

DIRECTOR'S MESSAGE

The fall semester is just around the corner and I am happy to report another successful year of projects and initiatives at the CRU.

As always, I want to thank our Board of Directors (past and present) for all their efforts in helping us with funding decisions and with meeting our goals as we move through the second year of our Strategic Plan. To that end, I would also like to thank the wonderful organizations that we worked with over the past year and the student volunteers, researchers, and faculty that helped make 2014-2015 a great success. And all of this would not be possible without the excellence that Naomi brings to our office. I also want to thank Yolanda Hanson for her years at the CRU – we are sorry to see you leave but are excited for what the future holds for you.

The coming year, I know, will be filled with more challenges and more excitement as we expand our work on and off campus, always aiming to further enrich our community engagement through enhanced partnerships and collaborations.

I hope you enjoy the report and finding out about the work we have done, and a few new projects including our Community-Based Research Showcase that was a wonderful success last year – so we are doing it again this year!

Please share with your friends, students and colleagues some of the funding opportunities available through the CRU and we hope to see you at the next Community-Based Research Symposium in the Fall, at our Toolkit workshops, or perhaps at Arts CARES in the Winter. Until then, please feel free to drop us a line if you have questions about the CRU or if you would like to get involved.



Michelle Stewart
Director, Community Research Unit

Community Research Unit Contact Info

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For more information about the Community Research Unit, please visit:

www.uregina.ca/arts/community-research

 Community Research Unit - CRU

 @CRUArts

“The connection to the University and the resources available there was invaluable, as was the opportunity to present at the CRU Research Day in November and meet other community organizations and researchers.” (Provincial Association of Transition Houses and Services Saskatchewan)

“The CRU was extremely supportive, positive and professional, with a great attention on detail and understanding of our circumstances.” (Improv with iPads)

“Not only did the CRU provide much needed start up funding for our project, and allow us to undertake market research (via questionnaire and launch events), they assisted us with spreading the word within the University, supported us with knowledge about how to book rooms and how to communicate with the University institution. They always asked us if we needed their support.” (SaskOutdoors)

“Without the guidance and support of the Community Research Unit, Regina Fire & Protective Services would not be on the road to understanding and mitigating this extreme risk in the City of Regina. The process developed by the project partners for collecting this data, and the potential for meaningful outcomes is ground breaking in the fire service industry.” (Regina Fire & Protective Services)

Our Mission

The mission of the Community Research Unit (CRU) is to enable the Faculty of Arts to serve as a resource for non-profit organizations and communities, rural and urban, and to be enriched in turn by our relationships with those communities. In doing so, the University enhances civic engagement and its own actual and perceived value to the province as well as its capacity to produce high quality and relevant knowledge.

Our Mandate

The CRU functions as a partnership between community-based organizations and university faculty and students. Our mandate is to provide independent, participatory research support in response to needs expressed by community-based organizations to build their organizational capacity and enhance community quality of life.

Community-Based Research Showcase

On November 13th and 14th 2014, the Community Research Unit brought together individuals from across Saskatchewan to present their community-based research findings and needs. It was our goal to provide community members a forum to share the work they had done and present further needs for research, as well as to network and form future partnerships. Both the Community Film Showcase and the Community-Based Research Showcase intended to stitch together key themes, put those in conversation with activities taking place on campus, and identify ways to work more collaboratively in the future.

With over 140 participants actively engaged in community issues – listening, viewing, discussing, and sharing – the events were a success. The Community Research Unit is committed to acting on the recommendations from the Showcase evaluations and increasing opportunities for community and university to mutually benefit through research projects.



Arts CARES 2015

Arts CARES (Community Action in Regina for Educational Service) is four full days of volunteering and interactive workshops. This intensive community service-learning program was held during the February break (February 17-20, 2015) for University of Regina students. As part of their university classes, students learn more about important community issues and gain valuable experience working with local community organizations.

