

# BULLETIN HIGHLIGHTS

OCTOBER 2025







# Co-Presidents' Message

October signals another busy month at Ralph Connor House. Take a look through this issue of the Bulletin and see what piques your interest!

The October 1 program lunch with keynote speaker Sharilyn Knox leads seamlessly into our fall General Meeting. Enjoy a great lunch and speaker, and hear the latest on your club's operations.

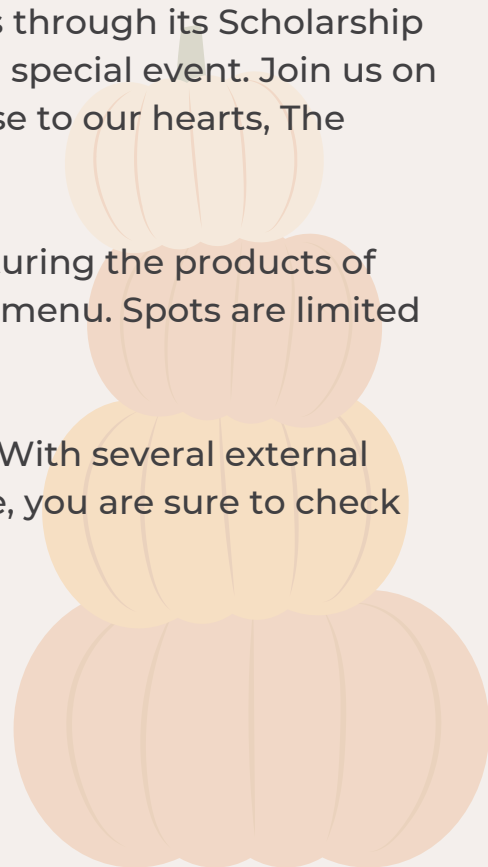
You would be hard-pressed to find a more timely lecture topic than that offered by Continuing Education this month. Senior Scholar and Earl of Orkney, Peter St. John will deliver three sessions in a series titled Understanding the Threat of Autocratic Leaders in a Multi-Polar World. UWC courses offer great value for money, and can be an easy way to introduce a friend to all we offer. There is still time to sign up for the course.

UWC has a proud tradition of supporting Manitoba students through its Scholarship Trust Fund. Every October we celebrate that tradition with a special event. Join us on October 15 when Dr. Verena Menec will speak on a topic close to our hearts, The Importance of Connectivity in older persons.

You won't want to miss the October 29 Program Dinner featuring the products of Winnipeg's own Frescolio in a product tasting and a special menu. Spots are limited for this special event so reserve your seat now.

And don't forget that next month brings Christmas Market! With several external vendors and our own UWC Treasure Trove and Bake Shoppe, you are sure to check off a few things from your Christmas list.

.



# Become a UWC Member

Now is the perfect time to join UWC! For just \$100, enjoy an exclusive *Introductory Year* membership packed with incredible benefits. Don't miss out—unlock new opportunities, connect with a thriving community, and make the most of everything UWC has to offer!



