

# CAMPUS CONNECTIONS

A Newsletter for Burman University

Thursday, 13 November 2025

Understanding Mental Health |

## MENTAL HEALTH Awareness



### When?

**Thursday - November 13th**  
**Room A041**  
**11:00 to 12:30 - snacks will be provided**

### Why attend?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

This workshop introduces you to the Mental Health Continuum as a tool to monitor and support your mental wellness

### Questions?

**Want more information?**

**Come to the Sakala Success Centre**

### THE SAKALA SUCCESS CENTRE - SUPPORTING YOUR MENTAL HEALTH

#### • Topics to be covered

The Mental Health Continuum

#### • Self-Care

Ideas for recognizing when you are not at your best, and ideas to get you back to your best version of you

#### • Be There

We want to help you  
**THRIVE!**

## DID YOU KNOW?



"Plagiarism can be either intentional or unintentional. Intentional plagiarism occurs when people present the words, ideas, or data—including words, ideas, or data from electronic sources—of someone else as their own. Unintentional plagiarism can occur when students present another person's words, ideas, or data—including words, ideas, or data from electronic sources—without proper documentation." Page 30

[www.burmanu.ca/academiccalendar](http://www.burmanu.ca/academiccalendar)



**Kenty**  
@FakeKenty

Technology has gone too far man. My roommate is logged out of his lightbulbs because he forgot his password

### IMPORTANT ACADEMIC DATES

**November 13** Last day to apply for S/U grade for full-term course  
**November 14** Last day to withdraw from any full-term course without incurring an F grade  
**November 24** Last day to withdraw from any second 1/2 term course without incurring an F grade

See [Academic Dates](#) for further information.

## Week at a Glance

Sunset: 4:53 pm

Friday, November 14 @ 7:30 PM

**CAYA**

*Untitled*

**Pastor Massiel Davila Ferrer**  
College Church

**SABBATH**

**FIRST SERVICE**

9:00 AM

**Speaker: Pastor Massiel Davila Ferrer**  
*Made Whole*

**CHURCH AT STUDY**

10:10 AM

**UNIVERSITY SABBATH SCHOOL**

10:00 AM with Adriel  
**Social Eyez**

**COMMUNITY WORSHIP**

11:30 AM

**Speaker: Pastor Massiel Davila Ferrer**  
*Made Whole*

**Coming up....**

Saturday, November 15 @ 8-11 PM

**Open Gym**

Sunday, November 16 @ 7 PM

**Movie - Matilda**  
LVH Chapel

Tuesday, November 18 @ 11 AM

**PowerUp**  
Admin Chapel

Wednesdays  
11 AM - 1 PM

**Drop-in Counselling**  
Sakala Centre

Friday, November 21 @ 6 PM

**Christmas Celebration**  
Campus Centre



CAMPUS MINISTRIES PRESENTS

# SOUP KITCHEN

in Red Deer

**SATURDAY, NOVEMBER 15**

**COLLEGE HEIGHTS  
PARKING LOT @2:15 PM  
RETURN 5:30 PM**

**SEE YOU THERE!**





CAMPUS MINISTRIES  
CAYA

I

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CHAPLAIN MASSIEL

*“Untitled”*

FRIDAY | NOVEMBER 14 | 7:30 PM  
College Heights SDA



# SABBATH SCHOOL

STUDYING

**GENESIS**  
**26**

@ADMIN CHAPEL

WITH ADRIEL

TIME | 10:00 AM - 11:20 AM

**15.11.2025**

*Sabbath November 15*

COLLEGE HEIGHTS



*made whole*

PREACHING SERIES



9:00 AM EARLY MORNING WORSHIP  
10:10 AM THE CHURCH AT STUDY  
11:30 AM COMMUNITY WORSHIP

WITH PR MASSIEL

*The BU Singers Present:*

# *Matilda*

**16**  
nov



GET YOUR POPCORN AND HAVE A SEAT!

