

U of R



Women

Newsletter

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

April 2010

Upcoming Events

Eclectic Event – Dress for Success

April 24, 2010 @ 2 p.m.

Cost: Free

Location:

Dress for Success
Boutique and Career
Centre, 2nd floor
Westminster United
3025 - 13th Ave.



AGM Dinner

April 28, 2010
From 5:30 p.m.



Convocation Tea

June 9, 10 and 11
Connexus Arts Centre



Reminder: Convocation Tea Volunteers

One of the valuable services U of R Women provides to the campus community is hosting the annual convocation receptions. At this year's AGM our incoming vice-president will be seeking volunteers for this year's three spring receptions on June 9, 10, & 11. We need at least 6 volunteers per day between the hours of approximately 4:15 and 5:30.

Contributing to the success of this special day is always rewarding, and many hands make light work. Please have a look at your calendar and consider volunteering on one of these days!



U of R Women AGM Dinner Saskatchewan Crime Stories with Barb Pacholik

Please plan to attend the U of R Women's Annual General Meeting, April 28, 2010 at the University Club. Our keynote speaker for this event will be Barb Pacholik, Regina-based journalist and co-author of the 2009 Canadian Plains Research Centre book *Paper Cows & More Saskatchewan Crime Stories*.

Registration & cash bar: 5:30 p.m.

AGM 6:00 p.m.

Dinner at 7:00 p.m.

Speaker at 8:00 p.m.

Cost: \$25 - Members

\$30 - Non-members

Location: University Club

AGM Dinner Registration Form for Wednesday, April 28, 2010

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 **\$30** 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 25**. Mail to **Carmelle Sikma, 3363 Edinburgh Drive, S4V 2H8**. If you have any questions, call Carmelle at 781-2533.

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Name: _____

Member at \$25: _____ **Non-members at \$30:** _____

Speaker only at \$5: _____

Total: _____

Member News

Best wishes to **Hilary Johnson**, who has been recovering at the Wascana Rehab Centre from a stroke and a fall. We wish her a speedy recovery!

Best wishes for a speedy recovery to **Kay Antrobus**, who is recovering from recent surgery.



Silent Retreat for Women "Nurturing the Spirit Within" is a 3 day silent retreat for women facilitated by **Cara Driscoll**, Marcia McGovern and Marilyn Scheske. This retreat will focus on the concept of 'Shalom'. The group will explore how we might live our lives in wholeness. There will be time for silence as the group recognizes that it is in these moments when the spirit is open.

April 29 - May 1st.
Call St. Michael's at 731-3316 or **Cara Driscoll** at **352-7931**.

Message from the President

It's beginning to look like spring is finally here! If you're like me, you're looking forward to warmer weather, spring flowers, and a greening landscape!

*On March 24, we were transported to distant locations when our Eclectic Event Travel Night featured presentations on Turkey by Kay Antrobus, India by Anne Lavack, and Russia by Linda and Alec Paul. We enjoyed coffee, cake, and good conversation in an informal setting at Wascana Place. Sincere thanks to **Carmelle Beaudry** and **Kay Antrobus** for organizing this Eclectic Event!*

Back on February 24, we enjoyed a tour of the International Test Centre (ITC) for CO² Capture. The ITC is a world-class laboratory that has garnered a significant amount of local, national, and international attention. The tour was very interesting and highlighted the important research being carried out at the University of Regina. Thanks to members of the Executive of U of R Women for organizing this event!

We're hoping you'll be able to join us on Wednesday, April 28, 2010 for our Annual General Meeting and Dinner at the University Club. Our guest speaker will be Barb Pacholik, a well-known Regina writer and journalist, who will share some of the stories from her most recent book, "Paper Cows & More Saskatchewan Crime Stories." We encourage you to bring a guest!

*We are still accepting donations for the 2010 U of R Women Bursary. Should you wish to make a tax-deductible contribution, please contact our Treasurer, **Mahbobeh Yasdanjo**, at **565-1287**.*

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 2010-11 Executive. Get involved! We need your input! The time commitment is not onerous, and the work is very rewarding. Call me at 586-8276 if you're interested!

To the outgoing Executive members, many thanks for giving so freely of your time and talents. The support you provide has helped to make the U of R Women the vibrant organization that it is today!

