

Newsletter

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Volume 38, No 1
March 2024

UAWC
University of Alberta
Women's Club

Message from President Marilyn Wiens

Sitting at my desk at the beginning of February it is difficult to imagine that this message will be arriving in your email or mailbox when the days have lengthened and the bright sun is warming us in March. Having experienced an almost snowless winter, and current above freezing temperatures makes it more believable, but winter is not quite done with us yet.

This year as President has been an exciting one for me, with the introduction of a new Logo for our club and a host of events that our program director has arranged. From spooky tours of the campus in October, to a trivia night in January and tea-tasting event in February, the fun never stops. We are currently looking forward to the Spring Luncheon on March 27, which will be described in greater detail by Sheela Hota-Mitchell further into this Newsletter. Following that event will be our Annual General Meeting (AGM) with a guest speaker also arranged by Sheela.

The AGM is also the time when we report to membership and make transitions on the Board of Directors. We have a natural move of Joanne Homik from Vice-President to President. I will become Past-President and current Past-President, Karen Doucet, rotates off the Board. (We hope she will still be available for occasional consultation). Some Board members are ending their terms. Lorraine Hinch, Secretary, who kindly remained for an extra year as Secretary, Tricia Unsworth, Directory Editor. These positions will be available for members who may wish to join this fun and lively Board. If you have been asked or are considering stepping up to help, the tasks are not onerous, and the rewards are many. Responsibilities are well defined and Board members (past and present) support each other.

Below are examples and updates of the activities of the Board over the past few months.

- Our Publicity Director, Cathie Crooks, has helped us to open a Facebook Group for the University of Alberta's Women's Club (UAWC). Members share news of upcoming events or pictures of club members attending the various interest groups. Reminders are posted of upcoming events and links to get further information.
- Our new Logo was developed with Cathie's involvement. The winning design came to us from a student in the School of Art and Design. Thank you to Dr. Susan Colberg for allowing our club to provide a real-life lesson to her students.

- A change in membership criteria has opened new possibilities; stay tuned for further updates. In 2022 our Bylaws were adjusted to admit members of NASA, MAPS, AASUA, and post doctoral and research assistants. We have recently decided to admit U of A alumni on a case by case basis.
- Our annual Celebration Tea will be held in June, details are still being confirmed.

Finally, a few notes of thanks.

To the women on the Board: Thank you. You are all so competent and generous with your knowledge and time. It is a pleasure to work with you.

To our Conveners: Thank you for all that you do to keep us connected and engaged.

To our Members: Thank you for your participation and support of our fantastic club.



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Vice-President's Report by Joanne Homik

Greetings everyone and I hope you survived the cold snap we had in January. As I am writing it is the last day of January and I am feeling more positive about the temperature and length of daylight!

I wanted to highlight the three Board positions which are vacant or will be coming vacant this spring. Do not be concerned that travel over the year will make it difficult to fulfill your role. This is a social club. Jobs can be done in a flexible manner and attendance at events is not mandatory. The Board usually meets four times during the year.

Firstly, the position of **Vice-President**. This position turns over every year, so the Vice President serves for one year before becoming President for one year and then Past President for a year. The Vice-President is the one who is a liaison between the interest Group Conveners and the Newsletter Editor and reports to the Board. The Vice-President hosts the convener's lunch. As well, the whole Board helps out with events such as the Spring Lunch, the AGM and the Celebration Tea.

Publicity Director Report

Cathy Crooks publicity.fwc@gmail.com

What a great time to be Publicity Director of the University of Alberta Women's Club!

Our new logo, created by University of Alberta design student Autumn Sanders, is one of many ways we are celebrating our 90th anniversary. Please feel free to share the logo on social media along with a message that encourages other women to join our club.

I hope you enjoy seeing the new logo on our website, invitations, and this newsletter. Sheela Hota-Mitchell and I are also ordering some "swag" that will be on display later this spring.

The logo is emblazoned on our Facebook page, which reminds me to encourage everyone to join our private group. It's a fun way to stay connected and a great place to see photos from the wonderful events that Sheela is putting together for us. If you can't automatically join by clicking on [this link](#), email me at publicity.fwc@gmail.com and I will send you a link to join.