# **MOVIE NIGHT**

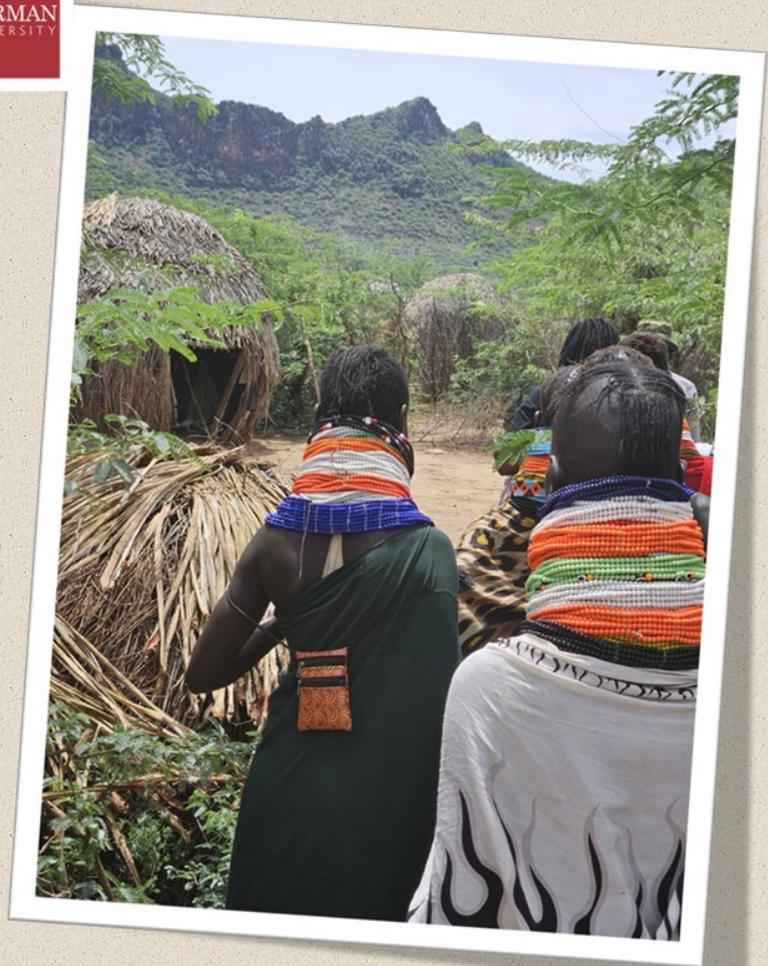
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*Snacks for sale!*    **come enjoy!**



***Come to the Brown Bag  
Research Forum  
presentation!***

**"The SAFE-T Kenya  
Project: addressing  
child, early, and  
forced marriage in  
Turkana County,  
Kenya"**



**November 20, 2025 @ 12:00 noon in McKibbin Room 117**



**Presenter: Dr. Adam D. Kiš, PhD**

Come hear Dr. Kiš, an Associate Professor of Anthropology at Burman University, present his research findings thus far on the Canadian government-funded project he's working on. You won't want to miss the startling results!

***See you there!***

**Addressing Neglected Areas of Sexual and Reproductive Health and Rights in Sub-Saharan Africa (ANeSA)**



**IDRC · CRDI**

International Development Research Centre  
Centre de recherches pour le développement international



**CIHR  
IRSC**

Canadian Institutes of  
Health Research  
Instituts de recherche  
en santé du Canada