This year, fifty-seven students volunteered with twenty-two community organizations for a total of more than 840 hours of service! The students represented fourteen different Arts departments and programs, as well as eight other University of Regina faculties. Most students participated through the ten courses which incorporated the program through the inclusion of an assignment related to Arts CARES in the course syllabus. This year, we also had a new cohort of international students from Luther participating for the first time. Students designed websites, served lunches, developed campaign messaging, worked on art projects with clients, planned events, and more!

Students and community organizations both benefited from mutual learning, work, and sharing. A heartfelt thanks goes out to all of the community organizations that hosted our students, and to the students and their instructors for their commitment to the program.

Taneal Brucks, Arts CARES assistant in 2012, returned as the 2015 assistant. The program benefited greatly from her experience. She graduated with distinction from the International Studies program in Spring 2015 – congratulations, Taneal!



Community Organizations said:

“Excellent job; the students completed more work than expected and to a very high standard.”

“Not only will the report that the students prepared be useful, the program has encouraged us to find new ways to involve students in our organization.”

“The student participation initiated discussions at the board level and provided some sense of direction for us. It provided us an ability to focus our discussions which we hadn't done for a few years.”

Student Volunteers said:

“A great volunteer opportunity where you can make an impact in a short period of time and learn new skills.”

“Volunteering can be a really rewarding experience for all involved and [it's] much more than just giving time. We can learn so much and work towards creating partnerships and alliances for change.”

“Even though it was not mandatory for me, I think it should be a requirement for all degrees at least once in four years.”

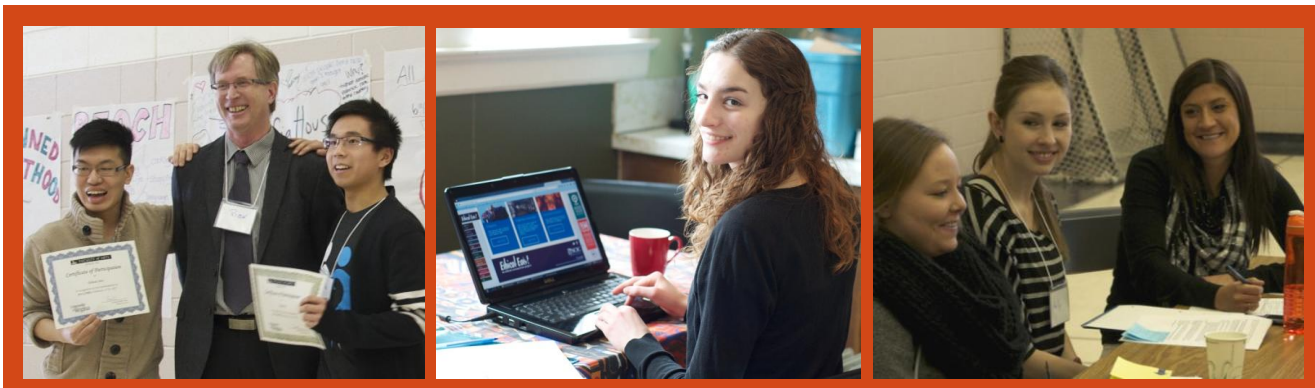
Arts CARES Community Partners

- All Nations Hope Network
- Amnesty International
- Carmichael Outreach
- Cosmopolitan Learning Centre
- Facilities Management, U of R
- Ignite Adult Learning Corporation
- Lifelong Learning Centre
- Museums Association of Saskatchewan
- Nature Regina
- Nature Saskatchewan
- North Central Community Association
- Planned Parenthood
- REACH (Regina Education and Action on Child Hunger)
- Regina Open Door Society – EAL class
- Regina Public Interest Research Group
- Saskatchewan Council for International Cooperation
- Salvation Army
- Saskatchewan Federation of Labour
- SEARCH (Student Energy in Action for Regina Community Health)
- Sofia House
- Street Culture Kidz
- U of R Women's Centre



