



UNIVERSITY OF  
REGINA



# U of R WOMEN Newsletter

April 2004

WEBSITE: <http://uregina.ca/women/>

## Program of Events 2004

### *Rusticles on the Titanic*

Speakers: Dr. Roy Cullimore &  
Lori Johnston  
Annual General Meeting & Dinner  
Wednesday, April 28 at 5:30 p.m.  
University Club  
Cost: \$15 for members,  
\$25 for non-members

### Nominations for Executive

At the Annual General Meeting on April 28, 2004, members of U of R Women will be voting on a new Executive for the 2004-2005 season. If you are interested in serving on the Executive, or would like to nominate someone to serve on the Executive, please contact Lynn Cecil at 924-4782.



### Join U of R Women!

Membership in *U of R Women* is open to women who are affiliated with the University of Regina, either through their own or their partner's employment at the university, or through membership on university Senate, Board of Governors, or Alumni Board.

The **annual fee** is only **\$15**, which entitles you to participate in a wide variety of activities. To become a member, call Sara Cryderman at 585-6503, or e-mail her at: [saracryderman@sasktel.net](mailto:saracryderman@sasktel.net)

At the bottom of the deep blue sea!

## *Rusticles on the Titanic*

Speakers:

Dr. Roy Cullimore & Lori Johnston

## Annual General Meeting & Dinner

**Wednesday, April 28**



5:30 pm Registration & Cocktails  
6:00 pm Annual General Meeting  
6:45 pm Dinner  
7:45 pm Speaker

Held at the University Club.

Cost: \$15 for members, \$25 for non-members

Guests are welcome for the dinner & speaker.

RSVP to Anne Lavack at 586-8276 or [Anne.Lavack@uregina.ca](mailto:Anne.Lavack@uregina.ca)

*Important Note: Once you have confirmed your attendance, any cancellations must take place at least 48 hours prior to the event; otherwise you will be charged for the dinner.*

### U of R Women – Executive

Lynn Cecil	President	<a href="mailto:lynnacecil@hotmail.com">lynnacecil@hotmail.com</a>	924-4782
Sheila McKague	Past President	<a href="mailto:sheila.mckague@sasktel.net">sheila.mckague@sasktel.net</a>	525-8905
Joan Roy	Vice-President	<a href="mailto:royjoa@uregina.ca">royjoa@uregina.ca</a>	586-5536
Kay Antrobus	Secretary	<a href="mailto:pandkantrobus@sasktel.net">pandkantrobus@sasktel.net</a>	352-6559
Margaret Fox	Co-Treasurer		543-3996
Marion Gosselin	Co-Treasurer	<a href="mailto:marion.gosselin@uregina.ca">marion.gosselin@uregina.ca</a>	543-7665
Dawn Owen	Program	<a href="mailto:dowen@accesscomm.ca">dowen@accesscomm.ca</a>	586-9026
Sara Cryderman	Membership	<a href="mailto:saracryderman@sasktel.net">saracryderman@sasktel.net</a>	585-6503
Anne Lavack	Publicity	<a href="mailto:anne.lavack@uregina.ca">anne.lavack@uregina.ca</a>	586-8276
Linda Paul	Interest Groups	<a href="mailto:paulal@uregina.ca">paulal@uregina.ca</a>	585-0988
Olive Stewart	Telephone	<a href="mailto:stewart.io@sasktel.net">stewart.io@sasktel.net</a>	565-2335

*The joint Executive Meeting of old and new Executive members will take place at 7:30 p.m. on Monday, May 10 at 16 Lancaster Place.*

## Member News

### Congratulations

- Congratulations to **Lynn Cecil** on her current art exhibition at the University Club. *Water Lilies* is a series of oil paintings on canvas, which will be on display until April 30, 2004.

### Births

- Congratulations to Sheila and Terry McKague on the birth of their granddaughter, Isabel Sargeant McKague.

