A message from the President ...

Hopefully you continue to enjoy Edmonton's summer days. I’m pleased to report that some FWC outdoor interest groups, including Walking, Walking with Wagger, Tennis, Golf, and Gardening, are following their scheduled meetings all summer long.

During this summer's respite, the Executive Committee members think about you a lot and care that you stay safe and healthy. We adopted a cautious, responsible approach within our coronavirus environment and decided that the FWC will not be holding any large events for the 2020-2021 year. I've cancelled our fiscal year’s University Club reservations; however, the September 2021 Welcome Back and Registration event (a.k.a. the Wine and Cheese) remains reserved. These cancellations fit with the city of Edmonton's recent requirement of masks for public indoor spaces, and with the lack of a vaccine.

In the meantime, what is your Executive doing? Karen Doucet, Program Committee, offers the potential of a delightful range of Zoom classes featuring our own Bonnie Austen. We work on important projects to help the FWC and its Executive over the next few years, such as amendments to the bylaws and devising a technology training protocol. We thank Frances Zupko and Karen Bain for their willingness to help, and to give us time and creativity. We are sad that they left the Executive for personal reasons and will miss them. As President, I am especially grateful for our current Executive members. They stepped up and hung in; they are courageous and steadfast to serve the FWC in these tough times.

The Executive Committee recently launched “Friendly Callers.” They will call FWC members over the next few months to say hello and to chat briefly about how you are doing in these times of emotional distress and social isolation. We welcome this chance to act on our loyalty and commitment to members of the Club. I'm proud that the "younger" Executive members also
participate, even though text messaging may be more common than phone lists for their
generation. Friendly Callers is Marie Dafoe's brainchild, and she is leading and co-ordinating
this project. Please contact her with any questions.

The Executive Committee has a wide range of things it is interested to work on; however, we
need more Executive members right now. We are re-advertising our vacant Executive positions.

- Although Allison Lewis stepped back in to edit the August 2020 newsletter, this is her
  last issue. She uses an FWC Word template to copy and paste text and arrange photos.
  Tricia Unsworth, the Directory Editor who manages the FWC database, helps her with
  the mass emails of the newsletter. We need a Newsletter Editor for the remainder of
  2020-2021.
- We cherish and value the Club’s foundation of companionship and learning through its
  interest groups and social events. How do we offer similar programs to potential new
  members, many of whom work full-time? Two more 2020-2021 Program Committee
  members can work on researching and planning future programs and possibly some new
  interest groups. Perhaps Zoom meetings will become part of the FWC's future
  repertoire. As well, a potential 2021-2022 special events program needs work.
- The 2020-2021 Publicity Chair will continue to participate in the university's
  orientation programs. The position may expand to include promotion and
  communication. We're looking for someone who can work on a communications plan to
  promote the FWC primarily on electronic media.

Providing you with my biography seems less important than all this good Executive news. I
wrote a pretty detailed bio for last year’s December newsletter (Vol. 33, No. 2 ). I remain
eclectic and determined. I am a Lateral Thinker. Edward de Bono, who originated that term,
told me that 40 years ago. That means I'm constantly looking for patterns in all sorts of
resources, building temporary models in my mind, synthesizing the models together for a
possible "solution," and then drilling down to analyze. Reactions range from, "I don't
understand how your mind works, but I admire it" to "How can that possibly be true? How can
you put ideas from different disciplines together?"

Grammarly, my grammar and style checker, just told me that my writing tone is optimistic,
joyful, and confident. That's true because I'm working for women and an organization that I
value highly. My Executive Committee colleagues and I wish you peace, comfort, and joy as
you weave your personal space to guard you over the next few months.

Take care,
Robin
◆ Meet the 2020-2021 Executive ◆

The new Executive Committee nominee, Donna Gorday, was voted in by acclamation at the 2020 Annual General Meeting, which was held on May 5 by Zoom because of the COVID-19 pandemic. You can see Donna’s bio further on in the newsletter. Many thanks to the following new and returning Executive members for agreeing to serve on the committee, especially in this difficult year.

President: Robin Inskip  
Vice-President: Donna Gorday  
Past-President: Lucie Moussu  
Treasurer: Sandra Wiebe  
Secretary: Linda Seale  
Membership: Marie Dafoe  
Publicity: Vacant  

Newsletter: Vacant  
Program Committee: Karen Doucet (Chair)  
Website Editor: Christine Brown  
Members’ Directory: Tricia Unsworth

There are currently four positions available on the Executive: Newsletter Editor, Program Committee (2), and Publicity. Please contact Lucie Moussu at past.president.fwc@gmail.com, or through the directory, if you are interested in any of these positions.

Executive Position Postings
A call for volunteer Executive members!

