



FWC Companion

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

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A message from the President ...

At the Coffee Morning in February, I spoke briefly about my history with the organization and what the Faculty Women's Club has meant to me. A few people asked for a copy of my reflection, so I thought I would include it here. I am glad my experience connected with many of you. Rachel



Ten years ago this past July, my partner, Craig, and I had been hitched all of three weeks when we packed up all of our belongings and began a transcontinental journey from Charlottesville, Virginia to Edmonton. We came so Craig could accept a great academic opportunity that would further his career.

But that move meant that I made a significant alteration to the trajectory of my own career. And deciding to make that move with Craig, I wrestled with some big questions about my identity. What kind of woman was I if I packed up everything and took off after a man? What kind of feminist was I? Would I ever re-establish my career? And what would that career look like in a completely new context? Would my life have meaning? Would it have purpose? All that summer, I struggled with these questions. And that was made more difficult by the fact that it was Edmonton in the summer, and it felt like everything had shut down, everyone was off playing in the glorious summer. We had difficulty meeting anyone. I didn't have my work permit yet, so I couldn't work. Those first few weeks were rough.

But then Craig got an email about the Faculty Women's Club, which he forwarded to me. I made plans to attend the Wine & Cheese, and what I met when I came here was a group of amazing women, many of whom had stories that differed from mine – your own careers brought you here, or your families are from here. But others of you had done the exact same thing I had: packed up and moved across the continent (or around the world) after a man. What I met in this very room was a community of brilliant, passionate women, committed to making a difference in their communities and in the world, from raising children to be good citizens to working on a cure for TB, from creating art to creating spaces for disenfranchised people to find their voice. I met women who had rich, rewarding lives, filled with meaning and purpose. And that gave hope to this transplanted newlywed struggling with the many new roles thrust upon me. You gave me hope. And more importantly, you gave me a community.

I am so grateful to this organization. I am thankful for you women of the Faculty Women's Club who came before me. You paved the way for me and many others like me. And may we continue to pave the way for others.

Rachel Frey (email: president.fwc@gmail.com)

A Message from the President regarding FWC fees

As I shared in a recent email to membership, the Executive has voted to raise the annual membership fees to take into account rising costs and changes within the Faculty Club. The annual membership fees will be \$40 for the early bird rate, available from the Spring Luncheon until 5 p.m. September 16 (the day *before* the Wine & Cheese). After that, the fee will rise to \$50. This will be the first change in membership fees in approximately a decade. We were reluctant to raise fees, but we were even more reluctant to charge for the events we offer to our membership, such as the Wine & Cheese and our coffee morning for longstanding members. To avoid raising fees in the past, we stopped giving bursary gifts and tapped into monies we had in savings.

We realize that the change in the annual membership fee could be seen as a significant increase. At the same time, there are no groups that I know of that provide the myriad opportunities that we do – for personal growth, friendship, support, and shared values (not to mention fun and lots of good food). Certainly, you can join a writing group in the community or a book club or an academic interdisciplinary group or a French conversation group, but nowhere else can you get all of these things together, and joining all these groups in the community separately would cost much more than our increased fee. In reality, the new annual fee costs less than a dinner out with a friend or a latte a month.

I personally wish to invite you to reflect upon what the Faculty Women's Club means to you and on what we offer. I know that discussing the fee increase had many on the Executive doing just that. For me, while the interest groups I've been a part of have provided much fun and entertainment, of even more value have been the relationships with so many remarkable women who have befriended me, nurtured me, supported me, and encouraged me over the years – as a young transplant to Edmonton, as a new mother, through career change and health concerns. The community of support of the Faculty Women's Club has been invaluable to me. I'd love to hear your stories of what the Faculty Women's Club means to you at future events such as the upcoming AGM, which I hope you will attend and enjoy with many of us.

Rachel Frey

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

You can pay by cash, cheque, debit, or credit card in person at the AGM.

Members can now complete 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>).

