A message from the President …
After an incredibly soft and extended Autumn season, it’s beginning to look a lot like the Holidays! Don’t we love the change of seasons and the brightness the snow brings?

Below is an update on some of the activities of the Board over the past few months.

- We have welcomed new Programming Director Karen Bain. She brings some great new ideas for speakers and activities for everyone to enjoy. You will find some information further into this newsletter.
- We have been chipping away, transitioning our name from Faculty Women’s Club (FWC) to the University of Alberta Women’s Club (UAHC). Some of these changes are quick and simple, some will take more time, but we’re working on it.
- We are working on streamlining our membership registration process. As we moved to e-transfers, we realized that we didn’t have the same flow-through of information (ie cancelled cheques and paper forms). Some (many!) of us were unsure if we’d paid our fees. We are working on making that cleaner and clearer.
- We are investigating our options for a gathering space. While inflation is hitting everywhere, we are looking for affordable and comfortable spaces to serve our membership needs.
- We are looking ahead to how we might celebrate our 90th Anniversary next year. All ideas are welcome!

By now you should have received 2022-2023 Member Directory, courtesy of Tricia Unsworth, Directory Editor, and Patricia Petersen, Membership wizard. Please remember to not throw away your old directories but to shred them, as they contain private information.

Interest group meetings are now fully under way. I hope you’ve enjoyed some good walks, reads, gardens, eating, drawing, dancing, and soon…skiing. Thank you for participating and supporting our wonderful club!

As the pandemic shuffles on, please keep safe and take care of one another.
Have a wonderful holiday season,

Karen Doucet,  
UAWC President 2022-2023
**Your Executive**

President: [Karen Doucet](mailto:pdoucet@uab.ca)
Vice-President: [Marilyn Wiens](mailto:marilynwiens@uab.ca)
Past President & Historian: [Donna Gorday](mailto:donnagorday@uab.ca)
Secretary: [Lorraine Hinch](mailto:lhinch@uab.ca)
Treasurer: [Lorraine Deydey](mailto:ldeydey@uab.ca)
Membership: [Pat Petersen](mailto:ppetersen@uab.ca)
Program Director (Chair): [Karen Bain](mailto:karen.bain@uab.ca)
Program Committee Members: Vacant
Newsletter Editor: [Marilyn Steier](mailto:msteier@uab.ca)
Publicity: Vacant
Members Directory Editor: [Tricia Unsworth](mailto:tricia.sworth@uab.ca)
Website Editor: [Christine Brown](mailto:cbrown@uab.ca)

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**Cold Weather Activities**

Melt away the winter blues with these fun activities. If you are looking for refreshing ways to keep your mind and body active during the cold weather months, here are a few winter-friendly suggestions that may help.

1. Try a new recipe or bake a favorite dessert
2. Cozy up with a good book
3. Create a home-made gift for a loved one
4. Catch up with family or friends on the phone
5. Get active with an indoor workout
6. Pick up a new hobby
7. Volunteer
8. Spend time the young people in your life

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**UPCOMING EVENTS**

Spring Luncheon -- Wednesday, March 29, 2023
Annual General Meeting -- Wednesday, May 3, 2023
Membership Wine & Cheese -- Tuesday, September 19, 2023

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**EVENT Highlights**

Membership Wine & Cheese - Tuesday, September 20, 2022
Convener’s Luncheon—Thursday, October 6, 2022
**EVENT Highlights**

**2022 Wine & Cheese Membership Event & Social**

After a two-year pandemic hiatus, on September Tuesday September 20 we once again gathered at the University Club for our annual Wine & Cheese Membership Social. What a lovely ‘Welcome Back’!

It was a picture perfect Autumn day. There was quite an air of excitement, as we gathered, seeing long-time friends and meeting some new folks. Thank you to everyone who came out. It was so nice to see you.

