

U of R



Women

Newsletter

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

October 2009

Program of Events 2009-2010

Petroleum Research Centre and CO2 Capture Lab Tour

February 24, 2010
7 p.m.



AGM Dinner

April 28, 2010
Barb Pacholik and
Jana Pruden,
journalists
University Club



CFUW and U of R Women Joint Event

**Speaker: Corporal Tracy Dunnigan,
Cultural Relations, Regina Police Service**

**Monday, November 2 at 7 p.m.
Royal Regina Golf Club
5401 11th Avenue**

**Dessert Buffet, Coffee, Tea (bar service will be available)
\$15.00 for members and their guests**

The Cultural Relations component of the Regina Police Service is relatively new. It was developed to address cultural issues related to First Nations people, as well as cultural issues related to the recent significant increase in international immigration to our city. Tracy Dunnigan has worked in schools, on the street, and has held a number of positions in the Police Department.

Please RSVP by October 28 to Anne Lavack at **585-4162** (office) or **586-8276** (home) or e-mail Anne.Lavack@uregina.ca.

Fall Convocation Tea A Rousing Success!

A huge thank you goes out to all of our convocation tea hostesses for the Fall 2009 University of Regina Convocation! Ten volunteers were on hand to greet and serve, making light work of what would otherwise have been a big task for a few. It was great to see such a good mix of new and returning faces in the group! Please join us in thanking:

Janet Campbell Margot Hurlbert
Heather Jans Françoise Kenny
Tatiana Levitt Shelley Lukasewich
Loanne Myrah Carmelle Sikma
Lynn Tompkins Mahbobeh Yazdanjo



Member News

Congratulations to Anne Lavack on her appointment as Dean of the Faculty of Business Administration.

Welcome back to Linda Paul who just completed a trip to the United States East Coast.

Sincere sympathies go to Lisa Watson on the loss of her mother in September.

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: **Toby Willis-Camp**, williscamp@sasktel.net or phone her at **586-6479**.

Membership info

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 or renew your membership, call **Dena McMartin** at **584-0155** or email her: dena.mcmartin@uregina.ca. Cheques should be sent to Dena at 3643 Hill Ave Regina S4SOX3

Message from the President

Hello ladies,

The second newsletter is coming to you in these early cold days of Fall when the trees did not get a chance to look as colorful as before. The good news is that we still get enough nice days to make the yard ready for the Winter sleep.

In September, both the Welcome Back Reception and the new member's luncheon were well received. It was nice to see many familiar faces and several new ones. The October Convocation Tea was well taken care of. Thanks to Lisa Watson and the volunteer members who devoted their time and energy to make it happen.

Please join us on Monday November 2nd when we will have our CFUW joint event at the Royal Regina Golf Club at 7pm. The speaker will be Corporal Tracy Dunnigan from Regina Police Services. It will be very interesting to listen to her experience as a woman in this tough area of work.

As of December 1st 2009, I will not be your president. My husband has got a new job in Calgary and we will be moving by the end of November. Anne Lavack, the past president, has kindly agreed to take over the responsibility until April 2010.

I have been a member of this club for 5 years. It has been a very precious experience from just attending the general meetings to joining different groups to having an honor of serving you as the president. The U of R Women's Club is one-of-a-kind group of very talented ladies who get together to serve, socialize and have fun. It was a pleasant ride for me.

At the end, I would like to thank the talented executive members of our club who take time of their busy schedules to keep the club moving on. It is because of their support that our club is moving forward as it is.

I wish all of you the best in the remaining year of 2009, and a Merry Christmas and Happy New year of 2010 ☺

Sincerely, Azita Rezaei

U of R Women – Executive for 2009-2010

Azita Rezaei	President	azitar_ca@yahoo.com	525-6772
Lisa Watson	Vice-President	lwatson.ca@gmail.com	565-2404
Lace Brogden	Secretary	lace.brogden@uregina.ca	585-5606
Mahbobeh Yazdanjo	Treasurer	mahbobeh@yahoo.com	565-1287
Carmelle Sikma	Program	carmelle.sikma@uregina.ca	781-2533
Dena McMartin	Membership	Dena.McMartin@uregina.ca	584-0155
Toby Willis-Camp	Publicity	williscamp@sasktel.net	586-6479
Linda Paul	Interest Groups	paulal@uregina.ca	585-0988
Ruth Heinrichs	Telephone	rheinrichs@sasktel.net	586-5024
Anne Lavack	Past President	Anne.Lavack@uregina.ca	586-8276

Interest Group Activities

Couples Gourmet Dinner Club

The Couples Gourmet Dinner Club meets on the second 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



Curling Club

Join us each Wednesday at 1:15 at the Tartan Curling Club. Newcomers are welcome and coaching is available. The Fall session runs for 10 weeks starting Oct. 21. Curling recommences on Jan. 13, 2010 for 10 more weeks. 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.

Eclectic Events

WinterGreen Craft Show and show and tell lunch

Join us on November 14, noon, for lunch at A Moment in Thyme, 2018 12th Ave, across from the old Bay. Optional show and tell of your purchases from WinterGreen Craft Show, a juried show and display of delightful Saskatchewan Arts and Crafts, at the Conexus Arts Centre.