The Executive generally has five meetings per year, including the Annual General Meeting. Because of the pandemic, meetings have been held by Zoom so far this year. Share your valuable skills and get involved at another level. One of these positions could be rewarding for you!

Newsletter Editor

The newsletter editor puts out a newsletter three times a year. Each edition contains information about upcoming Club events, a review and photos (if available) of past events, and updates from the Executive, individual members, or interest groups if they have something that they would like to share. The August edition includes a summary of each interest group and their plans for the year. As newsletter editor you learn more about the Club and its members from the comfort of your own home!

Members of the Executive and of the Club provide submissions to the newsletter editor, which she then inserts into a Word or Google document and distributes to the membership of the Club. Pulling together the newsletter involves some creativity in layout and editing skills, which can be challenging but is also enjoyable. The editor has to communicate, mainly by email, with
members of the Executive, interest group conveners, and other members of the FWC about their submissions or to request information. Some computer skills are required, but other members of the Executive are willing to provide training in using Google Drive et cetera.

Program Committee (two positions)

As an event planner, this position will fulfill your need for creativity. This year your planning demands the need to work within the pandemic guidelines. You will collaborate with two other members of the program committee on the Executive, one being the program chair, preparing for events. Please feel free to contact the Past-President for more information.

Publicity

The Publicity chair participates in university orientation programs to ensure that the FWC is represented and that information about the FWC is distributed to new employees. This position may expand to include Club promotion and communication. As noted in the President’s message, we're looking for someone who can work on a communications plan to promote the FWC primarily on electronic media. The goal is to attract new members who may look to find out about the club online.

◆ MEMBERSHIP and DIRECTORY REPORT ◆

Well, these are certainly difficult and strange times we are experiencing. We hope you are all staying well.

In June you should all have received an email from Robin, our President, about the Executive Committee decisions regarding memberships and fees for this year. Here is the information again, and also more details regarding new members and the directory:

1. There will be no membership fees for the 2020-21 year and no need for current members to complete any renewal process. **Those members who paid dues earlier this year will have their payment applied to next year's membership fees.**
2. We will **not** be producing a directory for 2020-21. If there are any changes to the details we have in the 2019-20 directory, please email Tricia at directory.fwc@gmail.com. She will update your information in her database and compile a list of updates to be shared with all members by email in October.
3. We are accepting new members at no fee. All they need to do is fill out a membership form by going to the Faculty Women’s Club website [http://uab.ca/fwc](http://uab.ca/fwc) and following instructions under Membership. New members will be sent a directory (last year’s) depending on their request – PDF or hard copy.
4. If you have any questions, please contact Marie at 780-988-5400 or membership.fwc@gmail.com.
We look forward to seeing you all again. Until then, stay well and reach out if there is anything we can do to help.

Marie Dafoe, Membership
Tricia Unsworth, Directory

◆ Upcoming Special Events ◆

◆ Fall Prevention Presentation by Bonnie Austen ◆
Thursday September 17, 1:30 p.m.
from your Program Committee!

While COVID-19 has nixed possibilities for large in-person gatherings, the Program Committee is committed to offering some opportunities on-line. To that end, FWC members are invited to participate in a short (45 minute) presentation hosted by Bonnie Austen. Should this format prove popular, the presentation could be repeated. If there is interest, Bonnie might also be convinced to hold a regular Zoom exercise workout for members.

To facilitate interactions before and after the presentation, participation will be limited to the first 25 members signed up. A waiting list will also be created.

Please RSVP to program.committee.fwc@gmail.com.

Closer to the date you will receive an email with the Zoom link to the presentation.

Presenter: Bonnie Austen, B.P.E. MEd, AFLCA

Concerned about poor balance and falling? Do you have a fear of falling? The risk for serious injury increases as we age. The good news is that many older individuals at risk for falls can be identified and helped. Learn more about how you can reduce your chance and fear of falling. Try some of these exercises to keep you upright and confident.
About Bonnie:
Born in Toronto, Bonnie completed her bachelor’s degree at the University of Western Ontario (London) and followed up with another bachelor’s degree in Physical Education at McMaster University (Hamilton). After moving to Edmonton, Bonnie completed a master’s in Education at the University of Alberta. Bonnie has worked as a high school teacher in both Ontario and Manitoba. She also worked for the City of Edmonton for 20 years as a community recreation co-ordinator.

Since 2005, Bonnie has been a fitness instructor for older adults. Because the pandemic restrictions have impacted in-class instruction, Bonnie has been hosting these same classes via Zoom. She has converted a room in her house into a ‘Zoom studio.’ Fellow FWC member Marilyn Steier has lent her technical know-how to the project, working as the ‘producer’ of the series.

Bonnie has been a member of the FWC since 1993, including serving as our President in 1999-2000. Currently Bonnie is the friendly co-convener of the Golf and Gourmet Dining interest groups.