Vice-President Marilyn Wiens organized the Special Interest Group tables with all the proper sign-up sheets. Conveners arrived with their photos & drawings & knitting & books, demonstrating their groups’ interests and accomplishments. While some interest groups have faded away, there is always room for new groups to form. This year we have added a Zumba class (via Zoom), led by new member Sheela Hota-Mitchell. Thank you to all the Conveners for your time & efforts in continuing to manage your groups.

In the absence of Membership Director Pat Petersen, Past-President Donna Gorday and Treasurer Lorraine Deydey somehow managed the name tags. (How we still miss Marie Dafoe!!)

Thanks, as ever, to Marcia Bercov, for taking photos. It is so nice to have some visual reminders of the smiles and good fellowship.
EVENT Highlights

2022 Conveners Luncheon

Our Club runs smoothly largely due to the assiduous work of our Special Interest Group Conveners. Once each year we invite those Conveners, along with the Board members, to a luncheon. It is a small way to say ‘thank you’, and also an opportunity to exchange thoughts & ideas. On Thursday October 6 we shared a soup and sandwiches buffet lunch at the University Club.

As the ‘Convener of the Conveners’ Vice-President Marilyn Wiens was our host for the event. Marilyn had thoughtfully prepared a list of questions to get the conversations flowing. Some very good suggestions came forward, including some suggestions on how to celebrate our upcoming 90th Anniversary (next year!).

Once again, Marcia Bercov was present, with her camera, and documented the event in photos. Thank you so much Marcia!

Thank you to All Conveners for their Interest Group Leadership
INTEREST GROUPS: Marilyn Wiens UAWC  Vice-President

As we approach the end of the first semi-post-pandemic year I am thrilled to be able to share the news that so many of our interest groups are meeting in person again. There are one or two groups that remain uncertain of time and/or place of meeting and our newest interest group with Sheela Hota-Mitchell as convener and Zumba teacher is on-line. A list of groups and conveners is included in our new directory for this year and includes:

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<th>INTEREST GROUP</th>
<th>CONVENERS</th>
<th>MEETING PLACE</th>
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<td>Jeanette Fedorak &amp; Christine Forth</td>
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<td>Book Discussion Evening</td>
<td>Karen Bain</td>
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<td>Cookbook Club</td>
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<td>Couples Who Cook</td>
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<td>Creative Writing</td>
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<tr>
<td>Cross Country Ski</td>
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<td>Various Locations</td>
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<td>Drawing Together</td>
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<td>Fun &amp; Board Games</td>
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<td>Pat Petersen &amp; Marcia Bercov</td>
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<td>Golf</td>
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<td>Margot Wanke &amp; Linda Weiner</td>
<td>Various Locations Outside</td>
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<tr>
<td>Zumba Gold</td>
<td>Sheila Hota-Mitchell</td>
<td>Zoom</td>
</tr>
</tbody>
</table>

We are looking forward to a great year with lots of fun. The Convener’s contact information can be found in the directory for 2022-23 or on our UWC Website under Interest Groups.
INTEREST GROUPS:

Golf
Conveners: Bonnie Austen Donna Gorday

It may be winter but some of us in the Golf Group will remember this wonderful day of golf at River Ridge. This past summer, the Golf Group played at a variety of courses in and around Edmonton. The last round was played on Wednesday October 19th, which is considered late in the season. For most of us, our clubs have now been put away until spring. There are 'virtual golf' venues open for those who want to practice in the 'off season'. If you would like to join the golf ladies in 2023 and have not signed up as yet, get in touch with us. Some experience is appreciated.
Garden Group- December 2022
Conveners: Pat Petersen & Marcia Bercov

The Garden Group has had a busy garden season. Starting in April we made our first outing to the Muttart Conservatory for the Spring Bulb show. The Muttart always makes a spectacular colourful show in the seasonal pavilion with thousands of bulbs of all sorts. In May we visited the University of Alberta Botanic Garden. Unfortunately we were a little early for the flowers but there were some flowering trees so we had a nice walk in the Japanese Garden and Agha Khan Garden. Over the summer we visited the St. Albert Botanic Garden, The Lily show at the U of A Botanic Garden, the Enjoy Centre for some shopping and a nice lunch. In September we decided to have a tea in honour of the Queen as well as discuss our Hits and Misses in our gardens. The tea was enjoyed by 14 members of our group. We all enjoy the gardens but even more than that we enjoy having lunch together and time for socializing which we try to include in all of our outings.

