

# HIGHLIGHTS FROM THE UNIVERSITY WOMEN'S CLUB OF WINNIPEG

September 2024



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# Co-Presidents' Message

After a summer break, it's wonderful to look ahead to all the upcoming events, activities and meals happening at Ralph Connor House this fall season.

One major highlight is our **Vintage Hats and Afternoon Tea** special fundraising event. It is a wonderful opportunity to invite friends and family to enjoy some time in our beautiful heritage home, to channel their inner vintage fashionista viewing the hat display created by the Costume Museum of Canada, and to enjoy a delicious array of teatime treats. Please share this information broadly and enthusiastically! **And mark your own calendar for one of the two sittings on Saturday October 5 or Sunday October 6.**

What activities do you enjoy at the club? Is this the year you will try joining a book club? Or perhaps see if you would enjoy being a member of Current Issues and Actions Committee or helping plan events with the Program Committee. UWC offers so many ways to try something new in a comfortable and friendly setting.

As we follow local, provincial, national and international news, many of us feel concern about the widespread decline of civility and respect in public discourse. In this regard, our Club sent a well-received letter to the Speaker of the Manitoba Legislature about the lack of decorum during debates and Question Period. **Did you know that we have a Code of Respectful Practice as one of our Club Policies and Procedures?** This code was recently discussed at a June orientation event for new Board members, and was highlighted at the June meeting of the full Board.

The code applies to all we do together in the club, as members and staff, reminding us to be thoughtful and kind to maintain the welcoming atmosphere we all value. It reminds us that we are an organization that values diversity and the dignity of all persons, where respectful behaviour is part of all our relationships and interactions.

Here's to a new season of exploring, engaging and enjoying together.

Sue Bishop & Sherratt Moffatt

# Communications and Membership News



## UWC ENJOY - Welcome Back Bar 54



Our first **Bar 54** of the season is planned for **Thursday, September 5th from 4:00-6:00**. Bar 54 is a great opportunity to get introduced to UWC or just catch up with members you haven't seen all summer. **Complimentary Beverage! RSVP today** by following [this link](#) or contacting UWC by email to [uwc@mymts.net](mailto:uwc@mymts.net) or by phone to 204-954-7880. Cheers!

## Bar 54 - Mix and Mingle

### Discover UWC

Thursday, September 5th

4:00 - 6:00 RSVP

## UWC ENJOY - Fall Birthday Celebration

Our ever popular UWC Birthday Celebrations continue with the **Fall Birthday Celebration** planned for **Sunday, October 20th, from 1:30 to 3:30**. All members with birthdays in September, October, and November will be celebrated and are encouraged to bring a guest but all members are welcome. Registration will open closer to the date but **mark your calendar today!**

WE  OUR MEMBERS

# Summer Fun... Recent UWC Photos



Divya Sharma, UWC member and current UMSU President, recently brought her Executive Team for a tour of Ralph Connor House



Our Summer Ribs Dinner was a hit with members and guests alike!



A great time was had by all at our recent Summer Member Birthday Celebration!

# Join the University Women's Club!



UNIVERSITY  
**WOMEN'S  
CLUB**

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Birthday \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Phone Number \_\_\_\_\_

## Post Secondary Education (degree, certificate, etc.) and Names of Institutions

\_\_\_\_\_  
\_\_\_\_\_

## Career / Occupation

\_\_\_\_\_  
\_\_\_\_\_

## Interests

\_\_\_\_\_  
\_\_\_\_\_

## How did you hear about the club?

\_\_\_\_\_  
\_\_\_\_\_

## Is there anything else you'd like to share about yourself to club members?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

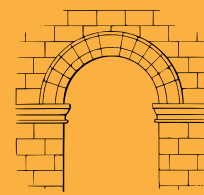
Special 1st Year Rate (\$100)     Full (\$462)     Student (\$75)

**Payment may be submitted by e-transfer to [uwcfm@mymts.net](mailto:uwcfm@mymts.net), by cheque to the University Women's Club of Winnipeg, or in person at 54 West Gate. This form may be filled out online by clicking [HERE](#).**

UNIVERSITY WOMEN'S CLUB OF WINNIPEG  
54 West Gate, Winnipeg, MB R3C 2E1 • [www.uwcwpgmb.com](http://www.uwcwpgmb.com)



# UWC - EXPLORE Continuing Education



## Winnipeg Architecture: Looking Back, Looking Ahead

The University Women's Club Continuing Education Committee invites you to explore the history of Winnipeg architecture in a three-part series this October.

