



FWC Companion

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Share ♦ Enjoy ♦ Enrich

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

Vol. 31, No. 1

August 2017

A message from the President ...

I hope you are all enjoying the pleasures of summer, with warm breezes and scents of fresh flowers. Maybe you are taking in some travels and events from our festival city.

I want to offer a warm welcome to all new and returning FWC members as we approach our eighty-fourth season. Please join us for our first event of the year, the annual Wine and Cheese gathering that takes place on September, 12 at the Faculty Club. It is our most

celebrated event of the year as friends gather to share their adventures of summer and to start planning for an exciting year through the many activities offered by our interest groups and our creative Program Committee.



I am delighted to introduce our Executive Committee who have been busy over the summer and who deserve much credit for volunteering their time to help the FWC run smoothly.

- Past-President Sarah Moore is thanked for her kindness and great leadership this past year.
- Rachel Frey, our new Vice-President and interest group co-ordinator, has graciously accepted this position that includes communicating and co-ordinating with our interest group conveners. Their dedication and enthusiasm are the foundation of this club.
- Marie Dafoe, in charge of memberships, has refined the payment process to absolute efficiency, offering early membership renewal and payment using the "Square."
- Joan Hube continues as our Directory Editor. Address changes may be sent to Joan. She would also welcome an assistant.
- Allison Lewis, our Newsletter creator, captures and reports on all FWC activities.
- Judith Palfreyman, Cathy de Frece, and Marilyn Cree make up our Program Committee, which plans new and exciting events for the year, beginning with a U of A tour you won't want to miss.
- Jane McCreery, Publicity, keeps our brochure updated and informative and provides information packets to incoming AASUA members.
- Frances Zupko, Secretary, maintains a written record of our executive meetings.
- Ellen Calabrese-Amrhein, Treasurer, maintains and monitors our financial records.
- Christine Brown, Website Editor, revamped our website and continues to improve and add pertinent information, including some lovely photos.

It is a great honour for me to serve as President of the FWC. I hope everyone has a fun-filled year. If you have any concerns, questions, or would like to share your experience of what this club means to you, please contact me at: **email: president.fwc@gmail.com**.

Warm Regards,
Jan Heaman

❖ Meet our new President – Jan Heaman ❖

Janice Marr-Heaman was born in Ontario to a musical family of eight children, growing up around the Great Lakes. In 1981 she graduated from Nursing in London, Ontario, working in orthopedics and geriatrics at St. Joseph's Hospital.



Jan and Larry met in 1982 and have been married for 35 years. They started raising a family in Burlington, Ontario. In 1994 they moved to Alberta when Larry accepted a position at U of A as professor in Earth Sciences. They settled into the family community of Sherwood Park where Jan worked as a home decor consultant in retail, while their children attended elementary school. Both children have graduated from U of A and now enjoy living close to the mountains. Jonathan is a mechanical engineer living in Calgary; Amberlie is an occupational therapist residing in Jasper.

Jan has a special interest in the power of natural healing, growing a large organic garden, preparing and preserving whatever nature provides in the Alberta climate. Not surprisingly her favourite FWC group is the Garden Group. She also has a passion for sports, was an avid soccer player for 15 years, and enjoys outdoor activities such as swimming (especially where there are sandy beaches), hiking, cross-country skiing, cycling, golf, and ringette. Being creative is also important in Jan's life: sewing, knitting, and home decor projects (e.g., refinishing furniture). She also has engaged in several volunteer organizations such as school programs, the Food Bank, the Christmas Bureau, Strathcona County Museum & Archives, and Run for the Cure.

Jan and Larry enjoy travelling. Some highlights include visits to Wales, Scotland, Uruguay, and a geological adventure to the Australian Outback that included sailing the Whitsunday Islands. Last June they ventured to France where Jan could rave about the fresh baked foods.

Jan became more active in the Faculty Women's Club in 2013 and served as co-chair on the Program Committee. She looks forward to connecting with members and participating in this exciting year of events!

❖ Meet our new Executive ❖

The new Executive Committee nominees were voted in by acclamation at the 2017 Annual General Meeting. Many thanks to the following new and returning executive members for agreeing to serve on the committee. Each of you works hard to keep our club strong and vibrant.