We are also looking for a new **Secretary**. Our current Secretary, Lorraine Hinch, has expressed her desire to step down after several years of service. The Secretary is responsible for taking minutes at the meetings of the Board and to participate in the events of the UAWC. This position does not turn over every year. Rather it is held for 3 years or more in order for the individual to gain experience over time.

The third position is that of **Directory Editor**. Our current Directory Editor is Tricia Unsworth and she is hoping to step down from this position after several years. This position involves working with the Membership Director to create a list of all members and create an annual directory to aid member communications.



If you are on LinkedIn, you can share a [post I put on my account](#), or ask me for a pre-drafted post that you can share or rewrite to match your experience with UAWC. You can reach me via email at publicity.fwc@gmail.com or phone me at 780-240-4578.

I placed a small UAWC ad in the Windsor Park community newsletter (thanks for the help, Sheela) and am talking to the communications people at the university to explore ways to tell our story to a wide audience



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UAWC Programs and Events: Sheela Hota-Mitchell—Programs Director

Since becoming the 2023-24 chair of the UAWC programs committee (consisting of... just me, currently!), it's been a whirlwind of learning the ropes and trying new things. We started out with an impromptu summer outing to see the much-hyped Barbie movie that preceded our bustling wine and cheese membership in September. The fun continued with a couple of Spooky Strolls (ably led by UAWC member Ellen Schoeck), a social dinner out at State and Main (when our campus food bank event was cancelled), an exciting trivia night at the University Club, and an enlightening (and delicious!) Tea Talk and Tasting with Vintage Fork's Sarah Melli.

What's next? Make sure to save the dates for:

-the [March 27 Spring Lunch and Learn](#), where you will hear UofA's Dr. Chris Schneider present "A Tour of the Past"... her past and experiences as a female geologist/paleontologist in academia and in the field, and our past through fossils, with some key research findings.

-the April 10 "Sail into Spring" evening at the Muttart; we will meet at a designated place at 5 pm, with latecomers texting me to meet up with the group. Note that you must purchase your own entry ticket and food/beverages available at Café for purchase.

-the May 8 Dinner & Talk and AGM, with guest presenter, Dr. Matina Kalcounis-Rueppell, Dean and Vice Provost of the UofA College of Natural & Applied Sciences and biologist specializing in acoustic communications of bats and mice. This engaging speaker will treat us to a "a glimpse into an intriguing 'silent and dark' world that we are not often privy to." Want a sneak peek? Check out Dr. Kalcounis-Rueppell's recent interview with the CBC: <https://www.cbc.ca/listen/live-radio/1-17-edmonton-am/clip/16034551-what-learn-animal-sounds>.

-the Celebration Tea (early June), where all UAWC members are welcome to celebrate our long-term members (more than 25 years and even 50 years!). Details about time and place to be determined soon.

As a fairly new Edmontonian and UAWC member (since 2022), I couldn't fulfill the programs director role without the help of the UAWC board. Special shout-out to Karen Bain, our previous programs director, for her wonderful support, tips, and notes that she shared. I'm enjoying bringing these events to you and meeting wonderful UAWC members at them. I would LOVE to have help to keep creating more social programming, so let me know if you would like to join the team! And, join the UAWC private Facebook group—we post events photos, updates, and even impromptu gatherings...



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Interest Groups

UAWC Vice-President: Joanne Homik

We are so lucky to have a great number of interest groups in the University of Alberta Women's Club. They span a wide range of interests. Sign ups for these groups occur primarily in September, at our annual Wine and Cheese celebration. However, feel free to contact a convener to inquire about joining throughout the year.

Evening Book Club

Convener: Karen Bain kebain@telus.net 780-436-6339

Given the current state of the world and such challenging social-political issues, it is a pleasure to share books with people who enjoy reading, thinking, and comparing ideas in a collaborative manner. That attitude represents the long-running Evening Book Club.

