

U of R



Women

Newsletter

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

April, 2006

Program of Events Spring 2006



Annual General Meeting and Dinner

Dr. Alison Hayford
Sociology Dept.
"Shop 'Til She Drops –
Women as Consumers"

Wednesday, April 26 at 5:30 p.m.
University Club



UNIVERSITY OF
REGINA



Annual General Meeting

"Shop 'Til She Drops – Women As Consumers"

After-Dinner Speech by Dr. Alison Hayford
Sociology Department

UNIVERSITY CLUB

5:30 p.m. Registration and Cash Bar
6:00 p.m. Annual General Meeting
6:30 p.m. Dinner
7:30 p.m. Guest Speaker

Cost: Members: \$15.00; Non-Members: \$25.00
Guests are welcome.

R.S.V.P to Karen Nicholls – 584-2720
Ernie.nicholls@uregina.ca



Cancellation Policy:

If you RSVP that you will attend an event but do not show up, you are still required to pay the fee for that event (unless you cancel at least 48 hours in advance).

Member News

GET WELL SOON

Paul Antrobus' condition is improving. We're rooting for you!

VACATIONS...

We are a travelling group, come winter and the mid-term break! Where have our members gone?

Bev Anderson – a down under trip to New Zealand (where people rushed out to take photos of snow) and Australia

Hilary Johnson now on her way to England

Sheila McKague and family had fun in the sun in Mexico

Susan McLaren cruised to the Falklands, South Georgia and Antarctica. Yes they saw 1000s of penguins!

Bea McBeath to Victoria to visit family

Jean Larmour to California to visit her daughter

Barbara Stange to Perth Australia to visit her son and family.

Jean Parker to California to soak in the sun

Linda Paul to the Southern Caribbean and a great cruise to Curacau, Barbados, Dominica and other isles.



EVENTS

Lynn Cecil - "Spanish Secrets"
Art Show at **Mysteria Gallery**, 13 Ave,

April 1st, **Cara Gay Driscoll**, - , with Marcia McGovern and Marilyn Scheske

Nurturing the Spirit Within – May 25-28. A silent retreat with time to journal, combined with talks, music, yoga, reiki and art. **St Michael's Retreat. Contact Cara – 352-7931**

Message from the President

Dawn Owen, President of U of R Women

Spring has 'officially' arrived, and if the number of gardening-enthusiasts who participated in the session at Dutch Growers last month is **any** indication, we're all itchin' and eager to cast aside our winter belongings in exchange for an opportunity to grasp all that the Prairie planting and digging season has to offer. What a great thought!

Speaking of Dutch Growers, special thanks to Heather Jans for not only ordering a breath-taking sunset to greet us upon our arrival at the Greenhouse, but also for having organized such a splendid outing, complete with delicious refreshments. As many of us mulled about the countless, vibrant gardening possibilities on display, we couldn't help but feel *energized* by the prospects of Spring.

On Wednesday, April 26, we will gather for our Annual General Meeting and Dinner at the University Club. Our guest speaker, Dr. Alison Hayford, promises to enlighten us about the significant role, we, as women, play in the 'consumer-driven' world. Her presentation will be thought-provoking and engaging, and we couldn't think of a **better** way to conclude this year's activities. So, mark the date on your calendar and join us for an enjoyable and relaxing evening.

Once again, I would like to thank each U of R member who has allowed her name to stand for a position on the 2006/07 Executive. To the outgoing Executive members, many thanks for having given so generously of your time and talents throughout your term(s). The support and interest expressed by you, and other members within the organization, have made the U of R Women the vibrant organization that it is today, and my *journey* as your President this past year especially worthwhile.

I look forward to seeing you at the Annual General Meeting on April 26. Until then, indulge yourself in the 'promise' of a well-deserved Spring!

Convocation Volunteers Needed!

If you are able to serve tea at the Spring Convocation on June 5, 6, and 7, 2006, please call Sara Cryderman at 585-6503. (Sara will assist our Vice-President to co-ordinate this year's Convocation volunteers.) We need at least a dozen volunteers for each date, and volunteers can serve on whichever day(s) best suits their schedule. Thank you for your support, in advance!