President:	Jan Heaman	Program Committee:
Vice-President:	Rachel Frey	Judith Palfreyman (Chair)
Treasurer:	Ellen Calabrese-Amrhein	Marilyn Cree
Past-President:	Sarah Moore	Cathy de Frece
Secretary:	Frances Zupko	
Membership:	Marie Dafoe	Website Editor: Christine Brown
Publicity:	Jane McCreery	
Newsletter:	Allison Lewis	Members' Directory: Joan Hube



Returning and new members of the Executive at the AGM, from left to right: Jan Heaman, Frances Zupko, Jane McCreery, Marie Dafoe, Allison Lewis, Ellen Calabrese-Amrhein, Rachel Frey, Judith Palfreyman, Marilyn Cree, and Cathy de Frece. Missing: Christine Brown, Joan Hube, and Sarah Moore

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.

❖ Upcoming Special Events ❖

Many thanks to Judith Palfreyman, Marilyn Cree, and Cathy de Frece for organizing our special events for the coming year

❖ Membership Registration Event – Wine and Cheese Reception ❖

When: Tuesday, September 12, 2017 from 4:00 to 6:00 pm

Where: Faculty Club, Saskatchewan Room

Cost: Complimentary

Renew your membership to the Faculty Women's Club at this free registration event. Enjoy the complimentary refreshments, sign up for events and interest groups, meet new friends, and rekindle other friendships.

Annual Membership is just \$25.00 if you register by 6 pm on September 12. After this time the membership fee will be \$30.00.

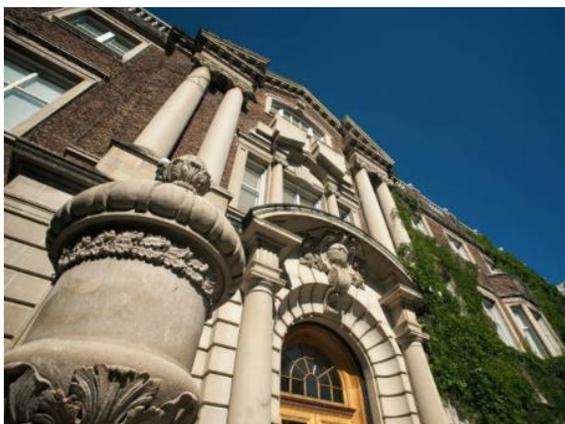


❖ Tour of the University of Alberta Campus with Ellen Schoeck ❖

When: Friday, October 20 at 10:30 am to 12:00 pm **OR** 1:30 to 3:00 pm

Where: Meet in SUB for an overview of the University's founding before starting the tour

Cost: \$5



Highlights: Tour the three original residences, with some surprising facts, including a ghost or two. Then off to see the Ring Houses and the Nano building, with the Observatory along the way. Over to the old South Lab, Arts (with some surprises), and then St. Steve's, the Med, and St. Joe's, with lots of stories. We'll end back at SUB after a peek at the new climbing wall.

Ellen Schoeck was born in New York City and came to the University of Alberta in 1968. After her BA Honours and MA in History (1972 and 1977) she had a 25-year career in university governance, reporting to five presidents. In between Ellen served as the first sexual harassment adviser and as university ombudsperson. Following her retirement in 2005, Ellen wrote two histories of the U of A and delved into many other things. In 2010 the University called her back and she spent seven years as Executive Director of the Graduate Students' Association. She regularly leads Jane's Walks out of the U of A and is involved in writing histories of campus faculties and groups.

Sign up at the Wine and Cheese event on Tuesday, Sept. 12 or contact Cathy de Frece, e-mail: cdefrece@shaw.ca or telephone: 780-464-3203.

Numbers are limited to 15 per tour.

❖ Winter and Spring 2017 Events ❖

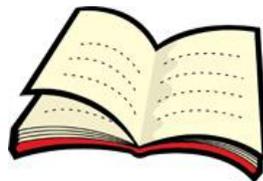
Keep your calendars open for our winter and spring program that includes events to warm your hearts and stomachs. More information will follow in the December newsletter.

- The always popular Coffee morning in honour of our long-standing members will take place February 7, 2018.
- Our Spring Luncheon will be held March 15, 2018.
- The Eighty-fourth Annual General Meeting will be held May 2, 2018.

Would you like to help out with the production of the Members' Directory?