❖

Member News

❖

A passing ...

Sharon (Sherry) Macnab, a FWC member for many years, passed away peacefully on July 29, 2020 in Edmonton, at the age of 86. Sharon was an active member of the Club for many years, was involved in a number of interest groups, and was on the Executive as the chair of the Program Committee in the 1980s. A great organizer, she even arranged a memorable trip to the Drumheller Badlands as part of the program.

Thanks to Vi M. for alerting us to Sharon’s obituary in the August 8 Edmonton Journal.

Introduction to the Vice President

My history is a bit boring, but my beginnings make me the person I am today. I was born in Edmonton to two immigrants from the great province of Saskatchewan. My father grew up on a farm during the depression and WWII and my mother in Saskatoon, the daughter of a milkman. My parents moved to Alberta when my father landed a job with the Alberta government. I married this fellow in the picture beside me, Garnet, also a farm boy from Saskatchewan. Together we lived on several cattle farms in Parkland County and then moved back to Edmonton about 15 years ago.
years ago. We raised two wonderful daughters of our own, his son and daughter. Together we have four grandchildren and soon to be five this September. My favourite vacation spot is the Hawaiian Islands.

Sometimes I feel I grew up at the University of Alberta as I worked there for 37 years and made so many good friends over the years. After joining the university in 1979 as a computer operator in the data centre, I completed a diploma in Computer and Data Processing from the University of Alberta. I was promoted several times and landed a position as Junior Project Manager. Over the next several years I focused on skilling up and completed a Master of Business Administration with a specialization in Information Technology Management, Graduate Certification in Project Management program and wrote the exam for the Project Management Professional (PMP) designation from the Project Management Institute. I was promoted several times and had many different responsibilities for Information Technology Services at the University of Alberta. Upon reflection, my parents had a large influence on my drive to learn, work hard, and achieve excellence. My father never obtained a university degree, although he had a strong desire to learn and he was a member of Mensa Canada.

Upon retiring from the university four years ago I was sent a message about FWC. I decided to try it out and joined the Golf - Swingers interest group. I found these ladies to be so friendly and fun. I decided to join more groups such as Walkers with Waggers, Drawing, Mall Walkers, Walking, and Fun and Board Games.

After being encouraged by a friend from the Lunching Out group to take on the role of Vice-President, I took the plunge to be on the Executive. Little did I know at the time how our world would change in such a short period. Working with the conveners I realized we share the desire to keep the Club relevant by meeting virtually, in backyards and parks. The resilience of the strong women of the FWC is amazing.

Stay safe my friends,
Donna Gorday, Vice-President FWC

◆ Interest Groups ◆

With a heavy heart, I must report that due to the nature of the pandemic some groups cannot be active and are on hiatus. Below is a quick reference to all the interest groups and their status. I encourage all members to contact the conveners of any of the groups they wish to join. The Executive is working to keep our members in touch with each other in old and new ways. Our first investment is a Zoom Pro licence that will facilitate future virtual events. Ideas for new groups are always welcomed! Please reference the directory for individual conveners contact information.

Donna Gorday

August 2020
http://uab.ca/fwc
Active Interest Groups - Join Us for some Fun

<table>
<thead>
<tr>
<th>Group</th>
<th>Convener</th>
<th>Method of Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Writing</td>
<td>Christine Forth</td>
<td>email</td>
</tr>
<tr>
<td>Knitting</td>
<td>Linda Capjack</td>
<td>email</td>
</tr>
<tr>
<td>Drawing Together</td>
<td>Margot</td>
<td>email/in person outside</td>
</tr>
<tr>
<td>Garden Group</td>
<td>Patricia Peterson</td>
<td>outside</td>
</tr>
<tr>
<td>Golf</td>
<td>Bonnie Austen</td>
<td>outside</td>
</tr>
<tr>
<td>Tennis</td>
<td>Trica Unsworth</td>
<td>outside - social distance</td>
</tr>
<tr>
<td>Walkers with Waggers</td>
<td>Marilyn Gaa</td>
<td>outside - social distance</td>
</tr>
<tr>
<td>Walking Group</td>
<td>Sylvia Kernahan</td>
<td>outside - social distance</td>
</tr>
<tr>
<td>Lunching Out</td>
<td>Laura Stedward</td>
<td>TBD</td>
</tr>
<tr>
<td>Reading Circle Group 1</td>
<td>Lorene Everette Turner</td>
<td>to exchange books</td>
</tr>
<tr>
<td>Reading Circle Group 2</td>
<td>Orla Ryan</td>
<td>to exchange books</td>
</tr>
<tr>
<td>Reading Circle Mystery</td>
<td>Jean Frost</td>
<td>to exchange books</td>
</tr>
<tr>
<td>Book Discussion - Evening</td>
<td>Karen Bain</td>
<td>Zoom meetings, email</td>
</tr>
<tr>
<td>Book Discussion - Afternoon</td>
<td>Cathy de Frece</td>
<td>Zoom meetings, email</td>
</tr>
</tbody>
</table>

Interest Groups on Hiatus - They will be back soon.
You can still join these groups now, and you will be kept in the loop!

