

August Newsletter



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Newsletter of the University of Alberta Women's Club

A Message from your New President—Marilyn Wiens

Hello Everyone,

I hope that your summer has been a great one filled with loved ones and enjoyment of activities that have brought a glow to your faces and strength to your bodies. The warming climate and weather crises across Canada this year, remind us to be grateful for the lovely summer we have enjoyed in Edmonton.

First, I would like to take this opportunity to welcome new and returning members to the UAWC's ninetieth year. I hope to see all of you at the most exciting event of the year, the Wine and Cheese Registration event on September 19, at 4:30 PM in the Saskatchewan Room of the University Club. This event will allow everyone to make new friends and to catch up with returning members, while enjoying delicious wine and cheese provided by the University Club. It will also be the perfect opportunity to learn about the different interest groups and maybe join a few groups and/or promote your group if you are a convener. A few things have changed in the last few years, but UAWC has continued to stay true to its original mission of offering fun, friendship and support to its member. It is also an ideal club for networking with other university people and learning about the city of Edmonton for members new to Edmonton.

The Board of Directors has been busy since the AGM, first with our Celebration Tea in June to honour our long-term members of 25 years to over 50 years of membership. We changed the venue of the tea this year to a community league hall and this entailed having board members and some past board members bringing homemade treats, participating in the service and cleaning up afterwards. Thanks to all who participated and made this event fun for everyone involved.



PRESIDENT'S MESSAGE cont'd

Also in June we held a sub-committee meeting to discuss publicity strategies for the club. We were fortunate to have support in this effort by the speaker from our AGM in May, Cathie Crooks. Cathie was subsequently appointed to the board as our Publicity Director. We continue the work of developing a new logo and finding ways to attract new members via social media and in person events as they become available.

We are fortunate at the moment to be operating with an almost full board; however we are hoping to find a replacement for our secretary, who has completed her term on the board and graciously offered to remain until a new secretary can be found. Thank you Lorraine. If you are a member who would like to become involved at this level, please contact any of the board members to let us know. We are also hoping to attract members to help with the publicity projects as assistants to the Publicity Director. Assistants might, for example, help with Facebook postings. We are hoping to receive current interest group information to be posted in a timely manner along with pictures of group activities.

So, we are off to an exciting new academic year, and I am very much looking forward to getting to know and working with many of you! If you have any concerns, questions, or would like to share your experience of what this club means to you, please contact me at: president.fwc@gmail.com. Also, please make sure to send us your life updates, major achievements, illnesses, births, weddings, awards, publications, etc. so that we can celebrate with you and be there for one another during tough times and good.



MEET YOUR NEW EXECUTIVE FOR 2023-24

President: [Marilyn Wiens](#)

Vice-President: [Joanne Homik](#)

Past President & Historian: [Karen Doucet](#)

Secretary: Vacant

Treasurer: [Lorraine Deydey](#)

Membership: Vacant

Program Director (Chair): Sheela Hota-Mitchell

Program Committee Members: Vacant

Newsletter Editor: [Marilyn Steier](#)

Publicity: Cathie Crooks

Members Directory Editor: [Tricia Unsworth](#)

Website Editor: [Christine Brown](#)

Thank you!
To Our Executive

UPCOMING EVENTS

Membership Wine & Cheese - Tuesday, September 19, 2023

Convener's Luncheon - Tuesday, October 3, 2023

Spring Luncheon - Wednesday, March 27, 2024

Annual General Meeting - Wednesday, May 8, 2024



Publicity Report

Let's Talk about Publicity!

Cathy Crooks, Publicity Director

It's an exciting time to be the UAWC Publicity Director. I started this month and there is a lot of good news.

Chelsey Chapman, our consultant, submitted a communications strategy on July 16 that covers the next twelve months. Our ambitious goal is to increase membership by 20% by December 31, 2023. That means ensuring that a lot more people know about our extraordinary social club.

One of the best ways to get the word out is by members reaching out to their networks, including Facebook and LinkedIn. We plan to give members the resources to help put out the word, such as posts to share on Facebook or short articles about the club for LinkedIn. These could include information about events, volunteer opportunities, or new interest groups.

We also plan to check with both AASUA and NASA unions to see how best to reach their members. Our President has been in touch with NASA to see if we can have an information table at the well-attended NASA breakfast on August 15. We hope that this will come together.