Exclusive rental discounts  
at the historic Ralph  
Connor House



Members-only programs  
designed to inspire and  
engage



Access to continuing  
education courses to  
expand your knowledge

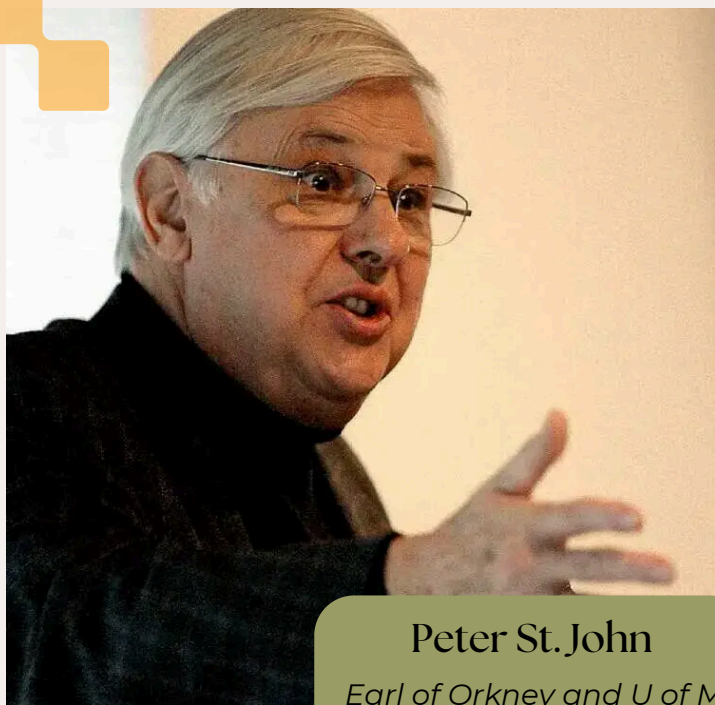


Vibrant social groups  
catering to a variety of  
interests and passions

Check out our website at [www.uwcwpgmb.com](http://www.uwcwpgmb.com) for more details. You may also download the application form [here](#) or email [uwcmember@mymts.net](mailto:uwcmember@mymts.net).

# UWC - EXPLORE CONTINUING EDUCATION

## Understanding the Threat of Autocratic Leaders in a Multi-Polar World



**Peter St. John**

*Earl of Orkney and U of M  
Senior Scholar*

We are very pleased to welcome back the Earl of Orkney and U of M Senior Scholar, Peter St. John to guide us through an exploration of these tumultuous times. In this course, he will discuss the threat of autocratic leaders and how global politics and democracies are being destabilized. As part of his presentation, Professor St. John will explain the characteristics of autocratic leaders, provide specific historical and current examples and consider the impact on our contemporary reality.

Join us in October to learn more about the rise of autocracy, the impact of the changes to the USA under President Trump, and how all of this will affect Canada and the world. Professor St. John's expertise in foreign relations, terrorism and international security ensure this will be a session not to be missed. Registration begins Tuesday, September 9th. Reserve your seats early as space is limited.

**Dates: Tuesdays, October 7th, 14th and 21st**

**Time: 9:45 AM – 11:30 AM**

**Fee: Members \$50 | Non-members \$65 (includes coffee/tea)**

Sign up [online](#), email [uwc@mymts.net](mailto:uwc@mymts.net), or call 204-954-7880. You can also visit UWC at 54 West Gate to sign up in person during business hours (Tuesday - Thursday). Payment is required at the time of registration. We accept cheque, debit, e-transfer to [uwcfin@mymts.net](mailto:uwcfin@mymts.net), or cash.

**Come learn with us!**



# UWC - EXPLORE CONTINUING EDUCATION

## Hitchcock: An Introduction



Alison Gillmor

Alison Gillmor, who studied at the University of Winnipeg and York University, is a pop culture columnist for the Winnipeg Free Press and has written on art, books, film, architecture and design for Border Crossings, Canada's History, Canadian Geographic, The Walrus and the Winnipeg Architecture Foundation.

She was a longtime sessional lecturer in Art History at the U of W and now teaches film and visual arts courses in the McNally Community Classroom.

We are very pleased to welcome back Alison Gillmor to guide us through the works of Alfred Hitchcock Sunday afternoons in November. Join us for an insightful examination of film, with lively company, beverages and snacks. Hitchcock: An Introduction will look at three different periods in the director's career, covering issues of biographical and historical context, cinematic style, and recurring thematic obsessions. Participants will watch each film ahead of time, and each class will include background information, video clips and discussion.

November 16th: The 39 Steps (1935), directed by Alfred Hitchcock and starring Robert Donat and Madeleine Carroll. Available to watch free on JustWatch or Plex. Available to rent on YouTube or the AppleTV store.

November 23rd: Rear Window (1954), directed by Alfred Hitchcock and starring James Stewart and Grace Kelly. Available to rent on YouTube, AppleTV store, Amazon Prime Video or Cineplex.

