

U of R



Women

Newsletter

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

October 2008

Program of Events 2008-2009

**CFUW Joint Event
U of R President
Dr. Vianne
Timmons**
October 27, 2008
7:30 p.m.
Wascana Country
Club



**Botswana Travels
with
Kay Antrobus**
February 25, 2009
7:30 p.m.
Wascana Place



AGM Dinner
Speaker / Venue
TBA
April 2009



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 still 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 Cheques should be sent to Dena at **3643 Hill Ave. Regina S4S 0X3**

CFUW and U of R Women Joint Event

**Come spend the evening with
University of Regina President
Dr. Vianne Timmons**

October 27, 2008

7:30 p.m.

Wascana Country Club

**Coffee and dessert will be served.
The cost is \$12 each for members and their guests.
Registration will begin at 7:15 p.m.**

Please RSVP by October 23 to Anne Lavack at **585-4162** (office) or **586-8276** (home) or e-mail Anne.Lavack@uregina.ca



To all the members of U of R Women:

I want to thank you for your contributions to this year's bursary – it was a thrill to have it in my name. I was looking forward to presenting the bursary to Jane Delmage, but she is interning out of town.

She is very happy to receive it; Anne Lavack and I went through all the applications independently and the amazing thing was that we came up with the very same first and second choice!

Jane lives in Moose Jaw, is separated with two children. She is in her third year of studies, majoring in early childhood, which is arguably the most important stage for a child.

So I'd like to thank you all again,

Ann Van Vliet

Member News

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: Heather Jans at heather.jans@uregina.ca or phone her at **949-6762**.

Message from the President

I write this looking out the window at a surprise snowstorm in the middle of October! I guess there isn't any month in Saskatchewan when we can't be surprised by the weather! By the time you read this, I'm hoping the snow will have melted and we'll enjoy a few more warm Fall days...

We held the New Members event at my home on Thursday, September 4. At this event, members of the Executive shared their culinary talents with new members, as well as the Interest Group Convenors. Thanks to all who participated and enjoyed the yummy appetizers and desserts!

It was great to see so many familiar faces and new members at the Welcome Back Reception on September 17. We had an opportunity to renew memberships and sign up for our favourite Interest Groups. Special thanks to members of the Executive for outdoing themselves with the luscious desserts!

This year our organization is once again sponsoring a bursary for a female student at the University of Regina. **Jane Delmage**, the recipient of the **2008 Ann Van Vliet Bursary**, was not able to join us at our Welcome Back event because she was at her Education practicum, but she sent us a lovely letter expressing her thanks. In 2008 we will be awarding a bursary in honour of **Lynn Tomkins**, who has been a very active member of our group for many years now. Should you wish to make a tax-deductible contribution, please contact our Treasurer, **Joan Roy**, at **586-5536**.

The Interest Groups continue to garner much support and enthusiasm from our members, and we're delighted that some of our new members have become active in the Interest Groups. If you would like to join a particular Interest Group, and haven't had a chance to do so yet, I encourage you to contact the Convenor listed in the newsletter.

Our next meeting will be an evening of coffee and dessert on **Monday, October 27** at 7:30 p.m. with our colleagues from the Canadian Federation of University Women (CFUW) at the Wascana Country Club. New U of R President, **Dr. Vianne Timmons**, will be our guest speaker, so it promises to be a great event. Please mark this date on your calendar, and feel free to bring along a friend. Cost is only \$12 per person, and you can call me at **586-8276** to reserve your spot for this event. I hope to see you all there!

-- *Anne Lavack*, President of U of R Women

U of R Women – Executive for 2008-2009

Anne Lavack	President	Anne.Lavack@uregina.ca	586-8276
Azita Rezaei	Vice-President	azitar_ca@yahoo.com	525-6772
Lisa Watson	Secretary	lwatson.ca@gmail.com	565-2404
Joan Roy	Treasurer	royjoa@uregina.ca	586-5536
Carmelle Sikma	Program	carmelle.sikma@uregina.ca	781-2533
Dena McMartin	Membership	dena.mcmartin@uregina.ca	584-0155
Heather Jans/ Toby Willis-Camp	Publicity	heather.jans@uregina.ca williscamp@sasktel.net	949-6762 586-6479
Linda Paul	Interest Groups	paulal@uregina.ca	585-0988
Ruth Heinrichs	Telephone	rheinrichs@sasktel.net	586-5024

Interest Group Activities

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 themed menu planned by the convenor. Each couple also brings their own wine or beverage. The hostess supplies coffee & tea.

