

CAMPUS CONNECTIONS

A Newsletter for Burman University

Thursday, 06 November 2025



Creating a Culture of Consent

CONSENT MEANS :
"give permission"

"Yes", "Sure", "Sounds good", "I agree"
are all ways to give consent



Join this workshop to learn
how to make our campus a
safe a welcoming space for
all.

sign up today

- November 6th, 11:00 - 12:30 - Room A041
- Lunch will be provided after the presentation.

SCAN ME



OUR MEN'S SOCCER TEAM has their first game of the season this Thursday @ 9 PM and the Dome in Red Deer. We'd love to have you there to support the team!!

IMPORTANT ACADEMIC DATES

November 11	Begin 0% tuition refund for second 1/2 term course
November 12	Last day to apply to reschedule a final exam
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 7 @ 7:30 PM

CAYA

Make a Move

Pastor Carl Cunningham

College Church

Afterglow

College Church

SABBATH

FIRST SERVICE

9:00 AM

Speaker: Pastor Orlando Pule

One Thing

CHURCH AT STUDY

10:10 AM

UNIVERSITY SABBATH SCHOOL

10:00 AM with Precious

Social Eyez

COMMUNITY WORSHIP

11:30 AM

Speaker: Pastor Orlando Pule

One Thing

Coming up....

Saturday, November 8 @ 6 PM

Northern Classic Playoffs

Various Locations

Tuesday, November 11

Remembrance Day

No Classes

No PowerUp

Wednesday, November 12

Classes Resume

11 AM - 1 PM

Drop-in Counselling

Sakala Centre

Thursday, November 13

World Kindness Day

Burman University

U Experience & Northern Classic Weekend Schedule

November 5-9, 2025



NORTHERN CLASSIC
BURMAN UNIVERSITY

WEDNESDAY, NOVEMBER 5

4:30 – 9:00 pm - Arrival (Lakeview Hall)
5:00 - 6:30 pm - Supper (Cafeteria)
6:00 - 8:00 pm - BUSA Mix n Mingle (Hideout)
6:00 – 9:00 pm - Fitness Centre Drop-In (PE Centre)
9:30 pm - Dorm Orientation (Lakeview Hall Chapel)
11:00 pm - Curfew

THURSDAY, NOVEMBER 6

7:30 - 8:45 am – Alumni/Advancement Welcome Breakfast (Cafeteria)
9:00 am - U Experience Programming (College Heights Church)
9:30 am - Campus Tour
11:00 am - Group Photo (Church)
11:05 am - Program Info Sessions (College Heights Church)
12:00 - 12:50 pm - Lunch (Cafeteria)
1:15 pm - Bowling – Load buses at Admin Bldg Pkg Lot (Lot B)
5:00 - 6:00 pm - Supper (Cafeteria)
6:00 - 8:00 pm - Ubuntu practice drop-in (Admin Chapel)
7:30 - 9:00 pm - Acronaires practice drop-in (Acro Centre)
6:00 - 10:00 pm - Watch volleyball games (Various Locations)
11:00 pm - Curfew

FRIDAY, NOVEMBER 7

7:30 - 9:00 am - Breakfast (Cafeteria)
9:30 - 10:30 am - Class Drop-in Session #1
11:00 - 11:50 am - Class Drop-in Session #2
12:00 - 1:00 pm - Lunch (Cafeteria)
12:00 - 1:00 pm - Choir Practice drop-in (Church)
1:30 - 4:00 pm – Watch volleyball games
4:00 - 5:00 pm - Free time
5:00-6:00 pm - Supper (Cafeteria)
7:30 pm - CAYA Vespers (Church)
9:00 pm - Afterglow (Church)
12:00 am - Curfew