8 Health Benefits of Gardening

• It's a calorie blaster. ...
• It's a stress reducer. ...
• It improves your mood. ...
• It improves fine motor skills and hand strength. ...
• It supports the immune system. ...
• It reduces blood pressure. ...
• It provides fresh and healthy food. ...
INTEREST GROUPS:

Cross Country Skiing
Convener: Karen Doucet

Winter has arrived! Time to pull your skis to the front of the closet…

Welcome to new members; welcome back to returning skiers.

We are a relaxed group, mostly staying in town, on the very accessible trails at Victoria and Riverside golf courses, Hawrelak Park and Gold Bar Park. There is the possibility to drive to Devon or the Strathcona Wilderness Centre if folks are interested.

This year we will ski in the afternoons, and plan on going for about an hour. I’m looking at Wednesdays and Fridays with weekends times to be added if there is interest. It’s all weather dependant, so if Mondays look like the best day, then maybe that will become the plan!

Last year, for lack of snow, we didn’t start until after the New Year. Then the winter continued to not be very skier-friendly: often either too cold or too windy. Because many of us have waxless skis that don’t perform well in deep cold we don’t go out when it’s below -20C. This year we have the snow already. I’m just waiting until the City has groomed the trails. Hopefully we will begin very soon.

An email is sent out at the beginning of the week, confirming the park and trails, day and time where we plan to meet.

Cross Country Skiing originated as a means of travel but today is known more for its recreational benefits.

So you think you know Cross Country Skiing. Click here and test your knowledge.
INTEREST GROUPS:

Couples Who Cook:
Convener: Peggi Ferguson-Pell

We have begun our Couples Who Cook year with something we haven't done since 2019 - an in-person evening to share food! I'm not going to pretend it wasn't a little weird to gather in October for a Potluck World Cup Teams Hors d'oeuvres Night but it was so nice to see folks in person again. It was wonderful to share food inside someone's home - but one of the best things was just being able to talk in real time with friends around a table.

For this event, everyone had to choose an appetizer that represented one of the countries participating in this year's World Cup. The countries that ended up being represented (some of them more than once) were Canada (yea!), Costa Rica, Denmark, France, Senegal, Spain and Uruguay (first ever winner of the World Cup). Among a wonderful array of dishes, we enjoyed smoked salmon pate (https://www.thriftyfoods.com/recipes/recipes/smoked-salmon-pate), a baked goat cheese and fig spread (https://heartbeetkitchen.com/baked-goat-cheese-fig-jam/), and chorizo and fig crostini (https://bigflavorstinykitchen.com/honeyed-chorizo-fig-crostini/). Especially warming for this time of year, we also enjoyed a traditional Senegalese soup that included apples, carrots and curry with a dollop of mango chutney (Traditional Senegalese Soup Recipe - Food.com) - easy to make and will warm you to your toes.

To finish off the evening, Peggi and Martin decided that Uruguay should receive special recognition as the first holder of the World Cup and therefore chose to make a traditional Uruguayan celebration cake - a Chajá (Chajá - Traditional Uruguyan Cake Recipe | 196 flavors). Creating this beautiful cake is not for the faint-hearted - either in its construction or the calories involved as the ingredients include 5 eggs (plus 3 egg whites), a total of 3 3/4 cups of sugar plus 1 lb of dulce de leche (yes, you read that correctly), 2 lbs of canned peaches, and 2 1/2 cups of heavy whipping cream. It actually was fun to put this cake together, but I would absolutely follow the recipe's advice and make the beautiful genoise cake and the meringue the night before. Have fun (and we want to see your pix).

