

U of R



Women

# Newsletter

Website: <http://www.uregina.ca/admin/urw>

April 2009

## Program of Events 2009



**AGM Dinner  
Curling Tales:  
Sharing the Gold  
with  
Joan McCusker**  
April 29, 2009  
Reception 5:30 p.m.  
AGM 5:45 p.m.  
Dinner at 6:30 p.m.  
Speaker at 7:30 p.m.  
University Club



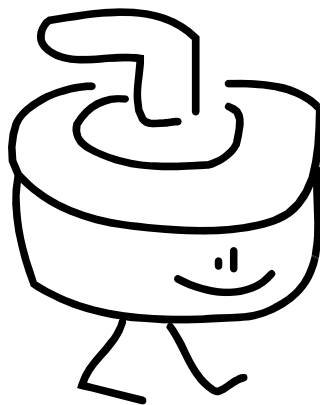
## We Need Convocation Tea Volunteers!

If you are able to serve tea at the Spring Convocation on June 3, 4, and 5 please contact Anne Lavack, at 586-8276 or [anne.lavack@uregina.ca](mailto:anne.lavack@uregina.ca)

We need at least a dozen volunteers for each date, and volunteers can serve on whichever day(s) best suits their schedule. Thank you for your support!



## U of R Women AGM Dinner CURLING TALES SHARING THE GOLD With Joan McCusker



Wednesday, April 29, 2009  
5:30 – Reception & Cash Bar  
5:45 – Annual General Meeting  
6:30 – Dinner  
7:30 – Speaker Joan McCusker  
\$25 for members  
\$32 for non-members  
\$5 to attend speaker only

*Joan McCusker believes it is ordinary people who do extraordinary things. Through her experiences as a teacher, mom, world champion curler, Olympic Gold Medallist and CBC Commentator, Joan has collected a number of observations on the attitudes that propel ordinary people to build extraordinary lives. With a big smile, plenty of humour and tons of Olympic examples, Joan explains the type of attitude and teamwork that builds success in every aspect of life. Please plan on joining us for this special evening.*

### AGM Dinner Registration Form for Wednesday, April 29, 2009

The University Club requires us to confirm the number of attendees in advance of the AGM dinner so the executive has instituted a **prepay** policy for the dinner.

The cost for the dinner and speaker is **\$25** for members and **\$32** for non-members; cost to see the speaker only is **\$5** (pay in advance or drop in). Late registrations for the dinner will not be accepted unless there are late cancellations. Refunds will be acknowledged up until 72 hours (3 days) prior to the event.

The attached form with your cheque must be received on or before **April 26**. Mail to **Linda Paul, 1429 Parker Ave, S4S 4R7** or via U of R Inter-office mail to Linda Paul c/o Geography Dept. Or send to **Carmelle Sikma, 3363 Edinburgh Drive, S4V 2H8**. If you have any questions, call Carmelle at 781-2533 or Linda at 585-0988.

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Name: \_\_\_\_\_

Member at \$25: \_\_\_\_\_

Non-members at \$32: \_\_\_\_\_

Speaker only at \$5: \_\_\_\_\_

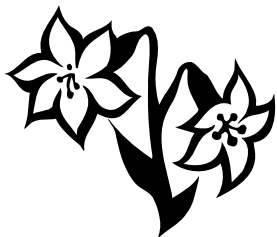
Total: \_\_\_\_\_

(Men welcome)

## Member News

Anne Lavack just returned from a 2-week trip to India, where she visited the cities of Mumbai and Delhi, and had the wonderful opportunity to see the Taj Mahal.

Sincere condolences to Hilary Johnson. She has lost her very dear sister, Val, who lived in England.



### 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: Heather Jans at [heather.jans@uregina.ca](mailto:heather.jans@uregina.ca) or phone her at **949-6762**, contact Toby Willis-Camp, **596-6479** or [williscamp@sasktel.net](mailto:williscamp@sasktel.net).

## Message from the President

It's been a long winter, but it looks like Spring is finally here! Many of us are looking forward to warmer weather, spring flowers, and the greening of the landscape.