Every year FWC members receive a new directory that lists events, interest groups, and the personal contact information of other members. It's in a handy format and is a great way to keep in touch. Joan Hube, our dedicated Directory Editor, has been keeping us connected for almost 20 years! We are grateful for all her work. She would welcome an assistant.

If you are interested, please contact the President at president.fwc@gmail.com or Joan at jdhub@shaw.ca.



❖ Interest Groups ❖

Any time women come together with a collective intention, it's a powerful thing. Whether it's sitting down making a quilt, in a kitchen preparing a meal, in a club reading the same book, or around the table playing cards, or planning a birthday party, when women come together with a collective intention, magic happens.

Phylicia Rashad

Interest groups are the backbone of the Faculty Women's Club. Many of our members enjoy participating in at least one group: making new friends, staying in touch with old friends, learning something new, or remembering something forgotten. Pursue your own particular interests with like-minded women.

Below you will find information about each of the interest groups. Come to the September Wine and Cheese Registration Event, sign up, or contact one of the conveners to join, and enjoy the year! You will find conveners' contact information in your Members' Directory, or you can contact president.fwc@gmail.com or membership.fwc@gmail.com.

If you have a particular interest and would like to start a group, let our Vice-President, Rachel Frey, know, and she will arrange for you to have a table and a sign-up sheet at the Wine and Cheese. Provided several members show their interest by signing up, you have your group. It's that easy. Then you need to find a meeting time and date that is convenient for all, and Go!

Cheers,

Rachel Frey, FWC Vice-President

Art Gallery Tours

Conveners: Eunice Barron and Orla Ryan

Meets: Generally the second Tuesday of the month at 1:30 pm

This group offers a “learning/cultural” visual arts experience combined with a short social happening (lunch before or tea after) each month. We gather at art galleries, museums, craft exhibits, or artists' studios. The conveners arrange for a curator or other guide to give an hour's presentation and tour. To acknowledge the expertise and preparation work of our docents, FWC members give at least a small donation of \$5.00 each Tuesday; for the Art Gallery of Alberta and the Royal Alberta Museum, professional docent fees are higher. Please come by our desk at the Wine and Cheese and see what we have planned for this year!



Book Club - Afternoon

Conveners: Marjorie Morris and Sandy Hasinoff

Meets: Fourth Thursday of each month at 1:30 pm in members' homes

There were 18 active members last year, with between 6 and 13 present at each meeting. We enjoy a lively exchange of ideas and reactions to the book chosen for each month, and look forward to another stimulating year of reading and discussion.

The Afternoon Book Discussion Group membership is currently at its maximum. However, we will take additional names at the September Wine and Cheese Registration Event and, if there is enough interest, will look at adding another discussion group.



Book Club – Evening

Convener: Karen Bain

Meets: Third Thursday of each month, 7:30 – 9:30 pm in members' homes

The Faculty Women's Club has had popular book clubs during the day and evening for many years. Evening Book Club provides an option for those who prefer evening to daytime events or are working during the day. We welcome new members and hope you will consider joining us. We will start a week late in September to allow new members time to read the September book. Our first meeting this year, therefore, will be September 28, and we will be reviewing *The Little Paris Bookshop* by Nina George.

Books are democratically selected during our final meeting of the year at a potluck dinner. As members have different interests and perspectives, we try to select a variety of both fiction and non-fiction, including a classic and a current topic or social focus to attempt to expand our reading as well as meet personal preferences of the group.

A discussion of each book is led by a volunteer member, with great flexibility regarding the style of discussion provided. This year we will read *Emma*, *Transatlantic*, *I Let You Go*, *The Unmade Bed: The Messy Truth About Men and Women in the 21st Century*, *Do Not Say We Have Nothing*, *Tinkers*, and *The Reluctant Fundamentalist*. We also read a book selected by the current Writer-in-Residence at the University of Alberta who attends one of our meetings to discuss writing and personal perspectives on his or her work. These are always enjoyable and informative evenings.

A copy of the complete list of books and dates will be available at the Wine and Cheese Registration in September. For further information, please contact Karen Bain.

Bridge - Duplicate

Convener: Joan Hardin

Meets: First, third, and fifth Mondays of the month at 12:30 pm in the Saskatchewan Room of the Faculty Club

We start the last of September or the first of October, and end in the first part of May. We are a very friendly group and have a great and fun time together playing duplicate bridge.