Earlier, Karen Doucet contacted the university human resources department and updated our entry in the Employee Orientation document. We are on row 161 of a lengthy document – but we are there!

This fall, we will be working with Dr. Sue Colberg and her fourth-year students in visual communication (Art & Design) to create a high-quality visual identity for UAWC. We hope to have a finished logo by the end of October. This will allow us to refresh our publicity materials, such as a business-sized information card and a PDF flyer.

We plan to have a Facebook presence. This will be a lively place for photos and short videos, information, polls, and discussion. It will give the Convenors a way to reach club members about upcoming interest group activities as well as a way to record and celebrate what's taken place. So start thinking about things you want to post!

There is a lot to do and a lot of fun to be had. If you want to be part of it, I would love your help. Please contact me to learn more.



Membership and Directory Report

Tricia Unsworth - Directory Editor

URGENT: MEMBERSHIP CHAIR NEEDED

Reminder to Renew your Membership



Unfortunately our new membership chair, Linda Weiner, has had to step down so we are once again looking for someone to fill this role. Please contact one of the Board if you are willing to help

Thank you to those who renewed their membership at the AGM or have done so using the online form. We do encourage you to use the online form as it avoids long lines at the Wine & Cheese event on September 19 and reduces our workload too. Click [here](#) to register or go to the UAWC website <https://uab.ca/fwc> to access the online form.

Registration fees for 2023-24 will be \$60 with no early bird reduction. This year we've updated the online form to send you an email confirmation of your registration including all the details you entered. This makes it easy to check that you have registered and to double check your details, which will appear in the Directory exactly as entered online. If you have any difficulty with the online registration form contact one of the Board members (phone numbers are in your 2022-23 directory) and we can complete it for you. For those of you receiving a printed copy of this newsletter by mail we've attached a paper copy of the membership form.

Club activities and interest groups are now back in full swing and with the amendments to our bylaws last year our membership criteria now include many more U of A employees and spouses. **If you know of anyone associated with the University who might be interested, please encourage them to join!**

INTEREST GROUPS: Joanne Homik UAWC Vice-President

Walking Group

Conveners: *Margot Wanke, Linda Weiner*

We start our walks at 10:00 am every Thursday on one of the many great trails in Edmonton. Our group is generally made up of 5 to 10 ladies, and our walks last approximately 1½ hours. We walk throughout the year: when it is cold, we dress warmly; when it is icy, we put on yaktrax; when it rains, we carry an umbrella or wear rain gear. We cancel only on rare occasions. Whenever convenient, we like to go for coffee, either at the halfway mark or at the end of a walk. We would like to encourage others to join our group which is not only a lot of fun but also good for our health.

July 6, 2023, Government House Park

Photos & Description of Walk: **Marcia Bercov**

A cool morning to start as we began our walk down the paved path, then took a right turn onto the trail leading to a set of stairs out of the River Valley. Linda had suggested stopping for coffee at Square 2 in the new West Block at 142 Street and Stony Plain Road, a short distance away. What a fine idea. We sat outdoors, drinking and chatting on the patio and enjoying the break. When we walked back, it was all downhill from there! The air had warmed up. Everything looked green and lush, with occasional bursts of colour. In all, a lovely morning.



INTEREST GROUPS:

Cross Country Ski group Convener: Karen Doucet



Cross Country skiing will be back again this winter. Starting in December (if we're lucky), and skiing through the end of March (if we're 'unlucky').

We have great options for skiing right in the City, with Mayfair, Victoria, Riverside and Gold Bar presenting terrific trails. Farther afield we can talk about going out to Devon and the Strathcona Wilderness Centre. I am open to suggestions! I'm planning both a weekday ski and a weekend ski this year.

As always, it's snow and weather dependent. If it's too icy, cold or miserably windy, we don't go. But usually the week will present some good options.

I love setting up a meeting time & place, because then you have an appointment and so you get to it!

Hoping to see some old and new friends when the snow arrives.



Evening Book Club Convener: Karen Bain

Evening Book Club typically meets the third Thursday at 7:30 in member homes. This group has been a long interest group within University of Alberta Women's Club and has a history of enjoying a diversity of reading material including classics, Canadian literature, new authors, an international focus, fiction and non-fiction. Even during the pandemic, we did not miss meetings due to the use of Zoom.