We were transported to a warmer climate on February 25, when we met at Wascana Place to hear stories from **Kay Antrobus** about her Botswana travels. Her talk was beautifully illustrated with her wonderful slides, and it was an illuminating and informative evening.

We also enjoyed the Eclectic Event on March 2 led by Lise Lundlie and Linda Paul, where an enthusiastic group of beginners learned the fundamentals of how to play bridge. Sincere thanks to **Lise Lundlie** and **Linda Paul** for organizing this special evening!

Please join us on Wednesday, April 29 for our Annual General Meeting and Dinner at the University Club. Our guest speaker, **Joan McCusker**, will share with us her Olympic experience and discuss the attitudes that encourage ordinary people to build successful and extraordinary lives. Please plan on joining us for this special evening.

If you are planning to attend this event, both members and guests must register and pay in advance for the AGM Dinner. For your convenience, you will find a pre-registration form in this newsletter. It should be completed and forwarded by April 26 to reserve your spot.

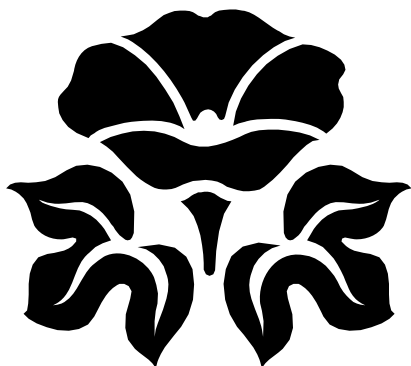
We are still accepting donations for the 2009 U of R Women Bursary in honour of **Lynn Tomkins**, who has been a very active member of our group for many years now. Should you wish to make a tax-deductible contribution, please contact our Treasurer, **Joan Roy**, at **586-5536**.

As we approach our AGM I would like to invite U of R Women members to allow their names to stand for a position on the 2009/10 Executive. Get involved! To the outgoing Executive members, many thanks for having given so freely of your time and talents throughout your term(s). The support and interest expressed by you, and other members within the organization, have made the U of R Women the vibrant and worthwhile organization that it is today.

-- Anne Lavack, President of U of R Women

### U of R Women – Executive for 2008-2009

|                                   |                 |  |                      |
|-----------------------------------|-----------------|--|----------------------|
| Anne Lavack                       | President       | <a href="mailto:Anne.Lavack@uregina.ca">Anne.Lavack@uregina.ca</a>   | 586-8276             |
| Azita Rezaei                      | Vice-President  | <a href="mailto:azitar_ca@yahoo.com">azitar_ca@yahoo.com</a>   | 525-6772             |
| Lisa Watson                       | Secretary       | <a href="mailto:lwatson.ca@gmail.com">lwatson.ca@gmail.com</a>   | 565-2404             |
| Joan Roy                          | Treasurer       | <a href="mailto:royjoa@uregina.ca">royjoa@uregina.ca</a>   | 586-5536             |
| Carmelle Sikma                    | Program         | <a href="mailto:carmelle.sikma@uregina.ca">carmelle.sikma@uregina.ca</a>   | 781-2533             |
| Dena McMartin                     | Membership      | <a href="mailto:dena.mcmartin@uregina.ca">dena.mcmartin@uregina.ca</a>   | 584-0155             |
| Heather Jans/<br>Toby Willis-Camp | Publicity       | <a href="mailto:heather.jans@uregina.ca">heather.jans@uregina.ca</a><br><a href="mailto:williscamp@sasktel.net">williscamp@sasktel.net</a> | 949-6762<br>586-6479 |
| Linda Paul                        | Interest Groups | <a href="mailto:paulal@uregina.ca">paulal@uregina.ca</a>   | 585-0988             |
| Ruth Heinrichs                    | Telephone       | <a href="mailto:rheinrichs@sasktel.net">rheinrichs@sasktel.net</a>   | 586-5024             |