November 30th: Psycho (1960), directed by Alfred Hitchcock and starring Janet Leigh and Anthony Perkins. Available to rent on YouTube, AppleTV store and Amazon Prime Video.

**Join us in November for this engaging series with the incomparable Alison Gillmor.**

**Reserve your seats early as space is limited.**

**Dates: Sundays, November 16th, 23rd and 30th**

**Time: 1:30 - 3:30 PM**

**Fee: Members \$50 Non-Members \$65 (Includes beverage and snack)**

Sign up online, email [uwc@mymts.net](mailto:uwc@mymts.net) or call 204-954-7880. You can also visit UWC at 54 West Gate to sign up in person during business hours (Tuesday - Thursday). Payment is required at time of registration.

We accept cheque, debit, e-transfer to [uwcfin@mymts.net](mailto:uwcfin@mymts.net) or cash.

*You are cordially invited to the*  
**ANNUAL TRUST FUND CELEBRATION**  
*of the*  
**University Women's Club of Winnipeg  
Scholarship Trust Fund**

*Wednesday, October 15, 2025  
1:30 PM - 3:30 PM at 54 West Gate*

**Guest Speaker: DR. VERENA MENEĆ**



- Distinguished Scholar
- Recipient of the Jubilee Scholarship of UWC in 1987
- Professor Emerit of Community Health Sciences, Rady College of Medicine, University of Manitoba
- Former Canada Research Chair In Healthy Aging
- Director of the Centre on Aging at the University of Manitoba (2004-2014)
- Manitoba site leader of the Canadian Longitudinal Study on Aging

**PRESENTING:**

**IMPORTANCE OF SOCIAL CONNECTIVITY IN OLDER PERSONS**

Effect of social connections on health and well-being, why social isolation and loneliness are detrimental, and ways to foster connectivity.

**Admission is \$15 per person** and includes refreshments.

Please RSVP to [UWC@mymts.net](mailto:UWC@mymts.net) or call 204-954-7880,  
as registration is limited.

Donations to the Scholarship Trust Fund gratefully accepted at  
this event or online at [Canada Helps](https://canadahelps.org).



# UWC - ENGAGE PROGRAM & DINNER

## Smooth and Tangy: Oil and Vinegar A Special Dinner Program with Chantal Hogue from Frescolio

Date: October 29, 2025

Doors Open: 4:30PM

Presentation: 5:00 PM Dinner: 6:30 PM

Bar will open after presentation

This special program combines a presentation and tasting of oils and vinegars from Frescolio with a thoughtfully curated dinner incorporating both oils and vinegars. Chantal Hogue, General Manager of Frescolio, will lead us as we sample 3 oils and 2 vinegars, plus a mocktail of fruit flavoured balsamic vinegar and sparkling water. Packages of 1 oil and 1 vinegar can be purchased for \$7.

Chantal is a certified EVOO sommelier who loves to cook and talk about food! Frescolio is Winnipeg's first Oil and Vinegar tasting bar, opened in 2013 by a local Winnipeg family team.



**Chantal Hogue**

*General Manager of Frescolio*

### Menu

**Roasted beet salad with goat cheese and toasted pecans,  
cranberry-pear white balsamic vinegar dressing**

**Slow roasted citrus salmon with lemon-infused olive oil,  
roasted potatoes, green beans almondine, and focaccia**

**Zucchini gingerbread (made with roasted walnut oil) and whipped cream**

**Cost \$45**

**This special price includes product sampling supplies, meal, coffee/tea, taxes and gratuity. We request payment at the time of registration. Requested substitutions will not include the oils and vinegars.**

**This program is a joint venture of the Program and Food Services Committees.**

Register ASAP and by noon, Monday, October 27 via [online](#), by emailing [uwc@mymts.net](mailto:uwc@mymts.net), calling 204-954-7880 or in person. We accept e-transfer to [uwcfin@mymts.net](mailto:uwcfin@mymts.net), cheque, and debit.