SATURDAY, NOVEMBER 8

8:30 – 9:30 am – Breakfast (Cafeteria)
10:00 am - Sabbath School (Admin Building Chapel)
11:30 am - Community Worship Service (Church)
After church (~1:00 pm) - Lunch (Cafeteria)
2:00 - 4:00 pm - Free time
4:00 - 5:00 pm - AY (Admin Building Chapel)
5:00 pm - Supper (Cafeteria)
5:30 - 6:30 pm - Gospel Choir practice drop-in (West Hall W201)
6:00 - 9:00 pm - Pool (PE Centre)
7:00 - 9:00 pm - Karaoke (Hideout)
8:30 pm - Northern Classic Volleyball Finals (PE Centre)
1:00 am - Curfew

SUNDAY, NOVEMBER 9

Pick up sack breakfast & load bus for departure

WEDNESDAY, NOVEMBER 5

4:30 pm – 9:00 pm - Arrival
5:00 - 6:30 pm - Supper (Cafeteria)
6:00 - 8:00 pm - BUSA Mix n Mingle (Hideout)
6:00 – 9:00 pm – Fitness Centre Drop-In (PE Centre)
9:30 pm - Gym Orientation (PE Centre)
- Acro Centre Orientation (Acro Centre)
11:00 pm - Curfew

THURSDAY, NOVEMBER 6

7:30 - 8:45 am – Alumni/Advancement Welcome Breakfast (Cafeteria)
9:00 am - U Experience Programming (College Heights Church)
9:30 am - Campus Tour
10:30 - 11:30 am - Open gym/weight room (PE Centre)
11:30 - 1:00 pm - Lunch (Cafeteria)
1:00 - 5:00 pm - Team Photos (PE Centre) *as per prior signup times*
2:00 - 4:30 pm - Northern Classic Registration (PE Centre)
4:30 - 5:00 pm - Coaches Meeting (PE Centre)
3:00 - 5:00 pm - Maple Hall showers available
- See Dean, Student Dean, RA for access
5:00 - 6:00 pm - Supper (Cafeteria)
6:00 - 10:30 pm - Tournament Play (Various Locations)
11:00 pm - Curfew

FRIDAY, NOVEMBER 7

7:30 - 8:30 am - Breakfast (Cafeteria)
8:30 am - 12:00 pm - Tournament Play
12:00 - 1:00 pm - Lunch (Various Locations)
12:00 - 4:00 pm - Tournament Play (Various Locations)
3:00 - 5:00 pm - Maple Hall showers available
- See Dean, Student Dean, RA for access
4:00 - 5:00 pm - Free time
5:00 - 6:00 pm - Supper (Cafeteria)
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SATURDAY, NOVEMBER 8

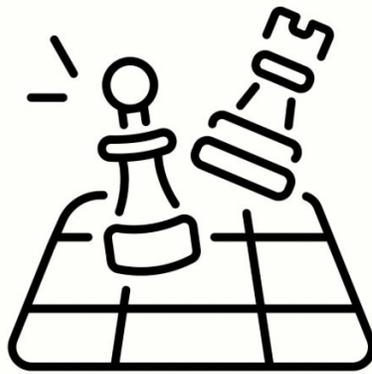
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SUNDAY, NOVEMBER 9

Pick up sack breakfast & load bus for departure

CAMPUS MINISTRIES

CAYA



CHAPLAIN CARL

"Make a Move"

FRIDAY | NOVEMBER 7 | 7:30 PM

College Heights SDA

CAMPUS MINISTRIES

PRESENTS

Afterglow

"CENTER OF MY JOY"

FRIDAY | NOVEMBER 7 | 9:30 PM

COLLEGE HEIGHTS SDA

SABBATH SCHOOL

STUDYING

GENESIS
25 WITH PRECIOUS

@ADMIN CHAPEL

TIME | 10:00 AM - 11:20 AM

08.11.2025



AY GAMES

LET'S PLAY!

