



University of Regina Press
Spring 2020

As we write of summer. If increasingly, with it certain this letter, it's the dog days you're paying attention—and even if you're not—summer brings truths about our warming planet.

Forests throughout BC and other parts of Canada are drought-stricken tinder boxes, and the resultant wildfires send smoke across vast swaths of the North American continent. Much of the United States and Europe is emerging from the tail end of several devastating heat waves. The ice floes of the Arctic are melting faster than climate computer models predicted. As a new United Nations report (released on August 8, 2019) warns, floods, droughts, storms, and other forms of extreme weather threaten our global food supply on several continents. Closer to home, the Prairie's native carbon-capturing, buffalo-supporting grasslands have been decimated, threatening many species of birds with extinction. And if your next picnic seems joyously bug-free, that may be because plummeting insect numbers threaten a catastrophic collapse of nature's ecosystems.

Whether you read the above as signs of imminent and unavoidable collapse, or more of a formidable but surmountable challenge, the problem of climate change is here. And it's not merely a problem for science to solve. Because those living at the margins are already bearing the brunt of climate change's effects, we need to bring all of our creativity and best instincts to tackle this issue. We need to hear from painters and poets and philosophers, from activists working on the frontlines of equity and justice, from those who live in the North, from Indigenous Knowledge Keepers, farmers, and other historians. We need witnesses and fixers both.

We're fortunate to have many such authors who have found a home with University of Regina Press, and this spring's list is no exception. It includes reads that deal explicitly with nature and environmental issues, and others that tackle inequities and foster understanding. By examining the ongoing project of Black liberation (*Until We Are Free*), and advancing Indigenous self-determination through spirituality (*Loss of Indigenous Eden and the Fall of Spirituality*) and sport (*Reclaiming Tom Longboat*), our authors help decolonize. By looking at aging—what is it to be elderly? (*The Aesthetics of Senescence*)—and a psychologist's own experience of bipolar disorder (*Out of My Mind*), our authors question categories of health both past and present. By showing how nature can illuminate everything from our understanding of time (*Nature's Broken Clocks*), to our memories (*Field Notes for the Self*), to the predators around us (*Cry Wolf*), our authors give us a better understanding of how we fit within our environments. And by tackling the problem of feeding nine billion in a way that balances between sci-fi futurism and hard-nosed policy (*Uncertain Harvest*), our authors can also be bravely optimistic in their realism. We hope these reads help you find a similar kind of balance for these uncertain times.

—The Team at U of R Press

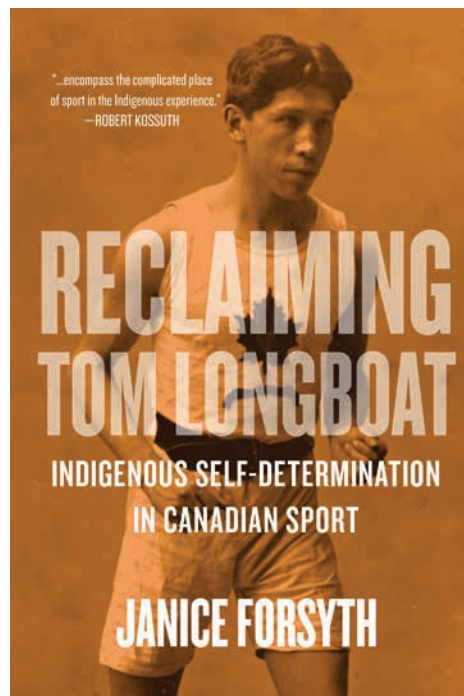
[Signatures]
 Sean Prpich Wendy Whitehead
 K. Laycock K. Laycock
 Amani Kheif

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6 x 9 / 256 pages
3 images / 3 tables / notes / bibliography / index

May 2020

Categories: Indigenous studies / sociology / sport



Reclaiming Tom Longboat

Indigenous Self-Determination in Canadian Sport

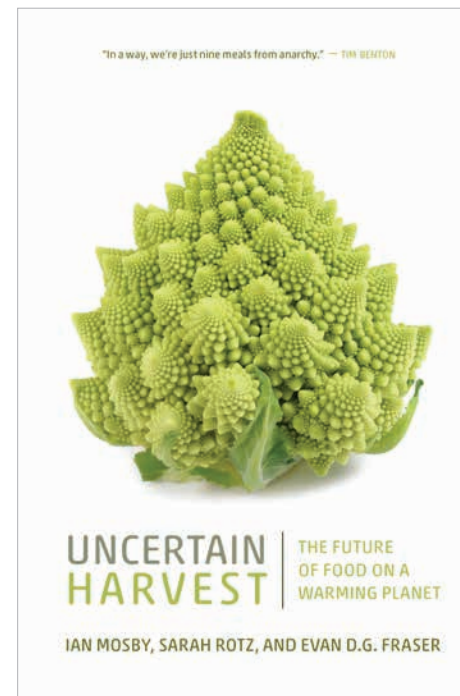
by Janice Forsyth

“Through considering the Awards in the broader context of ongoing colonial relations in Canada,...this study extends well beyond the Tom Longboat Awards history to encompass the complicated place of sport in the Indigenous experience.” –Robert Kossuth, Associate Professor of Kinesiology and Physical Education, University of Lethbridge

Reclaiming Tom Longboat recounts the history of Indigenous sport in Canada through the lens of the prestigious Tom Longboat Awards, shedding light on a significant yet overlooked aspect of Canadian policy and Crown-Indigenous relations.