As of writing we are thinking about an end of November evening and are looking forward to more dinners in the new year. If you would like to join the fun - and please remember - your couple can be comprised of you and your spouse, partner, friend, relative, etc. - please contact me, we would love to have you join us.

Have some fun and check out your Food Trivia knowledge
INTEREST GROUPS:

Knitting Group:
Convener: Linda Capjack

The Knitting Group had a lively in-person meeting in October. This was our first meeting held in individual’s homes in over 2 years. Members were delighted to be able to get together at last. With the onslaught of winter November 1, our November group meeting moved to online once again. Members shared their knitting projects and their latest activities. The knitting group meets the first Monday of each month at 1:30 from October to May. We are a lively, close knit group with 14 members. A sample of current knitting projects is shown below.

Did you know, The rhythm of knitting helps with serotonin release. This is the chemical transmitter that helps regulate anxiety, happiness, and mood. There is a strong connection between knitting and the feelings of calm and happiness in the brain. No wonder the women in the Knitting Group are always in such good spirits.

6 Unexpected Benefits of Knitting
1. Knitting reduces Stress
2. Knitting Can Help Kids Read
3. Knitting Can Keep Alzheimer’s at Bay
4. Knitting Teaches Important Life Skills
5. Knitting Helps Overcome Addiction
6. Knitting Encourages Community

You don’t need to be an expert to join this group. They are fun and willing to help you learn.
INTEREST GROUPS:

Walking Group
Conveners: Margot Wanke and Linda Weiner

We have enjoyed walking in the beautiful weather that we have had this fall. However, the cold weather is here and we will have to get used to bundling up and wearing yaktrax. Our walks generally last about an hour or an hour and a half.

Some walking Trivia:

The average human walking speed is 3.1 miles per hour. A typical pair of tennis shoes last for 500 miles of walking. Less than 50% of Americans exercise enough to see significant health benefits. Walking 6,000 steps a day will help improve your health and walking 10,000 will help you lose weight.

51 Fun Walking Facts you will find interesting.
INTEREST GROUPS:

**Drawing Group**  
**Convener:** Margot Wanke

For the last two years we have had in-person meetings only in the summer. However, now that Covid restrictions have been lifted, our October meeting has taken place at the home of one of our members.

We meet on the 4th Tuesday of every month. Usually we have not had a meeting in December.

However, this year we are planning to have a December meeting. We are always happy to have new members.

“I sometimes think there is nothing so delightful as drawing.”  
**Vincent van Gogh**

Although famous for his bold, colourful paintings, Vincent van Gogh left behind an impressive collection of more than one thousand sketches and drawings. These often provide important clues to his personality, the influences that inspired his distinctive style and how he developed his artistic skills.
INTEREST GROUPS:

NEW!! Zumba Gold  Convener: Sheela Hota-Mitchell (licenced Zumba Instructor)

Zumba is a fun and easy-to-follow form of dance fitness, choreographed to catchy global rhythms. The Zumba Gold format is tailored towards active older adults, beginners, or anyone else who wants to move to the music at a lower intensity and focus on improving coordination, cardiovascular activity, range-of-motion, and balance.

Classes are currently held over Zoom, so you can work out in the comfort and privacy of your home. Our Goldies meet every Monday at 9 am (MST) for Zumba Gold, and those who wish to dance their way into the weekend have the option to join my regular Zumba class on Fridays at 9 am (I show Gold-friendly modifications).

Join us and see why millions world-wide have made Zumba fitness an integral part of their physical and mental health! If you want to see more as to what Zumba is about take a look at Sheela’s video.

