

President's Report

Joanne Homik

Greetings from the President

I hope everyone is emerging from winter with a spring in their step! It seems like we are currently in our second spring, at least for now. I am sure you have been busy attending your interest groups, joining the UAWC programming events or perhaps traveling to get a bit of a break from the cold and snow. But the spring is upon us which means lots of programming for the club.

The Annual Spring Luncheon just happened on March 25. Turnout was good and we enjoyed the speaker and the company. We have our Annual General Meeting on May 6th this year, and will be in the Winspear room for a change. This is where we say goodbye to members coming off the board and welcome new ones in their place. This year we will be looking for people to fill the following roles: Vice President, Membership Director and Publicity Director, as well as anyone wanting to join the Program Committee in event planning.

In June, we will have our Annual Celebration Tea to honour those members who have been members for 25 - 49 years and 50+ years! All are welcome. We will be holding it at the Crestwood Community League once again this year, on June 11, 2PM-4PM.

Once we hit July, things tend to slow down at the club as many members are busy with travel or summer activities outside the club. We are always looking for women who are interested in joining the club. They can sign up anytime over the summer or at our Wine and Cheese event on September 17th, 2025.

In this Issue...

[UAWC Board 2024-2025](#)

[Board Vacancies for 2025-2026](#)

[Membership Report](#)

[Photos from the Past](#)

[Programs Report](#)

[Upcoming Programs](#)

[Publicity Report](#)

[Spring Luncheon 2025](#)

[Wine and Cheese Event Fall 2024](#)

[Interest Groups](#)

[Afternoon Book Club](#)

[Afterthoughts Book Club Discussions](#)

[Board and Other Games](#)

[Couples Who Cook](#)

[Creative Writing](#)

[Cross-country Ski Group](#)

[Drawing Together](#)

[Evening Book Club](#)

[Garden Group](#)

[Golf](#)

[Knitting Group](#)

[Lunching Out](#)

[Movie Group](#)

[Mystery Book Circle](#)

[Reading Circle](#)

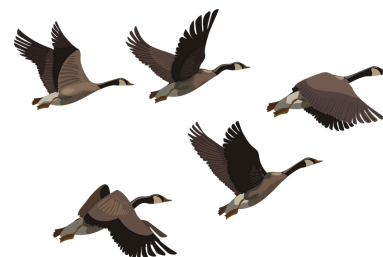
[Walking Group](#)

[Walkers With Waggers](#)

[Zumba Gold](#)

[Obituary](#)

[Cathy DeFrece](#)



Early signs of spring are in the air.

UAWC Board 2024-2025

President: Joanne Homik
Vice-President: Kimmie Chough
Past President: Marilyn Wiens
Secretary: Lynn Wolff
Treasurer: Andrea Richter
Membership: Diane Wishart
Newsletter Editor: Nancy Digdon
Programs: Sheela Hota-Mitchell
Publicity: Cathie Crooks
Website Manager: Christine Brown

Membership Report

by Diane Wishart

I am happy to share with you that the UAWC has **110** registered members for the 2024/25 year. We are pleased to welcome **15** new members this year. And would like to acknowledge our longtime members who include **15** who have been members for 25-49 years, and **14** who have been members for over 50 years!

Diane Wishart, Membership Director
Email: membership.fwc@gmail.com

Photographs from the Past

The club has amassed numerous photographs of club members and past events since it was founded in 1933 (under the name *Faculty Women's Club*). We will be sharing some of these photos in the newsletter so that longtime members can reminisce and newer ones can catch a glimpse of the past.



1996



2006-2007



1983



2009



1995



2002



2002



2009



1999 - 2000

Board Vacancies for 2025-2026

Membership director



The Membership director handles inquiries about memberships. Members register online and pay by e-transfer directly to the Treasurer. Once paid, member information is confirmed on a shared excel file.

Following the Wine and Cheese event in September, the Membership director sends an email to members who have not registered for the current year reminding them to do so. If needed, follow up phone calls are made as a second reminder. Once a membership list is finalized, the Membership director works with the Website editor to distribute the final list with contact information to all members.

The Membership director also makes name tags for new members and brings all name tags to club-wide events such as the Wine and Cheese, the Spring Luncheon, the AGM, and the Celebration Tea. The Membership director often sits at a table with the name tags and has the pleasure of meeting and welcoming members as they arrive.