Drawing on a rich and varied set of oral and textual sources, including interviews with award recipients and Jan Eisenhardt, the creator of the Awards himself, Janice Forsyth critically assesses the state's role in policing Indigenous bodies and identities through sport, from the assimilationist sporting regulations of residential schools to the present-day exclusion of Indigenous activities from mainstream sports. This work recognizes the role of sport as a tool for colonization in Canada, while also acknowledging its potential to become a tool for decolonization and self-determination.

Janice Forsyth is a member of the Fisher River Cree Nation and Associate Professor of Sociology and Director of First Nations Studies at Western University in London, Ontario. She is co-editor of *Aboriginal Peoples and Sport in Canada*.



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6 x 9 / 256 pages
1 map / notes / bibliography / index

May 2020

Series: Digestions (#3)
Categories: food / environment



Uncertain Harvest

The Future of Food on a Warming Planet

by Ian Mosby, Sarah Rotz, and Evan D.G. Fraser

A menu for an edible future.

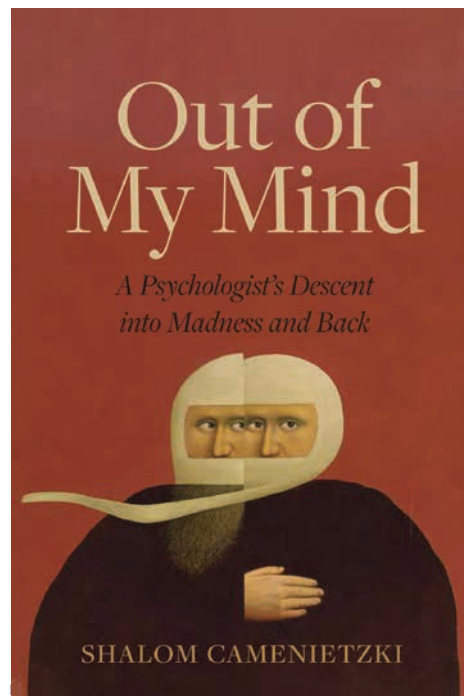
In a world expected to reach a staggering population of 9 billion by 2050, and with global temperatures rising fast, humanity must fundamentally change the way it grows and consumes food. But can we produce enough food to feed ourselves sustainably for an uncertain future? How will climate change determine what we eat? Will we really be eating bugs?

Uncertain Harvest questions scientists, chefs, activists, entrepreneurs, farmers, philosophers, and engineers working on the global future of food on how to make a more equitable, safe, sustainable, and plentiful food future. Examining cutting-edge research, the authors present a roadmap for a global food policy, while examining eight foods that could save us: algae, caribou, kale, millet, tuna, crickets, milk, and rice.

Ian Mosby is an award-winning historian of food and nutrition who was, alongside Evan Fraser, named one of the “53 Most Influential People in Canadian Food” by the *Globe and Mail*. He is the author of *Food Will Win the War: The Politics, Culture, and Science of Food on Canada's Home Front* and an assistant professor of History at Ryerson University.

Sarah Rotz is an assistant professor in the Department of Social Sciences at York University. Her work focuses on political ecologies of land and food systems, settler-colonial patriarchy, and concepts of sovereignty and justice related to food, water, and energy.

Evan Fraser is the author of *Empires of Food: Feast, Famine, and the Rise and Fall of Civilizations* and the graphic novel *#FoodCrisis*. Currently he is the director of the Arrell Food Institute at the University of Guelph and holds the Canada Research Chair in Global Food Security.



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4.25 x 6.5 / 272 pages

January 2020

Series: The Regina Collection (#15)
Categories: memoir / mental illness / psychology



Out of My Mind

A Psychologist's Descent into Madness and Back

by Shalom Camenietzki

A psychologist's account of his own experience with bipolar disorder.

On paper, psychologist Dr. Shalom Camenietzki seemed to have it all—a beautiful family, a thriving practice, and supportive friends and colleagues. But in reality, he lived a life of turmoil—obsessive daydreams of taking his life, flamboyant periods of mania, disturbing acts of violence against his wife and son, and various episodes of psychosis, one of which would see him speeding his car the wrong way up Toronto's Gardiner Expressway. Able to understand the clinical profile of his bipolar disorder, he was nonetheless powerless to stop it.