Bridge - Mixed

Convener: Lorna Stewart

Meets: Every second Wednesday from the second week of September through April, at 7:30 pm in the atrium of the Faculty Club

We play progressive contract bridge; that is, after each set of four hands, we change tables and partners. We usually have three or four tables each meeting. Please join with a partner. Your partner does not have to be a member of FWC. You and your partner both need to know how to play bridge.

Cookbook Club

Convener: Lorraine Thirsk

Meets: Every six to eight weeks; an evening in a member's home



Do you love cookbooks? Do you compulsively buy cookbooks because of the glossy photos? Have you marked recipes from the books but haven't found the time to test them out? Well, here is your chance to test drive those recipes! The Cookbook Club is now in its second year, after a very successful inaugural year. Similar to the idea of a book club, the books we will be reading (and drooling over) are cookbooks, with the exception that at each meeting we will bring and eat food cooked by you from the selected book!

Given the nature of the club, we will most likely have to limit membership numbers to approximately 12. Members take turns hosting, and the host gets to select the cookbook.

Couples Who Cook - Tenth Anniversary!

Convener: Peggi Ferguson-Pell
Meets: Between six and eight Saturday evenings during the year in members' homes, usually at 7 pm

We are a relaxed and friendly group whose spouses, partners, and/or friends like to join in the cooking. This past year we enjoyed seven different evenings: *Potluck Hors d'oeuvres*; *London's Burning!*; *A Sesquicentennial Spread*; *Carnaval do Brasil*; *Prazdnovaniye Russkoy Revolyutsii*; *St. George's Day Feast*; and *Mediterranean Potluck Party*.

This will be our 10th anniversary year so we are especially looking forward to **your** exciting ideas for different and delicious dinners. Please stop and say hello at our table at the Wine and Cheese. You can sign up at the table or contact the convener directly. Do you have an idea? We would love to hear it. Join us for this 10th anniversary celebration year!



Did someone say iconic Canadian treats? Nils Petersen looks over an array of sesquicentennial desserts in January (he made the Akutaq).

Creative Writing

Convener: Christine Forth
Meets: First Tuesday afternoon of the month at 12:15 pm in members' homes (bag lunch)

If you are serious about honing your creative writing skills and would like to be part of a stimulating and friendly group who will enjoy reading your work and give you constructive feedback and support, please feel free to join us. The mutual support and shared resources we provide each other help us to improve our writing, try out new ideas, and develop new writing projects.

We are planning to produce our second anthology of short stories and essays, a follow-up to our popular 2013 self-published anthology *The Man in the Bathtub and Other Stories*.

Drawing Together

Conveners: Ursula Maydell and Margot Wanke

Meets: Fourth Tuesday of each month (not in December) at 1:30 pm in a member's home



We get together at one of our members' homes and draw or sketch objects or statues or flowers or plants, whatever appeals to each one of us. The hostess provides coffee and tea and delicious goodies to snack on. Usually about five to seven members get together at our drawing sessions. (10 signed up this last year at the registration event). We enjoy drawing and sketching together. We have interesting discussions and admire each other's drawings.

Epicurious Lunching

Convener: To be determined

Meets: Five times a year, usually Tuesday or Friday at noon in members' homes

Epicurious Lunching is for ladies who enjoy cooking and dining in a friendly, relaxed atmosphere. We have two lunches in the autumn and three in the New Year. There are usually about twelve ladies at each function. The hostess plans the menu, and recipe assignments are divided equally among the group members who are able to attend. Each person is responsible for one recipe as their contribution to the meal, and all costs are divided equally among attendees. The objective of the group is to enjoy good food, lots of great flavours, and good friends. We'd love for you to join us!

French Conversation

Convener: Sarah Nyland

Meets: Each Wednesday afternoon from 1:30 – 3:30 pm, from late September until late April (except for December) upstairs in the sitting area of the Faculty Club

We read and translate short articles on a variety of subjects from the Québec French language magazine *L'actualité*, and of course there is lots of chat about anything and everything. Occasionally we meet for lunch.

Soyez la bienvenue!

Fun & (Board) Games (**NEW Group**)

Conveners: Rachel Frey and Sharon Morsink

Meets: First Tuesday of the month, 7 pm at the Faculty Club, Lower Bar

After several successful board game nights with FWC 2.0, we have decided to start an interest group dedicated to playing games together. As this is a new group, we cannot predict how the group will evolve, but we expect that we will mostly play games of the newer "Eurogame" style, though perhaps we will include party games and/or traditional board games. Want to play?