We are pleased to be joined by a few new members this year and are always open to new members, full-time or for individual books. If you are interested in our schedule and more details, please contact Karen Bain.

We met in person in September and October, then changed to Zoom for November through March. This allows for a safe, warm meeting during the cold, dark evenings. Even though we tire of Zoom, not going out in ice and snow remains rather appealing.

We read and discussed *The Sleeping Car Porter*, *In Order to Live*, *Lessons in Chemistry*, and *Red Notice*, each with a reviewer/facilitator guiding the discussion and often providing author information or background on the issues involved.

In January we were joined by Aaron Hughes, author of *Ten Days That Shaped Modern Canada*. Our "professional" book club expert, Cathie Crooks, guided our discussion, even including polls about the book and our perceptions. This month, February, we are reviewing *The Maid*, involving a wonderfully atypical main character.

In April, Wayne Arthurson will join us to discuss his book, *The Red Chesterfield*. Wayne is the current Author in Residence at the University of Alberta. He is an interesting speaker and has experience with a variety of types of writing so this promises to be a good learning opportunity for members who enjoy writing as well as reading.

Our March book is *Her Hidden Genius*. We have read several books by Marie Benedict. Her writing often provides an opportunity not just to enjoy and review a book, but also to review issues of history, culture, travel, and women's rights. Her books often stimulate personal reflection, therefore promoting interesting meetings.

In May, we will think about two books, *Demon Copperhead*, and *David Copperfield*. Reading both books is not required, but looking at two different times and similar concerns promises to be stimulating.

Typically, our June meeting is a gathering to promote and vote on selections for the following year. As this is written, no specific plans are in place, but again if you are interested in participating, please get in touch. Suggestions for books are sent to the convener and a brief description of each book is combined into a list sent back to members approximately two weeks prior to the June meeting. Then the vote hopes to result in the selection of fiction, non-fiction, some Canadian content and a range of interests.



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ZUMBA GOLD

Convener: Sheela Hota-Mitchell;
sheela@writeonscience.com

UAWC ZUMBA GOLD



45 MIN CLASSES FOR BEGINNING EXERCISERS/ACTIVE AGERS

- MOVEMENT PATTERNS COORDINATED TO MUSIC TO WORK YOUR MUSCLES, CARDIOVASCULAR SYSTEM, BALANCE, AND COGNITION
- GLOBAL RHYTHMS: SALSA, MERENGUE, CUMBIA, AFROBEAT, FLAMENCO, TANGO, SWING, SOCA... ETC.

FEE: DONATION-BASED

ZUMBA GOLD
TUESDAYS AT 9-9:45 AM
ZOOM CLASS



CONTACT: SHEELA@WRITEONSCIENCE.COM

Our winter has had its ups and downs (weather-wise), but one thing you can rely on is a fun experience at our livestream Zumba Gold classes on Tuesday mornings at 9 am! Class always starts with a little on-screen chat with anyone who arrives early, then we begin our “exercise in disguise”: a thorough warm-up and nice cool-down/stretch/balance work, sandwiching a playlist of songs that includes rhythms like salsa, merengue, Cumbia,

Reggaeton, Afro-beat, Bollywood, tango, flamenco, soca, swing...you get the picture! Sometimes, I have a holiday class where you can dress for the occasion and enjoy some themed songs and matching Zoom backgrounds. And some days, Mr. Cat graces us with his presence and antics.

DID YOU KNOW???

-Zumba Gold classes continue year-round (with a few holiday exceptions).

-You don't need dance experience—you will just move to the music as I guide you.

-You can *join* the group *anytime* during the year (including non-UAWC members, so bring a friend!).

-Attendees' donations (to off-set my costs and prep time) are appreciated, but not necessary.

-Link to the class (every Tuesday at 9AM, MST): <https://tinyurl.com/MonZMB>

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UAWC KNITTING GROUP

Conveners: Linda Sorenson 780-920-9359 Valerie Wasylshen 780-434-3613

This year's knitting group consists of 13 members. We usually gather the 1st Monday of the month from October to June from 1:30-3:30pm, in a member's home. About 6-8 members attend and "Show and Tell" a project or two that they are working on. We share knitting ideas, stories, techniques and also help each other with knitting problems we maybe encountering. Coffee/tea and goodies are served by the hosting member as we continue to share stories and laughter. Our December gathering was held at the University Club and our June gathering will be to a local knit shop with lunch afterwards. We are an informal group and new members are always welcome.