A fascinating account of a “mentally disordered healer,” *Out of My Mind* reveals the strengths and fallibilities of traditional psychotherapies and shows how Dr. Camenietzki finally obtained a symptom-free life.

Shalom Camenietzki is a registered psychologist and psychotherapist with forty years of clinical experience. In addition to his professional background, he has published numerous fictional works, including *The Atheist's Bible*. He lives in Toronto.



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6 x 9 / 368 pages
24 photos

February 2020

Categories: Black History / politics
/ activism / Canada



Until We Are Free

Reflections on Black Lives Matter in Canada

edited by Rodney Diverlus, Sandy Hudson, and Syrus Marcus Ware

An anthology of writing addressing the most urgent issues facing the Black community in Canada.

The killing of Trayvon Martin in 2012 by a white assailant inspired the Black Lives Matter movement, which quickly spread outside the borders of the United States. The movement's message found fertile ground in Canada, where Black activists speak of generations of injustice and continue the work of the Black liberators who have come before them.

Until We Are Free contains some of the very best African-Canadian writing on the hottest issues facing the Black community in Canada. It describes the latest developments in Canadian Black activism, organizing efforts through the use of social media, Black-Indigenous alliances, and more.

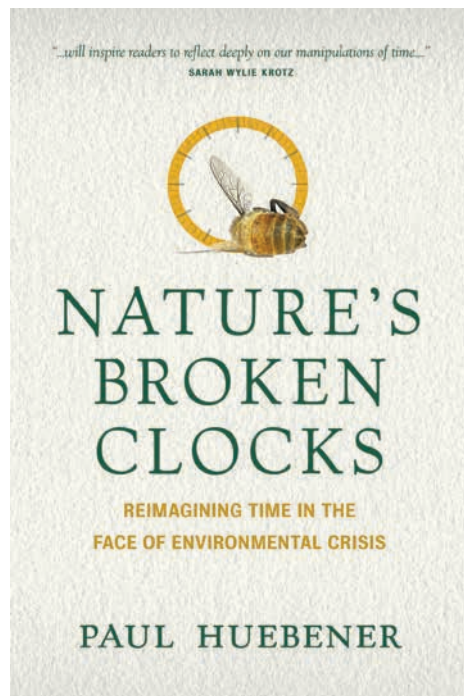
Rodney Diverlus is a Port-au-Prince-born, Toronto-based dance artist, curator, and co-founder of Black Lives Matter Toronto.

Sandy Hudson is the founder of the Black Lives Matter movement presence in Canada and Black Lives Matter-Toronto and a co-founder of Black Liberation Collective Canada.

Syrus Marcus Ware is a core team member of Black Lives Matter Toronto, a Vanier Scholar, a facilitator and designer for the CulturalLeaders Lab, and an award-winning artist and educator.

Contributors

Silvia Argentina Arauz, Leanne Betasamosake Simpson, Patrisse Cullors, Giselle Dias, Omisoore Dryden, Paige Galette, Dana Inkster, Sarah Jama, El Jones, Anique Jordan, Dr. Naila Keleta Mae, Janaya Khan, Gilarly Massa, Robyn Maynard, Leroi Newbold, QueenTite Opaleke, Randolph Riley, Camille Turner, Ravyn Wngz



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5 x 7.5 / 220 pages
3 images / 1 photograph / 2 maps /
bibliography / notes / index

April 2020

Categories: environmental studies / literary criticism



Nature's Broken Clocks

Reimagining Time in the Face of Environmental Crisis

by Paul Huebener

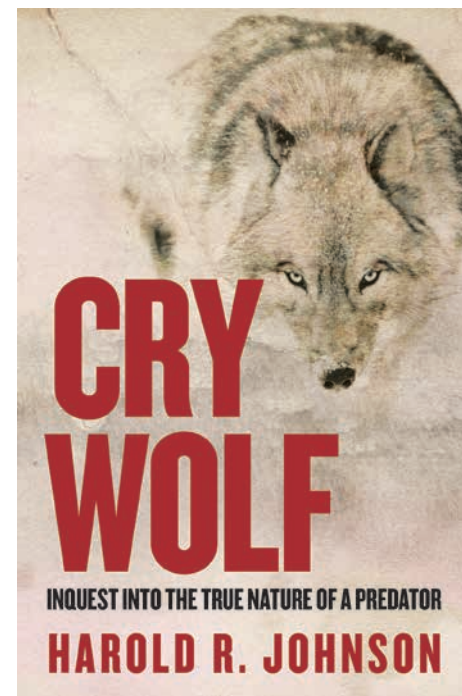
Examines how cultural narratives of time are connected to ecological disruption.

The environmental crisis is, in many ways, a crisis of time. From the distress cries of birds that no longer know when to migrate, to the rapid dying of coral reefs, to the quickening pace of extreme weather events, the patterns and timekeeping of the natural world are falling apart. We have broken nature's clocks.

