



UNIVERSITY OF  
REGINA



# U of R WOMEN Newsletter

February 2004

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

## Program of Events 2004

### **"Lifelong" Nutrition for Women**

Speaker (Helen Flengeris) & Dinner  
Wednesday, Feb. 18 at 6:00 p.m.  
Location: LB Café, Science Centre  
2903 Powerhouse Road  
Cost: \$20 per person  
(includes Buffet Dinner)

### **French Polynesia and the Cook Islands**

Speakers: Linda & Alec Paul  
Wednesday, Mar. 24 at 7:30 p.m.  
Location: City of Regina Greenhouse  
1450-B 4<sup>th</sup> Avenue  
Cost: \$5 per person  
Refreshments will be served

### **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.

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)

An enjoyable dinner and speaker!

## **"Lifelong" Nutrition for Women**

Speaker: Helen Flengeris

Public Health Nutritionist with Regina Community Health Services



**Wednesday, February 18**

**6:00 p.m.**

Held at the LB Café, Science Centre  
2903 Powerhouse Road

Cost: \$20 per person (includes Buffet Dinner)

Guests are welcome.

Please RSVP to Dawn Owen at 586-9026 or

E-mail: [dowen@accesscomm.ca](mailto:dowen@accesscomm.ca)

*Note: Special dietary concerns can be accommodated – please contact Dawn Owen with your special requests.*

Come and share the warmth!

Linda & Alec Paul

show slides of their trip to

## **French Polynesia and the Cook Islands**

**Wednesday, March 24 at 7:30 p.m.**

Held at the City of Regina Greenhouse  
(Regina Floral Conservatory)  
1450-B 4th Avenue

Cost: \$5 per person

Refreshments will be served.



Please RSVP to Dawn Owen at 586-9026 or

E-mail: [dowen@accesscomm.ca](mailto:dowen@accesscomm.ca)

*Help to create the atmosphere of the warm sea air of the tropics.*

*Wear South Seas Island gear - flowers in your hair,*

*Hawaiian dresses or flowered shirts, flowered leis, or necklaces of shells.*

*If you have Island dessert recipes you'd like to share, please let us know.*

**Guests are welcome.**

## Membership News

### Congratulations

- Congratulations to **Dena McMartin** on a successful Ph.D. defense!
- Congratulations to **Gwen Herman** on receiving her CMA (Certified Management Accountant) designation!
- Congratulations to **Lynn Cecil** who has two new art exhibitions in Regina. *Water Lilies*, a series of oil paintings on canvas, will be on display from February 2 until April 30, 2004 at the University Club. *Canadian l'Annescares II*, a series of acrylic paintings on canvas, will be on display from February 4 until April 3, 2004 at the Cathedral Village Free House, in conjunction with the Rosemont Art Gallery.

### Vacations

- **Anne Lavack** enjoyed a week of vacation in sunny Puerto Vallarta, Mexico during January.
- **Ulrike Hardenbicker** spent the Christmas break in New Zealand, partly working on research projects and partly enjoying the warm weather.



## 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

Even as the temperature and the snow continue to fall, the days are getting longer and seemingly brighter. To help brighten your winter, your Executive members have organized our next general meeting for Wednesday, February 18<sup>th</sup> at 6:00 p.m. at the LB Café in the Science Centre, where Helen Flengeris will speak about "*Lifelong Nutrition for Women*". A buffet dinner will be served. Please contact Dawn Owen at 586-9026 for reservations.

Our January meeting, held at the Assiniboia Gallery on January 21<sup>st</sup>, was well attended by members. Mary Weimer, co-owner of the gallery with her husband, Jeremy, spoke to us about individual artists and their work. We spent a delightful evening learning about some of the more than forty artists represented by the gallery, and how the gallery's website attracts people from around the world to make art purchases on-line. A special thank you to Sheila McKague for organizing the event and for providing the delicious desserts and coffee.

The Eclectic Events Group enjoyed a wonderful evening of wine tasting led by Dr. Bob Roy at the home of Sheila McKague, on January 15<sup>th</sup>. Again, thank you to Sheila for organizing this event.

On Tuesday, February 10<sup>th</sup>, I will be hosting a Watercolour Evening for the Eclectic Events Group. I will be demonstrating several watercolour techniques as well as discussing colour theory. This is an opportunity for you to explore your artistic side and experiment with watercolours! If you are interested in attending this evening, please contact Hilary Johnson at 584-3618. All materials will be provided at a cost of \$7-\$8 (depending on the number of people attending), and refreshments will be served. It may be helpful to bring several photographs or small objects that you might wish to paint. Seating is limited so please reserve early.

I wish you all a very safe and enjoyable winter, and hope that you will have the opportunity to participate in the planned U of R Women events and some of the special interest groups organized by our members.

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



## 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:roviao@uregina.ca">roviao@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.jo@sasktel.net">stewart.jo@sasktel.net</a>	565-2335

The next Executive Meeting will be held on Monday, March 8 at 7:30 p.m.

# INTEREST GROUPS

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

**Date:** Tuesday, February 10

**Time:** 7:30 p.m.

**Place:** 31 Thatcher Road

**Cost:** \$7 - \$8 per person  
(depends on number attending)

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.



## Movie Madness!

The new *Movie Madness* group promises to provide exciting entertainment for members of U of R Women! Throughout February, the *Movie Madness* group will be going out to view movies that have been nominated for Academy Awards! The month of movie-watching will culminate in an Academy Awards Party on **Sunday, February 29, 2004**. For more information, please call convenor **Marilyn Lewis** at **584-7703**.