Participating U of R Courses

- **Geography 222** (Global Economy, Local Lives) - Emily Eaton
- **Geography 326** (Environmental and Resource Management) - Emily Eaton
- **Interdisciplinary Studies 101** (Contemporary Issues) - Mary Vetter
- **Interdisciplinary Studies 290AA** (Non-Profits) - Gloria Desantis
- **Justice Studies 310** (Food, Hunger and Social Justice) – Naomi Beingessner
- **Justice Studies 384** (Advocacy Strategies and Skills) - Michelle Stewart
- **Political Science 230** (Canadian Politics) - Tom McIntosh
- **Sociology 208** (Inequality and Social Justice) - Margot Hurlbert
- **Women's and Gender Studies 100** (Introduction to Women's and Gender Studies) - Claire Carter
- **Women's and Gender Studies 301** (Women and Health) - Claire Carter



Community Research & Action Fund

This grant funding, established in 2010, allows community organizations to pursue practical, short-term community-based research projects in collaboration with university faculty and students. To date, the Community Research and Action Fund has funded eighteen community-based research projects.

Year	Project Title	Main Community Partner	Amount Awarded	Project Dates
2013-2014	African Canadian Saskatchewan Forum (ACSF): Understanding how to form an enduring organization	Uganda Canadian Association of Saskatchewan	\$3,000.00	November 27, 2013- June 30, 2014
	<i>Of Land and Living Skies: A Community Journal on Place, Land and Learning</i>	Saskatchewan Outdoor & Environmental Education Association (SOEEA)	\$3,000.00	December 2, 2013- December 31, 2014
	Climate Action Plan Engineering Assessment Project	Saskatchewan EcoNetwork (SEN)	\$3,000.00	March 1, 2014- March 1, 2015
	Position Paper on Canada's Prostitution Legislation	Provincial Association of Transition Houses and Services of SK (PATHS)	\$2,000.00	March 4, 2014- December 31, 2014
2014-2015	Anonymous Reporting & Third Option Program Pilot Project	Regina Sexual Assault Response Team (SART)	\$3,000.00	May 22, 2014- January 31, 2015
	Improvising with iPads: A Partnered Inquiry into Technology-Based Music Therapy, Improvisation and Cultural Expression in Health Settings	Native Health Services – Wascana Rehabilitation Centre	\$3,000.00	June 26, 2014- December 31, 2014
	Interpersonal Violence and Abuse and Animal Safekeeping	Saskatchewan Towards Offering Partnership Solutions (STOPS) to Violence	\$3,000.00	March 24, 2015- September 30, 2015
	A Review of Global Citizenship Education in Saskatchewan Schools	Saskatchewan Council for International Cooperation	\$3,000.00	March 24, 2015- September 30, 2015

Community Research and Action Fund

Do you have a great community research project idea? Or would you like to put your research into action? We can help! The Community Research Unit will provide support for non-profit research or action projects that benefit a community of people or the common good.

The Community Research Unit and Action Fund will help community organizations to:

- 1) Start a collaborative community-based research project, OR
- 2) Disseminate research results or put research outcomes into action at the community or organizational level.

Community organizations may apply for up to \$3000 for a project. Applications are accepted on an ongoing basis (only 4 projects will be funded per fiscal year).

Eligibility criteria and application forms are available at www.uregina.ca/arts/community-research/funding. The CRU is happy to work with you to develop your application.

Community-Based Research Projects and Partners 2014-2015

Ongoing Community-Based Research Projects

Seniors Neglect and Abuse Response Line – A Systems and Services Review of Regina Qu'Appelle Health Region

Date: 2015-ongoing

Purpose: This project will investigate the practice, policy, and education respecting seniors neglect and abuse in the Regina Qu'Appelle Health Region to find opportunities to enhance and improve services. The research will provide a template for carrying out similar research in other health regions in Saskatchewan. Funded by the Community Research & Action Fund.

Expected Outcome: A report on the capacity of RQHR to respond to senior neglect and abuse including existing services, gaps, inconsistencies, and challenges/barriers.