# UWC Activity Groups

## CONTEMPORARY LITERATURE BOOK CLUB

Welcome one and all to the Contemporary Literature Book Club. Everyone is welcome to participate in discussing **HEAVEN AND EARTH GROCERY STORE** by James McBride on **October 7th at 1 pm**. I encourage all participants to sign up for lunch that day

## MAHJONG

We play the first and third Tuesday of the month from September to June from 10 until noon.

In October we will play on the **7th and 21st at 1 to 3p.m.** instead of 10 a.m. to accommodate mahjong players who wish to attend the Continuing Education Session in the morning.

## WEDNESDAY AFTERNOON BOOK CLUB

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

**Oct. 8:** Drive Your Plow Over the Bones of the Dead by Olga Tokarczuk

**Nov.12:** Lessons in Chemistry by Bonnie Garmus  
Club members are welcome to attend any of the presentations.

## OUT TO LUNCH BUNCH

Watch for our next outing in Week at a Glance.

## SCRABBLE N' BABBLE

SCRABBLE 'N BABBLE will be on Wednesday, **October 1st at 10 a.m.** All members are welcome!

**Dianne Beaven**

## SUNROOM GROUP

The Sunroom Group is back in full swing - we are hoping to have you drop in and see us on Thursday afternoons from **1:15 -3:00** or so. Come and relax with other club members, share some laughter, stories, and delicious cookies with your tea and coffee.

All are welcome!

See you in the Sunroom

## SOCIAL BRIDGE

Bridge will be played on **October 14th and 28th**. We will start at **1:00 p.m.** and finish playing around 3:00 p.m.

We welcome new players. If you are interested, please come and observe. We are happy to coach beginners.

## MYSTERY READERS

Mystery Readers will meet on Wednesday, **Oct. 22, at 1:00 pm**. Please suggest a book or an author that you love. It can be a classic, a new mystery by an established author, or a "new to us" author. All members, especially new members, are invited to join us.

## WRITING GROUP

Our next meeting will be **October 23, at 1PM**. Newcomers are always welcome.





## RALPH CONNOR HOUSE

Nestled in the heart of Winnipeg, this stunning heritage venue offers a romantic backdrop with its grand architecture, vintage details, and beautifully manicured gardens. Whether you're planning a cozy gathering or a lavish affair, Ralph Connor House provides a warm and sophisticated atmosphere that feels both exclusive and welcoming. Imagine exchanging vows in a sunlit room filled with character, toasting with loved ones in an elegant setting, and capturing timeless photos in a space steeped in history.

*Let this enchanting venue be the start of your forever story.*



Don't worry, Ralph Connor House isn't just for weddings—we're the perfect venue for all your special celebrations! From birthday parties and bridal or baby showers to anniversaries and corporate gatherings, our elegant and historic setting provides the ideal backdrop for unforgettable moments. Plus, we offer vendor recommendations to help bring your vision to life. Reach out today to learn more about our rental options and start planning your perfect event!



uwcevents@mymts.net



<https://www.uwcwpgmb.com/venue-booking/>

**CALL US FOR MORE INFO**



**(204) 954-7880**



43rd Annual  
*Christmas  
Market*  
at 54 West Gate

**Friday, November 7**  
10 a.m. to 5 p.m.

**Saturday, November 8**  
10 a.m. to 4 p.m.

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

**Bake Shoppe**

- Delicious treats and Christmas goodies

**UWC Crafters**

- Handmade items by UWC members

**Treasure Trove**

- A wide variety of gently used items, jewellery, toys, Christmas decorations, and giftware

**Ralph's Bistro**

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

**Cash Admission: \$5.00**

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

University Women's Club of Winnipeg  
Celebrating 116 years - 1909-2025  
54 WEST GATE RALPH CONNOR HOUSE

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





## POINSETTIA FUNDRAISING SALE

*Poinsettias in 6-inch pots, 15" tall in red, pink, or white, \$20.00 each*

Return this order form, call or email the Club Office, or submit online [here](#).

Blank forms are also available at 54 West Gate. Payment (cash, cheque, or e-transfer) and orders are due **by noon** on **Nov. 13th**. Cheques should be made

out to: University Women's Club of Winnipeg, and e-transfers sent to

uwcfm@mymts.net.

