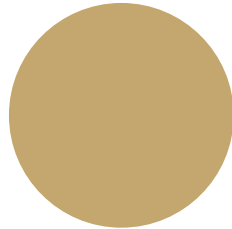
Laurie Wood (HS'48) passed away on Friday 22 April 2011. Predeceased by his mother Edith and his father Dr Daniel Wood, Laurie is survived by his loving wife

of 60 years, Joyce; his sons, Kelly (Debra) Wood of Regina and Barry (Yvonne) Wood of Canora; daughter Donna (Tom) Hamann of Regina; and sister Joy (Lorne) Elkin of Moose Jaw. He is also survived by his seven grandchildren, Sean (Leanne) Wood, Ryan (Melissa) Wood, Christina and Caitlin Wood, and Aaden, Matthew and Paige Hamann. Laurie spent his early years in Limerick, Saskatchewan. He was educated in Regina at Luther College High School, where he met many of his lifelong friends and his wife, Joyce. His working career found him at SaskTel for 35 years, where he was also a proud member of the Telephone Pioneers. Laurie volunteered his time with the Cub Scouts and was also very active in his church. His later years were clouded by a variety of health problems, including the loss of his sight. Never once did he complain or speak negatively; Laurie was truly a role model for all who knew him. After the loss of his sight, the CNIB became a very large part of Laurie's world, and his love for reading was supported by CNIB audio books, of which he literally read thousands. A memorial service was held at Good Shepherd Lutheran Church in Regina on Monday 2 May 2011.



on campus

For photographs accompanying the "on campus" section, visit www.luthercollege.edu/lutherstory.



HIGH SCHOOL

Luther College High School goes high(er) tech

A focus on technology at the High School as part of the 2011 annual Golf Classic and Spring Campaign has led to some noteworthy changes.

The library has been restored to a single-use information resource centre, which means that it no longer houses classes. The library's layout has changed to suit its role of research and study centre, and its iMac computers have been reformatted and upgraded.

Computer science class is now portable. The High School has purchased a class set of the new Macbook Air laptop, a newly released Apple product that is exceedingly fast and durable. With these new machines, any classroom can become an instant computer lab.

Thirty portable computers are now available to students on two customised carts to accommodate both large and small classes. The portables will be integrated with the library iMacs, and students and teachers will have secure server folder accounts that they can access at any location.

Girls dormitory washrooms receive a major facelift

Construction crews were hard at work over the summer of 2011 at Luther College High School. All washrooms throughout the girls dormitory underwent substantial renovations. Upgrades include new showers, change stalls, sinks, and toilets. The changes have been received with enthusiasm by current female dormitory students.

Another joyous Homecoming reunion

The classes of 1951, '61, '71, '81, '91 & 2001 gathered for a weekend of reminiscing and reconnecting at the annual Luther Homecoming reunion. Over 100 alumni and friends joined the festivities. To read the reflections of one Homecoming attendee, visit the Luther Story online at www.luthercollege.edu/lutherstory.

Everyone chipped in "FORE" a great cause

In June 2011, over 100 golfers took to the links for the 16th Annual Luther College Golf Classic. The sun shone once again for the Classic, and players enjoyed a day of leisurely golf, a supper, and a silent auction. Over \$10 000 was raised in support of

technology upgrades at the high school campus and student scholarships and awards at the university campus.

New science lab renovation complete

Students and teachers are now settled into the High School's new science labs. All of the science-related classroom areas underwent major renovations in 2011. This major renovation project was based on designs of the laboratories at the University of Regina.

Fiddler on the Roof

The students and staff pulled off yet another outstanding Broadway show in this year's production of *Fiddler on the Roof*. Over 120 students, staff, and volunteers came together to make the show a success.

Senior girls take silver in High School volleyball tournament

The annual Luther Lions Senior Girls Volleyball Tournament was a success on more than one level in 2011. Not only did the school celebrate the tournament's 15-year anniversary, but it also cheered the Luther Lions to a silver medal. Congratulations, girls!

Student accomplishments

Jessica Ramsay won the South Saskatchewan Youth Orchestra (SSYO) Concerto Competition and performed a Max Bruch concerto with the SSYO at their year-end concert on 12 June 2011. Laura Hillis won the same competition for next year's concert and has been invited to play with the National Youth Orchestra. Jessica and Laura served as co-concertmasters for the SSYO.

Katie Newman, who plays the cello, will represent Saskatchewan in an upcoming national music festival competition.