**Tuesdays October 8, 15, and 22 9:45-11:30**  
**Members: \$45 for the 3-part series Non-members: \$60**

**October 8 Cindy Tugwell, Executive Director of Heritage Winnipeg**

**Winnipeg 150: Then and Now.** Cindy will share her passion for the history of Winnipeg's built heritage over the past 150 years. Through their beautiful architecture, buildings tell the stories of our city's development and social history and reflect the ideas and aspirations of Winnipeg's people, then and now.

**October 15 Alison Gillmor, Winnipeg writer and educator**

**The Mid-Century Moment in Winnipeg.** Alison will look at some key mid-century modernist structures in Winnipeg, placing them within the social and cultural context of that period. Highlights will include the Winnipeg Clinic, the Centennial Concert Hall, and the former Winnipeg International Airport.

**October 22 Brent Bellamy, Architect and columnist**

**Winnipeg Architecture in the 21st Century.** This lecture will review the current built structures in Winnipeg, and explore ideas for a sustainable and vibrant future.

**Registration opens on Tuesday, September 3.**

Sign up by email to [uwc@mymts.net](mailto:uwc@mymts.net), by phone to 204-954-7880 or [online](#) here. You can also visit UWC at 54 West Gate to sign up in person.

**We are asking you to pay when you register - cheque, debit, or e-transfer to [uwcfina@mymts.net](mailto:uwcfina@mymts.net).**

Coffee/tea is provided at 9:30 before class starts and at the break. Consider joining us for lunch after class in our beautiful historic Club - reservations required as usual.

**Come learn with us!**

Refunds will be provided with a minimum 24 hour notice. Registrations without payment in advance will be charged the full fee if not cancelled 24 hours before the start of the series (some exceptions apply).

# Program Committee

Darn – is it September already! On the up-side, we will be starting up our fall and winter programs soon.

On **September 24th, at 10:30 a.m., Vicki Russenholt**, from Victoria Lifeline, Education Facilitator, certified in fall prevention, will be bringing us her **Empowering Independence Program**.

Aging well is 1/3 genetics and 2/3 lifestyle. She will address 3 areas:

- Healthy living (exercise, nutrition & hydration)
- Making your home safe (most falls for older adults happen in their own home)
- Tools that can help people remain independent at home as long as possible, including information on Victoria Lifeline plus many other resources.

An introduction or refresher on these topics can help keep us healthy and safe. The program is free and you may want to stay for a delicious Tuesday lunch. Registration for the program and the lunch are separate.

Looking into **November, we will be joined for our November 8 lunch by Dr. Kathryn Young**, past president of the Women's Musical Club of Winnipeg and author of *With Every Note Played: A History of the Women's Musical Club of Winnipeg, 1894-2014*.

Kathryn will tell us about the huge contributions of that club to our local musicians and help us learn more about what those musicians' journeys are like.

We are working on other fall programs and will keep in touch.

Rosalyn Howard,  
Program Committee Chair



UWC - ENGAGE



UNIVERSITY  
**WOMEN'S  
CLUB**

# UWC - ENGAGE SPECIAL SPEAKER EVENT

Wellness presentation to  
Empower Independence

On **Tuesday, September 24th, at 10:30 a.m Vicki Russenholt** will join us at UWC for a special presentation to **Empower Independence**. For the past 12 years, Vicki Russenholt has worked as an education facilitator with Victoria Lifeline, a province-wide Medical Alert Service. Vicki is a passionate advocate for older adults and brings years of experience as both a family caregiver and a former homecare business owner to help people lead safe and independent lives.