Lying hidden at the root of this problem are the cultural narratives that shape our actions and horizons of thought, but as Paul Huebener shows, we can bring about change by developing a critical literacy of time. Moving from circadian rhythms and the revival of ancient frozen bacteria to camping advertisements and the politics of oil pipelines, *Nature's Broken Clocks* turns to works of fiction and poetry, examining how cultural narratives of time are connected to the problems of ecological collapse and what we might do to fix them.

"*Nature's Broken Clocks* will inspire readers to reflect deeply on our manipulations of time, and on the impact of our shifting temporal imaginations and practices on the ecosphere." —Sarah Wylie Krotz, Assistant Professor, Department of English and Film Studies, University of Alberta

Paul Huebener is the author of *Timing Canada: The Shifting Politics of Time in Canadian Literary Culture*, which was a finalist for the Gabrielle Roy Prize. He is an associate professor of English at Athabasca University.



\$16.95 CDN / \$14.95 USD

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5 x 7.5 / 168 pages
16 photos / 1 map / index

January 2020

Categories: wildlife / nature / environmental studies



Cry Wolf

Inquest into the True Nature of a Predator

by Harold R. Johnson

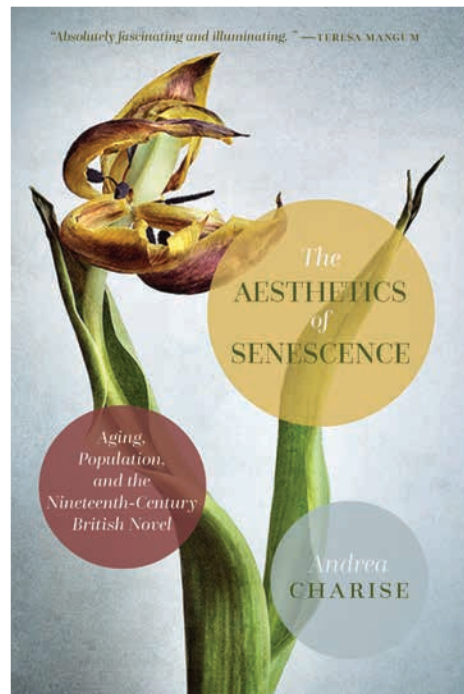
Turning a blind eye to the dangers of the wild can have deadly consequences.

Growing up on a northern trap line, Harold Johnson was taught to keep his distance from wolves. For more than 100 years, one of Canada's top predators seemed to have absorbed the same lesson about avoiding contact with people, who pose dangers. But this seems to be changing in the twenty-first century.

In *Cry Wolf*, Johnson re-tells the story of the 2005 death of Kenton Carnegie, who was cornered and killed in a wolf attack near his work camp. Johnson draws on his experience as a Crown prosecutor to forensically deconstruct the official reports of the killing. In his telling, the finger of blame points squarely to the lack of respect given to an animal which, as a result, is becoming more dangerous to humans. Johnson believes millennia of Indigenous teaching could have saved a life and rehabilitated the wolf to its honoured place.

"This book hooked me early. . . . Riveting, educational, rational." —John Lagimodiere, journalist and publisher of *Eagle Feather News*

Harold R. Johnson has a law degree from Harvard University and is the author of six books, including the bestseller *Firewater*, which was shortlisted for the Governor General's Award for non-fiction. He lives near La Ronge, Saskatchewan.



\$34.95 CDN only

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6 x 9 / 288 pages
7 illustrations / notes / references

January 2020

Series: Exquisite Corpse (#4)
Categories: literary criticism / aging / Victorian



The Aesthetics of Senescence

Aging, Population, and the Nineteenth-Century British Novel

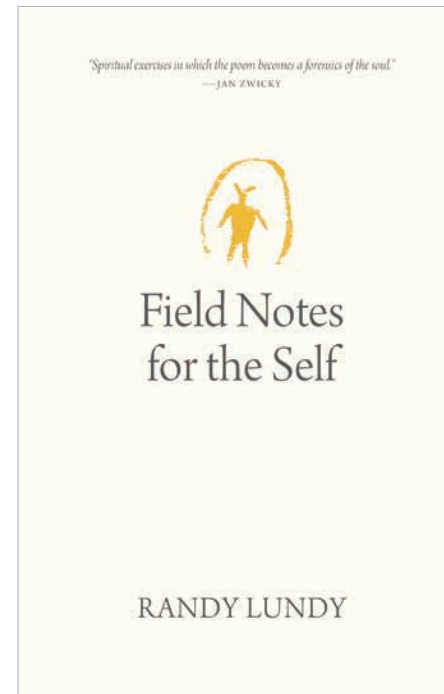
by Andrea Charise

"Absolutely fascinating and illuminating. Charise is masterful in identifying crucial shifts in thought." —Teresa Mangum, author of *Married, Middle-Brow, and Militant: Sarah Grand and the New Woman Novel*

Recent years have seen the rise of alarming yet familiar headlines featuring apocalyptic visions of an imminent "grey tsunami" of aging retirees, whose sheer numbers place outsized demands on our societal resources. How has chronological age come to possess such far-reaching ideological, ethical, and aesthetic implications? In *The Aesthetics of Senescence: Aging, Population, and the Nineteenth-Century British Novel*, Andrea Charise shows how authors of this period, influenced by Thomas Malthus's population thinking and medical discourses, engaged with an unprecedented—and, as in our present day, hotly politicized—climate of crisis associated with growing old.