FWC 2.0

Convener: To be determined

Meets: Once or twice a month, days and times vary, at different fun places around Edmonton

FWC 2.0 aims to connect women faculty and spouses who are relatively young (or young at heart!) in various social settings. Many of us are new to the University of Alberta and to Edmonton, and we're interested in meeting kindred spirits. We plan our outings for various times – weekends and weekdays, evenings and during the day – to include as many of our group members as possible. Previous outings included lunches and dinners, coffee, walks, plays, musicals, chocolate tasting, and olive oil tasting. Last year we had a pie baking class at Duchess Bake Shop!! FWC 2.0 will have new leaders in the coming year, and we look forward to the new energy they will bring to the group.



Garden Group

Conveners: Marcia Bercov and Pat Petersen

Meets: At least once a month in the 'growing season.' The days and times vary depending on the particular event.

The Garden Group has events from the spring to the fall when many other groups are quiet during the summer months. It gives members the opportunity to see some of the most beautiful gardens in the city. If you are interested in learning about gardening or sharing your knowledge or just enjoying the gardens, this group will be for you.

This year we went to the Orchid Fair at the Enjoy Centre and to Greenland Garden Centre for some early spring plant shopping. In June we returned to the Wagner Natural Area to see the lady slipper display. So many of these beautiful orchids in a natural setting! In July we attended the Edmonton Horticultural

Society's Garden Tour. Although very enjoyable, many of us thought there was less variety in the types of gardens on display this year. In August a trip is planned to the University of Alberta Botanic Garden (formerly Devonian Botanic Garden). Here we will be able to see the new Aga Khan Garden construction area, which is about 50 per cent completed. It is interesting to see the progress of this massive garden before it is opened next year. This will truly be a highlight for next year.



Hope you can join us for some of the events next year.

Golf

Conveners: Bonnie Austen, Eunice Barron, Linda Capjack, and Gillian Rostoker

Meets: Wednesdays, April until the end of October

Golf is good exercise and a great way to meet other members of the club. This past year some 16 ladies golfed Wednesdays at Victoria Golf Club in the River Valley off River Road. Early and late in the season, the tee times are in the afternoon. During the summer, tee times move to mornings. The ladies golf from April until the end of October, weather pending. Interested in golf? Give us a call if you would like to join this fun group, or sign up at the Wine and Cheese in September. Some golf experience is encouraged.

Gourmet Dining

Conveners: Kimmie Chough and Bonnie Austen

Meets: Saturdays at 6:00 pm at each other's homes

The Gourmet Dining Group is now in its sixteenth year! Each dinner has a theme. Themes this past year included "C" Dinner, Ukrainian, Basque Cuisine, Nahanni River Feast, and a dinner to celebrate Canada's 150 Years. Husbands/partners are encouraged to attend and help with the hosting duties. (Someone has to open the wine!) Fifteen ladies signed up for Gourmet Dining

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this past year, but with husbands involved, the numbers at the dinners are higher. For this reason, two houses are sometimes used. This interest group is a great way to meet other faculty members and taste interesting food and drink. There will be a planning meeting in September to choose the dining themes for the coming season.

Bon appetit!

The International Movie Group

Convener: Mualla Berksoy-Boluk

Meets: Every third Thursday afternoon at 1:00 pm in a member's home

The International Movie Group meets to discuss the selected movie for the respective month. It runs between October and June. Meetings take place at one of the members' homes. Our mission is to enjoy the evolving diversities of world culture while exploring the cinematography and dialogue of movies through directors' cameras.

The International Movie Group's movie selections for 2017-2018:

Free Men (2012, French. Director: I. Ferroukhi)

Z (1969, Algerian/ French. Director: Costa-Gavras)

Leila (1997, Iranian. Director: Mehrjui)

Masquerade (2012, South Korean, Director: Choo Chang-min)

Skin (2008, British-South African, Director: Fabian)

The Hunt (2012, Danish, Director: Vinterberg)

Bitter Rice (1949, Italian, Director: De Santis)

Hunt for the Wilderpeople (2016, New Zealand, Director: Waititi)

Knitting

Conveners: Linda Capjack and Linda Sorensen

Meets: First Monday of each month from October to May, 1:30 – 3:30 pm in a member's home



A very cordial and supportive group of knitters meet once a month at members' homes to chat about knitting, or any other hot topic of interest, and work on their knitting projects. Members "show and tell" what is on their knitting needles and share their experiences with it. It is inspirational to see the variety of projects, yarn choices, pattern choices, and enthusiasm for hand-making an item for themselves, a loved one, or gift giving. Skill level varies from beginner to expert with everyone willing to share their passion for knitting, help with learning new techniques, share patterns, and help with any difficulties. If you have an interest in knitting, come and join this lively group.

