



# FWC Companion

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*Share ♦ Enjoy ♦ Enrich*

Newsletter of the Faculty Women's Club, University of Alberta

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April 2017

### *A message from the President ...*

It's hard to believe that this is my last newsletter contribution as President. This year seems to have flown by at light speed! Perhaps it was the combination of returning to full-time teaching plus spending time with Emma, who is now 14 months old and nearly on the move. (She is currently at her happiest when "walking" holding onto mom or dad's fingers). I will be glad to have this semester under my belt and to have some more time to focus on family and friends—and research, as I begin a sabbatical on July 1.



Despite the speed at which it has passed, it has been a wonderful year for the FWC. We recently celebrated the warmer weather (and hopefully the end of snow!) at the Spring Luncheon with a lovely meal at the Faculty Club, where we were entertained by Wayne Arthurson, a local author. Thank you to Cathy Dursun for spearheading this event, and thank you to those on the Executive who helped out. Our next club-wide event is a tour of the Alberta Legislature, taking place on April 19. We are also looking forward to seeing you at our final event of the year, our 83<sup>rd</sup> Annual General Meeting, on May 9. We have an excellent speaker lined up, Dr. Catherine Phillips, and we are excited to introduce some new faces who will be joining the Executive team!



I have thoroughly enjoyed my time as President, and I look forward to continuing on the Executive next year as Past-President. A sincere thank you to everybody on the Executive for being so supportive and helpful this year and last; you have made my job so easy! It has also been a pleasure getting to know many of our members better this year, and I look forward to many years of fun, friendship, and support as a part of this wonderful club.

*Sarah Moore*

email:president.fwc@gmail.com

## ❖ UPCOMING SPECIAL EVENTS ❖

### 83 Annual General Meeting and Banquet

**When:** Tuesday, May 9, 2017, 5:30 - 9:00 pm  
**Where:** Saskatchewan Room, University of Alberta Faculty Club  
**Cost:** \$35.00 per person

This is a member only event. Please contact Cathy Dursun with any questions, or email [program.fwc@gmail.com](mailto:program.fwc@gmail.com).

Please plan to attend our annual general meeting to elect the 2017-18 Executive Board. A delicious buffet dinner will be followed by a presentation from Dr. Catherine Phillips, an Assistant Clinical Professor in the Department of Psychiatry, Faculty of Medicine and Dentistry.



Dr. Phillips' clinical and research interests are integrative psychotherapy, particularly working with traumatized individuals and those with personality disorders, and mindfulness meditation. For over 30 years she has integrated mindful awareness and mindfulness practices into her clinical work as a means of prevention and building resilience. She is a certified Mindfulness-Based Stress Reduction (MBSR) teacher through the Center for Mindfulness at the University of Massachusetts Medical School and an MBSR Certification Teacher Mentor with UC San Diego.

Dr. Phillips has taught MBSR to clinical and non-clinical populations, as well as adaptations of MBSR to military populations and to high-risk youth with mental health disorders. She provides workshops on mindfulness for healthcare and other professionals and is an advocate for bringing mindfulness practices into schools.

#### **GET AHEAD of the game and pay for next year's registration at the AGM!**

You can pay by cash, cheque, or credit card.

Members can also now fill out the membership form online. There is a link to download the registration form on the website (<https://www.ualberta.ca/faculty-and-staff/faculty-womens-club>). Payment will still need to be mailed or e-transferred to Marie Dafoe, Membership Secretary. For more information, contact her at [membership.fwc@gmail.com](mailto:membership.fwc@gmail.com).

## Alberta Legislature Tour

**When:** Wednesday, April 19, 2017, 12:45 to 3:15 pm  
**Where:** Alberta Legislature Building  
**Cost:** \$5.00



Join us for a tour of the Legislature. We will meet at the Legislature Rotunda at 12:45. There will be a group photo at 1 pm, and then we will go to the visitors' gallery from 1:30 – 2:00, catching a bit of Question Period. A tour of the building will follow. Guests of members are welcome to join us! If you haven't booked your spot, contact Katia Tonkin (please see your directory) for more information, or email [program.fwc@gmail.com](mailto:program.fwc@gmail.com).

## ❖ MEMBERSHIP REPORT ❖

*A welcome...*

Jen Passey welcomed William (Liam) Michael Passey, born December 28. He weighed in at 5 lbs 15 oz..