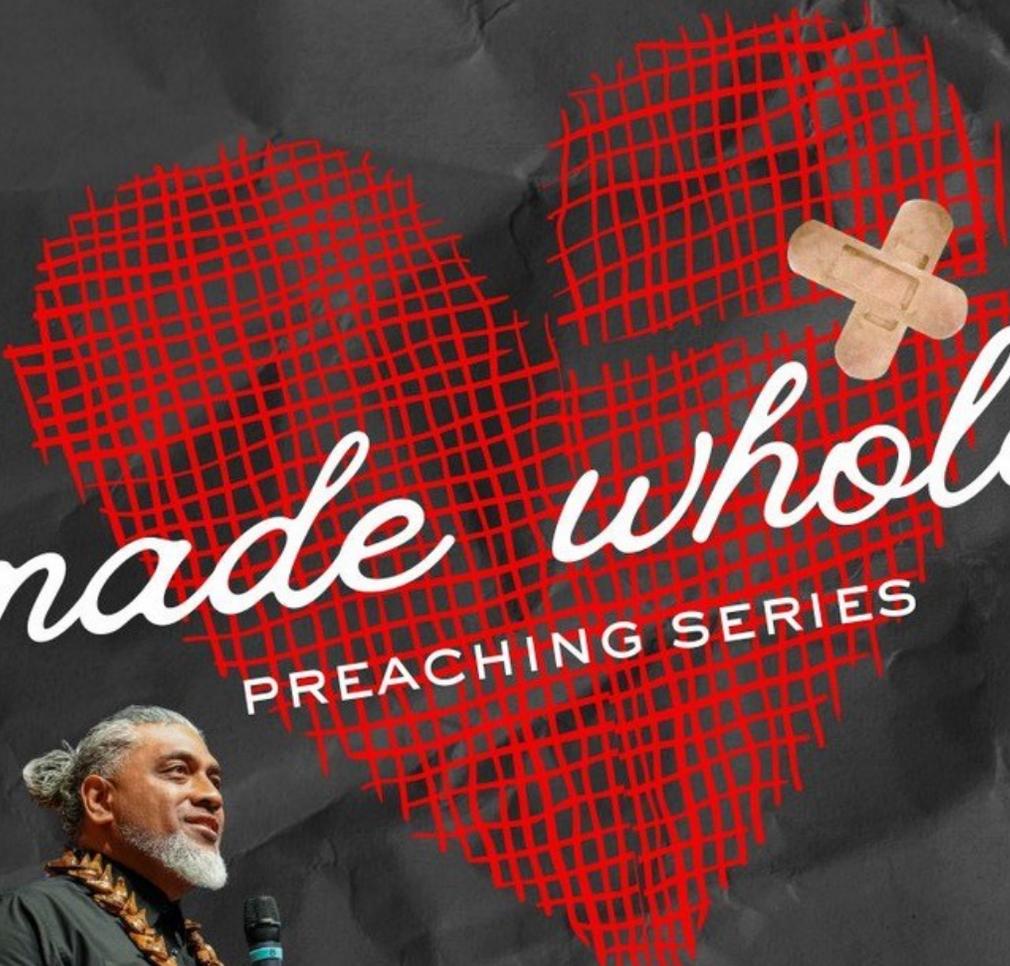
Bible, Brains, and Blessings

SATURDAY, 8 NOVEMBER | 4 PM | COLLEGE HEIGHTS SDA

amazing prizes, fun games and friendly competition!



Sabbath November 8
COLLEGE HEIGHTS



made whole
PREACHING SERIES



“ONE THING”
WITH PR ORLANDO

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

Why do we wear a poppy?

The poppy is the enduring symbol of remembrance of the First World War. It is strongly linked with Armistice Day (11 November), but the poppy's origin as a popular symbol of remembrance lies in the landscapes of the First World War.

Poppies were a common sight, especially on the Western Front. They flourished in the soil churned up by the fighting and shelling. The flower provided Canadian doctor John McCrae with inspiration for his poem "***In Flanders Fields***",

Poppies are available for Canadians to wear pinned to their clothes over their hearts during this time. Each year on November 11, Canadians observe **Remembrance Day**. The day is a memorial to pay tribute to all those who have served and continue to serve Canada during times of war, conflict and peace.