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Convener</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mall Walkers</td>
<td>Kay Quon</td>
</tr>
<tr>
<td>Bridge - Duplicate</td>
<td>Vacant</td>
</tr>
<tr>
<td>Bridge - Mixed</td>
<td>Lorna Stewart</td>
</tr>
<tr>
<td>Cookbook Club</td>
<td>Sandra Wiebe</td>
</tr>
<tr>
<td>Couples Who Cook</td>
<td>Peggi Ferguson-Pell</td>
</tr>
<tr>
<td>French Conversation</td>
<td>Sarah Nyland</td>
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<tr>
<td>Fun and Board Games</td>
<td>Rachel Frey</td>
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<tr>
<td>Gourmet Dining</td>
<td>Bonnie Austen</td>
</tr>
<tr>
<td>International Movies</td>
<td>Mualla Berksoy-Boluk</td>
</tr>
<tr>
<td>Play Reading</td>
<td>Orla Ryan</td>
</tr>
<tr>
<td>FWC 2.0</td>
<td>Vacant</td>
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</tbody>
</table>

August 2020
http://uab.ca/fwc
The Afternoon Book Discussion Group had an unusual 2019 – 2020 season. We held regular monthly meetings in members’ homes for September, October, November (2019), and January and February (2020). At each meeting a book was presented to the group by one of the members, followed by a discussion, socializing, and of course, coffee, tea, and goodies.

Due to COVID-19, the course changed for our book club in the middle of March. Our meetings were on hold while we decided how to continue. The consensus of the group was to cancel the remainder of the meetings. Each year the book club is pleased to host the University of Alberta Writer in Residence at one of our meetings. This year’s Writer in Residence was Darrin Hagen, a local actor and writer. He graciously agreed to visit us in March 2020. He may join us in a Zoom meeting this year.

Traditionally, the book club members submit reading suggestions for the following year, and a vote is held at a potluck lunch in June. This June, however, the conveners compiled the list of titles with a description of each book and sent it out to the membership. Voting was completed by email.

Books chosen for 2020 – 2021:

- *American Dirt* (Jeanine Cummins)
- *Lady Clementine* (Marie Benedict)
- *Shadow of the Wind* (Carlos Ruiz Zafón)
- *The Difference* (Marina Endicott) Canadian author
- *Watching You Without Me* (Lynn Coady) Canadian author
- *Educated* (Tara Westover)
- *A Wake for the Dreamland* (Laurel Deedrick-Mayne) Local author

On August 5, 2020 seven of our members met in Emily Murphy Park, equipped with our masks, lawn chairs, and beverages. Keeping in mind input from the membership, we discussed different ways to keep the group active this year. We agreed to meet outdoors at Emily Murphy Park on August 5, 2020.
Park, weather permitting, on September 24, 2020 and October 22, 2020. We will have Zoom meetings at the usual time each month until it is safe to meet in person.

Though the threat of the virus has been somewhat stressful for everyone, we mostly seem to be adapting to the 'new normal.' Those who are retired (many of this group) have not found that many changes to their routines and often find it pleasant, if a tad boring, just to hunker down and find things to do at home. Some of the activities people in the reading group have been involved with during the past few months include writing many emails to friends and family far and near as well as staying in touch by Zoom, et cetera, thanks to modern technology. As well, some of us can get out to meet people in our 'cohorts' – trying to stay safely distant, which is difficult with young grandchildren!

Most of us in the book group are, as expected, doing a fair amount of reading; some are listening to audiobooks, while others are knitting, playing golf, learning a new language, cooking (for example, struggling with sourdough bread baking), and even tackling easy-to-put-off cleaning jobs around home such as cleaning the oven or organizing the garage with the help of a willing spouse.

We look forward to another year of lively interaction with the Afternoon Book Discussion Group members, albeit in a different format that will make it a little more challenging than in the past.

**Book Discussion – Evening**

**Convener:** Karen Bain  
**Meets:** Third Thursday of each month, 7:30 – 9:30 p.m.

Although not as enjoyable as meeting in members’ homes, the Evening Book Club did meet through Zoom for April and May. Joan H. provided hosting services, and each member ate or drank their own meeting snacks at home! Not all participants enjoy Zoom meetings, so reviews of the books, comments, and updates were requested, combined, and sent out in email form so that ongoing networking could be maintained.
For our June meeting, the weather was good enough to meet on an outside deck at Bonnie Austen’s. We voted on books for next year, admired each other’s masks, and mostly complied to COVID rules and regulations. The annual, enjoyable potluck dinner and discussion around Bonnie’s dining room table was, of course, cancelled.

