

Program of Events 2003-2004

Death with Dignity

Joint Meeting with CFUW

Speaker: Lenore Streicker

Saturday, Nov. 1 at 12 noon

Hotel Saskatchewan

Cost: \$20.00

The Philharmonic Chorus performs 'The Messiah'

Wednesday, Dec. 17 at 7:30 p.m.

Knox-Metropolitan United Church

Tickets must be reserved by Nov. 1

Cost: \$20.00

Art at the Assiniboia Gallery

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

Assiniboia Gallery

2429 11th Avenue

Cost: \$5.00

Nutrition for Women

Speaker (Helen Flengeris) & Dinner

Wednesday, Feb. 18 at 6:00 p.m.

Location: TBA

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

Membership Time!

If you haven't done so already, please send your membership renewal form and \$15 fee to Sara Cryderman at 56 Turgeon Crescent, Regina S4S 3Z9.

You won't want to miss this special luncheon event jointly planned by CFUW and U of R Women.

Death with Dignity

Speaker: Lenore Streicker

In her talk, Lenore discusses health care directives (Living Wills).

There will be a presentation, discussion, and question period on health care directives; who needs them; how you get them; how you make them work for you; and what happens if you don't have one.

Handouts will be provided.

Saturday, November 1st at 12 noon

Hotel Saskatchewan

Cost: \$20 per person

You must RSVP to Dawn Owen at 586-9026 for this event, but you may pay at the door.

Mark your calendar to join the U of R Women in attending
***The Philharmonic Chorus
performing***

The Messiah

Wednesday, December 17

7:30 p.m. (Meet there at 7:00 p.m.)

Knox-Metropolitan United Church

Cost \$20 per person

Reservations required by November 1

(call Dawn Owen at 586-9026)



Membership News

Congratulations

- Congratulations to Lynn Cecil on the opening of two art shows in November. One show is at the University Club beginning on Nov. 17 and running through January, entitled "The Mariana Poems." The other show is at Mysteria beginning on Nov. 13 and running until the end of December, entitled "Canadian l'Annescares I."
- Congratulations to Shawna Geissler for singing first Soprano in the Messiah. She has had this role since 1993.

Births

- Congratulations to Romina Begdogni-Drago on the birth of a daughter.
- Congratulations to Sheila and Terri McKague on the birth of their granddaughter, Ava.
- Congratulations to Kay and Paul Antrobus on the birth of their granddaughter, Alaia.
- Congratulations to Lynn and Jim Tomkins on the birth of their granddaughter, Grace.

Retirements

- Best wishes to Lynn Tomkins on her retirement from family medical practice.

Condolences

- Our condolences go out to Lynn Cecil on the death of her grandfather.

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

As we approach Hallowe'en, it is fitting that our October meeting was one where we toured the haunts of Regina. The trolley tour took us to a haunted playground, several haunted houses where mischievous "ghosts" are reported to have played pranks on the homeowners, and to a vacant house on the corner of Broad and College where a ghost has supposedly scared away many a business. We also were treated to a visit from a ghost inside Government House. Afterwards, we enjoyed dessert and coffee at Hidden Treasures.

Our next event is the joint luncheon meeting between CFUW (Canadian Federation of University Women) and the U of R Women, held on November 1st, at the Hotel Saskatchewan. I encourage everyone to attend and to listen to the speaker, Lenore Streiker, discuss the topic "Death With Dignity." I have spoken with Linda Lane-Backman, the Past President and Program Co-ordination of CFUW-Regina, and she highly recommends Lenore Streiker's very informative and sensitive talk that concerns the importance of considering a "living will."

I would like to extend my thanks to the women who volunteered at the Fall Convocation on Saturday, October 18. The unseasonably warm weather made for a gorgeous sunny day, fitting for commencement ceremonies. Thank you to Ann Van Vliet, Catie Allan, Francoise Kenny, Marion Gosselin, Dawn Owen, Ina Remenda, and Sheila McKague who helped me with the tradition of serving coffee and tea at the reception. Also, thank you to Joan Roy for coordinating the volunteers.

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

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. **Annual fee is only \$15**, which entitles you to participate in a wide variety of interesting activities. Call Sara Cryderman at 585-6503, or e-mail her at: saracryderman@sk.sympatico.ca

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	royjoa@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 – Art Exhibition

Lynn Cecil is having her first solo art exhibition, entitled "Canadian l'Annescaapes I." The **Eclectic Events** group is planning to attend the Opening Reception:

Date: Thurs., Nov. 13, 2003
Time: 7:00-9:00 p.m.
Location: Mysteria Gift & Design
Address: 2706 13th Avenue

The show opens on November 13 and continues until the end of December. On display will be her new collection of chalk pastels.



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.