We are occasionally joined by the U of A writer-in-residence, authors of books reviewed, and local guests who have expertise in authors or the content of books read. We are fortunate to have the University community to draw from, and we have occasionally purchased and reviewed books from University of Alberta Press which we will do this year through our selection of *Ten Days that Changed Canada*.

In June we select books by voting on suggested submissions by members. Members volunteer to host and or facilitate the discussion of a particular book.

We would be delighted to have new members join us in the fall. During the September Wine and Cheese Event, Joyce Henderson will be available at the Evening Book Club table with a schedule and samples of books we will read during the 2023-2024 year.



Lunching Out Group Conveners: Joan Hube

The Lunching Out Group has enjoyed a long time in the club (We started in the early 70's) with good reason – everyone has to eat and Edmonton being a multicultural city offers many choices.

We have been meeting every third Wednesday of the month at a variety of restaurants. During the past year, we have lunched at Belgravia Hub, Pearl River Restaurant, Highlands Golf Course, Homefire Grill, Root of Beirut, Tutti Frutti, the Varsity, Uncle Ed's Ukrainian Restaurant, Winston's Fish and Chips and the University Club. We are always open for suggestions.

The photo shows us at the Varsity, a hamburger "joint" and very popular with the younger crowd.

From left to right: Tricia Unsworth, Gaye Jones, Gillian Rostoker, Joan Hube, Lynne Moser, Laura Steadman, Elna Nash, Jeannie Tucker, Hannelore Pinnington, Helen Otto, Katia Tonkin, Francis Zupko and Krystyna Fedosejevs.



Interest Group Reports

Reading Circle

Convener: Orla Ryan

The reading Circle is a relaxed, informal type of book club. We meet once a year in either September or October. Over a cup of tea/coffee and some snacks we briefly review the previous year's books, which ones were enjoyed and which ones were less popular and then go on to decide from the suggestions submitted for the upcoming year, which books the majority would like to put on the short list. The convener then works with the short list and purchases the books to be circulated during the year.



The books are then distributed to the group, the cost being shared between the members. At the end of each month, the books are passed on so that by the following September everyone has had a chance to read all the books. We read a wide variety of genres including fiction, biography, history and the odd mystery. This is a lovely way to have a different book delivered to your door each month and sometimes a chance for a short visit while passing on the book. At the September/October meeting, we draw for the books from the previous year so each member gets a book to keep. This is also wonderful value as for the price of one book you can read 9, 10, or 11 books depending on the number of people in the group.

Currently we have 10 members in our Reading Circle this year and we started circulating the books at the beginning of November bringing us to August as our last month. This year's list includes:

<i>Lessons in Chemistry</i> – Bonnie Garmus	<i>Sea of Tranquility</i> – Emily St. John Mandel
<i>Bluebird</i> – Genevieve Graham	<i>West with Giraffes</i> – Lynda Rutledge
<i>The Diamond Eye</i> – Kate Quinn	<i>A Lady's Guide to Fortune Hunting</i> – Sophie Irwin
<i>The Maid</i> – Nita Prose	<i>August into Winter</i> – Guy Vanderhaeghe
<i>Left on Tenth</i> – Delia Ephron.	<i>The Women of Chateau Lafayette</i> – Stephanie Dray

The Garden Group

Convener: Pat Petersen and Marcia Bercov

The Garden Group continues to meet monthly April through September or October depending on the season. We usually meet on a Friday to prevent interfering with other interest groups. We try to visit various city gardens and garden shows. This year we have attended the Orchid Show, the Spring Flower Show at the Muttart Conservatory, the U of A Botanic Garden and the St. Albert Botanic Garden. This month we will also be going to the Edmonton Horticultural Society Garden Tour, the first time in 3 years. It is always a highlight of the summer. We also try to work in a lunch even if it is a bagged lunch with a few shared goodies. It is always fun to have a chance to visit in these beautiful venues. We always welcome new members and are quite willing to car pool to any of the gardens so don't let transportation stop you from coming.

The Mystery Circle

Convener: Jean Frost

The Circle of intrigue, deception, and revaluation will continue. We will meet in the fall to decide where we should travel and investigate through our reading. The Circle can have 12 members as each month we will pass a book along. Please contact me if you are wanting to join us. There are a couple of spots left.