Sixteen members have indicated they wish to continue the Evening Book Club with a combination of Zoom and email connections as we did in the spring. We selected the first two books and reviewers: Full Disclosure and/or Truth Be Told by Beverley McLachlin for September 17 and Born A Crime: Stories from a South African Childhood (Adult Version) by Trevor Noah for October 15. When feeling optimistic, we hope for real live meetings later in the year but will schedule this format now as people volunteer to guide discussions.

We are sorry Christine K. will be moving to Ottawa this fall, although pleased she will enjoy retirement near her family. Christine has been an active member of this book club for many years. Her love and knowledge of books, personal life experiences, and extensive travel have enhanced our discussions. Members wrote personal notes of farewell and sent a donation to the public library in Christine’s name. The card was delivered by Laura S. and Sylvia K. on our behalf – safely out of doors, of course.

Other books selected for this year are: The Tattooist of Auschwitz by Heather Morris, The Little Yellow House: Finding Community in a Changing Neighbourhood by Carissa Halton, The Shadow King by Maaza Mengiste, Middlemarch by George Eliot, Becoming by Michelle Obama, Lady Clementine by Marie Benedict, and maybe a poetry read by J.R. Carpenter, who will be the U of A’s virtual Writer in Residence this year. We had to cancel our discussion with last year’s writer, Darrin Hagen, and may be able to discuss his book, The Edmonton Queen.

If anyone would like to join the Evening Book Club this year and/or wishes further information, please contact Karen Bain at 780-436-6339 kebain@telus.net.

Couples Who Cook

Convener: Peggi Ferguson-Pell  
Meets: Normally between six and eight Saturday evenings during the year in members’ homes, but this year we might go a little virtual – stay tuned!

We are a relaxed and friendly group whose spouses, partners, and/or friends like to join in the cooking. We have a different dinner theme/celebration at each of the evenings that we meet. This year you can’t stop and say hello at our table at the Wine and Cheese, but you can definitely call or email me! And do you have an idea/theme for a delicious dinner? We want to hear it!

August 2020  http://uab.ca/fwc
This past year, we planned six/seven different evenings, but because of COVID-19 we were only able to hold a Potluck Hors d’oeuvres Night (celebrating NAFTA of all things); Spanish Tapas Night; A Divine Da Vinci Dinner (celebrating Leonardo’s 500th birthday); and Pasto Alla Buona (an Italian potluck dinner). We were totally looking forward to holding a Pi(e) Day Dinner to have been held on March 14 (yes, Pi Day). A dream menu was created consisting of nothing but pies: savory, sweet, and everything in between. We still look forward to holding this pie-fest as well as a wonderful Celebrating the C(her)feast to celebrate our country’s amazing female chefs.

At this point, we don’t know what the future holds – but CWC is going to be creative and flexible (virtual dinners or online cooking classes anyone?) – and we welcome your input on ways we can go forward with delicious dinners. As this is our 13th year, let’s make it a lucky 13 with fun and imaginative ways to keep enjoying each other’s company and cooking!

Everyone is welcome in our group. If you can make it to lots of dinners – great. If you can only make it to one – also great. There’s always a welcome place at the table for you – so don’t be shy. I was just about to write: please stop by and say hello at our table at the Wine and Cheese – but of course we can’t do that this year, so please send me an email or give me a call. We would love to hear from you and hear your great ideas for another tempting CWC dinner!

Good food and good talk at our impromptu Italian bistro

One of the Renaissance centerpieces from A Divine Da Vinci Dinner

It was a centuries old recipe, but Leonardo’s salad was every bit as good as it looked!
Creative Writing
Convener: Christine Forth

For our Pandemic Project, the seven enthusiastic members of the Creative Writing Group embarked on a Group Progressive Story. The project started with one member writing 500 words, using a random first sentence as a trigger. She passed it to the next person, who added another 500 words, passed it to a third person, and so on. No one knew what anyone else had written until it was their turn. As the story progressed, it became more complex, more crazy, and more challenging, as each person added new characters and plot elements.

The project was so much fun and kept us eagerly engaged throughout the spring and early summer months. The story went through 28 rounds, meaning that each member had four turns.

The story that emerged from that first 500 words involves two naïve Canadian tourists, Dave and Pippa, who take a wrong turn and find themselves in the middle of a central European war zone, where several competing factions vie for power, with interference from both Russia and the USA. Dave and Pippa nearly get killed by Moldovan mercenaries, gassed by Russian insurgents, kidnapped by Moldovan rebels, rescued by double and triple American agents, and are finally sent home from the holiday of a lifetime. In the process, they rescue a newborn baby, hide in a cave, lose their passports, run out of gas, and, with the help of a distinguished university professor, help to avert World War III!