*And a passing...*

A former FWC member, **Melody McQuitty**, passed away in Sidney B.C. on Christmas Day. Melody joined the club in 1966, when she and her husband, Brian, moved from Northern Ireland for his position with the Faculty of Agriculture. She was a quilter and a very active member of the club until they moved to Vancouver Island after Brian's retirement (about 20 years ago now). She has three boys and two grandchildren. Melody is remembered for her lively and dynamic personality and for welcoming newcomers to the city with help and friendship.

Thank you to Sylvia Kernahan and Eve Campbell for providing this information to the newsletter.

## ❖ INTEREST GROUPS ❖

Interest groups are the backbone of the Faculty Women's Club. Over the past few years the *FWC Companion* has been profiling a number of these groups in depth. Four groups are profiled in this issue. Members of the Creative Writing and French Conversation groups meet to hone their skills throughout much of the year. Garden and Golf group members share some time outside, enjoying Edmonton's warmer months.

For a unique listing of all the interest groups offered by the Faculty Women's Club, go to the end of this newsletter for the lyrics of a song performed at the Conveners' Dinner by members of the Creative Writing group. Amazingly, all 27 groups are captured in one song!

### Creative Writing

Convener: Christine Forth

The Creative Writing Group began in 2009 and has been going strong ever since with a dedicated core of women who love to write. There are nine members registered, but owing to travel and other commitments, most meetings have between five and seven present. We aim to provide a positive and trusting venue for members to share their work, receive constructive criticism, exchange ideas, resources and experiences about creative writing, and ultimately to improve our writing.

Each member has her own style, approach, and interest in writing. For example, Norma entertains us with character-driven short stories and intricate twisting plots. Marilyn likes to write about real life – her family, her social activism, her pets; for most of us writing from real life is very hard, but Marilyn's pieces flow like water. Kirsten writes with a passion and honesty that always stuns us. Sky's tales from her Latvian culture delight us. Sara's avant garde pieces make us think. Jan's quirky pieces make us laugh.



We place no limits on the work we produce – poetry, plays, prose, memoir, flash fiction, long fiction – over the years all have been presented, critiqued, and enjoyed by our members. Some of us have ambitions to publish, some of us have succeeded in having work published, some of us merely write for catharsis or simply for enjoyment.

Some of our projects have been a lot of fun. For example, one year we wrote what we called a progressive story. One member started the story with a couple of paragraphs and passed it to the next member. She then added a couple of paragraphs and passed it on to the third member. And so on. It was a hilarious project, as each member had different ideas about how the story should progress, and the member waiting for her turn never knew what to expect from the previous member's contribution. It was fascinating the way the story unfolded, starting

with a mystery in an old house in Montreal, and taking us across the world to a gypsy encampment in Bucharest, with elements of gothic romance, gypsy music, a cruel teacher, a lost family member, murder, mayhem, and international intrigue. In the end, we managed to pull together the twists and turns of the plot, fill all the plot holes, and finish the tale with a flourish.

We have both performed our work and had it performed! At the 2015 Faculty Women's Club Arts Café, a short play written by our very own Kirsten was performed by the Play Reading group, and at the first Arts Café in 2010, we acted a couple of spoof stories written by our members, with props and much hilarity.

In 2013 we self-published an anthology of our short stories, entitled *The Man in the Bathtub and other Stories*. Putting this together was a labour of love for Christine, our convener, but we got it done and were pleased with both the result and the reception of the book. In May of 2013 we held a very successful book launch at Belgravia Community Hall. The anthology contains 28 short pieces by seven of our members. All seven are still with the group, and the book is still available for sale for anyone who would like a copy. We hope to repeat the success of this anthology with a new anthology in the next year or so. Since 2013, we have two new members, and a burgeoning body of work that we would love to pull together for others to enjoy.



Courtesy Sara

For further information on the Creative Writing Group and on our book, please contact Christine Forth, our convener.

## French Conversation

Convener: Sarah Nyland

The French Conversation Group is one of the FWC's oldest interest groups. It started meeting in 1962, when interest groups were first introduced in the club. The group meets once a week on Wednesday afternoons, from late September to early May, upstairs in the Faculty Club. We also sometimes meet for lunch at the Faculty Club after a club event or at members' homes or at different restaurants throughout the city, especially those having a French connection.



This year there are 12 active members in the group, although most meetings have about six to eight people attending. Sarah Nyland has been the sole convener since 1998. Before that she was joint convener for two years with Margot Wanke. Lilian Green, convener in the 1980s until 1996, remains an active member of the group. Denise Radford was a convener before her.