Lunching Out

Conveners: Eunice Barron and Laura Steadward

Meets: Third Wednesday of the month at 11:30

The Lunching Out Group, through experiences and suggestions from the members, chooses a different restaurant for each month. Easily accessible parking, size, and noise level are taken into account when choosing.

Mall Walkers

Conveners: Kay Quon, Gillian Rostoker, and Laura Steadward

Meets: Second and fourth Wednesdays of the month from November to April, 10:30 am, Southgate Mall

Our walking group meets at the Food Court at Southgate Mall for a walk and then some coffee. Some members of the group stay for lunch as well.



Play Reading

Conveners: Norma Gutteridge, Sheenah Coutts, and Kirsten Krismer

Meets: Second Thursday of the month at noon in members' homes

We gather at a different member's house each time with our bagged lunches, and our hostess provides the beverages. We eat our lunch while we chat and start reading around one o'clock. We read all kinds of plays – English, Canadian, and American, and sometimes an English translation of a foreign-language play. Parts are changed around often so that everyone has a chance to read the big meaty roles. We have refreshments at a convenient break in the play's action and usually finish with a brief discussion around 4 pm. We are an extremely friendly group, and we welcome newcomers. Come and join us – it's like an afternoon at the theatre.

Quilting

Conveners: Kath Beck and Gaye Jones

Meets: First and third Tuesday mornings of each month October through April in a member's home

The Quilting Group welcomes quilters of all skill levels. We work on individual as well as group projects, with an emphasis on the sharing of ideas and information. Laurie Sobie provides inspiration and professional knowledge.

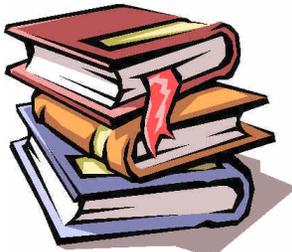
Reading Circle - General

Convener: Lorene Turner

Meets: Once a year in the convener's home, usually in September

Early in the fall our group meets to share members' suggestions for the year's reading. We select a range of genres to meet varied interests as well as introduce us to books we would likely not select on our own. The books are purchased, a rotation schedule developed, with books rotated each month. It is the responsibility of individual members to ensure that the book is passed on to the next member by the beginning of each month. The total cost of the books is divided by the number of people in the group, so for \$20 to \$30 you get to read 10 or 11 books.

Most of the current members live in the central to south Edmonton region, which facilitates ease of passing the books on. At the fall meeting each member may select one of the previous year's books to keep, pass on to a friend, or to read if they didn't have time during 'their month'.



Last year our list included Pam Clark's *Kalya*, Gail Anderson-Dargatz's *The Spawning Grounds*, Marika Deliyannide's *Bitter Lake*, Colson Whitehead's *The Underground Railroad*, Mark Zuehlke's *Scoundrels, Dreamers & Second Sons*, Atul Gawande's *Being Mortal*, Elena Ferrante's *My Brilliant Friend*, Emma Donoghue's *The Wonder*, and Rudy Weibe's *Come Back*.

We have room for two or three new members for 2017-2018. Check us out at the Wine and Cheese Reception in the fall.

Reading Circle – Mystery Books

Convener: Cathy Dursun

Meets: Once a year in the convener's home, usually in September

Do murder, intrigue, and betrayal lurk around the next corner? Do your friends and family hide intriguing pasts or evil intent? The Mystery Reading Circle delves into stories dark and disturbing. We meet in September to choose which books and authors we would like to pursue. Books are purchased (not purloined) and distributed. Each month the book is passed on to the person next in the circle. The cost is about \$23 – \$25. Sign up at the Wine and Cheese; then enjoy an international selection of nasty deeds.