Bursary News

I am delighted to report that U of R Women members have contributed sufficient funds for a \$1,000 Bursary to be awarded to a worthy student with a special interest in creative writing at the *Welcome Back Event* in September of 2006. The bursary will honour Hilary Johnson, a member of U of R Women since 1966.

We will now be happy to accept donations towards the 2007 bursary which will honour Marilyn Lewis, an active member until her death from cancer in 2005.

Donations to the Bursary Fund are tax deductible and can be mailed to the treasurer Toby Willis-Camp, 3156 Cameron Street, Regina S4S 1W7. Cheques should be made payable to University of Regina and identified as U of R Women Bursary.

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 **Linda Paul, newsletter editor**, via e-mail: paulal@uregina.ca or phone her at 585-0988.



Mixed Bridge Group

If you enjoy playing bridge, contact **Isabelle Peardon** at gpeardon@accesscomm.ca 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 **Bev Anderson** at: bandbanderson@sasktel.net.

We are also looking for convenors for activities in 2005-2006, so call **Bev Anderson** at **761-0661** if you're willing to volunteer.

International Gourmet Cooking Club

If you love to cook, *International Gourmet Cooking Club* for you. This group of 14 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. **Lynn Tomkins** at **584-3708** is the convenor. Unfortunately, **this club is full**. However **we might be able to start a second group if enough people are interested**.

Culinary Explorers

Join the Culinary Explorers, dining out at a different restaurant each month! This event usually takes place at 6:30 p.m. on the **second Monday** of each month.



Tues., April 18 Skara 3847 Albert Street
Note the change in time and location for this month only.

Mon., May 8 Selam Ethiopian Restaurant 2115 Broad Street

If you wish to attend, please RSVP to the convenor, **Anne Lavack** at **586-8276**, at least 2 days before each restaurant outing takes place.

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. Usually 3-5 couples attend. **Convenor: Rachel Faerber-Ovaska**, phone **569-8203**.

2006 Dates:

Sat., April 8
Sat., May 13

Middle Eastern
Australian Barbecue



Book Club #2

We usually meet on the first Tuesday of the month.

Here's an exciting list of books for 2005-2006!



Tue, April 4 *The Kite Runner* by Khaled Hosseini

Tue, May 3 *Lilac Moon: Dreaming of the Real West* by Sharon Butala

If you love to read, please come and join us!

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

Eclectic Events –

The name says it all! This group plans an eclectic set of special events a few times a year.

REMEMBER, friends and family are always welcome if we have space at the event. Most events are open-ended. Here are the details for the next three months and a brief list of the remainder of the year's events.



Event: *Scrumptious Soups*

Our last Eclectic Event was held at the home of Sheila McKague on March 16. Nine ladies attended and were treated to the ambiance of Martha Stewart and the cuisine of Julia Child. We had three soup stations where we prepared soups ourselves, plus three other soups and other delicacies to tempt our taste. Thanks for all the hard work and planning, Sheila!

Eco-Centre in Craik

Saturday, May 6, 10:00 a.m.

Leave by car at 10:00 from the Northgate Mall Parking Lot. Lunch at 11:30 a.m. followed by a tour.

Cost: \$5:00 per person plus your own lunch.

Contact Heather Jans if interested at 949-6762 or

heather.jans@uregina.ca



Interest Group Convenors

Come out and enjoy one of the interest groups! Contact the convener 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@accesscomm.ca	586-6315
Culinary Explorers	Anne Lavack	Anne.Lavack@uregina.ca	586-8276
Eclectic Events	Therese Gerrond	Therese.Gerrond@uregina.ca	359-7507
Couples Gourmet	Rachel Faerber-Ovaska	rachelfaerber@hotmail.com	569-8203
Parent & Child	Rachel Faerber-Ovaska	rachelfaerber@hotmail.com	569-8203
Internat'l Cooking	Lynn Tomkins	lynn.tomkins@sasktel.net	584-3708
Curling	Linda Paul	paulal@uregina.ca	585-0988

Book Club # 1 –

Convenor: **Sara Cryderman** 585-6503

We usually meet on the third Monday of the month.

At the moment, **the book club is full.**

Here's the list of books for the year.

