Welcome to the AmbroseZine, SAU's complimentary monthly e-newsletter, providing a convenient way to stay connected to St. Ambrose—and with other Ambrosians. You may manage your preferences for future issues of the AmbroseZine at the end of this email.

Here's the October edition of the AmbroseZine. Read and enjoy.

-- Remembering Dr. Michael Orfitelli
-- Homecoming 2009 Recap
-- Find SAU on Twitter and Facebook
-- Alumni Event: Sign up for RAGBRAI
-- Sports Scoop
-- Migration Project
-- What's Going on at Galvin
-- Breast Cancer Awareness: Alum Designs Anti-Ouch Pouch
-- Get Connected With the BEE Connection
-- Family Weekend
-- This Month's SAU IQ and Last Month's Results

Remembering Dr. Michael Orfitelli
Department of Kinesiology Professor and Chair, Dr. Michael Orfitelli, died unexpectedly Oct. 17. A Mass of Christian Burial was celebrated Oct. 21 at Christ the King Chapel. He was a beloved coach, friend, teacher, husband, father, and devoted Ambrosian. Read More >>

Homecoming 2009 Recap
Couldn't make it to Homecoming this year? Did you attend and want to remember the good times? Then Watch This Video >>
Write It Down: Next year's Homecoming is Oct. 1–3, 2010.

Find SAU on Twitter
St. Ambrose is now on the networking web site, Twitter! There you'll find the latest campus news and happenings. Follow SAU on Twitter >>

For alums, become a fan of the Alumni page on Facebook and check out their upcoming events.

Alumni Event: Sign up for RAGBRAI
This past July was so much fun for our intrepid bike riders, so Team SAU RAGBRAI is gearing up for Year Two! Registration begins Nov. 15. Let the
Sports Scoop
A large freshman class, along with a core of experienced juniors and seniors, put together a remarkable regular-season run to lead the Queen Bees Soccer Team to the 2009 Midwest Collegiate Conference regular season championship! Read More >>

Football: The Fighting Bees improved to 5-3 overall with a recent win over Quincy. Read More >>

Women's Volleyball: Queen Bees Win MCC Regular Season Title! Read More >>

Migration Project
Tom Dublin, PhD, will speak Nov. 12 and deliver "Personal Narratives in the Teaching of American Migration History." Read More >>

What's Going on at Galvin
An annual tradition, listen to the Veteran's Day Tribute performed by the SAU Theatre and Music departments. Read More >>

Brahms’ popular and sonorous Brahms’ Requiem will be sung in English by the SAU University Chorale Nov. 15. Read More >>

Stop by the Senior Exhibit and Reception Dec. 4 in the Catich Gallery and see what senior art majors have been working on. Read More >>

Breast Cancer Awareness: Alum Creates Anti-Ouch Pouch
A cancer survivor herself, Deon Maas ’07 invented the "Anti-Ouch Pouch," a purse-like object that helps alleviate pain after a mastectomy. Deon was featured in SewNews.com and a NWI.com article in February.

Learn How To Make an Anti-Ouch Pouch (pdf) >>

Get Connected With the BEE Connection
A new mentorship program in the Career Development Center pairs students with alums to network and gain knowledge in a career field. When students sign up, they're matched to an alum who volunteers their time and career expertise. Mentors are still needed so sign up today! Read More >>

Family Weekend
Enjoy a brisk fall weekend Nov. 13-14 on campus with your family. There's plenty of ways to reconnect, including banquets, a football game, and a Deal or No Deal-style game on Friday! Read More >>

This Month's SAU IQ
What college did the women's volleyball team beat to win the regular season title?