## Bursary News...

The **Judy Bale Bursary in Early Childhood Education** will assist a student in Early Childhood Education. Donations to date total \$975. As the total amount of the bursary award is \$1000; consequently, we hope that our members who have not yet donated to the bursary will do so. **All sizes of contributions are welcome!**

Please send donations to our treasurer, Margaret Fox, 210 Smith Street, Regina, S4R 2K7. Cheques should be made payable to the University of Regina and identified as a bursary contribution. Donations are tax deductible.

## Do you Have Any Member News?

We're interested in hearing about your news! If you've had a vacation, promotion, birth of a child or grandchild, marriage, retirement, or other important event, let us tell U of R Women members about it in the newsletter.

Please send newsletter items to the newsletter editor via e-mail: [Anne.Lavack@uregina.ca](mailto:Anne.Lavack@uregina.ca) or phone her at 586-8276.

## Message from the President

I would like to take the opportunity to thank the members of the U of R Women for your continued support and interest in the organization. Our membership has increased again this year and is now 92 members strong!

I would also like to extend my thanks to the Executive members who have worked hard to provide our members with a variety of programs to attend and enjoy. It has been a pleasure working with them.

A special thank you to Linda and Alex Paul who presented a very well received slide show and talk on the subject of their travels in French Polynesia and the Cook Islands. The event was held at the City of Regina Greenhouse on March 24, 2004, and many people took the opportunity to welcome an early spring and summer by dressing in tropical clothing. Thank you to Anne Lavack and Dawn Owen for providing the wonderful desserts and fruit trays.

Our Annual General Meeting and Dinner promises to be a very informative and exciting evening. Dr. Roy Cullimore and Lori Johnston will be speaking about "Rusticles on the Titanic," focussing on their research with this famous ship. Please join us at 5:30 p.m. on Wednesday, April 28 at the University Club, where the AGM will be followed by a delicious dinner prepared by Meika and her staff, and then the presentation. You are welcome to bring a guest to attend the dinner and presentation.

On behalf of your Executive, I would like to wish every one of our members a safe and happy summer. We also look forward to seeing you again during our Welcome Back evening in September.

-- *Lynn Cecil*, President of U of R Women

## Nominating Committee Report

The Nominating Committee (comprised of Sheila McKague, Lynn Cecil, and Hilary Johns on) has put together the following slate of nominees for positions on the executive of U of R Women for the 2004-2005 year:

Past President	Lynn Cecil	Membership Convenor	Dena McMartin
President	Joan Roy	Program Convenor	Shawna Geissler
Vice President	Dawn Owen	Publicity Convenor	Anne Lavack
Secretary	Kay Antrobus	Telephone Convenor	Gwen Herman
Treasurer	Margaret Fox & Marion Gosselin	Interest Groups Convenor	Alison Falconer

## Car Pool

Below is a list of members who have volunteered to be car pool drivers for anyone needing a ride to U of R Women events. Please feel free to contact one of them if you need a lift to a U of R Women event.

Romina Bedogni-Drago	565-6745	Shawna Geissler	949-8732
Anne Lavack	586-8276	Bea McBeath	584-0703
Sheila McKague	525-8905	Karen Nicholls	584-2720
Dawn Owen	586-9026	Lynn Tomkins	584-3708
Glenna Vigrass	586-9077		

Many thanks to these volunteer drivers!





## INTEREST GROUPS

### Eclectic Events – “HANDS-ON” WATERCOLOUR EVENING

**Date:** Tuesday, April 20  
**Time:** 7:30 p.m.  
**Place:** 31 Thatcher Road  
**Cost:** \$7 per person (to cover materials and refreshments)

This terrific hands-on event features accomplished artist, Lynn Cecil, teaching some basic watercolour techniques. Even if you've never painted before, you'll enjoy this special evening. Bring along some photos or small items to inspire your painting. Refreshments will be served.

To confirm your attendance, contact Hilary Johnson at 584-3618.



