



## Program of Events 2010-2011



### AGM Dinner

April 20, 2011

Speaker: Jerry Goebel  
ONEFamily Outreach

Venue: University Club

5:30: cash bar

5:45: AGM

6:30: Dinner

7:30: Speaker

#### Dinner Prices

Members: \$25

Non-members: \$35

Speaker Only: \$10



### Spring Convocation Teas

We will once again be looking for 6-8 volunteers to serve tea each day starting at 4:00 at the Conexus Arts Centre.

#### Wed., June 8, 2011

Faculty of Business

Administration

Faculty of Engineering  
and Applied Science

Faculty of Graduate  
Studies and Research

Faculty of Kinesiology

#### Thurs., June 9, 2011

Faculty of Arts

Faculty of Fine Arts

Faculty of Science

#### Fri., June 10, 2011

Centre for Continuing  
Education

Faculty of Education

Faculty of Social Work

### AGM & Dinner Event:

## *“Building Communities of Trust in Schools”*

*Speaker: Jerry Goebel, Founder, ONEFamily Outreach*

Jerry Goebel has worked with youth and young adults for over thirty years. Twenty of those years were focused primarily on building relationships and teaching character development to at-risk youth on the streets or in the juvenile court system. Jerry developed ONEFamily Outreach, training mentors to work with disconnected youth (incarcerated youth, youth in recovery, and youth who are expelled from school). He also developed ICIC: Intergenerational Communities of Intentional Courtesy, an initiative that helps schools build a community of trust where students feel confident enough to learn.

**Wednesday, April 20th, from 5:30 pm**

**University Club**

**AGM at 5:45    Dinner at 6:30    Speaker at 7:30**

**Members Dinner Price: \$25.00**

**Non-members Dinner Price: \$35.00**

**Speaker Only Price: \$10.00**

**RSVP by Friday, April 15th. Pay at the door.**

**(If you RSVP and don't attend, payment is still expected.)**

*Please RSVP to **Lisa Watson** at [lisa.watson@uregina.ca](mailto:lisa.watson@uregina.ca) or **337-2389***

## ***Eclectic Event: An Introduction to Yoga!***

*Join us for “An Introduction to an Ancient Practice!” This 90 minute session will begin with an overview of yoga, introduce you to meditation and yoga postures, and be followed by a question/answer period.*

*Come wearing comfortable, loose clothing and note that classes are taught in bare feet and without jewelry.*

**Thursday March 17th, 7:00 - 8:30 p.m.**

**YogAmici Yoga Centre**

**(#3-4625 Albert Street just North of Gordon Rd. on the East Service Rd)**

**Cost is \$5.00. Pay at the door.**

**A maximum of 12 people can attend, so RSVP ASAP to secure your spot!!**

**RSVP to *Linda Paul* at [paulal@uregina.ca](mailto:paulal@uregina.ca) or **585-0988**.**

*(The group may choose to go for coffee and dessert afterwards. If that appeals, bring a few extra dollars for the “reward” portion of the evening!)*

## Member News

Anne Lavack recently vacationed in Puerto Vallarta.

Dena McMartin and Lisa Watson set sail with friends on the "Love Boat"; a Princess cruise to the Mexican Riviera.

We'd like to hear your news! Please send members news items to Lisa Watson at [lisa.watson@uregina.ca](mailto:lisa.watson@uregina.ca) or phone her at 565-2404.

## Associate Membership

Don't forget that you can nominate your friends for Associate Member status. All your friend needs is two member nominations and \$20 and they will have all of the privileges of a regular member with the exception of voting.

## Thank you!

Since our last newsletter, we've collected all remaining membership dues for the year and raised the outstanding balance for our bursary!

Kudos go out to **Linda Paul** for her outstanding job with collections and fundraising (and recruitment for executive positions)!

## President's Message

*As a marketer, I've been wondering of late if this club couldn't do with a bit of re-branding. A revisit of our core functions, and an image update could work wonders. Food for thought?  
Respectfully submitted, Lisa Watson*

## Call for Nominations: Executive Committee Members for 2011-2012

It is time to start thinking about succession for next year. As such, I encourage all of you to consider volunteering for a position on the Executive Committee. We have 5 meetings a year and plan 4 events per year. This averages to about a 1-2 hour commitment per month, with several months of no commitment at all but enjoying the activities.

If you enjoy attending our club's major events, social clubs, or eclectic events, and particularly if you have not been a member of the executive before, I urge you to join. Many hands make light work, and the post meeting desserts and conversation are a nice perk of the job!

If you're interested in volunteering for any of the various positions (listed at the bottom of the page), please contact **Lisa Watson** at [lisa.watson@uregina.ca](mailto:lisa.watson@uregina.ca) or **337-2389**.

While we have had a few people offer to volunteer (*Thank You!*), there are still several positions that need to be filled, including **President**. If we have no President in April, the membership will have to decide how to proceed at the AGM.