Garden Group

Convener: Patricia Petersen

The Garden Group ended the 2023 Garden season with a meeting at Marcia Bercov's home and a discussion of our hits and misses in our gardens and the challenges of gardening in a year of severe drought. We also visited the Muttart Conservatory in December for the beautiful seasonal display and a guided tour of the tropical pyramid. Following the visit to the gardens, we had coffee in the atrium and shared Hanuka and Christmas cookies. The 2024 season will begin in March with the Orchid Show at the Enjoy Centre.



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Walking Group

Conveners: Margot Wanke and Linda Weiner

We meet every Thursday at 10:00 AM at one of the great trails that have become very familiar to many of us because we have walked them many times over the past years. Below is a list of our trails.

Alfred M. Savage Centre

Blackmud Creek Ravine

Eagle Ridge

Emily Murphy Park

Government House Park

John Jantzen Nature Centre

Kinsmen Centre

Sir Wilfred Laurier Park/Buena Vista Park

MacTaggart/Terwillegar South

Millcreek Ravine

Rafters' Landing

Saskatchewan Drive/Keillor Road

Terwillegar Park

Whitemud Ravine Nature Reserve

From each trail head there are various routes that can be chosen which enables us to discover and enjoy new paths. On very cold days, there is the opportunity to walk inside the Kinsmen Centre.



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Couples Who Cook Convener: Peggi

Couples Who Cook kicked off the year with **Celebrating United Nations Day** - a delicious potluck hors d'oeuvres night, celebrating recipes from United Nations member countries. We pretty much spanned the world as we tried to represent food from the continents, visiting North & South America, Europe, Africa and Asia - so not too bad. The menu is below and I've included a couple of super easy recipes that are sure to impress your guests - enjoy! (If you want recipes for any of the other items, please let me know.)

Celebrating United Nations Day

Marinated North African Olives - [Marinated North African Olives Recipe - Food.com](#)

Spinach, Artichoke and Sausage Pinwheels

Cheese and Spinach Phyllo Rolls

Hawaiian Style Cheesy Kimchi - [Hawaiian Style Cheesy Kimchi Recipe \(thespruceeats.com\)](#)

Quinoa Tabouli

Cheese Board including Goat Gouda, French Truffle Brie and Langres from the Ardenne

Roasted Shrimp with Spicy Peanut Sauce

Vegetarian Moroccan Harira

Pao de Queijo (Cheese Bread Rolls)

Crispy Almond Fillo Crescents with Antoniou Fillo Pastry

Bolo de Cenoura (Brazilian Carrot Cake) - [Bolo de cenoura recipe - BBC Food](#)

Mango Sorbet

Shuku Shuku (Nigerian Coconut Balls)



In February our thoughts turned to the winter warmth of having a bit of a retro fondue night and enjoyed an amazing all-fondue dinner that we called: **Après-Ski Fondue Party** - and we were encouraged to wear our après-ski togs just to set the mood (if we could still find them in the back of our closets). We had enough pots to handle our cheese starters, our broth pots (we did not do hot oil) for cooking the meat and seafood, a wonderful raclette for also cooking the meat, etc, and - of course - the two dessert fondues. It was a dream come true. I've included the two dessert fondues because - you know - you can't have too much salted caramel and chocolate this time of year. Go ahead - give in to temptation!

