



U of R WOMEN Newsletter



December 2003

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

Program of Events 2003-2004

The Philharmonic Chorus performs 'The Messiah'

Wednesday, Dec. 17 at 7:30 p.m.
Knox-Metropolitan United Church
2340 Victoria Avenue
Cost: \$20.00

Art at the Assiniboia Gallery

Wednesday, Jan. 21 at 7:30 p.m.
Assiniboia Gallery
2429 11th Avenue
Cost: \$5.00

Nutrition for Women

Speaker (Helen Flengeris) & Dinner
Wednesday, Feb. 18 at 6:00 p.m.
Location: TBA

Sound Stage Tour

Wednesday, March 24 at 7:30 p.m.
Coffee & Dessert to follow

Rusticles on the Titanic

Speakers: Dr. Roy Cullimore &
Lori Johnston
Annual General Meeting & Dinner
Wednesday, April 28 at 5:30 p.m.
University Club

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. **Annual fee is only \$15**, which entitles you to participate in a wide variety of interesting activities. Call Sara Cryderman at 585-6503, or e-mail her at: saracryderman@sk.sympatico.ca

The U of R Women are attending
***The Philharmonic Chorus
performing***

The Messiah

Wednesday, December 17

7:30 p.m.

(Rush seating, so please meet there at 7:00 p.m.)

Knox-Metropolitan United Church
2340 Victoria Avenue

Cost: \$20 per person

Tickets for this special event sell out very quickly,
so call Dawn Owen at 586-9026 if you would like to attend.



Join us for a special evening!

Art at the Assiniboia Gallery

Wednesday, January 21

7:30 p.m.



Assiniboia Gallery
2429 11th Avenue

Cost: \$5 per person

Includes coffee & dainties

Please RSVP to Dawn Owen at 586-9026.

Membership News

Congratulations

- Congratulations to **Shawna Geissler** for her upcoming performance singing first Soprano in Handel's Messiah at Knox Metropolitan Church on December 17. Shawna has had this role since 1993.
- Congratulations to **Lynn Cecil** for being featured in an article in the *Regina Leader-Post* on November 24, 2003, which discussed her current art exhibitions. One art exhibition, entitled "The Mariana Poems," began at the University Club on Nov. 17 and runs through January. The other exhibition, entitled "Canadian l'Annesapes I," began at Mysteria (2nd floor, 2706 13th Avenue) on Nov. 13 and runs until the end of December.



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 or phone her at 586-8276.

Message from the President

As someone who grew up in southwestern Ontario, and only recently moved to Regina, the sheer beauty of the vast Saskatchewan landscape, shaped by weather, continues to surprise me. The breathtaking hoarfrost on the trees, intense sunlight sparkling on snow, soft blue shadows deepening on the snow as the sun sets, the pale wintry sunsets in a sky so large it seems to embrace the land, are just some of the changes in scenery we have seen over the past few weeks as winter approaches. I feel fortunate to live in such a beautiful, diverse country that offers so much to its inhabitants.

Your executive members have planned several outings for you to celebrate the upcoming holiday season. The Eclectic Events Group has two events that you should plan to attend: on Friday, November 28 we have the **Homes for the Holidays Tour** (contact: Dawn Owen, 586-9026), and on Saturday, November 29 we have **Wintergreen** followed by a "show and tell" lunch at The Creek Bistro (contact: Linda Paul, 585-0988).

Our next monthly meeting will be held at the Knox Metropolitan United Church, where we will be treated to Handel's Messiah on December 17th, at 7:30PM (plan to arrive early, as it is rush seating). If you have not reserved a ticket through the U of R Women, there may still be time to purchase one through the Centre of the Arts Central Box Office at 525-9999.

On November 1st the U of R Women and CFUW held their annual joint meeting at the Hotel Saskatchewan. We enjoyed a delicious luncheon buffet and a very informative talk from our guest speaker, Lenore Streicker, who discussed the topic of living wills through her lecture entitled, "Death With Dignity." She stressed the importance of having a legal document in place that expresses one's wishes regarding health care if one were to become incapable of making one's own decisions.

On behalf of the U of R Women Executive, I would like to wish all of our members and their families a very safe and merry holiday season.

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

U of R Women – Executive

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

The next Executive Meeting will be held on Monday, January 5 at 7:30 p.m.

Eclectic Events – Home for the Holidays & Wintergreen

Two special events are on the Eclectic Events Calendar for this month.