She also volunteered for many years as a support group facilitator with the Alzheimer Society. As a certified fall risk assessment and prevention educator, Vicki provides free community presentations and resources on the Lifeline services, fall prevention, healthy living and so much more! Vicki will be staying for lunch afterwards, and members are encouraged to sign up as well.



**VICTORIA LIFELINE**  
Safe and independent living.



Vicki Russenholt

Presentation runs 10:30 to 11:30, followed by optional lunch

Lunch Menu \$25 - Salmon with Mango Salsa, Rice, Asparagus, Boston Cream Torte

**Register for this event online**, by emailing [uwc@mymts.net](mailto:uwc@mymts.net), calling 204-954-7880, or signing up at UWC. Please indicate whether you will be attending the lunch and program, or program only.

Payment upon registration is preferred but may be received at the door by cash or cheque. Refunds will be provided with a minimum 24 hour notice. Registrations without payment in advance will be charged the full fee if not cancelled 24 hours before the event (some exceptions apply).



# Vintage Hats and Afternoon Tea



Saturday October 5th,  
and

Sunday October 6th

**Doors open 1:00**

**Tea service starting 1:30**

*Timeless Elegance,  
One Sip at a Time*

Reserve a spot for  
yourself or a group!

\$75 per person

Ralph Connor House  
54 West Gate



*In celebration of  
Winnipeg 150  
UWC is hosting  
a Fundraiser Tea*

Enjoy an authentic afternoon  
tea and *vintage hat  
collection\** on display from the  
**Canadian Costume Museum**

Mark your calendar ~ Call your  
friends together. Get your  
“Bridgerton” on and start your  
search for a fabulous hat for  
the occasion.

*Register today!  
Call 204-954-7880 or sign  
up online **HERE***

\*Hat display is on the 2nd floor, accessible by staircase



# R A L P H C O N N O R H O U S E

## MAKE ANY OCCASION A HISTORIC EVENT

Whether you're celebrating an engagement, wedding ceremony, or reception, host a breathtaking affair at National Historic Site Ralph Connor House. We make milestone events unforgettable with enchanting photographic backdrops, in-house catering and beverage service, and indoor or riverside garden ceremonies for up to 80 guests.



54 West Gate  
uwcevents@mymts.net

[UWCWPGMB.COM](http://UWCWPGMB.COM)  
**204.954.7880**



Realizing potential. For all women.

In July CFUW held its **first in-person AGM since 2019**, with 132 members from 83 different Clubs attending.

Common amongst all was the intelligent energetic passion women had for the betterment of communities and women's place in them.

At the AGM, **Sandy Millen** was in charge of the Charitable Trust Boutique. **Sandy, Ruth Suderman and Juanita Giesbrecht** worked hard running that Boutique along with help from other CFUW members.

Funds raised go toward the CFUW Charitable Trust which assists women pursuing post graduate studies, literacy and creative arts. Donations to the Charitable Trust can be made throughout the year. More information is available on the CFUW website.

**Proposed Resolutions were all adopted.** UWCW had discussed those resolutions at our AGM.

Amongst the Resolutions were those dealing with the Preservation of Peatlands; Preserving Deep Sea Ecosystems; Aging in Place and Long-term Care.

The Resolutions are on the CFUW website should anyone want to view them again. Clubs will hear more about actions related to the Resolutions in the coming months.

One notable amendment to CFUW By-law terminology is that the words "or a person who identifies as a woman" will appear each time the word "woman" appears.

**Just a reminder that any CFUW member can attend the CFUW AGM.** Next year it will be held virtually so no travel required. The year after that it will be held in Montreal.