Partners: Holly Schick, Saskatchewan Seniors Mechanism; Tom McIntosh, Faculty of Arts and SPHERU; Nuelle Novik, Faculty of Social Work

A Review of Global Citizenship Education in Saskatchewan Schools

Date: 2015-ongoing

Purpose: This project will research the progress made in global citizenship education in Saskatchewan in the past 26 years, the needs of educators to do global citizenship education effectively, and the role that international development organizations can play in school-based public engagement. Funded by the Community Research & Action Fund.

Expected Outcome: The research will result in an annotated resource guide for educators and a summary review of global citizenship education in Saskatchewan schools.

Partners: Leonzo Barreno, researcher; Steffany Salloum, Saskatchewan Council for International Cooperation; Jennifer Tupper, Faculty of Education, JoAnn Jaffe, Department of Sociology.

Farmers, Policy, and Local Food Systems in Saskatchewan: Barriers and Opportunities

Date: 2015-ongoing

Purpose: This project will examine the policy barriers and opportunities for local food production and sales in Saskatchewan, with emphasis on health and agricultural policy, and the intent to create an action plan to facilitate sustainable local food production.

Expected Outcome: The project will result in an action plan and action items to support the development of partnerships between food system stakeholders and strengthen supportive policies at the municipal, provincial, and federal levels.

Partners: Tracy Sanden and Kaylee Michnik, Primary Health Care, RQHR; Amber Fletcher, Department of Sociology.

Interpersonal Violence and Abuse and Animal Safekeeping

Date: 2015-ongoing

Purpose: This project will investigate how concerns for animal safekeeping may affect people trying to leave situations of interpersonal violence and abuse. Through a scan of existing research and information from other jurisdictions, and research with human service providers and animal welfare organizations, it will identify opportunities and options to support people in addressing this situation. Funded by the Community Research & Action Fund.

Expected Outcome: The project will develop a summary of research findings, and recommendations to inform next steps in establishing and strengthening animal safekeeping supports for people experiencing interpersonal violence and abuse in Saskatchewan.

Partners: Fran Sidaway, researcher; Tracy Knutson, STOPS to Violence; Frances Wach, Saskatchewan SPCA; Crystal Giesbrecht and Jo-Anne Dusel, PATHS; Rod McKendrick, Ministry of Justice; Patricia Miller-Schroeder, Women's and Gender Studies.

Campus Living Wage Campaign

Date: 2014-ongoing

Purpose: Based on findings from the "Saskatchewan Living Wage Project", this research will determine the extent to which a living wage is extended to workers on the University of Regina campus, educate students, staff, bargaining units, and employers about a living wage, and encourage campus employers to pay a living wage.

Expected Outcome: The research will result in a literature review about what has been implemented on other university campuses regarding a living wage, a U of R and campus employers wage map, and a living wage campaign plan.

Partners: Sarah Cibart and Christell Simeon, researchers; Andrew Stevens, Faculty of Business; Anna Dipple, RPIRG; Kent Peterson, Saskatchewan Federation of Labour.

Cooking Fires in Regina

Date: 2013-ongoing

Purpose: In the last nine years, careless cooking was identified by Regina Fire & Protective Services as the number one cause of preventable fire incidents in Regina. This project created a survey to examine each incident's specific behavioural and demographic information, and is analyzing 18 months of data to create preventative educational programming for fire prevention to targeted audiences.

Expected Outcome: Analysis of cooking fire data will help inform public education programs and other actions to modify behaviour. The project will result in data collection methods that can be incorporated into RFPs processes for long-term collection.

Partners: Candace Liskowich, Angela Prawzick, and Paul Viala, Regina Fire & Protective Services; Rozzet Jurdi, Department of Sociology.

Completed Community-Based Research Projects

Anonymous Reporting & Third Option Program Pilot Project

Date: 2014-2015

Purpose: This project evaluated the implementation of two new programs for victims of sexual assault in Regina: Anonymous Reporting and the Third Option Program. The research documented the process that led to implementation and developed evaluation tools to be used for data collection and program evaluation. The report “Development of the Anonymous Reporting and Third Option Programs” contains the learnings from this initiative, specifically the stop-by-step process used and the suggestions for success, and allows for this information to be utilized by interested jurisdictions and stakeholders when considering the development and implementation of both programs. It is available on the CRU website. Funded by the Community Research & Action Fund.