On **Friday, November 28** join U of R Women at 6:00 to attend *Home for the Holidays*, a tour of homes decorated for the Christmas season by professional designers. Members will meet at Michael's (craft store in the east end). Tickets are \$12. Contact: Dawn Owen, 586-9026



The following day, on **Saturday, November 29**, attend the *Wintergreen Arts & Craft Festival* in the morning and join members of U of R Women for lunch afterwards at The Creek Bistro. Contact: Linda Paul, 585-0988.



Mixed Bridge Group

If you enjoy playing bridge, be sure to contact Isabelle Peardon at ipeardon@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.



Eclectic Events – January Wine Tasting

Eclectic Events is sponsoring a special wine education/wine appreciation evening in January! Our resource person for the evening is Dr. Bob Roy (husband of our vice president, Joan Roy).

Bob's interest in wine was developed during a sabbatical he and Joan spent in France. Since that time, he has been an active member of the Society for American Wines, has returned to France for a leisurely trip through the wine growing areas of that country, and has been interested in wines in any of the various countries where he has travelled.

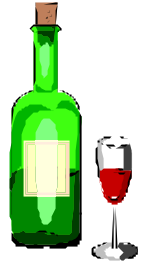
Bob will offer information and personal insights about wines and wine-food pairings. Four or five different wines will be "tasted," accompanied by light refreshments.

Date: Thursday, January 15th at 7:30 p.m.

Place: 3043 Quinn Drive

Cost: \$10 - \$12 per person (depending on numbers attending)

To confirm your attendance, contact Sheila McKague at 525-8905 or sheila.mckague@sasktel.net. Guests are welcome.



Eclectic Events – 2003-2004 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 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.

Please remember: If you indicate that you will attend an event where the contact person has to purchase tickets in advance of the event, you are responsible for the cost of the ticket, even if you do not attend. *Thank you!*

Fri, Nov 28 "Home for the Holidays" – tour of homes decorated for Christmas by professional designers. Tickets are \$12. Meet at 6:00 p.m. at Michael's. Contact: Dawn Owen, 586-9026.

Sat, Nov 29 Wintergreen Arts and Craft Festival at the Fieldhouse on Elphinstone St. Bring along your Wintergreen purchases for a "show and tell" over lunch. Contact: Linda Paul, 585-0988.

Thur, Jan 15 Wine education/wine appreciation evening. Contact: Sheila McKague at 525-8905.

Fri. in Jan Casino Show or Jazz Nite. Contact: Linda Paul, 585-0988 or Sheila McKague, 525-8905 (Date TBA)

Tue, Feb 10 "Hands-on" Watercolour Evening with instruction from Lynn Cecil. 7:30 pm at 31 Thatcher Road. Cost: \$7-\$8 for art supplies. Refreshments. Contact: Hilary Johnson, 584-3618.

Sat, Mar 13 Victorian Tea at Government House. Victorian Tea is \$7; Optional tour of Government House is free. Contact: Margaret Fox, 543-3996 or Marion Gosselin, 543-7665.

Sat, May 1 Lunch and an afternoon in Moose Jaw at various galleries and gift shops. Car pools will be arranged. Cost: your own lunch, personal shopping expenses and a donation to driver to cover gasoline costs. Contact: Gwen Falconer, 584-3159.

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.



Movie Madness

A new group has formed that promises to provide exciting entertainment for members of U of R Women. The *Movie Madness* group will be going out to view movies that have been nominated for Academy Awards! Watch the newsletter for a list of movies, dates, and times. Call Convenor Marilyn Lewis at 584-7703 for more information.

NOTE: Convenor Marilyn Lewis has misplaced the list of participants in this group, so please phone her at 584-7703 to sign up again!



Couples Gourmet Dinner Club

Lynn Cecil is the convenor of a new Interest Group, the *Couples Gourmet Dinner Club*. Five couples have already joined this group, which will meet on the 2nd Saturday of each month at 7:00 p.m.

One or two couples will host each month's dinner, depending on the number of participants. Each couple that attends will prepare and bring a dish from the international menu planned by the convenor. Each couple will also bring their own wine or beverage. The hostess will supply coffee & tea. There will usually be 3-5 couples in attendance at each home.

If you're interested in participating, please call Lynn Cecil at 924-4782.

Sat., December 13	Italian
Sat., January 10	Caribbean
Sat., February 14	New Orleans Mardi Gras
Sat., March 13	Spain
Sat., April 3	India
Sat., May 8	Asian

December Italian Menu (tentative):

- Tuscan Bean Soup
- Torta Salata
- Chicken Manicotti with Chive Cream Sauce
- Panzanella
- Biscotti di Greve & Coffee Almond Tortoni



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.