(Note: This event was originally planned for February, but was cancelled due to a blizzard.)

### Eclectic Events – SHOPPING & LUNCH IN MOOSE JAW

**Date:** Saturday, May 15

Shopping & lunch – can there be a better combination? Spend the day in Moose Jaw on Saturday, May 15 visiting art galleries and gift shops, and enjoying a pleasant lunch with members of U of R women. Car pools will be arranged.

**Cost:** your own lunch, personal shopping expenses and a donation to cover gasoline costs for your driver. Contact Gwen Falconer at 584-3159 to register for the excursion.

### Eclectic Events – 2004 Activities

Call the contact person listed after each event if you're interested in attending. The contact person will be e-mailing and/or phoning Eclectic Event participants. *You can help the contact person by replying to her e-mail when she notifies you.* Your cooperation will save her having to make extra telephone calls.

**Tue, April 20** "Hands-on Watercolour Evening" with Lynn Cecil as resource person. This event will be held at the home of Lynn Cecil, 31 Thatcher Road. Learn some watercolour techniques and enjoy an evening of camaraderie. No experience with watercolour painting is necessary. Cost of \$7 includes materials, plus refreshments. For more information, please call Lynn Cecil at 924-4782 or Hilary Johnson at 584-3618.

**Sat, May 15** *Moose Jaw Browsing & Lunch.* Spend an interesting day in Moose Jaw visiting various galleries and gift shops and enjoying a pleasant lunch. Car pools will be arranged. Cost: your own lunch, personal shopping expenses and a donation to cover gasoline costs for your driver. Contact Gwen Falconer at 584-3159 for more information or to register for the excursion.



### Book Club #1

<b>April 19</b> <i>Steps to Medicare</i>	by Dr. Hanson
<b>May 17</b> <i>Flint and Feather</i>	by Charlotte Gray
<b>June 21</b> <i>Unless (Pot Luck Wind-up)</i>	by Carol Shields

Convenor: Sara Cryderman 585-6503

*Note:* Book Club #1 is 'full', so no new members are being accepted. However, new members are being accepted in Book Club #2. (See below.)

### Book Club #2

<b>Tue, April 6</b> <i>Balzac and the Little Chinese Seamstress</i>	by Dai Sijie
<b>Tue, May 4</b> <i>The Life of Pi</i>	by Yann Martel

If you love to read, please come and join us! Call Anne Lavack at 586-8276.

#### **Book List for 2004-2005:**

It's already time to start thinking about choosing books for the coming year. If you have book ideas, please contact Anne Lavack, the Book Club #2 convenor.

#### **Book Selection Criteria:**

*The book that you recommend should be:*

- One that you have read and enjoyed.
- A maximum of 300 pages in length.
- More 'literary' than 'best-seller'.

You should be prepared to 'present' the book that you recommend.



## Mixed Bridge Group

If you enjoy playing bridge, be sure to contact Isabelle Peardon at [gpeardon@cableregina.com](mailto:gpeardon@cableregina.com) or phone her 586-6315, and come out to the *Mixed Bridge Group*. This is open to both couples and pairs of ladies. The bridge group meets once a month in the homes of individual members.



## International Cooking Club

If you love to cook, then join the *International Cooking Club*. This group of about 12 members meets once a month in a member's home. Meals are planned to represent the food of different countries, or to reflect a special theme.

Call Convenor Lynn Tomkins at 584-3708 for more information.



## Have an idea for a new Interest Group?

If you have an idea for a new interest group that you would like to convene, please e-mail Linda Paul at [paulal@uregina.ca](mailto:paulal@uregina.ca) or phone her at 585-0988.

We are also looking for convenors for activities in 2004-2005, so call Linda Paul if you're willing to volunteer.