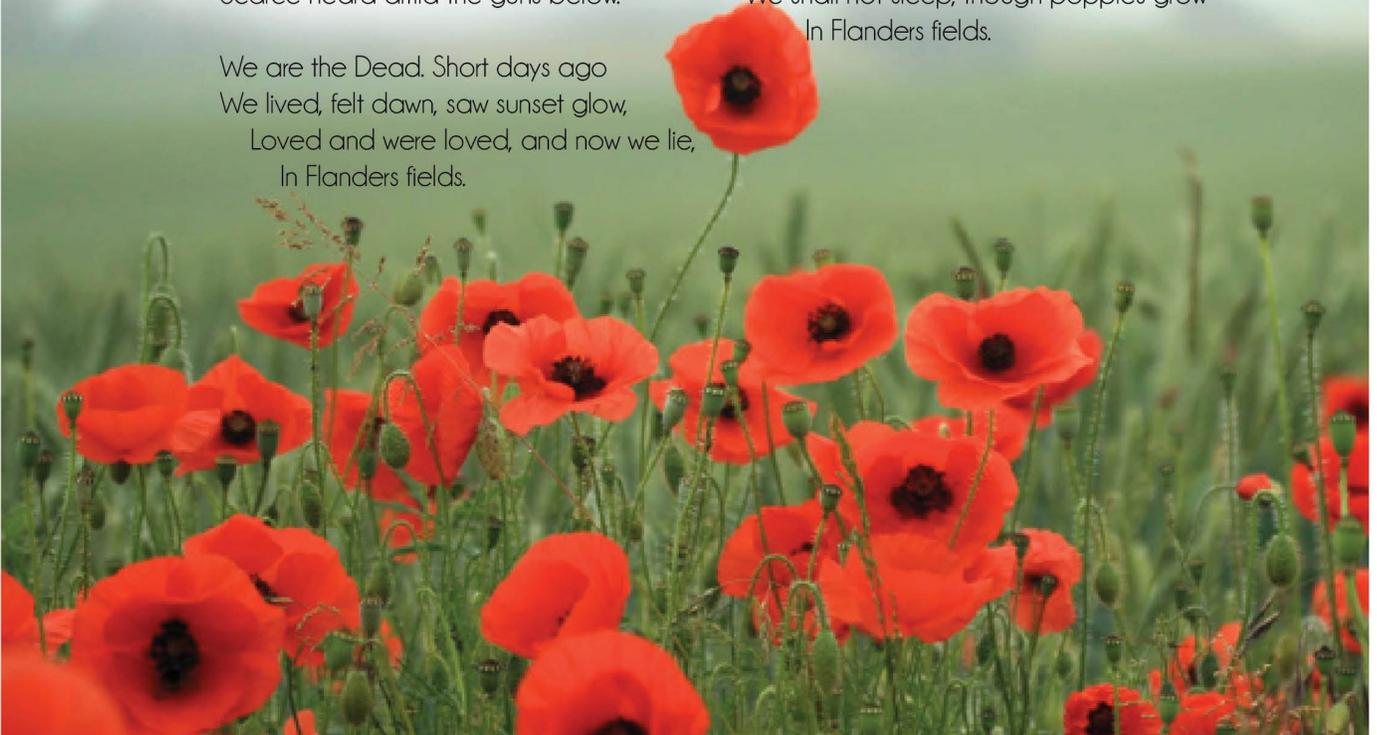
In Flanders Fields

by John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.





EDI Corner

Equity Diversity and Inclusion

TEACHINGS FROM THE TEEPEE: AN INTEGRATION OF LAND BASED EDUCATION AND LIFE-LONG LEARNING

We are privileged at Burman University as a campus family and community to be situated on the traditional and ancestral lands of Treaty 6. We recently had an amazing Tipi raising ceremony by Elder Bernice Stoney from Wetaskiwin. She and her grandson, Zack, joined us for an amazing learning and immersive experience. Many of our students, staff and faculty joined and participated in the ceremony by reading some important teachings.