Jean_frost@yahoo.com
780-862-1943



Interest Group Reports

Afternoon Book Club

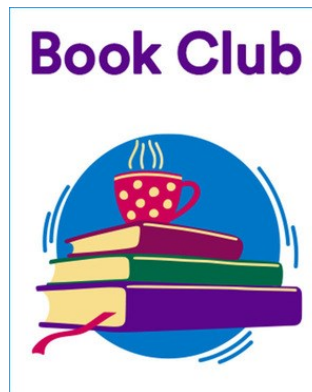
Convener: Jeanette Fedorak, Joanne Homik

The afternoon book club meets on the fourth Thursday afternoon of each month. We meet at members homes and one of the members presents the book that is to be discussed.

In June, we select our books for the following year, based on recommendations from the members. We vote and the books with the most votes are selected.

For the upcoming year the books are:

The Sentence, by Louise Erdrich
The Sleeping Car Porter, by Suzette Mayr
The Maid, by Nita Prose
Lessons in Chemistry, by Bonnie Garmus
Loyalty, by Lisa Scottoline
Intimacies, by Katie Kitamura
Her Hidden Genius, by Marie Benedict
Hang the Moon, by Jeanette Walls
The Guncle, by Steven Rowley



This summer, we will be discussing Miss Benson's Beetle and The Sweetness of Water.

We also invited Norma Gutteridge as an author to speak to our group to discuss her new books.

After two years of meeting by zoom due to Covid, we met again in person. It was delightful to be able to see each other and to have our discussions.

Many thanks to all of the Members who have hosted throughout the year, and to the members who have presented the books.

Also, many thanks to Christine Forth who finished her second year as the co-convener. This year the group welcomes Joanne Homik as her first year for the book group. Jeanette continues for another year as co convener.

Golf

Conveners: Bonnie Austen & Donna Gorday

The golf group is enjoying the summer at Rundle Park in NE Edmonton. The course is relatively short but challenging. We are playing Wednesday mornings with some dozen players including husbands of members as well. If you have some golf experience and would like to join this lively group, come and join us.

Coming off the putting green, left to right:
Bonnie Austen. Gillian Rostoker and Marilyn Steier



Interest Group Reports

Drawing Together Convener: Margot Wanke

Our monthly meetings take place in the home of one of the members. The hostess generally places a few objects on a table. Frequently a plant or flowers may be included. Each member chooses something to draw either from the objects available or something visible within the room. Coffee and sweets are served towards the end. As our group is small, we would be very happy to welcome new members into our group.

Below are four drawings, one each from March, April, May, and June, the last four Drawing Together meetings.

March Drawing: Apples and Orchid

April Drawing: Statue of a Woman

May Drawing: Potted Plants

June Drawing: Flower



READING CIRCLE—GROUP 1 Convener: Lorene Everett Turner

We meet in the fall to suggest, discuss and select the new publications that we would like to read this year. One copy of each book is purchased and then the books rotate monthly to members. While there is no regular discussion of books, it does introduce us to a variety of genres and authors.

Interest Group Reports:



The knitting group wound up the year in May with a field trip to the Fibre Nook for a wonderful talk on what new trends are going on in the knitting world and a fun shopping trip for new yarn. We all then went out for lunch together.

For new members looking to join the knitting group, it does not meet over the summer and resumes again in October. The group meets the first Monday of each month from 1:30 - 3:30 in a member's home. The meeting generally is a show and tell sharing of projects members are working on and any issues they may have had with the project. Members are only too happy to help with solutions to problems and help new knitters with techniques. We are a lively group with lots of discussion on knitting and other current topics. We welcome new members with all levels of expertise. New members may contact either Linda Capjack or Linda Sorenson.

French Conversation Group

Convener: Sarah Nyland

This group has been on hiatus since March 2020. However If there is sufficient interest it could begin again.

History:

Meeting day and time: Wed. @ 1:30 pm

Place: University Club (formerly the Faculty Club U. of A) or in a Member's Home

Materials used: primarily - The magazine L'Actualité (taking turns to read and translate articles)

Aim: To converse about all and sundry 'en français' to help everyone become more relaxed and comfortable while speaking French.

Looking ahead:

Day, time, location, format and frequency of meetings are open for discussion.

In the past, Wed. aftn. at 1:30 pm has generally fit in with other UAWC interest groups' meeting days and times.

Please do not hesitate to get in touch with me if you have questions about this group.