If anyone would like to read the story, please let Christine Forth know, but please don’t judge the story on its literary merit! But it was a wonderful group project, and we loved it so much that we each wrote an epilogue because we all had our own ideas about how the future would work out for Dave and Pippa, of whom we had all grown quite fond!

Drawing Together
Convener: Margot Wanke

Because of the COVID-19 pandemic, our regular meetings were discontinued for the months of March, April, May, and June. During those four months, the ladies were encouraged to continue to draw and to submit their drawings by email. After a border was applied to each submitted drawing, the drawing was sent out to the 13 August 2020 http://uab.ca/fwc
whole group. There were over fifty drawings altogether. These drawings kept the group somewhat connected.

With the warming of the weather, interest faded as the ladies were occupied with their gardens and other activities. In July the group gathered in Marilyn’s backyard, where COVID-19 protocols were implemented. It was a very enjoyable afternoon.

French Conversation
Convener: Sarah Nyland*

The French Conversation Group has not been active since early March. Sitting inside at two metres distance from each other would not be very practical in any case as we need to be able to hear each other well. The group is considering holding meetings by Zoom, but is not sure yet. It is not yet clear if the group will be meeting this year.

*Please see Sarah’s submission about her COVID experiences at the end of the newsletter.
Garden Group

Conveners: Pat Petersen and Marcia Bercov

This year had a slow start for the Garden Group as many of the events that we normally go to have, of course, been cancelled, starting in April with the Orchid Show and visits to gardening centres in May for our garden shopping. We finally got started in June with Stage 1 re-opening and went to St. Albert Botanic Garden where we could all maintain physical distance but still have a good visit and enjoy the perennial gardens. The peony garden was in full bloom. In early July we visited the University of Alberta Botanic Garden near Devon. This was a little more challenging as it was necessary to book and pay on-line and specify the time of the visit. Here the Aga Khan Garden was in full bloom. For several members it was their first visit to this spectacular garden. At the end of July we visited the Green & Gold Community Garden and the Prairie Urban Farm at the University Farm, followed by a visit to Sylvia K.’s garden and to her neighbour’s garden. Following this we came to Pat’s garden where we had some refreshments.

So far we have been able to carry on with some of our activities, but many of the social parts of the outings, including going for lunch or coffee, have been limited. The other unfortunate consequence of the pandemic is that we have been unable to carpool, which has prevented some members from attending activities.

Our next outing has not yet been planned but perhaps will be another visit to St. Albert for the dahlia garden and a walk in September at Bunchberry Meadows for the beautiful fall colours of the birch leaves and the abundant and beautiful mushrooms. We welcome any new members who would like to join us.
Golf
Conveners: Bonnie Austen, Gillian Rostoker

Due to COVID-19, the golf season got off to a slow start. It took a while for the club to put protocols in place to keep players and staff safe. We are now into the season and all is going well. We play Wednesdays at 11:27, weather pending. Generally we have three times (up to 12 players). The golf season will continue until the late fall if mother nature is kind to us.

We feel fortunate that we can participate in golf as it is outside and we can social distance. Golf is good exercise, and we get to socialize with FWC members.

Gourmet Dining
Conveners: Bonnie Austen and Rita Kopecky

Our last dinner was on March 14th just as the world was closing down. The dinner was called “Edmonton Cooks” based on recipes from well-known Edmonton restaurants.

Little did we know at the time that our group would not be meeting for a while. We still had two more dinners planned for the season. It is not our intention to continue this fall due to COVID-19. We will wait until our members feel safe to gather in larger groups. In the meantime, we will continue to enjoy gourmet meals on our own and sample lots of wine.
**Knitting**

*Conveners:* Linda Capjack and Linda Sorensen

*Meets:* First Monday of each month from October to May, 1:30 – 3:30 pm

The Knitting group has not formally met since the COVID-19 lockdown. We have, though, been communicating via email and through pictures. Members have been sharing pictures of projects and anecdotal information about their knitting projects and coping strategies while isolating. Although we do not plan to meet in person in the fall, we still encourage members to share via email, around our usual meeting time each month, photos of their knitting progress, interesting articles, and knitting issues. We have reserved a meeting area, with social distancing, at the University Club for our December meeting and hope this is possible.

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**Lunching Out**

*Convener:* Laura Steadward

Lunching Out, at the moment, is meeting at the University Club for their dining. With our large number of members it is difficult to justify meeting in many different public places during this pandemic. However, the University Club has made a great effort to accommodate us and keep us safe, from making space for social distancing to providing paper menus. All we can say for now is that the future format of this interest group will evolve as we meet with and get ideas from our present members.
**Mall Walkers**

*Convener:* Kay Quon, Gillian Rostoker, Laura Steadward

There are no plans for the Mall Walkers to meet for the fall or future until it would be considered safe to gather as a group at the indoor mall again. We will notify our roster of about 15 from last fall of any meeting plans. Any new member interested in joining us is most welcome to contact a convener.