-- Anne Lavack, President of U of R women

U of R Women – 2009-2010 Executive

Anne Lavack	President	anne.lavack@uregina.ca	586-8276
Lisa Watson	Vice-President	lwatson.ca@gmail.com	565-2404
Lace Marie Brogden	Secretary	lace.brogden@uregina.ca	585-5606
Mahobeh Yasdanjo	Treasurer	mahbobehy@yahoo.com	565-1287
Carmelle Beaudry (Sikma)	Program	carmelle.sikma@uregina.ca	781-2533
Dena McMartin	Membership	dena.mcmartin@uregina.ca	584-0155
Toby Willis-Camp	Publicity	williscamp@sasktel.net	on sabbatical
Linda Paul	Interest Groups	paulal@uregina.ca	585-0988
Ruth Heinrichs	e-mail Reminders	rheinrichs@sasktel.net	586-5024
Anne Lavack	Past President	Anne.Lavack@uregina.ca	586-8276

Interest Group Activities

Please consider joining one or more of our interest groups.
It's a great way to get to know others in the U of R community.

Couples Gourmet Dinner Club

The Couples Gourmet Dinner Club meets on the second Saturday of each month at 7:00 p.m. Each couple prepares and brings a dish from the themed menu planned by the convenor. Each couple also brings their own wine or beverage. The hostess supplies coffee & tea. Convenor: **Lisa Watson**, phone **565-2404** or e-mail lwatson.ca@gmail.com

Curling Club

Newcomers are welcome and coaching is available. For more information contact **Linda Paul** at **585-0988** or paulal@uregina.ca.

Book Club #2

We've planned an exciting list of books for the winter and spring of 2010! We meet the **first Tuesday** of each month for an evening of food and discussion. If you love to read, please come and join us!

Call Anne Lavack at 586-8276 or e-mail Anne.Lavack@uregina.ca.

Mixed Bridge

If you enjoy playing bridge, come out to the *Mixed Bridge Group*. This is open to both couples and pairs of ladies. The group meets once a month in the homes of individual members. Contact **Linda Paul** at **585-0988** or paulal@uregina.ca

Eclectic Events

DRESS FOR SUCCESS VISIT

DRESS FOR SUCCESS provides gently used business clothing and personal and professional development classes for disadvantaged women entering the business world, building confidence and self-esteem. The President and Founders of the Regina branch will share with us how this grass roots idea has grown to recently having prepared its 100th woman for the workplace. You'll get an introduction to the client application process, partner agencies, corporate sponsors, inventory gathering and selection, and volunteer tasks. We'll tour the boutique and learn about the services provided to their clients. These generous women leaders have success stories that will inspire you and warm your heart!

U of R Women, **Ann Van Vliet**, and **Carmelle Beaudry** (Sikma), also volunteers with Dress for Success, will be your hosts. Meet us at the Cameron St. side door at 2pm. After the tour and talk we'll go for coffee together. No registration required and it's free.

Location:

Dress for Success Boutique and Career Centre, located on 2nd floor of the Westminster United Church
3025 - 13th Ave. (use Cameron St. door)

Date:

Saturday, April 24 at 2:00 PM followed by informal gathering at local coffee shop nearby.

If you have an idea for an eclectic event please contact **Carmelle Beaudry (Sikma)** at **781-2533**.



Culinary Explorers

Join the Culinary Explorers, dining out at a different restaurant each month! This event usually takes place at 6:00 p.m. on the **second Monday** of each month. The Explorers ventured out to Rock Creek Tap & Grill in December, and Chili's in January. Upcoming April venue: The Lil' Belizean

If you wish to attend, please RSVP to the convenor, **Lise Lundlie** at **586-1085** or llundlie@sasktel.net, at least 3 days before each restaurant outing takes place.

International Gourmet Cooking Club

The International Gourmet Cooking Club is a group of fourteen women that meets monthly for dinner and lively conversation. Meals are planned to reflect either the cuisine of a certain culture or a special theme. Members work in pairs, each pair hosting one evening during the year. On all other evenings, they enjoy being guests.

Because the dinner meetings are held in members' homes, the group is presently at capacity. However, if sufficient interest is shown, a second international gourmet cooking group could be formed. For information or to register interest in this group, contact **Sheila McKague** at **525-8905** or e-mail [**sheila.mckague@sasktel.net**](mailto:sheila.mckague@sasktel.net)

Current members of the International Gourmet Cooking Club are reminded to note the following dates:



April 14th at 7 p.m. at Carmelle's home.
April 21st at 7 p.m. hosted by Sami and Barbara.
May 5th at 7 p.m. hosted by Sandra and Kay.
May 26th dinner hosted by Vi and Heather Ryan at the Ryan ranch.
June wrap-up – TBD

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



Address
Label