Convenor: Sarah Nyland

tel.: 780-433-2211

email: sarah.nyland@gmail.com



Interest Group Reports

Couples Who Cook Convener: Peggi Ferguson-Pell

Meets: We normally meet between six and eight Saturday evenings during the year in members' homes – or virtually if necessary – whatever makes you comfortable!

I am looking forward to meeting **everyone** – especially NEW members – in person at the Wine & Cheese event in September. If you can't make the Wine & Cheese, please don't hesitate to call or email me. We are waiting to hear **your** great ideas/themes/menus for our next delicious dinner!

Our 15th year is in the books and was definitely a bit of a road trip - beginning with a celebration of the 60th anniversary of the Trans-Canada Highway and then speeding off to include a trip back in time to the Mad Men era, a flavourful journey to Ukraine and then finally returning home for a farewell to Edmonton, hello Boston dinner for two of our group's original members who were moving east. A delicious time was had by all.

As we begin our 16th year, *Couples Who Cook* remains a relaxed, fun and friendly group whose spouses, partners, family members and/or friends also like to join in the cooking. We are always looking for new people to join us with new and fresh ideas.

And as we say every year at the start of a new season, **everyone** is welcome in CWC. And there's no pressure – if you can make it to lots of dinners – great – if you can only make it to one (or sometimes none!) – that's also great – there is always a place for you at the CWC table – so don't be shy.

If you think you might be interested in CWC or have any questions, please email or call me – we would love to hear from you. Please join us for our 16th year of fun, food and flavourful CWC dinners - cheers!



Picture caption: Everything Boston from baked beans to Boston brown bread to Boston Cream Pie (not a pie!) was on the menu for our May CWC diners.



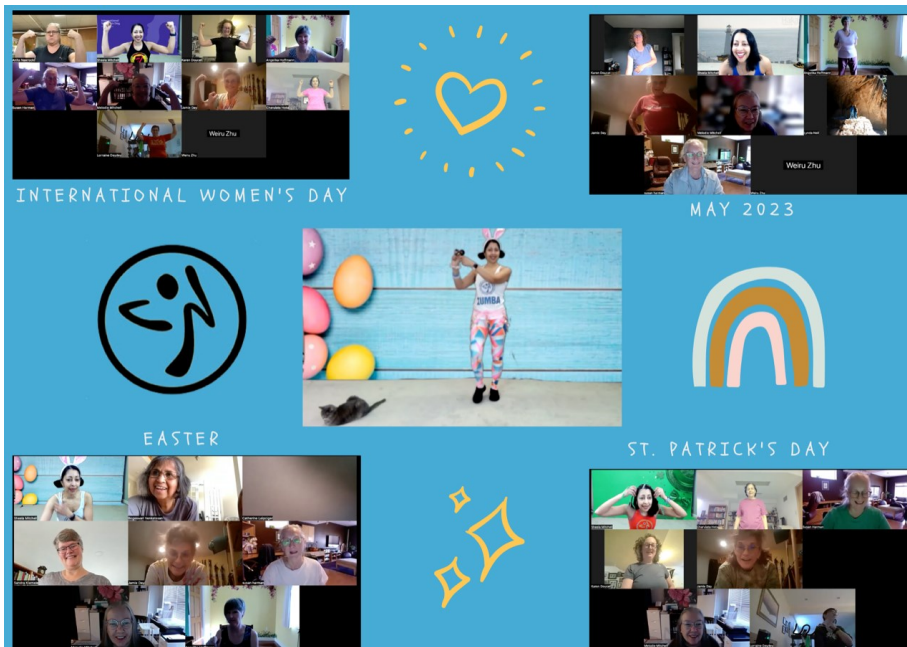
Interest Group Reports

ZUMBA GOLD

Convener: Sheela Hota-Mitchell



Zumba Gold classes use moves coordinated to music to work your muscles, cardiovascular system, balance, and cognition... and you are pretty much guaranteed to leave with a smile! Each class starts with a thorough warm-up and ends with a nice cool-down/stretch, sandwiching a playlist of songs that include rhythms like salsa, merengue, Cumbia, Reggaeton, Afro-beat, Bollywood, tango, flamenco, soca, swing... the list is immense!



Our class “meets” over Zoom every Monday morning at 9 am, and anyone who wishes may also attend my regular Zumba class over Zoom on Friday mornings. We socialize a bit before and after class on the screen, when I can ask everyone how they are doing (and when my fur baby, Mr. Cat, makes his appearance!). In class, you will always find a variety of moves that you can modify to suit your needs and abilities. We even do themed classes (e.g. Easter, St. Patrick’s Day, winter holidays, Halloween) where you are encouraged to dress up a bit and I change my background to match!

