



UNIVERSITY OF
REGINA

U of R WOMEN Newsletter

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

January 2004

Program of Events 2004

Art at the Assiniboia Gallery

Wednesday, Jan. 21 at 7:30 p.m.

Assiniboia Gallery

2429 11th Avenue

Cost: \$5.00

"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)

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.

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@sk.sympatico.ca

Join us for a special evening!

Art at the Assiniboia Gallery

Wednesday, January 21

7:30 p.m.



Assiniboia Gallery

2429 11th Avenue

(just east of Albert St.)

*Our hosts are Mary and Jeremy Weimer
Mary will talk about the work of some of the gallery artists,
with special emphasis on Saskatchewan artists.*

GUESTS ARE WELCOME

Cost: \$5 per person

Includes coffee & dainties

Please RSVP to Sheila McKague at 525-8905 or

E-mail: sheila.mckague@sasktel.net

Attend an enjoyable dinner and speaker!

"Lifelong" Nutrition for Women

Speaker: Helen Flengeris

Wednesday, February 18

6:00 p.m.

Held at the LB Café, Science Centre

2903 Powerhouse Road

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

Please RSVP to Dawn Owen at 586-9026 or

E-mail: dowen@accesscomm.ca

Membership News

Get Well Soon

- Herta Holle's health is continuing to improve after she suffered a stroke in November. Our best wishes go out to her.

Births

- Congratulations to Susan McLaren who has a new grandson.
- Congratulations to Therese Gerrond who had new twin grandchildren born on November 22: grandson Liam James Matravolgyi & granddaughter Madison Lauren Matravolgyi.

Condolences

- To Lynn Tomkins on the death of her father-in-law.
- To Lynn Cecil on the death of her grandmother.

Vacations

- Toby Willis-Camp enjoyed two weeks in Europe in December, where she and her family visited Brussels, Copenhagen, and Euro-Disney.

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

On behalf of the University of Regina Women Executive, I would like to wish all of our members and their families a very Happy New Year! While many of our members stayed in Regina for the holidays, many others traveled far and near to visit family and friends, and we hope that all had a wonderful holiday season.

This year, the Eclectic Events Group celebrated the commencement of the holiday season with "The Homes for the Holidays Tour" and a visit to Wintergreen, one of—if not the—largest craft sales in Regina, followed by a "show and tell" lunch at The Creek Bistro. Thank you to Dawn Owen and Linda Paul for organizing these events.

Our December general members' meeting was different from other meetings as tickets had to be reserved weeks, even months, ahead of time for the Regina Philharmonic Chorus and Regina Symphony Orchestra's performance of Handel's Messiah at the Knox Metropolitan United Church. This was a sold out, one evening only event and many of our members attended on December 17th. Our congratulations to one of our members, Shawna Geissler, who sang soprano in the chorus at the performance.

Our next general meeting will be at the Assiniboia Art Gallery on Wednesday, January 21, 2004 at 7:30 p.m. and should be an informative and inspiring evening. I hope that everyone will attend.

If you have been thinking about joining an interest group but have not yet, please contact the co-ordinator of the particular group that interests you and become a member. With an Eclectic Events Group, a Book Club (II), a Gourmet Couples Dinner Club, a Mixed Bridge Club, a Movie Madness Club, and a Culinary Explorers Club, all open to new members, there are many choices from which to choose! Also, if you have an idea for a new interest group, please contact our Interest Group Convenor, Linda Paul, at 585-0988.

Again, best wishes for a very happy and healthy New Year!

-- *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	rovioa@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 – Thursday, January 15 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 15

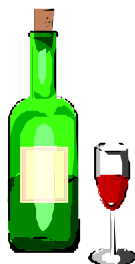
Time: 7:30 p.m.

Place: 3043 Quinn Drive

Cost: \$10 - \$12 per person
(depends on number attending)

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

GUESTS ARE WELCOME!



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.

INTEREST GROUPS

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!*

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

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!

Jan. 19	<i>The Russlander</i>	by Sandra Birdsell
Feb. 23	<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 2004!

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

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.



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 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.



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.

INTEREST GROUPS

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 Lynn Cecil at 924-4782. We'd love to have some new members!

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

January Caribbean Menu (tentative):

Appetizer:	Jamaican Patties
Main Course:	Jonkanoo Shrimp Jerk Chicken Caribbean Red Beans and Rice
Dessert:	Coconut Flan



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.

January 7	The Creek Bistro	3414 13th 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	ipeardon@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

Since the printing of the December newsletter, an additional \$25 has been received in a bursary donation. This means that, to date, the total sum of **\$865** has been donated to our \$1000 U of R Women 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.



Kay Antrobus and the Seniors' Education Centre

Our hard working Secretary, **Kay Antrobus**, is having a very busy winter as she fulfills her responsibilities as Board President of the Seniors' Education Centre. Under the auspices of the Centre, there are 44 different classes offered this semester at their site in the Gallery Building of the Old Campus on College Avenue as well as in some rural areas of the province.

The Seniors' Education Centre also sponsors a group called the "intercultural grandmothers," as well as offering networking and social activities for all interested persons over the age of 55 years who wish to become members.

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!



U OF R WOMEN - JANUARY ACTIVITIES

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1	2	3
4	5 7:30 pm Executive Meeting	6 7:30 pm Book Club #2	7 6:30 pm Culinary Explorers - The Creek Bistro	8	9	10 7:00 pm Couples Gourmet Dinner Club
11	12	13	14	15 Eclectic Events- Wine Tasting	16 Mixed Bridge Club	17
218	19 Book Club #1	20	21 7:30 p.m. Assiniboia Gallery	22	23	24
25	26	27	28	29	30	31

FROM:
U of R Women
University of Regina

Address
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