December 3	Golf's Steak House	1945 Victoria Avenue
January 7	The Creek Bistro	3414 13 th Avenue
February 4	Greko's	4424 Albert Street
March 3	Mediterranean Bistro	2589 Quance Street East
April 7	Heliotrope	2204 McIntyre Street
May 5	La Bodega	2228 Albert Street
June 2	Park Place	3000 Wascana Drive



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

We have a number of interest groups in which members may participate. Contact the convenor of the group that interests you!

Book Club #1	Sara Cryderman	saracryderman@sk.sympatico.ca	585-6503
Book Club #2	Anne Lavack	Anne.Lavack@uregina.ca	586-8276
Bridge	Isabelle Peardon	gpeardon@cableregina.com	586-6315
Culinary Explorers	Hilary Johnson		584-3618
Eclectic Events	Sheila McKague	sheila.mckague@sasktel.net	525-8905
Couples Gourmet	Lynn Cecil	lynnacecil@hotmail.com	924-4782
Internat'l Cooking	Lynn Tomkins	lynn.tomkins@sasktel.net	584-3708
Movie Madness	Marilyn Lewis		584-7703

Bursary News...

Judy Bale Bursary in Early Childhood Education

A description of the *Judy Bale Bursary in Early Childhood Education*, as well as application forms for this bursary, have been prepared by the Student Awards Office. These have been posted on the scholarship board and have also been sent to the Faculty of Education. In addition, information about this award has been included in the University of Regina's 2004-2005 Awards Booklet. Deadline for application for this award is April 30th, 2004.

Since the printing of the November newsletter, an additional \$120 has been received in bursary donations. Therefore, to date, the sum of \$840 has been donated to our \$1000 U of R Women Judy Bale Bursary in Early Childhood Education.

We would be delighted to receive further contributions. All donations are tax deductible and can be mailed to our treasurer, Margaret Fox, at 210 Smith Street, Regina, S4R 2K7. Please make cheques payable to the University of Regina and identify as a bursary contribution.



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 or phone her at 585-0988.

Book Club #1 – Great books for 2003-2004!

Dec. 15	<i>1000 White Women-The Journals of May Dodd</i>	by Jim Fergus
Jan.	<i>The Russlander</i>	by Sandra Birdsell
Feb.	<i>In My Hands-Memories of a Holocaust Rescuer</i>	by Irene Gut Opdyke
Mar.	<i>The Lovely Bones</i>	by Alice Sebold
Apr.	<i>Steps to Medicare</i>	by Dr. Hanson
May	<i>Flint and Feather</i>	by Charlotte Gray
June	<i>Unless</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 – Exciting Reading for 2003-2004!



We have a great line-up of books planned for this year in Book Club #2:

Tues., December 2	<i>Snow Falling on Cedars</i>	by David Guterson
Tues., January 6	<i>A Song for Nettie Johnson</i>	by Gloria Sawai
Tues., February 3	<i>The Bean Trees</i>	by Barbara Kingsolver
Tues., March 2	<i>The Polished Hoe</i>	by Austin Clarke
Tues., April 6	<i>Balzac and the Little Chinese Seamstress</i>	by Dai Sijie
Tues., May 4	<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.



U OF R WOMEN - DECEMBER ACTIVITIES

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2 7:30 pm Book Club #2	3 6:30 pm Culinary Explorers Golf's Steakhouse	4	5	6
7	8	9	10	11	12	13 7:00 pm Couples Gourmet Dinner Club
14	15 Book Club #1	16	17	18	19 Mixed Bridge Club	20
21	22	23	24	25 	26	27
28	29	30	31	1 		

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.

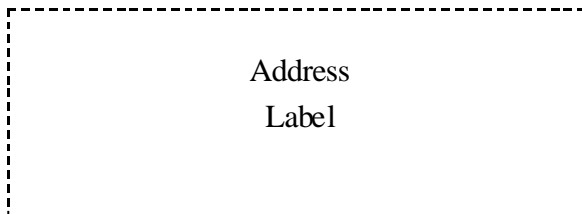
Please feel free to contact one of them if you need a lift to a U of R Women event. Their addresses are included in the membership list to assist you to find one close to home:

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!



FROM:
U of R Women
University of Regina



UNIVERSITY OF
REGINA