Starters

Truffle Cheese Fondue

Fondue Gruyere

and for dipping: home-made cubed baguettes, apple & pear slices, roasted veggies including new potatoes, Brussels sprouts and cauliflower, pickled shallots and pickles, sausages, cocktail franks, marinated mushrooms, prosciutto, raw cherry tomatoes, carrot sticks, etc

Mains

Meat Broth Fondue with sour cream & chives dipping sauce

Coq au Vin Broth Fondue with horseradish, curry and gorgonzola port dipping sauces

Raclette cheeses to go with grilled meat/fish/veggies

and for dipping: shrimp/scallops, thinly sliced marinated beef, chicken, ravioli, meatballs, veggies

Tossed green salad

Dessert

Salted Caramel Fondue: [Ultimate Salted Caramel Fondue \(just 3 Ingredients!\) - Dinner, then Dessert \(dinnerthendessert.com\)](#)

Chocolate, Orange and Spice Fondue: [Chocolate fondue recipe - BBC Food](#)

and for dipping: strawberries, pineapple, oranges, mango, grapes, bananas, pears, salted pretzels, cubes of pound/Madeira cake,

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Couples Who Cook are planning a March dinner, please let Peggi know if you would like to join us or any other dinner - you are always welcome!



Cross Country Sking Convener: Karen Doucet

It's been an exceptionally poor cross-country ski season: no snow and then deep, deep freeze. The season has been a total bust!

While we did have one week of decent snow and decent temperatures in January, truly this year's ski season has been one of the worst. As I write this, near the end of February, we'll be hitting 10C, and there's barely a skiff of snow on the ground.

I'm sure we're all less worried about the lost ski season, more worried about the coming forest fire season. Here's hoping for more snow next year!

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Reading Circle Group 2

Convener: Orla Ryan

This year, Group 2 of the Reading Circle has 14 keen readers but as there are only 12 months in the year we decided to split into two groups of 7 in order to accommodate everyone. Five of the books are the same in both groups and two are different. We started circulating the books at the beginning of November and will continue through to May. This will allow some time over the summer for members to share the two different books between the groups.

Some of the books we are reading:

Cracking the Nazi Code by Jason Bell

The Covenant of Water by Abraham Verghese

The Personal Librarian by M. Benedict and VC Murray

Trust by Hernan Diaz



French Club

Convener: Sarah Nyland sarah.nyland@gmail.com
780-433-2211

This group met twice in October and once in November of 2023 in a member's home but not since then for a variety of reasons. We hope to start meeting again on Feb. 28 and continue to meet twice a month (on the second and fourth Wed. at 1:30 pm) in a member's home or at the University Club.



This Newsletter will be posted on our website. You can learn more about Interest Groups [here](#).

UAWC
University of Alberta Women's Club invites you to the
SPRING LUNCH & LISTEN

When: Wednesday, March 27, 2024

Where: University Club, Papaschase Room

Time: 11:00 am- 1:30 (or so!) pm

Cost: \$45 per person (see below)

AGENDA

11:00- 11:25: Mingle; Cash bar, coffee/tea

11:30-12:30: Speaker presentation, Q&A

Dr. Chris Schneider is a geologist and paleontologist and adjunct professor in the Dept of Earth and Atmospheric Sciences at UAlberta. Chris will present "A Tour of the Past"... her past and experiences as a female geologist/paleontologist in academia and in the field, and our past through fossils, with some key research findings.



12:30-1:30 ish: Sit-down lunch served (salad, main, dessert). Prize draws!

REGISTER

Please register by March 1, 2024

REGISTER VIA GOOGLE FORM (link in email)

OR

EMAIL program.committee.fwc@gmail.com

Cost of \$45 per person is non-refundable.

Please send payment by:

- e-transfer to treasurer.fwc@gmail.com (preferred), or
- cheque issued to "UAWC" and mailed to Sheela Hota-Mitchell, 8345 Saskatchewan Dr. NW, Edmonton, AB T6G 2A7

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Drawing Club

Convener: Margot Wanke

Although we generally meet in members' homes, we finished off the year with a meeting, which we all enjoyed, at the Faculty Club. In September, Donna G. was our welcoming hostess. We did not have an in-person meeting in October because of Covid. Instead, members were asked to submit a drawing to the convener by email. The submitted drawings were then sent out to the whole group. In November the meeting was at the convener's house. As usual, we did not have a meeting in December. In January we were pleased to be able to meet at the home of one of our new members, Valerie A.