The Teepee (or Tipi/Tipi/Mikiwap) holds profound cultural, spiritual, and practical importance in Indigenous cultures, particularly among the Plains peoples. It is far more than just a dwelling; it is a sacred structure embodying fundamental teachings and values.

WE DISCOVERED SOME CULTURAL & SPIRITUAL SIGNIFICANCE SUCH AS:

1. **Unity and Connection:** The circular shape represents the unity of the tribe and the Circle of Life. It connects the physical world inside with the spiritual world outside.
2. **The Creator God:** In many traditions, the Teepee symbolizes the womb of Mother Earth, offering shelter, protection, and a sacred space for rituals, gatherings, and healing ceremonies.
3. **A Bridge to the Spiritual:** The smoke from the central sacred fire is believed to carry prayers and messages to the Creator.
4. **Identity:** The Teepee is an iconic and powerful symbol representing the identity and heritage of Plains Indigenous Peoples.
5. **Female Leadership:** Traditionally, the women were the owners and were responsible for the assembly, disassembly, and upkeep, passing down vital teachings from generation to generation.



WE ALSO EXPLORED THE POLE TEACHINGS (FOUNDATIONAL VALUES)

Each pole used to erect the Teepee carries a specific teaching—a fundamental value or principle essential for living a good life, which collectively holds the structure together. While the number and specific teachings can vary slightly between Nations (often 13-18 poles), the core values are similar.

The first three poles, which form the foundational tripod and provide the structural strength, are almost universally taught as:

1. **Obedience:** Accepting guidance and wisdom from Elders, parents, and teachers; listening before speaking.
2. **Respect:** Honoring Elders, community members, strangers, and all of life.
3. **Humility:** Understanding one's place in the vast circle of life, not being above or below others, and acknowledging one's relationship with the Creator.

Other common teachings represented by the poles include:

Love, Faith, Kinship, Cleanliness, Thankfulness, Sharing, Strength, Good Child Rearing, Hope, Ultimate Protection (sometimes represented by the canvas cover itself)

The Teepee, therefore, is an educational tool—and stands as a symbol on our campus by the raised flags as an acknowledgment, commitment and dedication to reconciliation. Its construction and presence are an ongoing lesson in community, spirituality, balance, and the values necessary for a thriving life.

Hence, as aptly stated in our very own land acknowledgement we affirm:

Burman University is located within hereditary indigenous land and acknowledges that the land on which we gather is Treaty 6 territory, established in 1876, the traditional home, and meeting ground for many Indigenous peoples, including the Blackfoot, Dene, Cree, and Métis.

Burman University is committed to doing its part to address the legacy of broken promises and rebuild productive, partnership relationships between Indigenous and non-Indigenous Peoples in Central Alberta and across Canada.



Fall
**P
A
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P!**

NOVEMBER 12TH

6-8 PM

**AT THE HIDEOUT!
HAVE SOME COOKIES
AND HOT CHOCOLATE**



Paint and take home your own little pumpkin!



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!