I am offering Zumba Gold classes throughout the summer. I am happy to add anyone new anytime during the year, so if you want a chance to move your muscles and boogie away your blues, give my classes a try! You won’t regret it ☺.

Play Reading Group Convener: Vacant

CALL FOR A NEW CONVENER

Now we have opened up after the pandemic, I am asking for someone to consider re-starting the Play Reading Group. This group ran for many years under the expert convenership of Norma Gutteridge and two helpers. Christine Forth took over as the main convener in 2018 together with two helpers until the pandemic forced us to shut down. The group was very popular and enormous fun. We met each month in a member's house and always thoroughly enjoyed the wide variety of plays we read and the discussion that followed.

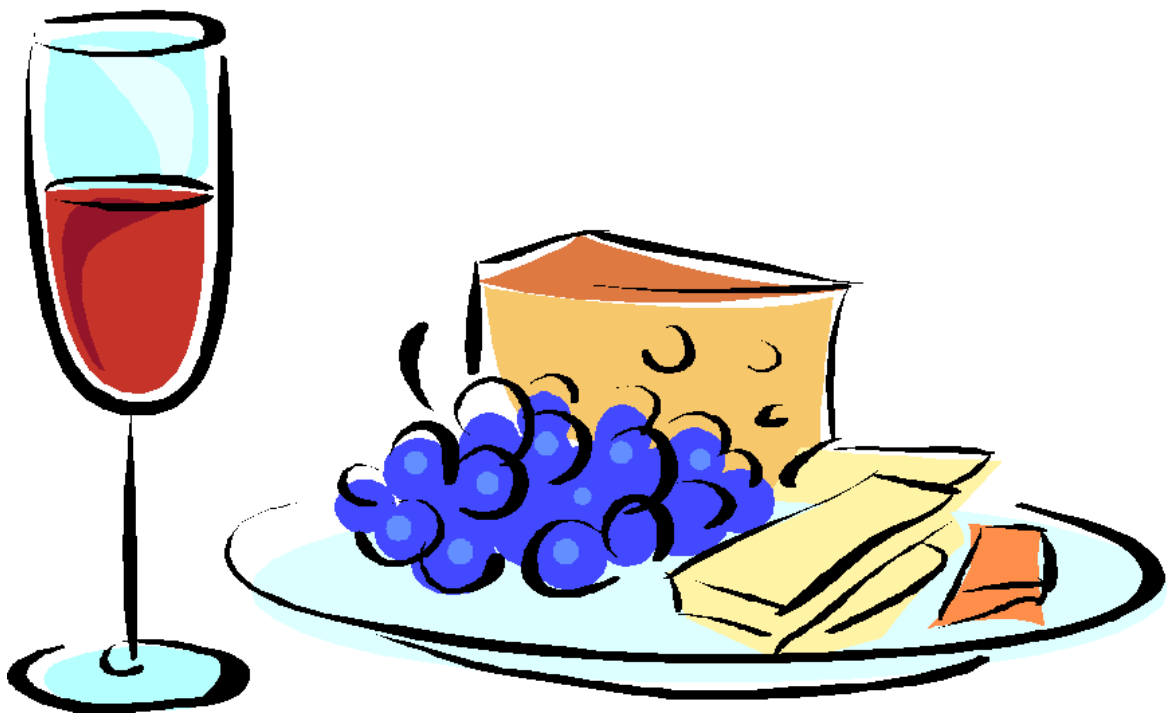
The group is very easy to convene. In her basement, Christine has boxes of multiple copies of dozens of plays which Norma had compiled over the years. She would love to see them circulating again. Convening the group would be just a matter of getting the group together to choose the plays and hostesses for the year, and then sending out reminders each month.

It would be wonderful to see this vibrant and fun group up and running again. If you are interested in helping to bring this group back to life, please contact Christine at cforth@gmail.com



Please come to the University of Alberta Women's Club

***Welcome Back Wine & Cheese
&
Membership Registration***



Tuesday, September 19, 2023, 4:30pm

University Club (Saskatchewan Room), North Campus

[Click here to register](#) to become a member or go to the
[UAWC website](#) to access the online form.