If you choose to fill out the form online, payment should be e-transferred to treasurer.fwc@gmail.com or mailed (cheque) to Marie Dafoe, Membership Secretary. For more information, contact her at membership.fwc@gmail.com.

❖ UPCOMING SPECIAL EVENTS ❖

Eighty-fifth Annual General Meeting and Banquet

When: Thursday, May 9, 2019, 5:00 p.m. to 9:00 p.m.
Where: Saskatchewan Room, University of Alberta Faculty Club
Cost: \$39.00 per person



Enjoy an evening buffet and talk by Dr. Robert Steadward (OC, AOE, PhD, LLD). Dr. Robert Steadward is an outstanding Canadian! In fact, he is one of Canada's most accomplished and decorated citizens and a Professor Emeritus of the University of Alberta. Dr. Bob, as he is known to his friends, is an accomplished: pioneering leader, author, sport scientist, manager, counsellor, consultant, and world community volunteer. Among his many volunteer capacities, he was the founding president of the International Paralympic Committee (IPC) in 1989. He also served as a member of the International Olympic Committee and is an Honorary Life Member of the Canadian Olympic Committee.

The extensive list of awards and honours given to Dr. Bob over the years reflects the enduring and seminal nature of his contributions as a fixture on the international sport scene. He was appointed an Officer of the Order of Canada and to the Alberta Order of Excellence. He has been awarded Honorary Doctor of Laws Degrees from the University of Alberta and Leuven University in Belgium. He was also selected to receive both the Golden Jubilee and Diamond Jubilee medals from Her Majesty Queen Elizabeth II and is a recipient of the 150th Canadian Anniversary of Confederation medal.

Dr. Bob has been inducted into Canada's Sports Hall of Fame, Alberta's Sports Hall of Fame, Edmonton's Sports Hall of Fame, and the University of Alberta's Sports Wall of Fame. He was appointed an Edmontonian and Albertan of the century in 2004 and 2005, respectively. He was named one of 125 of Alberta's greatest citizens over the past two centuries and one of the 50 most influential people of Alberta.

Dr. Bob's exceptional body of work, leadership, vision, and tireless volunteer efforts have made the name "Steadward" synonymous with the best qualities of sport worldwide. One of his international mentors said:

Bob earned an unparalleled reputation as a national and international leader for the Olympic and Paralympic movements. His willingness to step forward and take on major challenges and improve the quality of life for people with and without disability proves him to be a champion of humanity. Men and women throughout the developed and developing world have benefited in significant ways because of his commitment to improving their sporting and living opportunities and for an irrepressible belief in the power of the human spirit.

The title of Dr. Bob's talk is: "Opportunities for Persons Living with a Disability." Please reserve your spot as seating is limited. The paid registration deadline is **May 2, 2019**. Registration forms along with cheques may be mailed to Cathy de Frece (please see address on attached registration form). Forms will also be available on the FWC website. Please make cheques payable to the Faculty Women's Club. If you have questions, please contact Cathy de Frece by phone (780.464.3203) or email (cdefrece@shaw.ca).

❖ INTEREST GROUPS ❖

In a winter that broke records for cold temperatures, our interest groups have been keeping busy. The weather didn't stop members from getting together, planning events, or staying active!

Creative Writing by Christine Forth

On March 17, members were treated to a wonderful literary afternoon at the Windsor Park Community Hall, where the Creative Writing Group held its first Literary Salon. As intended, this was a celebration of the literary talents of Faculty Women's Club members, who entertained a full-to-bursting audience with readings from their novels, their poetry, and their short fiction. Professor Juliet McMaster read from her new young adult novel, *Blades against the Dark*; Professor Janice Williamson read from her recent writings on personal genealogical excavation; and Professor Kisha Supernant read from her prize-winning essay, *The Past I Breathe*, a personal narrative that ties together her Métis family and her journey as an archeologist. In addition, the audience was entertained with a thrilling chapter from author Gail Sidonie Sabot's latest novel, *The Book of Mary*; some beautiful poetry from Allison Lewis and Krystyna Fedosejevs; a flash fiction story, *The Day before Yesterday*, from Christine Forth; and, ending on a light note, Norma Gutteridge's hilarious short story, *One More Year*.