## Still Looking for...

**Silver tea services** for use at Convocation Tea. We plan to look into buying a set somewhere if we can't track down a donation. If you know of a tea service that someone may be interested in donating or selling, please contact Lisa Watson at [lisa.watson@uregina.ca](mailto:lisa.watson@uregina.ca)!

## U of R Women – Executive for 2010-2011

Lisa Watson VACANT	President Vice-President	<a href="mailto:lwatson.ca@gmail.com">lwatson.ca@gmail.com</a>	565-2404
Lace Marie Brogden Mahbobeh Yazdanjo VACANT	Secretary Treasurer	<a href="mailto:lace.brogden@uregina.ca">lace.brogden@uregina.ca</a> <a href="mailto:mahbobeh@yahoo.com">mahbobeh@yahoo.com</a>	585-5606 565-1287
Margot Hurlbert VACANT	Social/Program Membership Publicity	<a href="mailto:margot.hurlbert@uregina.ca">margot.hurlbert@uregina.ca</a>	585-4232
Linda Paul Ruth Heinrichs Anne Lavack	Interest Groups Email/Telephone Past President	<a href="mailto:paulal@uregina.ca">paulal@uregina.ca</a> <a href="mailto:rheinrichs@sasktel.net">rheinrichs@sasktel.net</a> <a href="mailto:Anne.Lavack@uregina.ca">Anne.Lavack@uregina.ca</a>	585-0988 586-5024 586-8276

## Interest Group Activities

### **Couples Gourmet Dinner Club**

The Couples Gourmet Dinner Club meets on the **2<sup>nd</sup> Saturday** of each month at 7:00 p.m. Each couple prepares and brings a dish from the themed menu planned by the convenor. Each couple also brings their own wine or beverage. The host couple supplies coffee & tea.

Upcoming themes include:

March:  
African Adventure

April:  
Thai Treasures

May:  
Brazilian BBQ

Call **Anne Lavack** at **586-8276**  
or e-mail  
**[Anne.Lavack@uregina.ca](mailto:Anne.Lavack@uregina.ca)**.

### **Book Club #2**

If you love to read, please come and join us for an evening of food and discussion on the **first Tuesday** of each month!

Upcoming titles include:

March:  
*Sarah's Key*

April:  
*TBA*

May:  
*Saving Fish from Drowning*

Call **Anne Lavack** at **586-8276**  
or e-mail  
**[Anne.Lavack@uregina.ca](mailto:Anne.Lavack@uregina.ca)**.

### **Eclectic Events**

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

This group currently has no convenor, so if you have an event you'd like to coordinate, please contact **Linda Paul** at **[paulal@uregina.ca](mailto:paulal@uregina.ca)**.

The executive will happily help with publicity!

### **Culinary Explorers**

Visit a different restaurant each month! This event usually takes place at 6:15 p.m. on the **2<sup>nd</sup> Monday** of the month. Please RSVP to **Lise Lundlie** at **586-1085** or **[llundlie@sasktel.net](mailto:llundlie@sasktel.net)**, at least 3 days before each restaurant outing takes place.

### **International Gourmet Cooking Club**

This group of fourteen women meets monthly, for dinner and lively conversation. Members work in pairs, each pair hosting one evening during the year. On all other evenings, they enjoy being guests. The group is presently at capacity. However, if sufficient interest is shown, a second group could be formed. For information or to register interest in this group, contact **Joan Roy** at **586-5536** or e-mail **[joan.roy@uregina.ca](mailto:joan.roy@uregina.ca)**.

### **Mixed Bridge Group**

If you enjoy playing bridge, 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. Contact **Linda Paul** at **585-0988** or **[paulal@uregina.ca](mailto:paulal@uregina.ca)** or **Lise Lundlie** at **586-1085** or **[llundlie@sasktel.net](mailto:llundlie@sasktel.net)** or more information.

### **Curling Club**

This club meets at **1:15 on Wednesday afternoons** at the Tartan Club. Newcomers are welcome and coaching is available. For more information contact **Linda Paul** at **585-0988** or **[paulal@uregina.ca](mailto:paulal@uregina.ca)**.

The ***University of Regina Women Sheila McKague Bursary***  
will be awarded in Fall 2011  
to a deserving female student studying **Social Work**

We are continuing to collect **donations** for the *U of R Women Bursary*.

Donations may be sent to our Treasurer  
**Mahbobeh Yazdanjo** at 3123 Wascana Glen, Regina, SK, S4V 2L4.

Please **make your cheque payable to University of Regina**  
and identify it as a contribution to the U of R Women Bursary.

Official receipts will be sent from the U of R Financial Services at the end  
of the year.

Thank you for your support!

FROM:  
U of R Women  
University of Regina  
c/o Lisa Watson,  
Faculty of Business  
Administration



Address  
Label