Partners: Melissa Wuerch, researcher; Heather Price, Department of Psychology; Stephanie Carlson, Regina Qu’Appelle Health Region; Deb George, Ministry of Justice; Pat Robinson, Regina Sexual Assault Centre.

Improvising with iPads: A Partnered Inquiry into Technology-based Music Therapy, Improvisation and Cultural Expression in Health Settings

Date: 2014

Purpose: This research involved creative and therapeutic sessions with clients of the Wascana Rehabilitation Centre working to develop creative skills on the Apple iPad tablet, with a focus on improvisation in music making and multimedia arts for therapeutic, creative and cultural goals. This collaborative, practice-based research on new technologies aimed to lead towards healing and developing cultural and creative expression. It resulted in public performances, conference presentations, and staff and community dialogue. Funded by the Community Research & Action Fund.

Partners: Rick Kotowich, Native Health Services; Amanda Schenstead, Wascana Rehabilitation Centre; Rebecca Caines, Fine Arts.

Position Paper on Canada’s Prostitution Legislation

Date: 2014

Purpose: This research project was a community response to the December 20, 2013 Supreme Court of Canada’s decision in *Canada v. Bedford* (2013 SCC 72) that struck down parts of Canada’s existing prostitution legislation. This project examined decisions and legislation regarding prostitution around the world, reviewed media and scholarly articles on the topic and consulted with other community partners to develop a position paper for the Provincial Association of Transition Houses and Services of

Saskatchewan (PATHS). This position paper was used to advocate for legislation and policy changes that keep in mind the effects of prostitution on women and girls, and formed the basis of a panel discussion of Bill C-36 in September 2014. Funded by the Community Research & Action Fund.

Partners: Crystal Geisbrecht, PATHS/researcher; Michelle Stewart, Department of Justice Studies; with resources shared by Ailsa Watkinson, Faculty of Social Work; Kendall Lacko, Department of Justice Studies MA student; Brenda Anderson, Department of Religious Studies and Women's & Gender Studies Program; Darlene Juschka, Women's & Gender Studies Program; Henry Chow, Department of Sociology; George Marshall, Department of Philosophy.

Climate Action Plan Engineering Assessment Project

Date: 2014-2015

Purpose: This project was based on the following research question: “Can renewable energy supply and conservation, as laid out in the Saskatchewan Eco Network’s Climate Action Plan, replace fossil fuels? If so, how?” This research examined the current electrical grid and supply design here in Saskatchewan and in jurisdictions that have transition to renewable energy, and resulted in a draft design for a provincial renewal electrical energy system based on existing wind and sun data for Saskatchewan. Funded by the Community Research & Action Fund and Renewable Power-the Intelligent Choice (RPIC).

Partners include: Rick Morrell, Saskatchewan Eco Network; Mark Bigland-Pritchard, researcher, with advice from Doug Wagner, Faculty of Engineering and Amr Henni, Faculty of Engineering.

Reports from our research projects, as well as past annual reports, can be found at: ourspace.regina.ca/handle/10294/407

- Development of the Anonymous Reporting and Third Option Programs
- Community-Based Research Showcase Final Report and Action Items
- Establishing an Enduring Organization for African Canadians in Saskatchewan Through Community Participatory Research
- Like Any Other Job? An Analysis of Potential Changes to Canada’s Prostitution Legislation

...and more

Realize. *Learning* your way.

Be a strong community leader.

Toolkit Workshop Series

The **Toolkit Workshop Series** teaches students and community members professional development skills that can help them with community-based and non-profit work. Offered regularly throughout the fall and winter semester, these half-day workshops are offered at an affordable regular rate of \$25 or \$15 for students/low-income registrants. It is co-organized by the Community Research

Unit, Regina Public Interest Research Group (RPIRG), Saskatchewan Council for International Cooperation (SCIC) and the Career & Professional Development Office in the Centre for Continuing Education (U of R).