In partnership with  
En partenariat avec

**Canada**



**JOIN  
US**



# ALL ABOUT ADDICTIONS POSTER PRESENTATIONS

*\* Be \*  
CURIOUS  
AND  
Learn \**

**STAY  
INSPIRED**



**NOV 20<sup>th</sup> – Science Centre Atrium**

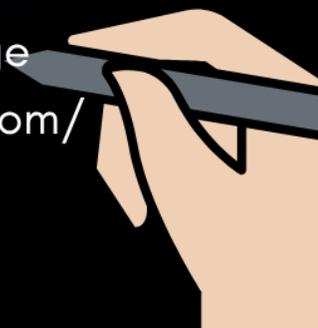
- 11:00 am start time
- View the posters, learn from their creators
- Cast a vote for your favorite poster
- Try out altered reality goggles (drunk, high, inversion)
- Challenge your knowledge around addictions
- Grab a snack and hot drink at the pop-up cafe

Hosted by SSC &  
Recovery on Campus (ROC)

“You can edit  
a bad page.  
You can't edit  
a blank  
page.”

*The  
Writing  
Centre can  
help!*

Check out our new booking page  
<https://buwritingcentre.setmore.com/>



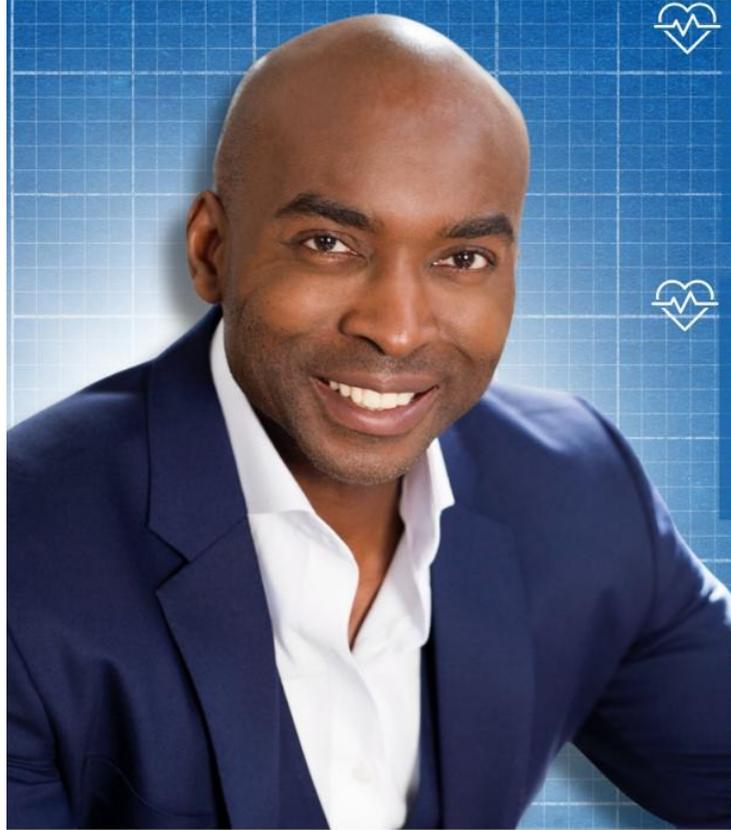


# HEALTH, HEALING & HOPE

## A WEEKEND WITH DR. CHIDI NGWABA

NOVEMBER 20 - 22  
2025

**FREE ADMISSION**



 **Dr. Chidi Ngwaba** is a leading Lifestyle Doctor with **four degrees** in science and medicine, trained at **Cambridge, UCL, and Johns Hopkins**.

 With over **20 years of experience**, he's known internationally for helping reverse, improve, or prevent chronic illnesses like **heart disease, cancer, and diabetes** through his "Life Colours" program.

 A **founding board member** of the European Society of Lifestyle Medicine, Dr. Chidi is also a **TED speaker** and **media contributor**, regularly appearing on TV shows.

*Scan to learn more* →



College Heights Seventh-day Adventist Church  
6910 University Dr, Lacombe, AB

Join the Psychology & Beh. Science Club  
volunteering at the animal shelter

# ANIMALS NEED LOVE TOO

Registration through Google Docs email: *min. \$2 Donation*

When

Friday, Nov. 21 | 12:30 to 3PM

Meet-up

Lakeview Lobby for Transportation





WE INVITE YOU TO CELEBRATE

*Christmas*  
WITH US

**ON FRIDAY, NOVEMBER 21, AT 6:00 PM  
CENTER OF CAMPUS**

PLEASE JOIN US FOR OUR  
ANNUAL TREE LIGHTING  
HOT DRINKS, SWEET TREATS AND SOCKS!