Christine, Marilyn, and Robin, organizers of the Literary Salon

Two showcase tables exhibited Faculty Women's Club members' literary achievements. Margot Wanke displayed the magnificent family history book she has researched and created, and Sara Norquay brought samples of her innovative print-and-word creations. As well, the readers provided copies of their books and other publications for perusal.

Evening Book Club by Karen Bain

Meetings of the Evening Book Club inspired convener Karen Bain to write this wonderful poem.

Evening Book Club has a “culture”
With monthly practice over time,
Ours is no exception,
And the meetings are sublime!
Hosts provide quite lovely snacks,
Facilitators are effective.
We can choose to talk, or not,
They honor our perspective.
There’s a loose criteria,
In terms of book selection,
A variety for conversation,
But also introspection.
Our guided discussions this year
Have covered heady topics,
Education, art, poverty, Indigenous life,
Literature including political optics.

Hillbilly Elegy

Lady in Gold

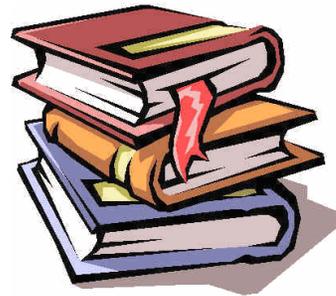
The Break

The Girl With Seven Names

The Good Earth

Swann

The Writer-in-Residence, Janet Rogers,
Described experiences from her writing,
She created a thoughtful meeting,
Very much to our liking!
We are always open to visitors,
If you want to give us a “Vet”
Third Thursday, in our member’s homes
Email kebain at telus.net.



Walking Group by Margot Wanke

Our Walking group has been surprisingly brave during this winter's cold spell.

Whenever possible, we have gone for coffee after the walks. Not everyone can stay for coffee every time but those of us who stay always enjoy the lively conversation. We are having fun, building friendships and, at the same time, we are doing something positive for our health.



Walkers braving the cold on February 21, 2019

❖ Winter 2019 Events ❖

Convener's Dinner – January 22, 2019

by Lucie Moussu

This year's Conveners and Executive Dinner was held January 22 in the Faculty Club. The Windrose Trio played some lovely music for us before and after dinner: Beth Levia played the oboe, Matthew Howatt, the bassoon, and Dan Sutherland the clarinet.

The 24 conveners in attendance enjoyed a few drinks, the Faculty Club's delicious buffet, and each other's company. Many conveners also received a few gift certificates from The Marc, Bonjour Bakery, and the Duchess Bake Shop during this delightful evening.

Thanks so much to all the conveners who give of their time, energy, and creativity throughout the year!



Coffee Morning – February 6, 2019

By Rachel Frey

Despite the frigid temperatures that kept a few of our long-time members away, the traditional coffee morning was a great success. Members enjoyed coffee, tea, and sweets donated by the members of Executive and served in FWC china. Thanks to everyone for setting up, cleaning up, and providing food.

Members came together in friendship, and those who have been a part of the Club for 25 to 50 years or more gathered for a photo of recognition.





50-years+ Members



25-years+ Members

In the interests of privacy we do not publish contact information for our members or executive committee. Please refer to your members' directory, or you may also contact the President at president.fwc@gmail.com or the Membership Secretary at membership.fwc@gmail.com if you need further information about the club.

❖ Spring Luncheon – March 13, 2019 ❖

By Cathy de Frece

The FWC Spring luncheon was held on March 13, 2019 at the Faculty Club. The 37 ladies in attendance enjoyed socializing with friends old and new. The buffet lunch was followed by a presentation, “Joy and Well Being” given by Dr. Billy Streaun. Dr. Streaun’s fields of study are somatics, yoga, sport psychology, laughter, and play. The ladies were actively involved in Dr. Streaun’s presentation through movement and laughter. Everyone left the luncheon feeling recharged and joyful!