Convener: Sheela Hota-Mitchell (licenced Zumba Instructor)
Contact info: sheela@writeonscience.com

The Benefits of Zumba

- Improves cardiovascular health. ...
- Strengthens your muscles and can tone your entire body. ...
- Improves posture, balance, and flexibility. ...
- Helps you lose weight. ...
- Great for your mental wellbeing. ...
- Opportunity to make new friends. ...

http://uab.ca/fwcd
INTEREST GROUPS:

Afternoon Book Group

Conveners: Christine Forth and Jeanette Fedorak

Meet: Third Thursday of each month at 1:30.

After yet another winter of ‘zooming’, we were delighted to get back to face-to-face meetings in 2022. Through most of the lovely summer and fall, we enjoyed outdoor meetings on members’ patios, which gave us the opportunity to not only enjoy socializing face to face but also to admire members’ gardening efforts!

In October we felt comfortable enough to resume indoor meetings, and we hope that will continue, but we will maintain the option of Zoom if necessary as the winter months progress. We are tremendously grateful for a program like Zoom, and for the assistance of our techie members in ensuring efficient and trouble-free access. While nothing beats face to face contact, the last two years have made us all Zoom aficionados. And there is of course the advantage of being able to meet through the winter without having to negotiate icy roads!

Our ‘reading season’ began in July with The Rose Code by Kate Quinn. In August, we discussed A Town like Solace by Mary Lawson, in September The Baroness by Hannah Rothschild, and in October The Stranger in the Lifeboat by Mitch Albon. For November, we will discuss The Black House by Peter May.

We take a break in December, and resume monthly meetings in January.

One of the most enjoyable aspects of the group is the sheer variety of responses to the books we read, which lead to stimulating and profound discussions as well as a lot of laughter and fun.

Evening Book Club

Convener: Karen Bain

Evening Book Club is one of the longest active interest groups of the University of Alberta Women’s Club. Due to the history of the club, the lack of in-person meetings, keeping up to date with member’s families and the camaraderie of shared histories has been a loss. Due to the lessening of concerns regarding Covid, we decided upon some home meetings this year.

Winter driving, the ease of zoom and making sure as many members as possible can easily join in, however, took precedence for the next few months. December 15 (The Other Einstein), January 19 (The White Angel), February 16 (Women Talking), and March 16 (Where the Crawdads Sing) will be reviewed and discussed via Zoom. April, May and June are potential in-person meetings in member’s homes. April 20 (Vanity Fair) and May 18 are TBA. In June we typically meet to discuss and vote on books for the following year.

We meet at 7:30 the third Thursday of each month. We are pleased to have guests. If anyone has an interest in a particular book, you would be welcome to join in.

A year long schedule and zoom links are available by contacting Karen Bain kebain@telus.net or 780-436-6339.

9 Benefits of a Book Club

1. Creates reading accountability
2. Helps you engage deeper in a book
3. Encourages critical thinking
4. Keeps your brain sharp
5. Gives you new perspectives
6. Helps you make new friends
7. Can Improve Writing Skills
8. Fosters a continuing Love of Literature
9. Gives you a break from Life
Walkers with Waggers
Convener: Marilyn Gaa

Walkers with Waggers members enjoy good conversation and exercise at the Terwillegar off leash park every Monday morning. We have enjoyed walking in the beautiful weather that we have had this fall. Now that the cold weather is here and we will have to get used to bundling up and wearing yaktrax. Our walks generally last about an hour or an hour and a half. The walks are fun and the exercise is good for us. I hope that more ladies will join our group.

INTEREST GROUPS:

Happy Holidays & All the Best in 2023
MEMBERSHIP AND DIRECTORY REPORT

Our 2022-23 Membership drive is now complete, and membership directories have been printed. Of course we welcome registrations at any time of year for renewals and new members, but the deadline for inclusion in this year's directory has now passed. We have 131 members which includes 119 renewing members and 12 new members. Unfortunately we lost several of our long-time members as they felt they could no longer participate in activities, and several registrations had to be removed due to non-payment of fees.