EDUCATION X SAKALA SC

# SELF-CARE NIGHT

EVERYONE IS WELCOME

NOVEMBER 20

7:00PM-10:00PM

SNACKS | CRAFTS | MOVIE | GAMES

LOCATION: HIDEOUT

THE GRINCH



**Get ready to swim** — because our aquatic event is here!

Join us **Saturday, November 22nd from 9–11 PM** at the **PE Centre Pool** for an aquatic showdown. Whether you're a seasoned swimmer or just want to try something new, this event is for you!

Compete in:

- ◆ Relay Races
- ◆ Solo Races
- ◆ Diving Competitions
- ◆ Rope Swing Challenge
- ◆

Come solo or bring your team — but hurry, spots are limited!

Sign up [HERE](#) to secure your place in the pool.

There'll be **prizes, music, and free drinks**, all wrapped up in a night full of energy and friendly competition.

*BURMAN PRESENTS*

# BATTLE

## OF THE BOBFISH

**SATURDAY**  
November 22, 2025  
BURMAN PE SWIMMING POOL

**CATEGORY:**  
MIXED COMPETITION  
ALL AGES

**WIN PRIZES!**  
GIFT CARDS  
AND GOGGLES

**SIGN UP NOW** ▶  @googledocsheet



#authorreading #authorpresentation

# Provocateurs

*Not Philanthropists: Turning Good Intentions into Global Impact*

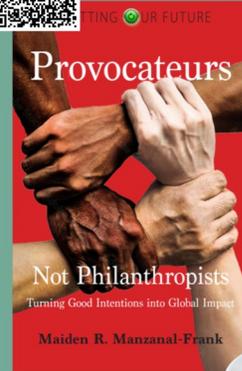
\*Keynote Speaker  
November 15 2025, 3pm-4pm  
Hosted at the Mary Moore Library Lacombe, Ab

- Expertise in leadership, strategy, and change for purpose-driven executives and organizations
- M.B.A. Manchester Metropolitan University UK, M.A. International Studies



**Maiden Manzanal-Frank**

RSVP: on or before  
**8th Nov** at [engage@globalstakesconsulting.com](mailto:engage@globalstakesconsulting.com)



# AUTHOR PRESENTATION

with Maiden Manzanal-Frank  
Social Impact Advisor &  
Rotary Peace Fellow

Saturday, November 15 from 3pm - 4pm

Hosted at the Lacombe Mary Moore Library

1015214 50 Lacombe, Alberta

RSVP: [engage@globalstakesconsulting.com](mailto:engage@globalstakesconsulting.com)

on or before **Nov 8th**

Visit: [maidenmfrank.com](http://maidenmfrank.com) for more info



Free +  
Refreshments  
Book Signing  
Networking



Canada Council  
for the Arts / Conseil des arts  
du Canada



**Sunday @ 4**  
BURMAN UNIVERSITY



**SUNDAY, NOVEMBER 23 @ 4PM**  
**ADMINISTRATION BUILDING AUDITORIUM**  
**MASMOUDI QUARTETTE**



SCAN THE QR CODE FOR CONCERT TICKETS  
FOR MORE INFORMATION, VISIT [WWW.BURMANU.CA/SUNDAYAT4](http://WWW.BURMANU.CA/SUNDAYAT4)