## 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 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!*

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

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

- |                |  |                     |
|----------------|--|---------------------|
| <b>Feb. 23</b> | <i>In My Hands-Memories of a Holocaust Rescuer</i> | by Irene Gut Opdyke |
| March          | <i>The Lovely Bones</i>                            | by Alice Sebold     |
| April          | <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 2004!

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

- |                          |   |                       |
|--------------------------|---|-----------------------|
| <b>Tues., February 3</b> | <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.



# INTEREST GROUPS

## 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.



## 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.



## 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.

## Couples Gourmet Dinner Club

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

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.

If you're interested in participating, please call Rachel Faerber-Ovaska at 569-8203. We welcome new members!

<b>Sat., February 14</b>	<b>New Orleans Mardi Gras</b>
Sat., March 13	Spain
Sat., April 3	India
Sat., May 8	Asia

### February New Orleans Menu (tentative):

Appetizer:	Shrimp Remoulade
Soup:	Cream of Garlic Soup
Salad:	Sweet Potato and Apple Salad
Main Course:	Jambalaya
	Green Bean & Artichoke Casserole
Dessert:	Pecan Pie



## 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.

<b>February 4</b>	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



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

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	<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



## Meet New Members!

From now until April, we'll profile a few of our new members each month:

**Ellen Chapco** has been the University Secretary since the Fall of 2002. Prior to that, she was the head of the French Department at the U of Regina. Ellen's specialty is 17<sup>th</sup> and 18<sup>th</sup> Century French Literature and Women's Literature. She and her husband, Bill, who is the Biology Department head, have two children: son, Stephen, is a U of R student in history, while daughter, Jean, has a BA in Canadian Studies and is now in 2<sup>nd</sup> year law.

**Magda Cismaru** is a new Assistant Professor in the Faculty of Administration. She is completing her Ph.D. at the University of Houston, and is originally from Romania. She and her husband have an 8-month old son, born just days after she arrived in Regina last summer!

**Rachel Faerber-Ovaska** recently moved to Regina with her husband, an Assistant Professor of Economics, and three children aged 8, 5, and 2. They have previously lived in West Virginia, Finland, and Germany. By training, she is a German and ESL teacher, and a licensed Finnish-English translator.

**Alyce Garratt** is the Dean's secretary in the Faculty of Administration. She has been at the U of R for over 25 years in total. She is a member of a Quilting guild and loves sewing and crafts.

**Ulrike Hardenbicker** is a new Assistant Professor in the Geography Department, as of July 2003. She comes from Germany originally, but has spent the last several years teaching in New Zealand.

## Eclectic Events – Movie Madness

Join the new Movie Madness Group as it views the Academy Award Nominees in February! Weekly movie viewings will culminate in an Academy Awards Potluck Dinner Party on **Sunday, February 29, 2004**. For more information, please call **Marilyn Lewis** at **584-7703**.

### BEST PICTURE

The Lord of the Rings: The Return of the Ring  
Lost in Translation  
Master and Commander  
Mystic River  
Seabiscuit

### BEST ACTOR IN A LEADING ROLE

Johnny Depp – Pirates of the Caribbean  
Ben Kingsley – House of Sand and Fog  
Jude Law – Cold Mountain  
Bill Murray – Lost in Translation  
Sean Penn – Mystic River

### BEST ACTRESS IN A LEADING ROLE

Keisha Castle-Hughes – Whale Rider  
Diane Keaton – Something's Gotta Give  
Samantha Morton – In America  
Charlize Theron – Monster  
Naomi Watts – 21 Grams



## Bursary News...

The **Judy Bale Bursary in Early Childhood Education** is intended to assist a student in Early Childhood Education. Donations to date total \$880, while the 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.

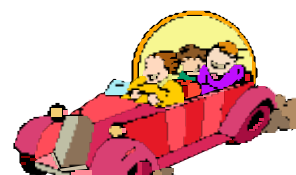
Please mail donations to our treasurer, Margaret Fox at 210 Smith Street, Regina, S4R 2K7. Please make cheques payable to the University of Regina and identify as a bursary contribution. Donations are tax deductible.

## 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!



## Wine Tasting Event a Huge Success!


The mid-February Eclectic Events wine education/ appreciation evening was a very informative and satisfying affair. Resource person, Dr. Bob Roy, provided much interesting information as he guided the 16 attendees through an examination of six wines. Over the course of the evening, each wine was served with foods that provided a compliment to the particular type, enhancing flavours and enjoyment.

Wines rated highest were:  
 #1 choice = Canyon Road Sauvignon Blanc (California), available locally for \$13.30  
 #2 choice = Penfolds Koounga Hills Shiraz-Cabernet (Australia), available locally, \$17.99  
 A small profit was realized from the evening, and donated to the Judy Bale Bursary Fund.

FROM:  
 U of R Women  
 University of Regina



## U OF R WOMEN - FEBRUARY 2004 ACTIVITIES

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3 7:30 pm Book Club #2	4 6:30 pm Culinary Explorers - Greko's	5	6	7
8	9	10 Eclectic Events – Watercolor Evening	11	12	13	14 7:00 pm Couples Gourmet Dinner Club 
15	16	17	18 6:00 pm "Nutrition for Women" – LB Café, Science Centre	19	20 Mixed Bridge Club	21
22	23 Book Club #1	24	25	26	27	28
29						

Address  
Label