## INTEREST GROUPS

### Couples Gourmet Dinner Club

The *Couples Gourmet Dinner Club* meets on the 2nd Saturday of each month at 7:00 p.m. Each couple prepares and brings a dish from the international menu planned by the convenor. Each couple also brings their own wine or beverage. The hostess supplies coffee & tea. There are usually 3-5 couples in attendance; if there are more couples, we will hold the dinner at more than one location.

Sat., April 3                      India  
Sat., May 8                        Asia

If you're interested in participating, please call Rachel Faerber-Ovaska at 569-8203. We'd love to have some new members!



### Culinary Explorers

Join the Culinary Explorers, dining out at a different restaurant each month! This event takes place at 6:30 p.m. on the **first Wednesday** of each month.

April 7	Heliotrope	2204 McIntyre Street
May 5	La Bodega	2228 Albert Street
June 2	TBA	TBA



If you wish to attend, please make sure you RSVP to the convenor, Hilary Johnson 584-3618, at least 3 days before each restaurant outing takes place.



### Interest Group Convenors

Come out and enjoy one of the interest groups! Contact the convenor of the group that interests you:

Book Club #1	Sara Cryderman	<a href="mailto:saracryderman@sasktel.net">saracryderman@sasktel.net</a>	585-6503
Book Club #2	Anne Lavack	<a href="mailto:Anne.Lavack@uregina.ca">Anne.Lavack@uregina.ca</a>	586-8276
Bridge	Isabelle Peardon	<a href="mailto:gpeardon@cableregina.com">gpeardon@cableregina.com</a>	586-6315
Culinary Explorers	Hilary Johnson		584-3618
Eclectic Events	Sheila McKague	<a href="mailto:sheila.mckague@sasktel.net">sheila.mckague@sasktel.net</a>	525-8905
Couples Gourmet	Rachel Faerber-Ovaska	<a href="mailto:rachelfaerber@hotmail.com">rachelfaerber@hotmail.com</a>	569-8203
Internat'l Cooking	Lynn Tomkins	<a href="mailto:lynn.tomkins@sasktel.net">lynn.tomkins@sasktel.net</a>	584-3708
Movie Madness	Marilyn Lewis		584-7703

## Our New Members!

This column profiles a few of our new members each month:

**Allison Falconer**, daughter of long time member, Gwen Falconer, is a practising dentist. After four years in dental practises in Weyburn and Regina, she will be opening her own practise in the summer of 2004 called Gentle Dental. Allison is married to Saravanan Subramanian, a computer science graduate, who is working on campus for the OOST program. She loves to travel and play tennis. Currently, she is taking French lessons and she works out three times per week.

**Nova Scheidt** has been a lab instructor with the Department of Computer Science since September 2003. She lives in Qu'Appelle, where she has lived for most of her life. She completed both her Master's and Bachelor's degrees in Computer Science at the University of Regina. She also completed a 1-year Yoga Teacher's Diploma from IYCER in India, and has worked for a computer company in China. Nova enjoyed her international experience, but felt it was time to come home and ground herself in some dark Saskatchewan soil. She enjoys organic gardening, and is looking forward to the blooming of spring.

**Marion Elliot** grew up in Toronto and worked in the banking industry there. She moved with her husband to Regina when he joined the Department of Philosophy and Classics. Marion has a passion for animals and has established a dog grooming business based in her home in University Park, using her experience and training in an Ontario veterinarian's clinic. The Elliots have two children, a boy of 15 and a girl of 11.

## More New Members!

**Shawna Geissler** is a sessional instructor at Campion College, and has previously been a sessional lecturer for the U of R's Centre for Continuing Education. She completed a B.Sc. in Biology at Carleton University, and moved to Regina in 1988 to pursue a Masters degree in Genetics. After marrying and having 3 sons (Justin, Adam, and Evan), she re-entered academia to pursue an M.A. in English, and is currently working toward a Ph.D. in English. Her Ph.D. dissertation will examine how medical, social, and creative texts from Renaissance England employ language to define women's breasts. Shawna also sings first soprano with the Regina Philharmonic Chorus in her spare time.