Shelly McFadyen  
CFUW Liaison and RD Manitoba

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**NEWSLETTER**

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UNIVERSITY  
WOMEN'S  
CLUB

42nd Annual

# *Christmas* **MARKET**

at 54 West Gate

**Friday, November 1**  
10 a.m. to 5 p.m.

**Saturday, November 2**  
10 a.m. to 4 p.m.

**Three floors of crafts, giftware, food items  
and guest vendors.**

### **Bake Shoppe**

- Delicious treats and Christmas goodies

### **Treasure Trove**

- A wide variety of gently used items

### **Specialty Shop**

- Jewellery, toys and Christmas decorations

### **The Gallery**

- Fine artwork and select giftware

### **UWC Crafters**

- Handmade items by UWC members

### **Ralph's Bistro**

- Enjoy a tasty lunch or pastries available between 11 a.m. and 3 p.m.

**Admission: \$4.00**

**\*Please bring your reusable shopping bags\***

University Women's Club of Winnipeg  
Celebrating 115 years - 1909-2024  
54 WEST GATE RALPH CONNOR HOUSE

**204.954.7880**  
**uwc@mymts.net**  
**UWCWPGMB.COM**

# UWC Activity Groups

## Wednesday Afternoon Book Club

We meet the **second Wednesday of the month** from October to June (excluding January) from **1p.m. until 3p.m.**

List of Books for 2024/25

**October 9th:** Ellen Peel will present *Fight Night* by Miriam Toews.

**November 13th:** *Knife* by Salman Rushdie.

**December 11th:** TBA

**February 12th:** *History of Burning* by Janika Oza.

**March 12th:** *The Women Who Walked Into Doors* by Roddy Doyle.

**April 16th:** *The Stone Carvers* by Jane Urquart

**May 14th:** *The Last Runaway* by Tracy Chevalier

**June 11:** Finalizing book list, Hidden Gems and Bring and Take a Book

Agnes C., Convenor

## Sunroom Group

I hope everyone had a wonderful Summer! Now that Fall is just around the corner the Sunroom Group will once again be meeting on **Thursday afternoons from 1:15-3:00.**

Please come and join us for a relaxing afternoon of laughter and friendship, "and the tea, coffee and treats are great too".

Take care everyone, we look forward to seeing you in September 😊

Penni C., Convenor

## Scrabble N' Babble

I hope you had a great summer and are looking forward to playing Scrabble for another season.

Our next date is **Wednesday, September 11th at 10 a.m.**

Everyone is welcome!

Dianne B., Convenor



## Contemporary

### Literature Book Club

The Contemporary Literature Book Club will kick start the new reading year with lunch and sharing of summer reads on **Tuesday, September 3rd.**

Please sign up for lunch.

Looking forward to hearing about your summer reads.

Judy M., Convenor

## Writing Group

The first meeting of the Writing Group in this academic year is planned for **Sept 19th at 1 pm.**

All members of the Club are welcome to join with returning members and take part in our monthly writing workshop.

We meet as a group to enjoy the pleasures of writing together and talking about literacy and many other associated ideas.

Join us if you want a renewed experience of literacy!

Laura A., Convenor

## Mystery Readers

Mystery Readers will meet on Wednesday Sept. 25, 2024 at 1:30 pm. We shall be reviewing "The Last Devil to Die" by Richard Osman. This is the fourth book in the series "the Thursday Murder Club".

Of general interest- author Raye Anderson will be launching the first novel of a new series at McNally Robinson Bookstore on Friday, September 6th at 7 pm. Raye is well known to us as the interlake author of the Roxanne Calloway, RCMP Officer mysteries. Raye came to lunch at the Club last August 2023 and gave us a reading from her fourth novel in that series. She also told us she was starting a new series of mysteries set in Scotland. Please join many of us at the bookstore.

Everyone is welcome to attend Mystery Readers.

Dianne S., Convenor

## Out to Lunch Bunch

Many of you have already signed up for Out to Lunch but just a reminder to those who may still wish to join us on **Friday, September 6th at the Selkirk Golf and Country Club**, 100 Sutherland Avenue, Selkirk.