Charting the traffic between fictional, medical, and scientific discourses around older age in nineteenth-century Britain, Charise's study is compulsory reading for everyone from demographers to historians, sociologists to gender scholars, and health practitioners to scholars of nineteenth-century literature.

Andrea Charise is an assistant professor in the Department of English and the Interdisciplinary Center for Health & Society at the University of Toronto Scarborough. An award-winning educator and researcher of literary studies (and recipient of the John Charles Polanyi Prize for Literature), she has twenty years of work experience as a medical researcher, primarily in geriatrics. This is her first book.



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5.5 x 8.5 / 96 pages

March 2020

Series: Oskana Poetry & Poetics (#9)
Categories: poetry / Indigenous / Canada



Field Notes for the Self

by Randy Lundy

Following his acclaimed *Blackbird Song*, Randy Lundy's fourth collection of poetry modulates the trauma of remembering with the greater spiritual affirmations offered by the natural world.

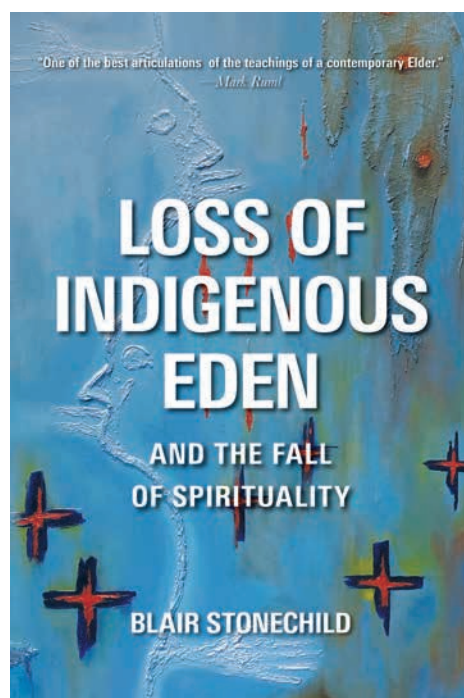
Field Notes for the Self is a series of dark meditations: spiritual exercises in which the poem becomes a forensics of the soul. The poems converse with Patrick Lane, John Thompson, and Charles Wright, but their closest cousins may be Arvo Pärt's tinnabulations—overlapping structures in which notes or images are rung slowly and repeatedly like bells. The goal is freedom from illusion, freedom from memory, from "the same old stories" of Lundy's violent past; and freedom, too, from the unreachable memories of the violence done to his Indigenous ancestors, which, Lundy tells us, seem to haunt his cellular biology. Rooted in exquisitely modulated observations of the natural world, the singular achievement of these poems is mind itself, suspended before interior vision like a bit of crystal twisting in the light.

Praise for Randy Lundy

"Here is a poet of whom one can say—quietly, simply, with gratitude—that highest of praises: the real thing." —Jane Hirshfield, author of *The Beauty*

"Randy Lundy has entered the place where the masters reside..." —Patrick Lane, author of *Washita*

Randy Lundy is a member of the Barren Lands (Cree) First Nation. Born in northern Manitoba, he has lived most of his life in Saskatchewan. He has published three previous books, *Under the Night Sun*, *Gift of the Hawk*, and *Blackbird Song*. An award-winning poet, his work has been widely anthologized.



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6 x 9 / 288 pages
1 map / 5 figures / 2 appendices /
glossary / bibliography / index

April 2020

Categories: Indigenous studies / spirituality



Loss of Indigenous Eden and the Fall of Spirituality

by Blair Stonechild

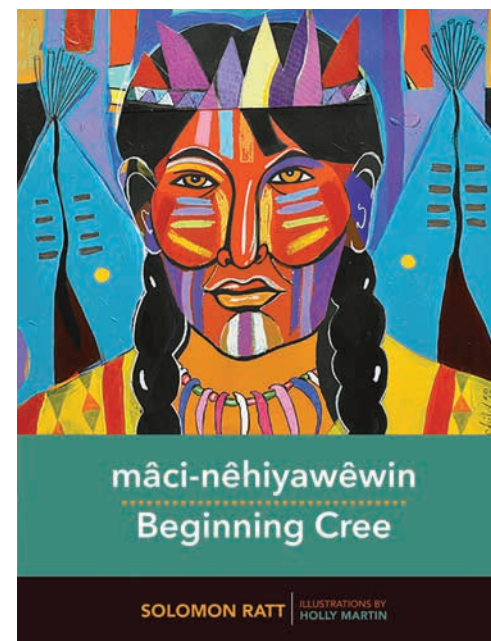
"One of the best articulations in print of some introductory teachings of a contemporary Elder." –Mark Rumi, professor of Religion and Culture, University of Winnipeg