Convenor: **Lisa Watson**, phone **565-2404** or e-mail lwatson.ca@gmail.com

Sat., Nov. 8	Scottish
Sat., Dec. 13	Kosher
Sat., Jan. 10	Malaysian
Sat., Feb. 14	Cinnamon
Sat., Mar. 14	Ethiopian
Sat., April 11	Caribbean
Sat., May 9	Canadian

Curling Club

Newcomers are welcome and coaching is available. Details on dates and times to be announced. For more information contact **Linda Paul** at **585-0988** or paulal@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 for more information.

Book Club #1

Note: Book Club #1 is 'full', so no new members are being accepted. However, new members are being accepted in Book Club #2. Convenor: **Sara Cryderman** **585-6503**.

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. If you wish to attend, please RSVP to the convenor, **Lise Lundlie** at **586-1085** or llundlie@sasktel.net, at least 3 days before each restaurant outing takes place.

November:	La Casa Maya (Mexican), 1310 Broad St., 205-6293
December:	Flavours of India (East Indian), 305 Victoria, 757-5353
January:	Siam Authentic Thai Restaurant (Thai), 1946 Hamilton, 352-8424
February:	Mediterranean Bistro , 2589 Quance St. E., 757-1666
March:	Mojo 2330 Albert St., 569-5555
April:	Manos , 2037 Park St., 586-6666
May:	Rock Creek , 3525 Quance St., 586-7625
June:	The Roof Top (new - on Albert St. near Broad)

Book Club #2

At our October meeting we visited with Regina author Ed Willett and learned more about the world of science fiction writing and his other projects.

Tue, Nov 4	Late Nights on Air	by Elizabeth Hay
Tue, Dec 2	<i>Water for Elephants</i>	by Sara Gruen
Tue, Jan 6	<i>The Perfect Circle</i>	by Pascale Quiviger
Tue, Feb 3	<i>A Spot of Bother</i>	by Mark Haddon
Tue, Mar 3	<i>The Good Women of China</i>	by Xinran Xue
Tue, April 7	TBA	
Tue, May 5	TBA	

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

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

International Gourmet Cooking Club

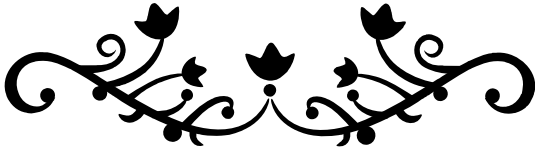
This group of fourteen women meets monthly, for dinner and lively conversation. Meals are planned to reflect either the cuisine of a certain culture or a special theme. Members work in pairs, each pair hosting one evening during the year. On all other evenings, they enjoy being guests.

Because the dinner meetings are held in members' homes, the group is presently at capacity. However, if sufficient interest is shown, a second international gourmet cooking group could be formed. For information or to register interest in this group, contact **Sheila McKague** at **525-8905** or e-mail sheila.mckague@sasktel.net

Eclectic Events

The name says it all! This group plans an eclectic set of special events a few times a year. Previous activities included visiting art galleries, going to concerts, and attending holiday craft sales. If you have an idea for an event please contact **Carmelle Sikma** at **781-2533**. Details of upcoming events will be listed in future issues of this newsletter.

The **University of Regina Women 2009 Bursary** is to be awarded in honour of Lynn Tomkins. This bursary will be for a female student specializing in Pre-Med. We are continuing to collect donations for the *U of R Women Bursary*. Donations may be sent to our Treasurer – **Joan Roy, 18 McGill Place, Regina, SK S4S 6R7**. Please make cheques payable to *University of Regina* and identify 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 2008 year. Thank you for your support.



ECLECTIC EVENTS

Saturday, November 15

**After a morning's shop
at Wintergreen
Show and Tell
or just come for lunch.**

**Let's meet at the Creek Bistro
on 13th and Elphinstone for
lunch at 1:15 p.m.**

**Contact Linda Paul for more information
585-0988 or email: paulal@uregina.ca**

FROM:
U of R Women
University of Regina
c/o Dena McMartin,
Faculty of Engineering



Address
Label