## Interest Group Activities

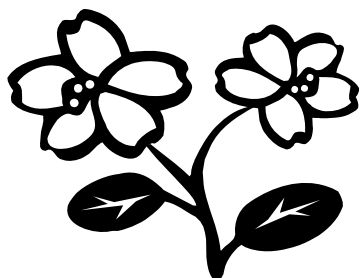
### Couples Gourmet Dinner Club

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 themed menu planned by the convener. Each couple also brings their own wine or beverage. The hostess supplies coffee & tea. Convener: **Lisa Watson**, phone **565-2404** or e-mail [lwatson.ca@gmail.com](mailto:lwatson.ca@gmail.com)

Sat., April 11                      Caribbean  
Sat., May 9                         Canadian

### Mixed Bridge Group

If you enjoy playing bridge, 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. Contact **Linda Paul** at **585-0988** or [paulal@uregina.ca](mailto:paulal@uregina.ca) for more information.



### 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 still only **\$20**, which entitles you to participate in a wide variety of activities. To become a member, contact **Dena McMartin** at 584-0155, email: [dena.mcmartin@uregina.ca](mailto:dena.mcmartin@uregina.ca) Cheques should be sent to Dena at **3643 Hill Ave. Regina, S4S 0X3**.

### Culinary Explorers

Join the Culinary Explorers, dining out at a different restaurant each month! This event usually takes place at 6:30 p.m. on the second Monday of each month. If you wish to attend, please RSVP to the convener, **Lise Lundlie** at **586-1085** or [llundlie@sasktel.net](mailto:llundlie@sasktel.net), at least 3 days before each restaurant outing takes place.

April:                      **Manos**, 2037 Park St., 586-6666  
May:                        **Rock Creek**, 3525 Quance St., 586-7625  
June:                       **The Roof Top** (new - on Victoria St. near Broad)

### Book Club #2

Tue, April 7    The Glass Castle by Jeanette Walls  
Tue, May 5    Through Black Spruce by Joseph Boyden

It's that time to start thinking about the book list for Fall 2009. Do you have some suggestions? If you love to read, please come and join us! Call **Anne Lavack** at **586-8276** or e-mail [Anne.Lavack@uregina.ca](mailto:Anne.Lavack@uregina.ca).

### Future Eclectic Events

Are you interested in doing a self-guided "Secrets Places in Regina" tour? We are considering this event for May 30. Please let us know if you would like to get to know Regina better. Call **Carmelle** at **781-2533** or email [Carmelle.Sikma@uregina.ca](mailto:Carmelle.Sikma@uregina.ca) or call **Anne** at **586-8276** or email [Anne.Lavack@uregina.ca](mailto:Anne.Lavack@uregina.ca).

### Get involved with the U of R Women's Executive

The Nomination Committee is seeking interested members to serve on the Executive of U of R Women, to fill positions as indicated in the following list.

- ❖ Vice-President
- ❖ Secretary
- ❖ Treasurer
- ❖ Program
- ❖ Membership
- ❖ Publicity
- ❖ Interest Groups
- ❖ Telephone

If you are interested in serving in one of these positions, or if you would like to nominate someone, please contact the Nomination Committee chair, **Anne Lavack**, at **586-8276** or [anne.lavack@uregina.ca](mailto:anne.lavack@uregina.ca). The slate of nominees will be voted upon at the Annual General Meeting.



The **University of Regina Women 2009 Bursary** is to be awarded in honour of **Lynn Tomkins**. This bursary will be for a female student specializing in Pre-Med. We are continuing to collect donations for the *U of R Women Bursary*. Donations may be sent to our Treasurer – **Joan Roy, 18 McGill Place, Regina, SK S4S 6R7**. Please make cheques payable to *University of Regina* and identify as a contribution to the U of R Women Bursary. Official receipts will be sent from the U of R Financial Services at the end of the year. Thank you for your support.

It is the time of the year when we think about who we would like to choose as the Honouree for the 2010 Bursary. It is usually one of our members who has contributed to the organization in some meaningful way over a period of time. If you would like to nominate someone for the honour please send her name and your reasons for choosing her to: **Anne Lavack, [anne.lavack@uregina.ca](mailto:anne.lavack@uregina.ca) or phone 586-8276**. We would like to present the name of the selected person at the AGM.



FROM:  
U of R Women  
University of Regina  
c/o Dena McMartin,  
Faculty of Engineering



Address  
Label