Tennis

Convener: Tricia Unsworth

Meets: September – May, Mondays at Saville Sports Centre, 1:00 – 2:00 pm
May – September, Mondays at Garneau Tennis Club, 12:00 – 1:00 pm

Join us on Mondays for a fun, non-competitive game of tennis and get some exercise in a friendly and social atmosphere. September to May we meet at the south campus Saville Centre, and the cost is \$10 per week per person. In the summer months we play outside at Garneau Tennis Club. New members at about a 3.0 – 4.0 level are always welcome.

Walking Group

Conveners: Margot Wanke and Sylvia Kernahan

Meets: Thursday mornings at 10:00 am at various outdoor locations; meeting locations are posted on the website

Please feel free to join this friendly and enthusiastic group of walkers. On our 90 minute Thursday walks we explore Edmonton's many hiking trails while enjoying fresh air, good exercise, and excellent conversation. Sometimes we end our walk at a coffee shop or at one of our members' homes. At Christmas and springtime we usually organize lunch at a local restaurant after the walk.

We meet at a separate location in the river valley each week. A printout of the schedule and further information about the group will be available at the Wine and Cheese Registration and will be posted on the website. Check the meeting places and just show up; new members are always very welcome. Sometimes as many as 10 or 15 walkers come, but there are nearly always at least 6 of us. Hope to see you on the trail!

Walking with Waggers

Convener: Marilyn Gaa

Meets: Every Monday morning at 10:00 at Terwillegar Park

We are a small, dog-friendly walking group that meets at 10 am every Monday at Terwillegar Park, which is an off-leash park near Riverbend. Come and join us, with or without your dog, for a brisk, one-hour walk along these lovely natural trails.

Privacy Matters

All contact information, including phone numbers, addresses and email addresses, is published in your Members' Directory, which is mailed out in the fall. PLEASE keep your directory handy, as this is your main source of contact information.

Don't throw away or recycle your old directories. Please SHRED them to maintain the confidentiality and privacy of all members.

❖ MEMBERSHIP REPORT ❖

Where does the summer go?! It's hard to believe we're gearing up for the fall. Thank you to all who have pre-registered for the coming year. So far 65 members have rejoined. You can register up until the end of the Wine and Cheese on September 12 to get the early bird discount. Last year some members had planned on registering at the Wine and Cheese, but things came up and they didn't make it to the event. They ended up registering late. So if you feel inclined, please send in your membership over the summer. A membership form should have been emailed to you. I can take cash, cheques, or electronic transfers. If you wish to pay by credit card, it must be done at the registration event with the Treasurer.

Thank you for your ongoing support. I am looking forward to seeing you in September.

Marie Dafoe
Membership

❖ MEMBER NEWS ❖

Condolences

Mary Nursall, a long-time member of the FWC and President in 1975-76, passed away on Vancouver Island on April 11, 2017. Mary and her husband Ralph lived in Edmonton for over 35 years, both of them working at the University of Alberta. Mary is survived by her loving husband, her three children, and her five grandchildren. A remembrance and celebration were held in June on Cortes Island, B.C., where Mary and Ralph lived for the past 28 years.

❖ Annual General Meeting and Banquet

by Cathy Dursun

The eighty-third Annual General Meeting of the U of A Faculty Women's Club was held on Tuesday, May 9 in the Saskatchewan room of the Faculty Club. A total of 62 ladies enjoyed a delicious meal followed by a mindfulness presentation by Dr. Catherine Phillips.

Dr. Phillips is an Assistant Clinical Professor in the Department of Psychiatry, Faculty of Medicine and Dentistry, and her clinical/research interests are integrative psychotherapy, particularly working with traumatized individuals and personality disorders, and mindfulness meditation. Dr. Phillips' 45-minute presentation included two specific exercises in mindfulness, which left members not only relaxed but fully mindful and aware of their body and surroundings.



After a brief question period and break, the Annual General Meeting started at 8 pm, chaired by Past-President Pat Petersen. The 2016 AGM minutes and the financial reports were approved. The retiring executive were Cathy Dursun, Katia Tonkin, and Pat Petersen. New members of the executive were elected by acclamation: Rachel Frey (Vice-President), Marilyn Cree and Cathy de Frece (Program Committee). At the end of the meeting the gavel was passed on to incoming President, Jan Heaman.



Members enjoy conversation at the AGM.