The name says it all! 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. Upcoming events include Exotic Vacations Presentations, Tour of Dress For Success, and Art Gallery Tour.

Book Club #2

We've planned an exciting list of books for 2009-2010! We meet the **first Tuesday** of each month for an evening of food and discussion. If you love to read, please come and join us! For more information call **Anne Lavack** at **586-8276** or e-mail Anne.Lavack@uregina.ca.

Nov. 3 *Natasha and Other Stories* by David Bezmozgis

Dec. 1 *The White Tiger* by Aravind Adiga

Jan. 5 *Still Alice* by Lisa Genova

Feb. 2 *Slumdog Millionaire* by Vikas Swarup

March 2 *A Mercy* by Toni Morrison

April 6 OPEN

May 4 *Reading Lolita in Tehran* (tentative) by Azar Nafisi

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.

Nov.: University Club

Dec.: Korea House, 1427-11th Ave.

Jan.: Rock Creek, 3255 Quance St. E.

Feb.: Mongolie Grill, 3137 Quance St.

March: Moxie's, 1800 Victoria E.

April: Spices of Punjab (East Indian) 1009 Albert St.

May: Siam Authentic Thai, 1946 Hamilton St.

June: OPEN

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

University of Regina Women Bursary News

Congratulations to **Amanda Dancsok**, a student in the Faculty of Science who is specializing in Pre-Medicine, who was recently awarded the *U of R Women Dr. Lynn Tomkins Bursary* in the amount of \$1,000. This bursary was named in honour of **Dr. Lynn Tomkins**, a very active long-time member of University of Regina Women since its inception in the early 1970s.

We are currently collecting donations to support the *U of R Women Kay Antrobus Bursary*, which will be awarded in Fall 2010. Thank you to all those who gave so generously at the recent Welcome Back event, where we collected over \$400 in support of this bursary.

Anyone wishing to donate can send their cheque to **Mahbobeh Yazdanjo, 3123 Wascana Glen, Regina, S4V 2L4**. 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 2009 year. Thank you for your support!

Kay Antrobus Bursary

This bursary is awarded to a female student in the Faculty of Education who is enrolled in the Secondary Education Program with a major in Science (Biology, Chemistry, or Physics). The candidate must have completed at least 30 credit hours of her program with a minimum Cumulative Grade Point Average of 70%. She must be enrolled in either full or part-time studies during the 2009 Fall and 2010 Winter semesters. The candidate must also demonstrate financial need and show a specific interest in her future career as a science educator. Application forms may be obtained from www.uregina.ca/awards/scholarships. Applications must be postmarked by April 30, 2010

About Kay Antrobus

The U of R Women Kay Antrobus Bursary will be awarded in September 2010 to a deserving student in the Faculty of Education enrolled in the Secondary Education Program with a major in science (Biology, Chemistry, or Physics).

Kay Antrobus and her husband, Paul, moved to Regina in 1973, and Kay joined U of R Women that year. During her career, she taught Science and Math for the Regina Public School Board, and eventually taught Physics at Campbell Collegiate where she became known as the 'Physics Lady.' She retired from teaching in 1995, and she has enjoyed an active retirement.

In terms of her activities within the U of R Women group, she has been a member of the International Cooking club since 1973, and a member of the book club for almost as long. She has served on the club's Executive as Vice-President, President, Past President, and Treasurer. The mandate of U of R Women is to provide a social network for newcomers, and Kay contends that it has certainly fulfilled that mandate by providing her with lifelong friends.

During Kay's term as President of U of R Women, the annual bursary was set up for the first time, and Kay presented the bursary at Convocation that year in honour of Duna Barber, the wife of retiring U of R president, Dr. Lloyd Barber. Kay Antrobus notes that she is honoured to be this year's bursary honoree.

November 2009

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 CFUW Joint Event	3 Book Club #2	4 Curling	5	6	7
8	9 Culinary Explorers	10	11 Curling	12	13	14 -WinterGreen Eclectic Event -Couples Gourmet
15	16	17	18 Curling	19	20	21
22	23	24	25 -Curling -Gourmet Club	26	27	28
29	30					

December 2009

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Book Club #2	2 Curling	3	4	5
6	7	8	9 Curling	10	11	12 Couples Gourmet
13	14 Culinary Explorers	15	16 Curling	17	18	19
20 Gour- met Club	21	22	23	24	25	26
27	28	29	30	31		

January 2010

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5 Book Club #2	6	7	8	9 Couples Gourmet
10	11 Culinary Explorers	12	13 Curling	14	15	16
17	18	19	20 Curling	21	22	23
24	25	26	27 -Curling -Gourmet Club	28	29	30
31						

February 2010

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2 Book Club #2	3 Curling	4	5	6
7	8 Culinary Explorers	9	10 Curling	11	12	13 Couples Gourmet
14	15	16	17 -Curling -Gourmet Club	18	19	20
21	22	23	24 -Petroleum CO2 Capture Tour -Curling	25	26	27
28						

March 2010

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2 Book Club #2	3 Curling	4	5	6
7	8 Culinary Explorers	9	10 Curling	11	12	13 Couples Gourmet
14	15	16	17 Curling	18	19	20
21	22	23	24 Gourmet Club	25	26	27
28	29	30	31			

April 2010

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