We meet on the fourth Tuesday of the month at 1:30. New members are very welcome.



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Afternoon Book Club

Conveners: Jeanette Fedorak and Joanne Homik

The afternoon Book Club continues to meet in a member's home the fourth Thursday of the month. The following books are on the agenda for the 2023/2024 session.

- July 27—Marjorie Benson's Beetle
- August 24—Sweetness of Water
- October 26—Intimacies
- November 23— Sleeping Car Porter
- December 14—Pot Luck and Book Exchange

- January 25—Her Hidden Genius
- February 22—Writer in Residence
- March 28—The Maid
- April—Loyalties

There is always a lively discussion and good company

In February we resumed the tradition of having a Writer in Residence meet with the group. We were very fortunate to have Kate Boorman join us for the afternoon.

Kate A Boorman is an award-winning author from the Canadian Prairies. She was born in Nepal and grew up in the small town of Rimbey. A former instructor in the Drama Department at the University of Alberta, Kate has experience creating original and engaging presentations, as well as facilitating discussion in both small and large groups. She has also worked as a freelance writer producing research syntheses, and has collaborated on original theatre productions and film scripts.

Kate has participated as a guest and presenter at a variety of conferences in Western Canada, has been artist-in-residence within EPSB, and has been a touring member of YABS since 2015. Kate is also a member of the Writer's Guild off Alberta.



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Obituary

HARDIN, Betty (Joan) and Robert Toombs (Bob)

It is with profound sadness that we announce the peaceful passing of our parents, Joan and Bob Hardin at the ages of 92, both on December 7, 2023. They are survived by their children, Kay (Mike), Richard (Danielle) and Lisa (Brent); and grandchildren, Taylor (Steve), Carson, Campbell, Mitchell and Madison.

Joan, born in Athens, Georgia, was a wife, mother, grandmother, sister and aunt. She was predeceased by her parents, three sisters and two brothers, one niece and one nephew.

Always an excellent student, Joan graduated from high school with distinction in 1948, after which she worked as an office administrator for 15 years, retiring to raise a family. When her children were in elementary school, Joan decided to pursue a degree at the University of Alberta, again graduating with distinction. She then taught with Edmonton Public Schools.

Joan enjoyed playing many sports in her youth, and remained very active, participating in all types of exercise activities throughout her life. She loved people, was a voracious reader, loved words and language and crossword puzzles. She was a member of the Faculty Women's Club at the University, serving once as its president.

Bob, born in Dyas, Georgia, was a husband, father, grandfather, brother and uncle. He is predeceased by his parents and two sisters.

Bob grew up on a farm in rural Georgia. After four years in the Navy he pursued a bachelor's degree from the University of Georgia and then received a master's degree and PhD from Purdue University. Bob spent 35 years as a professor at the University of Alberta, where he was dedicated to his students and enjoyed interacting with them on a daily basis.

After retirement, Bob babysat his grandkids for many years. He liked old style country music, walking the trails in Edmonton and driving the country roads. He was an avid photographer and loved taking pictures at family gatherings.

Joan and Bob married in 1957 and moved to Canada in 1962. They delighted in their children and grandchildren. Bob and Joan enjoyed traveling, attending their grandkids' events, playing bridge and being active members of the Southminster-Steinhauer United Church.

A celebration of life will be held at Southminster-Steinhauer United Church at 10740-19 Ave on January 3, 2024 at 1:00 p.m. For those unable to attend, the celebration will be live streamed at SSUCedmonton.com/live. In lieu of flowers, for those who wish, the family requests donations be made to Southminster-Steinhauer United Church or The Edmonton Humane Society. Memories and condolences may be shared through www.serenity.ca



Joan Hardin attended functions hosted by our Club going back to the 70's. She was an interesting regular attendee who grew up in Georgia and retained the unique southern accent. She coordinated the contract bridge group for many years at the Faculty Club, was passionate with her interest in literature and teaching school in the city during the years I would see her. She was also president of our Club in 2005-06.

Joan often mentioned that she and her husband were so happy to have been able to move to Canada and Edmonton.