**Small  
Business  
Centre**

# Business Speaker Series

**November 26, 2025**

## **Finding Fulfillment in Missional Business**

**7:00 - 8:00 PM  
M 117 McKibbin Centre  
Burman University**

**For More information:  
busreception@burmanu.ca  
403-782-3381 X 4095**



**Curtis Letniak**  
Founder and CEO of Spyder Controls Corp.

**Entrepreneurial endeavours, startups and business development can be challenging, risky and yet rewarding. But there is something even more fulfilling in business that we can experience brings true fulfillment. Join us for an engaging presentation about how missional business can transform the purpose for being in business.**



<https://www.youtube.com/@burmanusmallbusinesscentre7016>



THE  
**BURMAN UNIVERSITY SINGERS**  
presents

# *Christmas Memories*

**FRIDAY, NOVEMBER 28, 7:30 PM**  
**SATURDAY, NOVEMBER 29, 4:00 PM**

COLLEGE HEIGHTS SEVENTH-DAY ADVENTIST CHURCH

NO ADMISSION. A FREWILL DONATION WILL BE TAKEN

**DR. WENDOLIN MUNROE, CONDUCTOR**

OLIVIA KWAK, PIANIST

DR. WENDY MARKOSKY, ORGANIST



*Join the SSC for an evening of fun,  
food, relaxation and laughter*

# *Christmas Bash*

**NOVEMBER 29TH, 6PM - 9PM**

**LAKEVIEW LOBBY**

**SHOW YOUR CREATIVE SIDE, SIGN UP  
YOUR TEAM AND DECORATE A  
GINGERBREAD HOUSE**



Massages

Laughter

Hot drinks



Friends

*Merry  
Christmas*



Card Making

Games

FOOD

Sign your gingerbread building  
team up today: Scan or come to  
the **Sakala Success Centre**





**The SSC presents ....**  
**Build your own**  
**self-care toolkit**



**When: Dec. 3<sup>rd</sup> 2:00 - 4:00**  
**Where: Sakala Success Centre**  
**Massages 2:30 - 4:30**  
**All supplies provided**



EDUCATION GUILD × SAKALA PRESENTS

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# SELF CARE NIGHT!

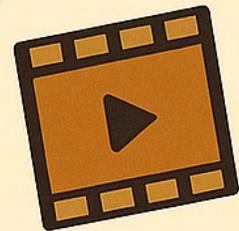
Crafts • Snacks • Music • Movie



Come relax, make things, and unwind together!



Everyone is welcome!



**Date: November 20, 2025**

**Time: 7:00pm – 10:00pm**

**Location: The Hideout (Downstairs Cafeteria)**

# KLAGLAHACHIE PONOKA COMMUNITY THEATRE PROUDLY PRESENTS...

## TICKETS

Available online at  
[www.kfatheatre.com](http://www.kfatheatre.com)

Or at the  
Church Office

**\$20 each**

## PERFORMED

at the  
**Ponoka United  
Church**



## SHOWTIMES

**November**

**7, 8, 14, 15 at 7pm**

**8, 9, 15, 16 at 2pm**

Directed by  
**Maree Okabe**

Assistant Director  
**Mason Svitch**

Sponsored By:



# ROALD DAHL'S Matilda

Book  
**DENNIS KELLY**

THE MUSICAL

Music & Lyrics  
**TIM MINCHIN**

Any video and/or  
audio recording  
of this production  
is strictly prohibited.

**ROALD DAHL'S MATILDA THE MUSICAL**

Is presented through special arrangement with Music Theatre International (MTI).  
All authorized performance materials are also supplied by MTI.

[www.mtishows.com](http://www.mtishows.com)

Production is licensed  
by Music Theatre International



# Don't be afraid to ask for help

**Drop-in Counselling**  
**Wednesday**  
**11:00am- 1:00pm**  
**Sakala Success Centre**



ZUMBA CLUB

# ZUMBA

WEDNESDAY 6 - 7  
SUNDAY 7:30-8:30

FOLLOW US @ZUMBA\_BU FOR UPDATES

# PRAYER MEETING

Wednesday Nights

@7:30 in the

Lower Library