Hong Kong trip President Bryan Hillis (U'77),

together with manager of alumni relations Lecina Hicke, travelled to Hong Kong in the fall of 2011 and met with over 20 Luther College alumni and friends. The evening was a wonderful opportunity to reconnect with Luther alumni. Those in attendance ranged in graduation year from 1972 to 2006. The College expresses particular thanks to Paul Chan (HS'82) for his assistance in organising the event.



The Luther Bach Choir performs as part of the U of R Homecoming Weekend on 1 October 2011.

Photo courtesy of the Photography Department, U of R.

LUTHER COLLEGE AT THE UNIVERSITY OF REGINA

Luther Lecture

On 26 September 2011, Luther College welcomed Senator Lillian Dyck as the College's 36th Luther Lecturer. Senator Dyck, who is known for addressing critical issues of gender and race both inside and outside of the Senate chamber, presented a talk entitled "Following the footprints of my Cree mother: Dreaming of gender and racial equality." The Senator's talk focused on her own personal story and the power that finding one's voice has in making the world a better place.

U of R Homecoming

The University of Regina held an Alumni Homecoming Weekend from 29 September until 2 October 2011. As part of the festivities, Luther College hosted an alumni coffee break on 30 September and a "Music in Celebration" Luther Bach Choir performance on 1 October. The Choir's programme included sacred and secular music by Schuetz, Bach, Rutter and Tiefenbach performed by the Choir and guest instrumentalists.

Canadian Geographic photo contest

Dr Regan Shercliffe, who teaches psychology at Luther, is runner-up in Canadian Geographic Magazine's 27th annual photography contest. His black and white photograph, taken just south of Regina, depicts an abandoned farm house following a spectacular prairie thunder storm. To view the photograph, visit http://photoclub.canadiangeographic.ca/photos/photo_contest/picture572062.aspx. Regan is currently on leave from his position at Luther as he serves as a psychologist with the United Nations High Commissioner for Refugees in Pakistan and Afghanistan.

ALL-COLLEGE

Luther College celebrated Founders' Day on 29 October 2011. The evening featured a cocktail hour, followed by a formal banquet hosted by **President Bryan Hillis**, professor of religious studies. Former president **Dr Richard Hordern** presented an interactive slide show entitled "Reflecting on Luther's history," and the College celebrated the entrance of the following four Founders into new giving categories: **Richard Nostbakken** (Heritage Society), **Lorne Vinge (HS'52)** (Founders' Society), **Bruce (HS'62, UHS'63)** and **Cherry Perlson** (1913 Society), and **Merlis Belsher (HS'53)** (Martin Luther Society). In addition, a new recognition, the Luther College Distinguished Service Award, was presented to former professor of English, principal, and president of Luther College, **Morris Anderson**. The evening closed with a "Music for Reformation" Luther Bach Choir performance.



LUTHER STORY READER SURVEY

Congratulations to **Alastair Preston (HS'65)**, who has won a Kobo e-Reader for filling out the 2011 Luther Story reader survey.

To complete the survey online and enter for a chance to win another e-Reader, visit www.luthercollege.edu/lutherstory/survey.

IMPETUS

Are you looking for a way to stay connected to your *alma mater*? Visit *Impetus*, the Luther College at the University of Regina multimedia webzine, to see what faculty and students at Luther have on their minds.

www.luthercollege.edu/impetus



100th

ANNIVERSARY BOOK PROJECT

As part of Luther College's 100th anniversary, to be held in 2013, we plan to publish a book on the history of the College. But we need your help. Please submit your stories and photographs for inclusion in the book.

WE ARE PARTICULARLY INTERESTED IN YOUR ANSWERS TO THESE QUESTIONS:

- When did Luther on Royal Street adopt black and gold as the school colours?
- When did the Lion become mascot?
- What are your memories from the Broadway musicals? What role(s) did you play?
- How did the 1960s impact life at Luther?
- Who was your favourite Luther professor, and why?
- What changes have you seen in Luther over the years?
- Which programs at Luther have been the most important to you in later life?

Visit www.luthercollege.edu/100thanniversary to learn more about the project and to submit materials!



Your future is
at Luther

All students from kindergarten to grade 8 are welcome to join the Future Luther Student Program. Contact the coordinator of admissions at 791.9174 or admissions@luthercollege.edu, or visit Luther on the web.

Join the
Future Luther
Student Program

www.luthercollege.edu



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