At one time the group had two sections, each with its own convener, to accommodate speakers and readers at different levels. The current group includes French conversation enthusiasts ranging from those who are relatively new to the language or trying to refresh their school days' learning to others who have a strong command of the language from earlier studies or from having lived in French-speaking places. Now and then members have joined the group in preparation for travel to France. Looking back over the years, some native French speakers have helped out the group from time to time, including the wife of the French Consul at one point.

During our meetings we chat about all sorts of things in French, catching up on members' news, their travels, etc. We also take turns reading and translating articles from the French Canadian magazine *L'actualité*, articles written about different parts of Canada and the world. In our conversations and in the translation of articles we all help each other. We find it intriguing that our dictionaries often vary quite a bit. This is a wonderfully co-operative group of women who enjoy sharing fun and laughter en français.



## The Garden Group

Conveners: Pat Petersen and Marcia Bercov

The Garden and Tea Interest Group began in 2002. The conveners of this group were Virginia Daniel and Marilyn Gaa. The group held most of its activities in the fall, spring, and summer months with group discussions, garden teas, and various garden tours that occur in Edmonton over the summer. In 2005–06 the conveners were Felicity Pickard and Marilyn. Jane McCreery and Felicity took over in 2008–09. Then in 2009–10 the conveners were Linda Capjack and Bev Hoyles. We thank them all for their knowledge and contributions to the group.

Marcia Bercov and Pat Petersen took over as conveners in 2014-15 and remain to the present. This year we have 33 members of the Garden Group; however, we usually do not have more than 10 at any event as many occur in the summer months.



*Visiting the St. Albert Botanic Park*

At this time the group still has the same mandate to enjoy gardens, both our own and the many beautiful gardens in the Edmonton area. We have stopped having afternoon teas, although that may be a thought for later this summer. We generally have lunch, a picnic, or coffee at the venue we are visiting. Some of our favourite places have been the Devonian Botanic Gardens, St. Albert Botanic Park, the Muttart for special shows, and the Orchid Show, usually at the Enjoy Centre. This past year hiked at the Wagner Natural area and were treated to a spectacular display of Lady Slippers. The highlights are the Edmonton Horticultural Society Garden Tour held in mid-July and Front Yards in Bloom. Seeing the amazing gardens that people create in this northern city is truly inspirational. We usually finish the season with our Hits and Misses discussion, where members bring photographs of the plants that did well (or not!) in their gardens. Often at this meeting we share plants or seeds among the group.



*Lady slippers at Wagner Natural Area*

The activities for this year are about to start with a visit to one of the Garden Centres for our spring seed selection and garden supplies. The Orchid Show at the Enjoy Centre on April 7 is a perennial favourite. Further activities will be available at a later date. The outings are often organized by Marcia and Pat, but we do get suggestions from members. This group is open to all members who have an interest in their surroundings and enjoy seeing the beauty provided in this community. No green thumb necessary!

## **Golf: A History of the Golf Group, 1991–2017**

Conveners: Bonnie Austen, Linda Capjack, Eunice Barron

Mark Twain once stated that golf is “a good walk spoiled.” For many members of the Faculty Women’s Club, this cannot be further from the truth. The Golf Group was started by Kay Quon around 1991 with about six members. Kay convened the group from 1991–95 and was joined by Dorothy Goodale from 1992–94. In 1995 Bonnie Austen took over as convenor; she was later joined by Eunice Barron. In 2011, Linda Capjack was a welcome addition as a convenor.

The group originally played at St. Albert Trail Golf Course (now called Twin Willows) once a week for some 12 years. In those earlier days, they also played at other golf courses in and around Edmonton one other day of the week, mostly Fridays. In winter, members often gathered at the Golf Dome to hit balls and then enjoy lunch. Other activities for the group included lessons at Eagle Rock (2002) with golf professional Doug Ritchie and lessons with golf professional Norma Thresher at St. Albert Trail Driving Range (2007–09). In the spring,



*From left to right: Bonnie, Linda, Bev, Eunice, and Gillian*

the women have often gone to one of the city driving ranges prior to the golf courses opening.

Around 2004, the golf ladies started playing weekly at the Whitemud Creek Golf Course, switching in about 2006 to playing weekly (Wednesdays) at Victoria Golf Course. This is still the course of choice for the group. Riverside is also a popular golf venue due to the fact that it is a municipal course and fees can be paid by a multi-pass. For many years the group has enjoyed a trip out of town each summer. Away golf trips over the years have included: Wetaskiwin, Kananaskis, Barrhead, Elk Island Park, Pigeon Lake, and Cougar Creek.

Over the past two decades, golf has increased in popularity. This has been reflected in the numbers of the Golf Group. Membership is now around 15. For the past several years, men have also started playing golf with the group, mostly husbands of members. The men generally play in their own groups and have been included in the out of town trip each year.