**RSVP by September 2nd**

Dianne B., Convenor

## Social Bridge

Social Bridge is scheduled for September 10 and 24, starting at 1:00 p.m.

We welcome new and returning players. New players are welcome to come and observe, and team up with an experienced player as a coach. We will begin each afternoon with a brief discussion on Bridge Tips.

Mark your calendars for the second and fourth Tuesday afternoon each month.

Heather M., Convenor



## Mahjong

We play the first and third Tuesday of the month from September to June. Play is from 10:00 until noon. In September we will play on the **3rd and 17th**.

Agnes C., Convenor

## Scholarship Corner

**SAVE THE DATE**

**Thursday, November 7th, 2024  
1:30 pm – 3:30 pm**

**The Scholarship Trust Fund Committee celebrates the University College of the North!**

In our efforts to support the goals of the Truth and Reconciliation Commission, the UWC Scholarship Trust Fund plans to create a bursary for a Manitoba Indigenous student studying at the University College of the North. Financial need too often interferes with the desire to further one's education or learn a new trade. We have invited a speaker from UCN. Join us.

Ruth S., Chair



# September Menus

Regular Tuesday lunches are \$25.00 (Effective September 1st). The cash bar opens at 11:30 and lunch is served at noon. These meal costs include buns, coffee/ tea, taxes, and gratuity.

**Reservations are a must** and should be made by 4:30 p.m. on Thursday each week by signing up [ONLINE](#), email to [uwc@mymts.net](mailto:uwc@mymts.net), in person, or by phone at 204-954-7880. Cancellations require 24 hours notice to avoid penalty. Menu substitutions are available if requested in advance. **Please indicate any special preferences (seating, parking, etc.) at time of reservation.**

## September Tuesday Lunches

September 3rd - Monte Cristo Sandwich, French Fries, Coleslaw, Ice Cream and Cookie

10th - Feta and Red Pepper Quiche, Spinach Salad with Mango Dressing,  
Lemon Chiffon Torte

17th - Chicken Florentine, Baby Potatoes, Mixed Carrots and Zucchini, Fruit  
Cup

24th - Salmon with Mango Salsa, Rice, Asparagus, Boston Cream Torte



**Thank you** to all who participated in the recent survey about the Tuesday Club lunches.

Watch for a summary report on findings from the survey in the October Bulletin.

Ellen P.



# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 10:00 - Mahjong 11:30 - Bar Opens 12:00 - Club Lunch 1:00 - Contemporary Lit. Book Club	4	5 10:00 - House & Grounds Meeting 1:15 - Sunroom Group 1:30 - Membership & Communications Mtg 4:00 - Bar 54!	6 11:30 - Out to Lunch at the Selkirk Golf and Country Club	7 <b>External Booking</b>
8 <b>External Booking</b>	9	10 11:30 - Bar Opens 12:00 - Club Lunch 1:00 - Program Committee Meeting 1:00 - Social Bridge	11 10:00 - Scrabble and Babble 1:00 - Wednesday Book Club 1:30 - Tea Committee Meeting	12 1:00 - Finance Committee Meeting 1:15 - Sunroom Group	13	14 <b>External Booking</b>
15	16	17 10:00 - Mahjong 10:00 - Food Services Meeting 11:30 - Bar Opens 12:00 - Club Lunch 1:30 - Board Meeting	18 10:00 - Scholarship Meeting 1:30 - CIA Committee	19 1:00 - Writing Group 1:15 - Sunroom Group 1:30 - Christmas Market Meeting	20 <b>October Bulletin Deadline</b>	21 <b>External Booking</b>
22 <b>External Booking</b>	23	24 10:30 - Program Speaker - <i>Empowering Independence</i> 11:30 - Bar Opens 12:00 - Club Lunch 1:00 - Social Bridge	25 1:30 - Mystery Readers	26	27	28 <b>External Booking</b>
29 <b>External Booking</b>	30 	<p>"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." -Helen Hunt Jackson</p>				