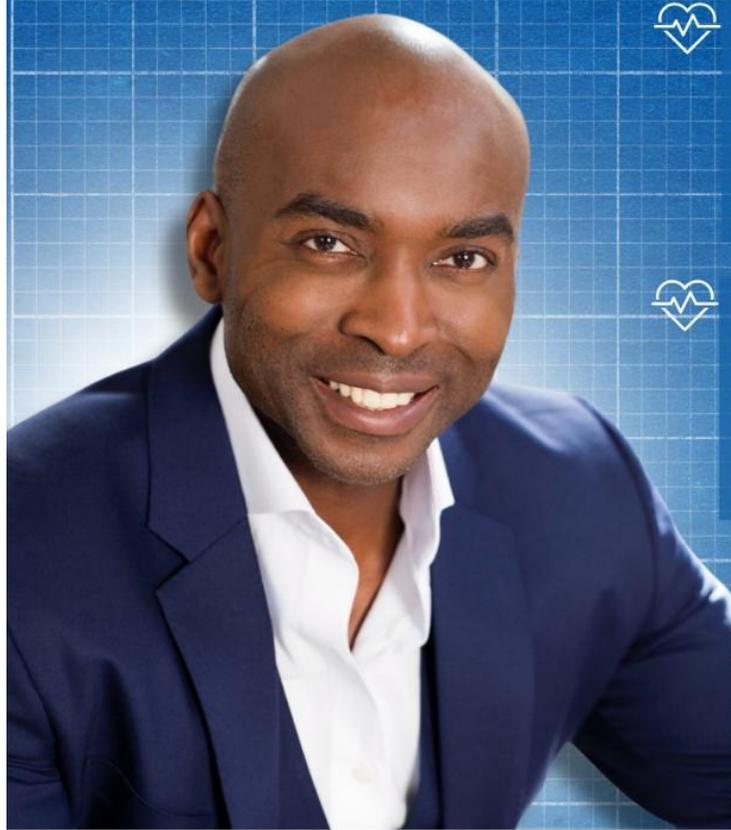


HEALTH, HEALING & HOPE

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



ALL ABOUT ADDICTIONS

POSTER PRESENTATION COMPETITION

The SSC and ROC invite students to participate in our poster presentation competition focused on Addictions. Get creative and design a bold, eye-catching poster that informs, inspires, and educates others on addictions.

WHEN?
Nov. 20th
11:00 - 1:00
Science Cntr

- Four \$100 Prizes
- Most Informative
- Most Creative Design
- Best Message or Theme
- People's Choice



If you love to express your ideas through art and like the idea of winning \$100, this contest is for you. Scan for full details



#authorreading #authorpresentation

Provocateurs

Not Philanthropists: Turning Good Intentions into Global Impact

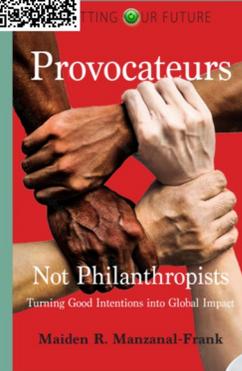
*Keynote Speaker
November 15 2025, 3pm-4pm
Hosted at the Mary Moore Library Lacombe, Ab

- 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



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

on or before **Nov 8th**

Visit: 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





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>

EDUCATION GUILD × SAKALA PRESENTS

SELF CARE NIGHT!

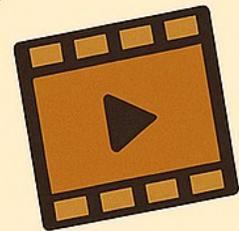
Crafts • Snacks • Music • Movie



Come relax, make
things, and unwind
together!



Everyone is welcome!



Date: November 20, 2025

Time: 7:00pm – 10:00pm

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

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

KLAGLAHACHIE PONOKA COMMUNITY THEATRE PROUDLY PRESENTS...

TICKETS

Available online at
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

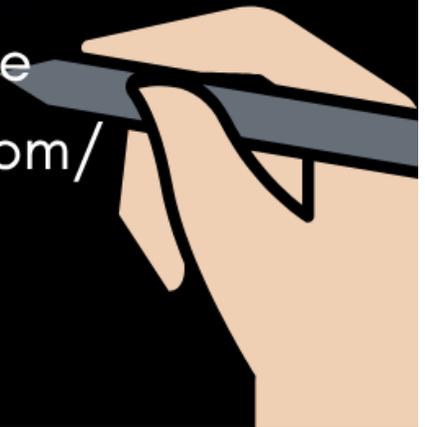
Production is licensed
by Music Theatre International



"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/>



DID YOU KNOW?



"At the end of each fall and winter term, the Vice President for Academic Administration issues a Dean's List that recognizes outstanding academic achievement. Students eligible for the Dean's List will;

1. have earned a minimum of 12 credits at Burman University during the term (not including S/U credits) all with grades of B or above. (CAREOnline courses are included.)
2. have no incompletes, and
3. have achieved a term grade point average of 3.70 or higher."

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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