Eclectic Events – 2003-2004 Activities

- Thurs. Nov. 13** Lynn Cecil's art opening reception at Mysteria Gift and Design, 2706 13th Ave. 7 pm – 9 pm. Meet at Mysteria at 7 pm. Contact Anne Lavack, 586-8276.
- Fri. Nov. 28** Home for the Holidays" – tour of homes decorated by professionals for the Christmas season. Car pools arranged. Contact Dawn Owen, 586-9026.
- Sat. Nov. 29** Wintergreen Arts and Craft Festival at the Fieldhouse on Elphinstone St. Lunch together with "show and tell". Contact Linda Paul, 585-0988.
- Fri. Jan TBA** Casino or Jazz Nite. Contact Linda Paul in January 2004 at 585-0988.
- Tues, Feb. 10** "Hands-on" Watercolour Evening. 7:30 pm. Resource person: Lynn Cecil. Contact Hilary Johnson, 584-3618.
- Sat. Mar. 13** Victorian Tea at Government House. Contact persons are Margaret Fox, 543-3996 and Marion Gosselin, 543-7665.
- April TBA** Wine Tasting/Wine Appreciation. Contact Sheila McKague, 525-8905
- Sat. May 1** Lunch and an afternoon in Moose Jaw at various galleries and gift shops. Contact Gwen Falconer, 584-3159.

Book Club #1 – Great books for 2003-2004!

- | | | |
|----------------|--|---------------------|
| Nov. 17 | <i>Life of Pi</i> | by Yann Martel |
| Dec. 15 | <i>1000 White Women-The Journals of May Dodd</i> | by Jim Fergus |
| Jan. | <i>The Russlander</i> | by Sandra Birdsell |
| Feb. | <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 2003-2004!

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

- | | | |
|--------------------------|---|-----------------------|
| Tues., November 4 | <i>Tamarind Mem</i> | by Anita Rau Badami |
| Tues., December 2 | <i>Snow Falling on Cedars</i> | by David Guterson |
| 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.



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.

NOTE: Convenor Marilyn Lewis has misplaced the list of participants in this group, so please phone her at 584-7703 to sign up again!



Couples Gourmet Dinner Club

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

One or two couples will host each month's dinner, depending on the number of participants. 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 at each home.

If you're interested in participating, please call Lynn Cecil at 924-4782.

Upcoming Dates:

Sat., November 8	Greek menu
Sat., December 13	Italian menu
Sat., January 10	Caribbean menu

November Greek Menu (tentative):

Avgolemeno Soup, Greek Salad, Spanakopita, Moussaka, & Baklava



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.

November 5	Teppanyaki Japanese	736 Victoria Avenue
December 3	Golf's Steak House	1945 Victoria Avenue
January 7	The Creek Bistro	3414 13 th 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	gpeardon@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

A description of the *Judy Bale Bursary in Early Childhood Education*, as well as application forms for this bursary, have been prepared by the Student Awards Office. These have been posted on the scholarship board and have also been sent to the Faculty of Education. In addition, information about this award has been included in the University of Regina's 2004-2005 Awards Booklet. Deadline for application for this award is April 30th, 2004.

The sum of \$720 has so far been donated toward our \$1,000 *U of R Women Judy Bale 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.

Membership List

Included with this newsletter is a list of new and renewed members, as of October 20th.

If your name does not appear and you do plan to renew, please send in your orange membership form as soon as possible to ensure that you remain on our active phone and e-mail list, and that you continue to receive your newsletters.

If you haven't done so already, please send your membership renewal form and \$15 fee to Sara Cryderman at 56 Turgeon Crescent, Regina S4S 3Z9.

Bursary Recipient

Hannah Wheale, our 2003 bursary recipient



Members of U of R Women who attended the "Welcome Back" event in September were able to meet Hannah Wheale. She reiterates her thanks for the Gertie Bruce Bursary of \$1000, which we awarded to her. Hannah reports that classes are going well and that she is enjoying her year. She is taking three second-year psychology classes – cognitive psychology, perspectives on personality and neuropsychology – as well as a women's studies class.

The eldest of three children, Hannah's family is important to her. Her mother is a social worker and her father is a community support worker. Her grandmother, who has Alzheimer's Disease, lives with the family and all members share responsibility in caring for her. When we chatted with Hannah, we discovered that, as was the case last year, she walks to the campus each day from her home in Douglas Park and, in addition, tries to work out each day. She enjoys a wide range of music types, particularly jazz, pop, and alternative. Throughout high school Hannah played saxophone in the school band. She loves art, and particularly enjoys working with acrylics. Other favorite past-times include reading and cooking, particularly experimenting with new recipes. We extend our best wishes to Hannah for an interesting and successful year.

U OF R WOMEN - NOVEMBER ACTIVITIES

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1 12 noon "Death w/ Dignity" at Hotel Sask.
2	3	4 7:30 pm Book Club #2	5 6:30 pm Culinary Explorers Teppanyaki Japanese	6	7	8 7:00 pm Couples Gourmet Dinner Club
9	10	11	12	13 7:00 pm Eclectic Events- Mysteria	14 Mixed Bridge Club	15
16	17 Book Club #1	18	19	20	21	22
23	24	25	26 International Cooking Club	27	28 Eclectic Events- Home for Holidays	29 Eclectic Events- Wintergreen
30	31					

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!

FROM:
U of R Women
University of Regina

Address
Label