Kay provides a snapshot that may ring true for many members of the Club. She reports that her own life since March has been a peaceful routine: eat, read, walk around home and area, nap three times a day. She loves receiving emails from and having the occasional Zoom meetings with relatives and everyone, and is fortunate to have help with most of the grocery shopping. The usual fall registration at the University Club will certainly be missed.

**Play Reading**

*Convener:* Orla Ryan

March 12, 2020 was cold and snowy. It was also a memorable day for the members of the Play Reading Group who gathered at Marcia Bercov’s house to read Peter Shaffer’s *Amadeus*. Marcia had made a Linzertorte, a delicious Austrian cake, and had Mozart’s music on the CD player. The virus was already spreading in Europe and had reared its head in Canada. But we didn’t worry much. Numbers were low in Edmonton, and people were following public health guidelines. Marcia arranged the chairs so we were all six feet apart in her living room, and we chatted over coffee and cake. Several of us had overseas trips already booked or planned. Should we cancel? We were uncertain – perhaps the virus would die down in time for our trips, or perhaps if we were just careful, it would be all right.

We got down to reading the play. Not everyone had seen the spectacular movie of the play, so before we ended the meeting, Marcia brought up some YouTube clips of the movie. And then we blew the social distancing, as we all crowded round Marcia’s laptop to watch. Oops!

That was Thursday. The next day, Friday the 13th, the world changed. The virus was moving at light speed. By Monday, the economy had virtually shut down, flights were cancelled, international borders closed, the stock market plunged, and we were all in lockdown.

Well, the memory of that last playreading event is sweet, but Playreaders will rise again. This group has been active for many years, and a pandemic will not close it down. We will be on ice until at least January, and then ‘play’ things by ear (no pun intended). But we will be back!

*submitted by Christine Forth*
Reading Circle (General) - Group 1

Convener: Lorene Everett Turner

Each fall our reading circle meets with suggestions of newly published books that we feel would be interesting to read during the year. The most-voted-for books are then purchased by the convener/co-ordinator and circulated monthly according to an agreed-upon schedule. Each member has an opportunity to read each book, and at the end of the month it is their responsibility to pass it on to the next person. While we do not meet to discuss each book, members appreciate being introduced to authors and genres that normally they would not individually choose to read.

This year with libraries and bookstores closed for extended periods of time, we have happily enjoyed getting a new book to read each month. I see reading circles as uniquely suited to carry on during COVID-19 with only a slight variation in procedures.

I have surveyed the 2019-2020 members in my reading circle, and most have responded in favour of continuing for the coming year with the following slight modification. Members will be asked to consider two or three books they would like to see included for the year and write a brief review (one to two paragraphs max) and forward this to the co-ordinator at loreneturner1@gmail.com by September 9, 2020.

All suggestions will be compiled and forwarded to members to consider and vote on by September 18. Results will determine which books will be included for the 2020-2021 year. They will be purchased, usually at a local bookstore, and the circulation schedule set up. The total cost of books will be divided by the number of members and paid when the initial book is picked up. For the remainder of the year books will circulate on a monthly basis.

Books from the 2019-2020 year will be returned to the co-ordinator, and members may request the one they would like to claim as their own. Any books not claimed will be passed on to a community book library so others may enjoy them.

Reading Circle (General) - Group 2

Convener: Orla Ryan

Usually we meet once a year in September to decide on a list of books the group would like to read during the year. The convener then takes the list and purchases a number of books to equal however many members are in the group, usually trying to get the group’s top choices on the list. Each member gets a book to start, and the books are then passed around on a monthly basis. The cost of the books is shared by the members, and each person gets a book to keep at the end of the year. So, for the price of one book you get to read 9, 10, or 11, depending on the
number of members. This year instead of an actual in-person meeting in September, the convener might get the list of books through emails with group members.

This is a great pandemic activity as the books can be dropped off each month at the door, keeping one’s physical distance, or into the recipient’s mailbox.

Report from 2019 – 2020

We enjoyed reading some very interesting books this last year, and the Reading Circle continued all through the lockdown and afterwards as restrictions were eased. It was one interest group that wasn’t affected by the pandemic at all as members continued to drop off books or pick up if necessary from the person passing on to them. In fact, it was a real bonus to have a book arriving each month as restrictions were put in place and bookshops and libraries closed down. Some of the books we read were:

- From the Ashes – Jesse Thistle
- The Dutch House – Ann Patchett
- The Huntress – Kate Quinn
- The Secrets We Kept – Lara Prescott
- Truth be Told – Beverley McLachlin
- A Single Thread – Tracy Chevalier

Reading Circle (Mystery)
Convener: Jean Frost

The Mystery Reading Circle is an ideal group for these strange times. What better activity than to curl up at home with a good book? But the world outside still spawns murder, evil, and intrigue. From the safety of our comfy chairs we can see into the minds of the twisted and desperate antagonists, sympathize with the victims, and marvel at the methods and intelligence of sleuths and detectives.