As a follow-up to his award-winning *The Knowledge Seeker: Embracing Indigenous Spirituality*, Blair Stonechild continues his exploration of the Indigenous spiritual teachings passed down to him by Elders, and then moves his study further afield. He identifies the rise of what he terms a dominant Wetiko worldview, marked by an all-consuming and destructive appetite that is antithetical to the relational philosophy of Indigenous thinking whereby all things are interrelated and in need of care and respect.

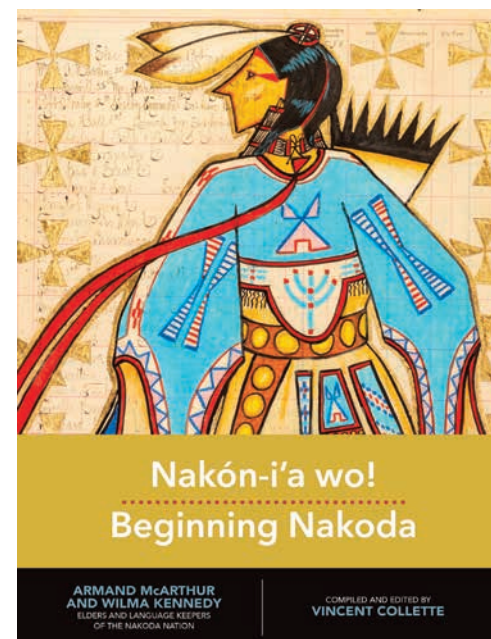
Based on Stonechild's work with Indigenous peoples around the world, from Inuit communities in northern Canada to the Dalits in India and the Uighurs in the Xinjiang

Autonomous Region of China, *Loss of Indigenous Eden and the Fall of Spirituality* brings together and highlights the fundamental commonalities that connect all Indigenous nations, while calling for global recognition and respect of their rights and spirituality.

Blair Stonechild is a Cree-Saulteaux member of the Muscowpetung First Nation and professor of Indigenous Studies at First Nations University of Canada. He is the author of *The Knowledge Seeker: Embracing Indigenous Spirituality* and *Buffy Sainte-Marie: It's My Way*. He lives in Regina, Saskatchewan.



mâci-nêhiyawêwin / Beginning Cree • ISBN: 9780889774353



Nakón-i'a wo! / Beginning Nakoda • ISBN: 9780889776623

Indigenous Languages for Beginners Series

A new project that continues our commitment to revitalizing Indigenous languages

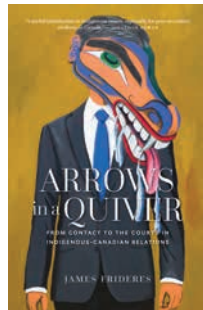
The language resources in the Indigenous Languages for Beginners series aim to help teachers and learners revitalize and document Indigenous languages. All works are produced in consultation with Elders, Language Keepers, and community members.

Featuring

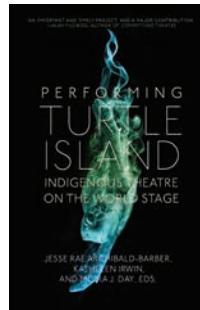
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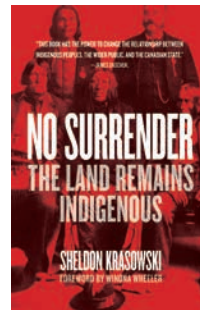
Indigenous



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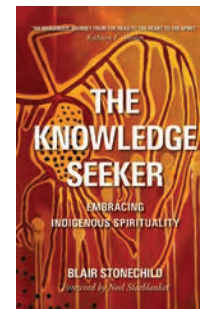
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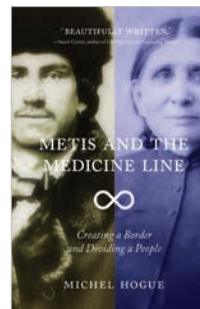
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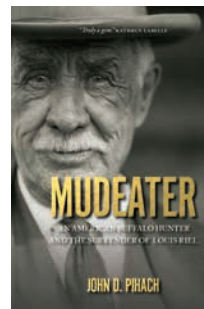
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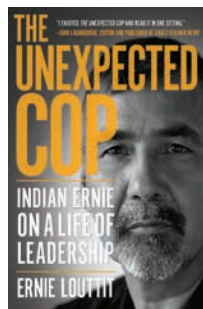
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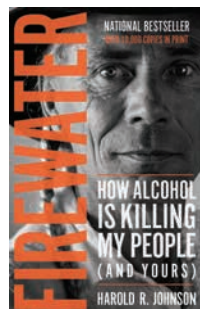
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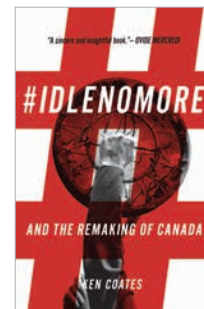
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Indigenous Languages