**Dena McMarti n** came to the University of Regina in August 2003 from Environment Canada and the University of Saskatchewan. She joined the Faculty of Engineering as a Research Engineer, and is now an Assistant Professor in Environmental Systems Engineering after success fully defending her Ph.D. in December 2003. Dena's research includes water quality monitoring and treatment, campus sustainability, and solid waste management (including composting). Dena enjoys curling and badminton, her adventures with the U of R Women's eclectic group, and spending lots of playtime with her puppy, Dawson.




## All Our New Members This Year!

Katherine Arbuthnott  
Romina Bedogni - Drago  
Ellen Chapco  
Magdalena Cismaru  
Marion Elliot

Rachel Faerber Ovaska  
Allison Falconer  
Rainbow Fong  
Alyce Garratt  
Shawna Geissler

Ulrike Hardeblicker  
Julie McKenna  
Dena McMartin  
Anna Mudde  
Cecilia Pintos  
Barbara Pollock  
Nova Scheidt  
Chao Yang

## U OF R WOMEN - APRIL 2004 ACTIVITIES

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1	2	3 7:00 pm Couples Gourmet Dinner
4	5	6 7:30 pm Book Club #2	7 6:30 pm Culinary Explorers - Heliotrope	8	9 Good Friday	10
11 Easter 	12	13	14	15	16 Mixed Bridge Club	17
18	19 Book Club #1	20 Eclectic Events- Watercolor Evening	21	22	23	24
25	26	27	28 5:30 Register 6:00 AGM 6:45 Dinner 7:45 Speaker	29	30	



## Explorations in Clay

**Cara Gay Driscoll**, a member of U of R Women and a well-known ceramic artist, will be leading an event called *Forgotten Women of the Bible: Explorations in Clay* on Friday, April 23 (evening) and Saturday, April 24. Cara Gay has created beautifully crafted hand-coiled vessels, which are named for women of the Bible who were a catalyst or prime mover in some male dominated narrative or story, and who were cast out or abandoned after having been deemed not obedient enough or not socially acceptable. These include Queen Vashti, the Samaritan woman, Lot's wife, and others.

The workshop will examine the symbol of vessel as a metaphor for spiritual meaning, and will involve working with clay. Cost: \$205. Registration deadline: April 9, 2004. For more information, contact PCTC at (306) 332-5691 or e-mail: [office@pctc.ca](mailto:office@pctc.ca).

## 6-Day Easter Retreat

**Cara Gay Driscoll**, a member of U of R Women, is leading a 6-day Easter Retreat from April 12-18, entitled *Reclaiming the Legacy of Our Spiritual Sisters*.

A rich, though often untapped, resource of spiritual insight and wisdom can be found in the writing, artworks, music and lives of holy women throughout the ages. This retreat experience is aimed at reclaiming fragments of that wisdom heritage through prayer, meditation and contemplative reflection on a few of these spiritual sisters.

The retreat includes daily talks with optional Direction. Retreat leaders are Marcia McGovern, Cara Gay Driscoll, and others. Cost: \$360. For more information, please contact St. Michael's Retreat in Lumsden at (306) 731-3316 or e-mail: [office@st-michaels-retreat.sk.ca](mailto:office@st-michaels-retreat.sk.ca). More information can be found on their website at: <http://www.retreatsonline.net/stmichaels>

## Work-Life Conflict in Saskatchewan: Making the case for change

April 29, 2004 - 9:30-11:30 a.m. - Casino Regina Show Lounge  
Tickets: \$35.00 per person available at Casino Regina

Dr. Linda Duxbury, Canada's leading authority on Work-Life Balance issues, is a widely respected author and researcher in the areas of work-family conflict, supportive work environments, stress, and supportive management. Dr. Duxbury will present the business case for improving Work-Life Balance.

FROM:

U of R Women  
University of Regina



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