Apr 24	The Polished Hoe	Austen Clarke
May	The Secret Life of Bees	Sue Monk Kidd
June	44 Scotland Street	Alex McCall Smith

U OF R WOMEN –APRIL 2006 ACTIVITIES

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1
2	3	4 Book Club #2	5	6	7	8 Couples Gourmet Dinner Club
9	10	11	12	13	14 Good Friday	15
16 Easter 	17	18 Culinary Explorers	19	20	21	22
23	24 Book Club #1	25	26 General Meeting University Club	27	28	29
30						

Eclectic Events – Cont'd

High Tea at Henry's

Our eclectic group is "tapping into" the **Annual Fashion Show / High Tea at Henry's** on 14th Avenue on Mother's Day, Sunday, **May 14, 2006**. There are **two sittings**: 11:30-1:30 and 2:30-4:30.

High Tea will precede the fashion show.

Tickets can be ordered from Henry's for \$18.14!



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 **\$20**, which entitles you to participate in a wide variety of activities. To become a member, call **Dena McMartin** at **584-0155** or email her: dena.mcmartin@uregina.ca

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.

Anne Lavack	586-8276	Glenna Vigrass	586-9077
Sheila McKague	525-8905		
Karen Nicholls	584-2720	Dawn Owen	586-9026
Lynn Tomkins	584-3708		

Many thanks to these volunteer drivers!

U of R Women – Executive for 2005-2006

Dawn Owen	President	dowen@accesscomm.ca	586-9026
Joan Roy	Past President	royjoa@uregina.ca	586-5536
Anne Lavack	Vice-President	anne.lavack@uregina.ca	586-8276
Ellen Gillies	Secretary	ellen_gillies@yahoo.ca	781-2638
Toby Willis-Camp	Treasurer	williscamp@sasktel.net	586-6479
Heather Jans	Program	heather.jans@uregina.ca	949-6762
Dena McMartin	Membership	dena.mcmartin@uregina.ca	584-0155
Linda Paul	Co-Publicity	paulal@uregina.ca	585-0988
Hilary Johnson	Co-Publicity		584-3618
Bev Anderson	Interest Groups	bandbanderson@sasktel.net	761-0661
Karen Nicholls	Telephone	ernie.nicholls@uregina.ca	584-2720

Nominations for Executive

At the Annual General Meeting on April 26, 2006, members of the U of R Women will be voting on a new Executive for 2006/07. The Nominations Committee has compiled a slate of nominees for Executive positions. However, nominations are still accepted until the time of the AGM. In the case of a **new** candidate coming forward for a position, an election would be held at the Annual General Meeting.

If you are interested in running for a position on the Executive, please contact **Dawn Owen** by phone at 586-9026 or by e-mail at dowen@accesscomm.ca

Slate of Nominees –

To be voted on at the Annual General Meeting on April 26, 2006

Dawn Owen	President	dowen@accesscomm.ca	586-5536
Anne Lavack	Vice-President	anne.lavack@uregina.ca	586-8276
Ellen Gillies	Secretary	ellen_gillies@yahoo.ca	781-2638
Toby Willis-Camp	Treasurer	williscamp@sasktel.net	586-6479
Heather Jans	Program	heather.jans@uregina.ca	949-6762
Rachel Faerber-Ovaska	Membership		569-8203
Anne Lavack	Publicity	anne.lavack@uregina.ca	586-8276
Bev Anderson	Interest Groups	bandbanderson@sasktel.net	761-0661
Karen Nicholls	Telephone	ernie.nicholls@uregina.ca	584-2720

RAMS FUNDRAISER

This is an opportunity for women to come and support the Rams/ Neonatal Intensive Care Unit while enjoying a great night out.

The Rams Inaugural "Quarterbacks and Couture Fashion Show" is to take place on Thursday, June 1st 2006 at SoHo Restaurant and Club. The cost to attend the event is \$40 with proceeds going to the Rams Scholarship Fund and Neonatal Intensive Care Unit. The Rams plan to provide a \$500 donation to the NICU, and will also sell wrist bands to all those in attendance to raise funds.

For \$40 you will receive a ticket to the show, as well as a Martini and Appetizers. There will be a Fashion Show using our players and a few cheerleaders will be wearing clothing from FW Barbers Men's Wear as well Nevada Bobs, SHE, and a few more to be announced. To order tickets, contact the Rams office at 585-5480.

From:

Linda Paul
Department of Geography
University of Regina