The Golf Group now starts the season with lunch and an orientation session at the Faculty Club. A wind-up luncheon has also been enjoyed by the women in October. Members still play on Wednesdays during the season (generally April-October, weather permitting). In the spring and fall, tee times are in the early afternoon, but as summer arrives, the tee times move to the morning. The golf group has always played nine holes with emphasis on fostering friendship and good sportsmanship. Women are expected to have some golf experience and to know the etiquette of the game. New members are welcome at any time.



## ❖ Winter 2017 Events ❖

### Convener's Dinner – January 24, 2017

by Jan Heaman

The Convener's Dinner is held annually to celebrate the Club's interest groups and thank the conveners for the countless hours they put in all year, keeping everyone organized and preparing for events. This year's dinner was held on January 24 at the Faculty Club and had a yellow theme signifying friendship and fun. Different groups presented everything from short speeches to displays of crafts and photos. There was even a "Walking in All Weather" fashion show by the walking groups and a sing-along led by the Creative Writing group (see page 13 of the newsletter for the lyrics.) There was a good turnout for the event, with 36 people attending.



*Winter walking attire is modelled at the dinner*

## Coffee Morning – February 8, 2017

by Pat Petersen

The coffee morning is a celebration of the long-standing members of the Faculty Women's Club. This year's event was held on February 8 at the Faculty Club from 10 to 11:30 am, with 47 members in attendance. There were 9 members with 50 years or more membership and 12 with 25 years or more. Fantastic! The Executive Committee once more provided an amazing array of goodies for all to enjoy. The feedback from this morning is always positive as members have the time to visit with old and new friends without any other agenda.



*Enjoying the Coffee Morning*





**50-year Members**

Back row: Vi, Dorothy, Beverly, Helen  
Front row: Kay, Sheenah, Elizabeth, Barbara, Marion



**25-year Members**

Back Row: Joan, Gretchen, Sylvia, Julia, Sarah, Orla, Rhoda  
Front Row: Margot, Patty, Ruth, Eunice, Laura

## ❖ Spring Luncheon – March 16, 2017 ❖

by Cathy Dursun



A delicious Spring Lunch buffet was held on Thursday, March 16, 2017, in the Papaschase room of the Faculty Club. There were 55 registered attendees for the event who enjoyed listening to our guest speaker, local Edmonton author Wayne Arthurson. Wayne delighted the audience with his well-woven story that was interspersed with readings from several of his books. Before and after the event attendees were able to purchase signed copies of Wayne's five novels.



In the interests of privacy, we do not publish contact information for our members or the Executive Committee. For contact information, please refer to your members' directory. You may also contact the President at [president.fwc@gmail.com](mailto:president.fwc@gmail.com) or the Membership Secretary at [membership.fwc@gmail.com](mailto:membership.fwc@gmail.com) if you need further information about the club.

## *We Do Everything*

Courtesy Christine Forth of the Creative Writing Group  
(to be vaguely sung to the tune of *I've Been Everywhere* made famous by Johnny Cash)

Well, I came to Alberta, to the university,  
I was hoping for a good time, looking for a spree  
I asked what kind of a city is this Edmonton  
And where might I find a nice barrel of fun?  
Some friendship and some sharing, some good activities  
When a woman on campus, she comes up to me  
And says: what you need, girl, is the FWC

Because –

*Chorus: We do everything, girl, we do everything  
Culture, sport, and art, girl  
Yes, we do everything  
We span the city wide, girl,  
Let me take you for a ride, girl–*

We do gourmet dining and couples who cook  
And book circulation if you want to read a book  
We've a ton of activities for 2.0  
And theatre matinees if you want to watch a show

We do lunching out and lunch epicurious  
We have book discussions that make us all garrulous  
We watch movies that hail from dozens of nations  
And improve our minds with French conversation

We walk in the mall, and we walk out of doors  
And do popular monthly art gallery tours  
We've got golf and gardening and walking with waggers  
And bridge groups and tennis and drawing together

And knitting and quilting and play reading, too  
And creative writing – I think that's all – whew!

No – there's more –

We got a five-star, super-duper executive  
Of their work we are all most appreciative  
We got President, VP, and Program committee  
Treasurer, Secretary, and Publicity  
Plus Membership Secretary and Newsletter Editor  
Past President, Website, and Directory Editor

So let's raise a glass to the wonderful women  
Who keep this fabulous club a spinnin'

For, we do everything, girls, we do everything  
We span the city wide, girl,  
And we do it all with pride  
We do everything!