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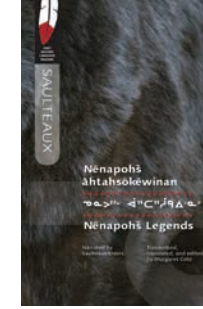
These Are Our Legends
narrated by Lillooet Elders,
translated by Jan van Eijk
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paper 9780889773967



Blackfoot Stories of Old
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Piitáákii Inge Genee
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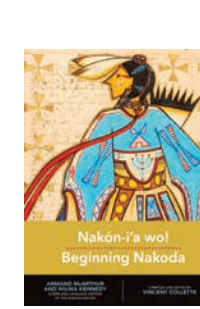
Woods Cree Stories
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Nēnapohš Legends
narrated by Saulteaux Elders,
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Funny Little Stories
edited by Arok Wolvengrey
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Nakón-i'a wo! /
Beginning Nakoda
compiled and edited
by Vincent Collette,
with Armand McArthur
and Wilma Kennedy
\$34.95 CDN / \$29.95 USD (S)
coil-bound 9780889776623



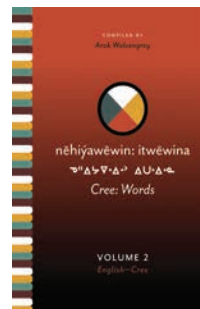
māci-nēhiyawēwin /
Beginning Cree
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illustrated by Holly Martin
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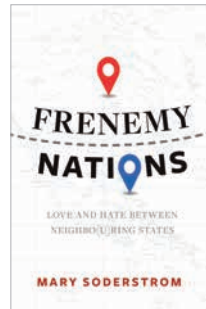


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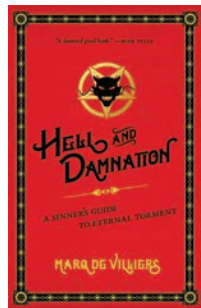


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International Appeal



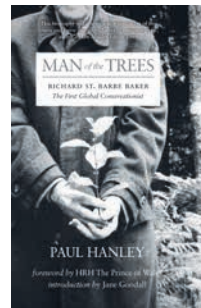
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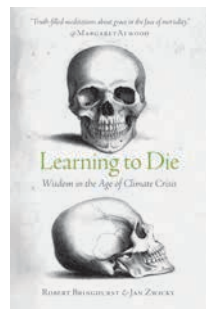
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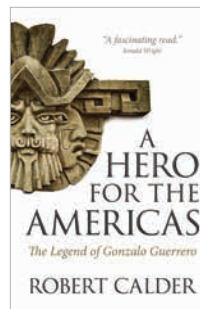
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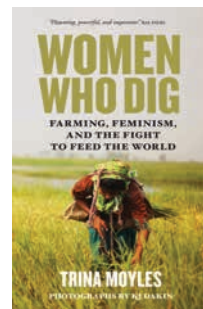
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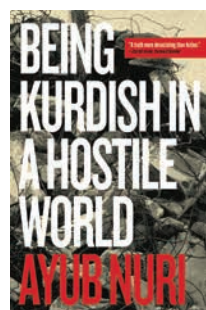
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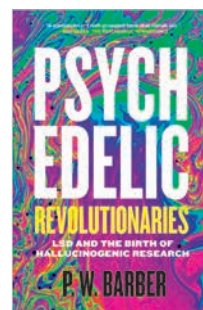
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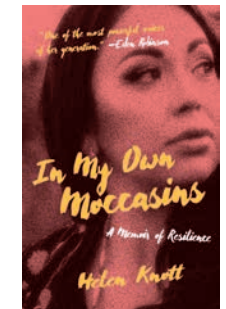
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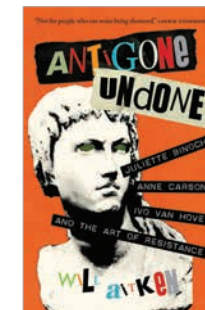
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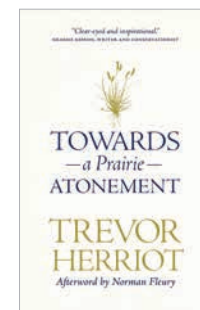
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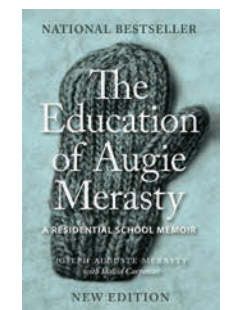
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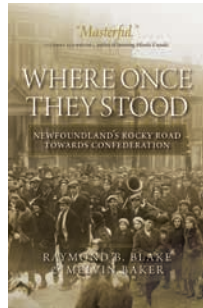