We will meet once either outside or virtually in September to choose the books for the year. Each month we pass our book along to the next in the circle. There is no guilt if you don’t read the book—for who will ever know… The cost of the books will be $20 to $25 each.

Tennis
Convener: Tricia Unsworth
Meets: * May to end September: outdoors at southside community courts, various days and times
* October to end April: Mondays, 12:00 – 1:00 p.m., indoors at Saville Centre (Subject to change due to possible COVID restrictions and having sufficient players in the group)

Would you enjoy a fun, non-competitive, intermediate-level game of tennis on a regular basis? Then join our friendly, sociable, year-round group! In the summer months, May to September, we play outside at community courts on various days and times. October to April we hope to

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continue, as we have done for many years, playing indoors at the South Campus Saville Centre every Monday from 12 to 1 p.m. No need to be a member there; just pay a court fee of $10 per person when you play.

The sudden shutdown in March took everyone by surprise and made us realize how important social contact and activity is to our general well-being. For those of us in the Tennis group we missed not only the exercise but also the simple act of seeing friends face to face, talking and laughing together.

Thankfully, our group was able to resume tennis once outdoor courts opened in mid-May, and it was a boost to our spirits to be outside enjoying a game with friends. Precautions we took, and continue to take, are to each have our own set of marked tennis balls that nobody else touches and to keep six feet apart as much as possible. Lunches and other social get-togethers are on hold, but we may try a physically distanced lunch outdoors in August.

In addition to the COVID restrictions, our group is also suffering from dwindling numbers due to job changes, moves, injuries, et cetera. Because our indoor court bookings at the Saville Centre for October to April need to be booked and paid for in advance, we are considering having to switch to just a summertime group, much like the Golf group. This would be a great shame after more than 30 years of playing year-round!

If you are interested in joining us at an intermediate level, do please contact me (details in the FWC members’ directory).

**Walking Group**

*Conveners:* Margot Wanke and Sylvia Kernahan

*Meets:* Thursdays at 10:00 a.m. at various outdoor locations

Because of COVID-19, our regular walks of the 2019-2020 season were abruptly interrupted; our last walk occurred on March 12. Although a few determined ladies continued to meet and walk on their own, we did not officially resume our weekly walks until approximately three months later, on June 25. Usually we were four to six ladies. It was great to be out in the fresh air and once again walk along the many beautiful trails of Edmonton. We do not go for coffee at the end of the walks. Instead, before getting into our cars and driving off, we just gather by our cars, properly distanced, to exchange a few ideas while simultaneously strengthening our friendship bonds.

We are always happy to have new members. Our regular Thursday morning walks begin at 10:00 a.m. Schedules are provided after registering for the walks.
Walkers with Waggers

Convener: Marilyn Gaa
Meets: Every Monday morning at 10:00 at Terwillegar Park

Walkers with Waggers meets at Terwillegar (off leash) Park every Monday, year round, at 10:00. We are a small group; numbers have varied over the 23 years. We have never encountered unruly dogs or aggressive wildlife. Newcomers are always welcome. Members enjoy the changing landscape of meadows and wooded trails, bounded by the North Saskatchewan River. Our walk, on one of the circular trails, takes about one hour. We engage in interesting conversations while we enjoy, vicariously, the unbounded joy of dogs at play.
COVID Reflections

Consider sharing some of your thoughts on COVID in a future newsletter.

Thanks to Sarah Nyland for sending her poem that beautifully captures what many of us are feeling.

So many adjustments
A shock at first
Scary news - world slowing down
Thankfully walking outside in all weathers
With nordic poles or not, alone or with others
Phoning, emailing, doing Facetime
Cherishing family, friends, neighbours
As seasons change
No indoor visits or meetings or car sharing
But through Zoom delighting to join church services, programs,
Seniors' exercise classes, presentations
Precious piano
Choirs are out so I sing for my cat
He being a music critic
Leaves the room when showing disapproval
Having an excellent exercise program
T. races around the house when in the mood
Unfazed by Pandemic world news
Wearing his accoutrements of cat harness and long line
T. and his modest staff of one patrol the garden
He hunting, me attempting crosswords
Luckilly I can pick berries, trim perennials, argue with weeds
Enjoy flowers, birds, bees and trees
Drawing hope, inspiration and relaxation
From visiting the gardens of others
May we all be well!