



UNIVERSITY OF
REGINA

U of R WOMEN Newsletter

March 2004

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

Program of Events 2004

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 4th Avenue
Cost: \$5 per person
Refreshments will be served
Guests are welcome

Rusticles on the Titanic

Speakers: Dr. Roy Cullimore &
Lori Johnston
Annual General Meeting & Dinner
Wednesday, April 28 at 5:30 p.m.
University Club
Cost: \$25 per person

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

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

*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.*

At the bottom of the deep blue sea!

Rusticles on the Titanic

Speakers:

Dr. Roy Cullimore & Lori Johnston
**Annual General Meeting
& Dinner**

**Wednesday, April 28
at 5:30 p.m.**



Held at the University Club
Cost: \$15 for members, \$25 for non-members
Guests are welcome for the dinner & speaker

Membership News

Condolences

- Condolences to Hilary and Keith Johnson on the loss of their son. Our thoughts are with you.

Congratulations

- Congratulations to **Lynn Cecil** who has two continuing art exhibitions in Regina. *Water Lilies*, a series of oil paintings on canvas, will be on display until April 30, 2004 at the University Club. *Canadian l'Annescaapes II*, a series of acrylic paintings on canvas, will be on display until April 3, 2004 at the Cathedral Village Free House, in conjunction with the Rosemont Art Gallery.

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.

Nominations for Executive

At the Annual General Meeting on April 28, 2004, members of U of R Women will be voting on a new Executive for the 2004-2005 season. If you are interested in serving on the Executive, or would like to nominate someone to serve on the Executive, please contact **Lynn Cecil** at 924-4782.



Message from the President

With the advent of warmer weather over the past few weeks, many of our members have taken the opportunity to cross-country ski, skate, and generally enjoy the sunny winter days. Others still have had the opportunity to travel to tropical climates. Your executive members have planned a special evening for our March general meeting where we will all have an opportunity to relax amidst the lush surroundings of the City of Regina Greenhouse, enjoy a sweet taste of the tropics, and view a wonderful slide presentation of Alec and Linda Paul's trip to French Polynesia and the Cook Islands.

The February general meeting, held at the LB Café in the Science Centre, provided an informative evening during which Helen Flengeris spoke about "Lifelong" Nutrition for Women. Helen offered a common sense approach to eating for health, nourishment, and energy. She also discussed a sensible approach to dispelling the myths of social perception of eating and what constitutes a healthy body. It was a wonderful and informative evening, and a special thank you goes out to Dawn Owen for organizing this event.

In March of each year, your executive members begin the process of selecting a new executive committee for our new year that begins at the U of R Women's Annual General Meeting at the end of April. Any members interested in serving on the executive or nominating a fellow member for a position are invited to contact me.

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

Bursary News...

The **Judy Bale Bursary in Early Childhood Education** is intended to assist a student in Early Childhood Education. With the latest donation of \$50 from Anja Van Der Heijden from Calgary, donations to date total \$965. **The total 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.

U of R Women – Executive

Lynn Cecil	President	lynnacecil@hotmail.com	924-4782
Sheila McKague	Past President	sheila.mckague@sasktel.net	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@sasktel.net	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, March 8 at 7:30 p.m.**

INTEREST GROUPS

Eclectic Events – VICTORIAN TEA AT GOVERNMENT HOUSE

Date: Saturday, March 13

Time: 2:00 p.m.

Place: Government House

Cost: \$7 per person

Join us for an elegant tea at Government House. The optional tour of Government House is free.

To confirm your attendance, contact Margaret Fox, 543-3996 or Marion Gosselin, 543-7665.

Movie Madness

Convenor Marilyn Lewis held an Academy Awards night on Sunday, February 29, featuring a Pot Luck dinner at her home.

Attendees enjoyed watching the Oscars. Thanks for Marilyn for organizing this fun event!



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 Eclectic Event 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!*

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!

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:

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 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 or phone her at 585-0988.

We are also looking for convenors for activities in 2004-2005, so call Linda Paul if you're willing to volunteer.

INTEREST GROUPS

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 international menu planned by the convenor. Each couple also brings their own wine or beverage. The hostess supplies coffee & tea. There are usually 3-5 couples in attendance; if there are more couples, we will hold the dinner at more than one location.

Sat., March 13	Spain
Sat., April 3	India
Sat., May 8	Asia

March Spain Menu:

Appetizer:	Spinach Empanadas
Soup:	Gazpacho
Main Course:	Paella
	Chicken with Garlic & Lemon
	Judias Verdes con Salsa de Tomate (green beans in tomato sauce)
Dessert:	Flan



If you're interested in participating, please call Rachel Faerber-Ovaska at 569-8203. We'd love to have some new members!

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.

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

Come out and enjoy one of the interest groups! Contact the convenor of the group that interests you:

Book Club #1	Sara Cryderman	saracryderman@sasktel.net	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	Rachel Faerber-Ovaska	rachelfaerber@hotmail.com	569-8203
Internat'l Cooking	Lynn Tomkins	lynn.tomkins@sasktel.net	584-3708
Movie Madness	Marilyn Lewis		584-7703

Our New Members!

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

Katherine Arbuthnott came to the Psychology Department in the summer of 1997 following a one year research position with Unilever Associates in Bedford, England. She earned her doctoral degree at the University of Saskatchewan and is a registered clinical psychologist as well as a SSHRC and NSERC researcher in cognitive psychology. She and her husband Dennis are prairie natives and moved their home from Saskatoon to Regina when Katherine accepted the position at the University of Regina. Their 3 sons are: Devin, a U of R student; Christopher, a Master's level mathematician; and Shane, an actor and writer.

Chao Yang and her husband Hairuo Qing came to Regina in 1999 to take up positions in the Department of Geology at the University of Regina. Chao received her doctoral degree from McGill University, and then worked in Ottawa and Calgary before accepting a position with a Canadian oil company in Beijing. Initially at the U of R she worked as a Research Associate in the Department of Geology, but decided to leave the university setting to spend more time with the couple's young children, Michael and Jennifer. Chao now does contract work and geology consultations as time permits.

Rainbow Fong came to Regina from Vancouver with her husband, who has joined the Department of Computer Science. Rainbow has a Psychology degree from Simon Fraser University and she worked for a non-profit organization in Vancouver. She is employed in a medical clinic in Regina. Her hobbies include drawing and Internet browsing.

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.

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!



Member Profile:

Ellen Gillies has been teaching ESL at the University of Regina for the past 14 years. She grew up in Prince Albert, and obtained her B.Ed from the U of Saskatchewan and M.A. from the University of Calgary. Following university graduation, Ellen taught 'English as a Second Language' in both Uganda and in Nigeria. Ellen's husband works for an international company, so her family welcomes and hosts business contacts from abroad, as well as entertaining and assisting her own ESL students to adjust to their new lives in Regina.

U OF R WOMEN - MARCH 2004 ACTIVITIES

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2 7:30 pm Book Club #2	3 6:30 pm Culinary Explorers - Mediterranean Bistro	4	5	6
7	8	9	10	11	12	13 2:00 p.m. Victorian Tea-Eclectic Event 7:00 pm Couples Gourmet Dinner
14	15	16	17	18	19 Mixed Bridge Club	20
21	22 Book Club #1	23	24 7:30 pm French Polynesia at Greenhouse	25	26	27
28	29	30	31			

FROM:
U of R Women
University of Regina

Address
Label



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