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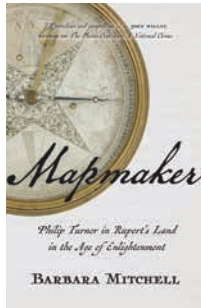


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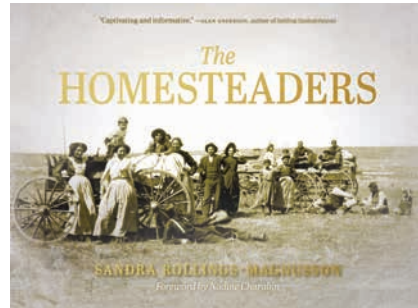
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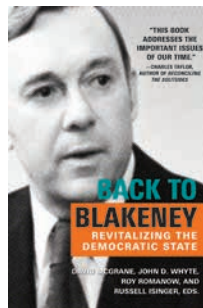


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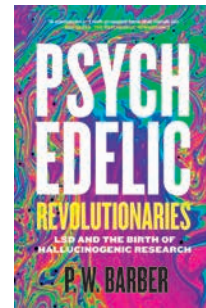
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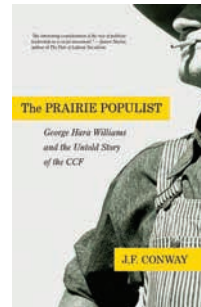
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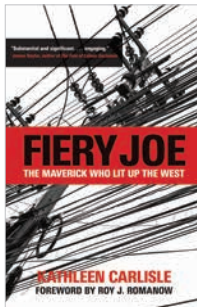
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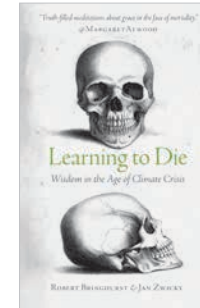


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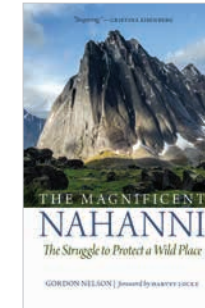
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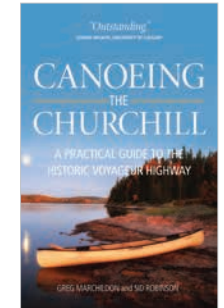
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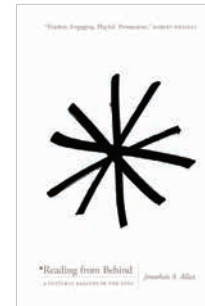
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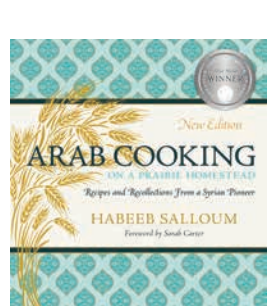
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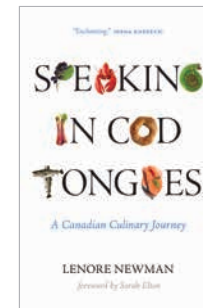


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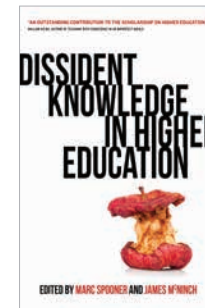
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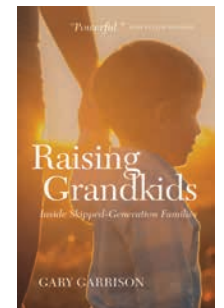
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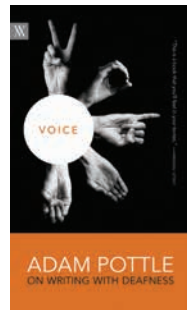


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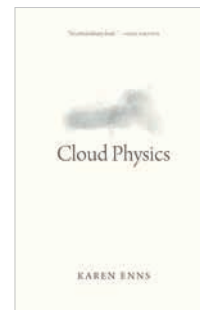
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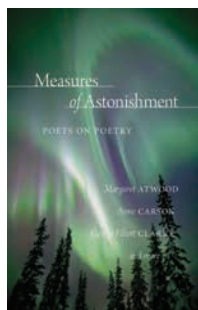
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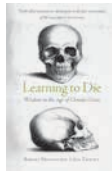
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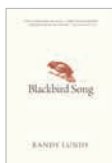
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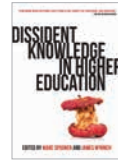
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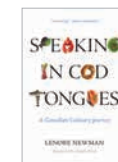
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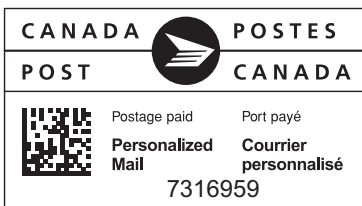
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