**Pickup will be Tuesday, December 2nd from 9:30 - 4:30**

-----  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Quantity and colour preference of each Poinsettia

Red \_\_\_\_\_ Pink \_\_\_\_\_ White \_\_\_\_\_

Total no. of Poinsettias: \_\_\_\_\_ @ \$20.00 = \_\_\_\_\_

Total amount enclosed: \_\_\_\_\_

Cheque ( ) Cash ( ) Debit ( ) E-transfer Sent ( )

Signature: \_\_\_\_\_

**Did you remember all your family & friends, neighbours, and any other folks you'd like to thank during the holidays?**

# OCTOBER MENUS

## MEALS BY WESTGATE CATERING

The regular price for club lunches is \$25.00. The cash bar opens at 11:30 AM, and lunch is served at 12:00 PM. Wednesday dinners cost \$35.00, with the cash bar opening at 5:30 PM and dinner served at 6:00 PM. Meal prices include buns, coffee or tea, taxes, and gratuity.

Beginning September 1st, to secure your spot, sign up [online](#), email [uwcmymts.net](mailto:uwcmymts.net), visit in person, or call 204-954-7880. To avoid penalties, you must cancel at least 24 hours in advance.

**Menu substitutions are available if requested in advance, and any special preferences, such as seating or parking, should be indicated at the time of reservation.**

**Please note the new reservation deadlines:**

*Tuesday lunches* — reservations close the previous Friday at noon

*Wednesday Program dinners* — reservations close the previous Monday at noon

*Friday Program lunches* — reservations close the previous Wednesday at noon

## Tuesday lunch menus

October	<b>7</b>	Reuben sandwich with fries and coleslaw, fruit cup and cookie
	<b>14</b>	Chicken breast stuffed with brie and cranberries, Pear William potatoes, roasted balsamic vegetables, and carrot cake
	<b>21</b>	Pickeral almondyne, baby potatoes, asparagus, and chocolate silk
	<b>28</b>	Chicken or vegetable quesadillas, sour cream, salsa, Caesar salad, Hallowe'en cupcakes

## Program dinner and menu



<b>29</b>	Roasted beet salad with goat cheese and toasted pecans, cranberry-pear white balsamic vinegar dressing, slow roasted citrus salmon with lemon infused olive oil, roasted potatoes, green bean almondyne, focaccia, zucchini gingerbread with roasted walnut oil and whipped cream topping
-----------	---



SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:00 Scrabble and Babble 11:30 Club Bar 12:00 Program Lunch & Speaker 1:30 General Meeting	2 1:15 Sunroom Group	3 UWC is Closed External Event	4 External Event
5 External Event	6 UWC is Closed	7 10:00 ConEd Series 11:30 Club Bar and Lunch 1:00 Mahjong 1:00 Contemp Book Club 1:15 Food Services	8 9:00 FRCH School Tour 1:00 Wednesday Book Club	9 10:00 House and Grounds 1:00 Finance Committee 1:15 Sunroom Group External Event	10 UWC is Closed	11 External Event
12	13 UWC is Closed STAT HOLIDAY: THANKSGIVING DAY	14 9:30 ConEd Series 11:30 Club Bar and Lunch 1:00 Social Bridge	15 External Event 1:00 Scholarship Celebration Event	16 External Event 10:00 Christmas Market Meeting 1:15 Sunroom Group External Event	17 UWC is Closed	18 External Event
19 External Event	20 UWC is Closed	21 9:30 ConEd Series 11:30 Club Bar and Lunch 1:00 Mahjong 1:30 Board Meeting	22 1:00 Mystery Readers 1:30 CIA Committee Meeting	23 1:00 Writing Group 1:15 Sunroom Group External Event	24 UWC is Closed External Event	25 External Event
26	27 UWC is Closed	28 11:30 Club Bar and Lunch 1:00 Social Bridge 1:15 ConEd Meeting	29 4:00 Program Dinner and Frescolio tasting	30 1:15 Sunroom Group	31	