The registration and payment process has been a huge challenge this year as we tried to streamline everything and get all members to register online, then pay by E-transfer or cheque. We realize that some are not comfortable with completing forms online, but we are always willing to help, if asked.

Following the Wine and Cheese event in September almost 70 members who had not renewed were contacted and reminded to register. Needless to say, this was a lot of work and there are definitely wrinkles to be ironed out to make the registration process smoother and easier for all concerned. The Board will be looking into ways to improve the system, e.g. an e-mail confirmation of registration with a reminder of how to pay fees, plus including a printable membership form with the newsletter. Any feedback you have on the registration process is welcome.

As mentioned, the 2022-23 membership directory has been printed and for those who requested a paper copy these were mailed out beginning November 14th. PDF versions will be emailed out at around the same time. If you don’t receive your copy please contact Tricia.

Pat Petersen, Membership (membership.fwc@gmail.com)
Tricia Unsworth, Directory (directory.fwc@gmail.com)

Register for Upcoming Program Event

On Friday, January 20, 2023, at 10:00, a tour for 15 members has been arranged at the newly established Research and Collections Resource Facility on South Campus. This Facility is the repository for permanently valuable records of the University of Alberta and affiliated institutions. Archival materials were first housed in Rutherford Library in the early 1950’s, a position of University Archivist was approved in 1967 and James McPherson Parker was appointed to the position in 1968. The new facility maintains environmentally controlled storage spaces to preserve materials and provide an opportunity for the university community and researchers to access materials. We will have an opportunity to hear about the responsibilities and activities conducted, as well as walk through the building.

There is a parking lot directly north of the building, easy walking access, and this should be an interesting morning. The first 15 members to respond will be able to attend! Anyone who is driving needs to give me their license number which will be provided to parking officials to allow free parking for our visit. Access the facility by traveling west along 60th Avenue from 112 Street or along 63rd Avenue by traveling east off 122nd Street. The formal address is 6304 115A Street.

Register by contacting Karen Bain 780-436-6339 or program.committee.fwc@gmail.com Karen needs your name, email address, telephone number and Licence Plate number if driving.
The Club has had some very sad news with the unexpected passing of Marj Foth on December 1, 2022. She had been a much admired member since 1986. Marj participated in several interest groups, more recently knitting and Couples Who Cook with her husband Dennis. She was also active in a community choir group. Marj was always positive and friends with all. She will be missed by many of our members. We will share more information as it becomes available.

The Knitting Group members are very saddened to hear of the sudden passing of our valued member and dear friend Marj Foth. Marj was an enthusiastic and generous participant of the group. She was a relatively new knitter when she first joined the group, but in a short time she was crafting sweaters for herself and her grandchildren and making all kinds of doll clothes for her twin granddaughters. Marj hosted many of our monthly meetings and we always enjoyed hearing about and admired Marj’s work in her many volunteer activities. Below is a picture of Marj wearing one of her latest sweater creations.
Christmas Traditions and how Christmas is celebrated in lots of different countries and cultures varies around the world. If you are interested in learning more check out Christmas Around the World. Since Canada is a country of many different cultural backgrounds there are lots of different traditions. One of the traditions is baking. Our President, Karen Doucet has had these 2 desserts as part of their family Christmas “chez-nous” for 20 years.

### Sucre à la crème

2 C brown sugar, packed  
¾ C whipping cream  
6T butter (not margarine)  
¼ t vanilla (or a good dose of maple syrup)  
1 ½ C icing sugar  
½ C chopped nuts (optional)  


### Rhonda’s Sweet Marie Bars

- 1 Tb Butter/margarine  
- ¼ C peanut butter  
- ½ C brown sugar  
- ½ C corn syrup

In a saucepan, heat until boiling, remove, add:  
- 2 C Rice Krispies  
- ¼ C crushed peanuts

Press into a greased 8” x 8” pan. Drizzle over with:  
- ¼ C chocolate chips melted with  
- 1 Tb butter