This year, in response to community organizations' requests, we offered an extra workshop on research techniques. The following workshops were offered in the 2014-2015 year:

Toolkit Workshops

Grant & Proposal Writing	Facilitator: Bob Friedrich	Sept 25	The workshop provided the essentials of putting together a successful proposal to key funding organizations so participants can get resources to make things happen in their community, organization, or neighbourhood.
Advocacy for Non-Profit and Member Organizations	Facilitator: Tina Beaudry-Mellor	Oct 21	The workshop covered the basic principles of advocacy, determining the ask, message crafting and forming strategic partnerships.
Information Today: Find It, Use It, Create It, Share It!	Facilitator: Cara Bradley	Nov 25	Participants learned how to find high-quality information, access open access research, use and produce information and images in today's copyright environment, and keep up with new relevant research.
Practical Leadership Skills	Facilitator: Sean Tucker	Dec 17	The workshop provided an overview of popular approaches to leadership, with a focus on practical application in not-for-profit organizations and community-based groups, applying and evaluating leadership skills across different situations.
Marketing Basics... Without a Budget!	Facilitator: Marian Donnelly	Jan 21	How do you promote your organization, event, advocacy campaign or programs with limited resources? Participants explored basic marketing tips and tools as well as the way social media can help develop audiences.
Strategic Planning	Facilitator: Laura Soparlo	Feb 25	Participants learned essential steps in strategy formation, execution and performance monitoring through the exploration of strategic concepts and planning models.
Taking Great Photos and Using Them Effectively	Facilitator: Eric Bell	March 24	The workshop provided tips and tricks to: help improve photography skills, use photos to improve web and social media communications, and make more meaningful connections with target audiences.
Branding & Butter	Facilitator: Brita Lind	April 21	Branding is a catchphrase: participants gained an understanding of what it is and found out how it's applicable to their organization.
Doing Research: Focus Groups and Other Methods	Facilitator: Michelle Stewart	June 1	This workshop gave an overview of the role of research with attention to focus groups as a research tool: what sort of qualitative data can be gathered through focus groups and how to analyse and use it.

About Us

The Community Research Unit is guided by a Board of Directors with eleven members: four community members, three faculty members and one graduate student from the Faculty of Arts, the CRU Director, and two ex-officio members: the Associate Dean of Arts (Research & Graduate Studies) and the CRU Coordinator.

The CRU would like to acknowledge the contributions of the following board members who have finished their time with us: Robyn Morin, Vicki Nelson, and Osazuwa Osayomwanbor.

Board of Directors 2014-2015	
Naomi Beingessner	Acting Coordinator, CRU
Thomas Bredohl	Associate Dean of Arts (Research & Graduate Studies), U of R
Ingrid Cazakoff	Community representative, Heritage Saskatchewan
Patricia Elliott	Faculty member, School of Journalism, U of R
Eric Greenway	Community representative, YWCA
Tracy Knutson	STOPS to Violence
Amanda Kuckartz	Community representative, SEARCH
André Magnan	Faculty member, Department of Sociology & Social Studies, U of R
Robyn Morin/ Osazuwa Osayomwanbor	Graduate student, Faculty of Education/Graduate student, Department of Sociology and Social Studies, U of R
Deborah Simpson	Faculty member, Department of Political Science and International Studies, U of R
Michelle Stewart	Director, CRU, and Faculty member, Department of Justice Studies, U of R

The Community Service-Learning (CSL) Committee guides the organization of our annual Arts CARES program.

CSL Committee 2014-2015	
Joy Adeyoju	Arts student
Nicole Denbow	Science student
Emily Eaton	Faculty member, Geography
Amanda Kuckartz	SEARCH
Michelle Stewart	Faculty member, Justice Studies
Kerrie Strathy	Lifelong Learning Centre
Desire White	Arts alumnus