Publicity director

Are you ready to have fun with supportive peers? Do you enjoy promoting the UAWC to other people? Then we have a great opportunity for you as the UAWC is looking for a new Publicity director.

The Publicity director is responsible for communications about the club internally to members, as well as externally to attract new members. The Publicity director works closely with women coordinating club programs and newsletters. She posts to university message boards about the Wine and Cheese event in the fall and posts to our private Facebook group throughout the year. She provides engaging photographs and posts for other members to share on social media. Other tasks could include connecting with the Non-Academic Staff Association and the Association of Academic Staff of the University of Alberta

Ideal outcomes of this person's work would be strong member engagement and more women joining the club. This position provides opportunities for your new ideas and creativity.

Vice President

The Vice President is responsible for supporting the conveners of the UAWC's interest groups by helping to host the Convener's Lunch and by reminding conveners when reports are due for newsletters. She also has the opportunity to participate in other board activities as they arise.

The Vice President spends 3 years on the Board: She is Vice President in year 1, President in year 2, and Past President in year 3.

If you are interested, or know someone else who might be interested, in the Membership, Publicity or Vice-President roles, please email president.fwc@gmail.com

Program Committee members

Sheela, our hardworking and creative Program director, welcomes your help to identify possible events for the club and to bring these events to fruition. Please **contact Sheela at program.committee.fwc@gmail.com** if you are available to help. This is a fun, meaningful, and flexible way to contribute to the club.



University of Alberta

Women's Club

2024-2025 PROGRAM

| Date | Event |
|--------------|---|
| Sep 18, 2024 | Wine & cheese membership @ UC (4-6 pm) |
| Oct 5 | Fossil Walk with Chris Schneider, UofA campus (afternoon) |
| Late Oct | *Edmonton Litfest event (Date to be chosen) cancelled |
| Nov 26 | Mactaggart Collection tour with Isabel Chueh, and optional coffee outing (1-3 pm) |
| Nov 29 | Mactaggart Collection tour with Isabel Chueh, and optional dinner outing (4:30-6 or later pm) |
| Jan 14, 2025 | "Helping Hands" at UofA Campus Food Bank (6-7 pm) |
| Feb 3 | Collecting Culinararia tour at Bruce Peel (1-4 pm) |
| Mar 2 | Bunco (social parlour game) at UAlberta (2-4 pm) |
| Mar 25 | *Spring "Lunch and Learn about Hope" @UC (11:00-1:30; Dr. Denise Larsen) |
| Apr 6 | *Tour of Alberta Art Gallery (10 am) |

h@UC(5:30-9:30 pm)
Centre (2-4 pm)
chases
ail.com

May 6 AGM Dinner & talk on AI & women's health (pm; Dr. Radima Kaul)
Jun 11 Celebration Tea, Crestwood Community Ce
*Programs requiring individual ticket purchase
CONTACT: program.committee.fwc@gmail.com

Programs Report

The UAWC programs committee has been going full steam ahead since the fall wine and cheese, providing our members with at least one option per month (except in December). Our eyes were opened to the hidden fossils all over campus, we viewed the treasures on exhibit and in storage at the McTaggart Art Collection, we bagged goods after touring the Campus Food Bank, we drooled over the immense collection of everything food and cooking at the Bruce Peel, and we laughed and rolled some dice at a relaxed afternoon of Bunco fun. Which of these did *you* attend?

If you missed them, never fear -- you can still catch our **Spring Lunch and Learn** (March 25), **AGM Dinner and Talk** (May 6), and **Celebration Tea** (June 11). Add these to your calendars so you don't miss a minute of excitement. Details will be communicated with you via email and our private Facebook page as we get closer to each event.

DID YOU KNOW:

- Summaries of our events, along with loads of great photos, are posted on our **private Facebook** page, so make sure you contact our publicity director (Email: publicity.fwc@gmail.com) to join it.
- **Non-UAWC** members may attend (space dependent) our programmed events for a small upcharge.
- You can still purchase our **UAWC swag** (insulated water bottle for \$25 and heavy-duty cotton bag for \$10) displaying our new logo ... just contact me or our publicity director (publicity.fwc@gmail.com). Using these items around town and when you travel is a terrific way to spread the word about our fantastic organization.
- Our programs committee works hard to find enriching and enjoyable activities for you. If you have ideas for **future programs** send me a note.
- If you want to join the committee, reach out to me. We would love the help!

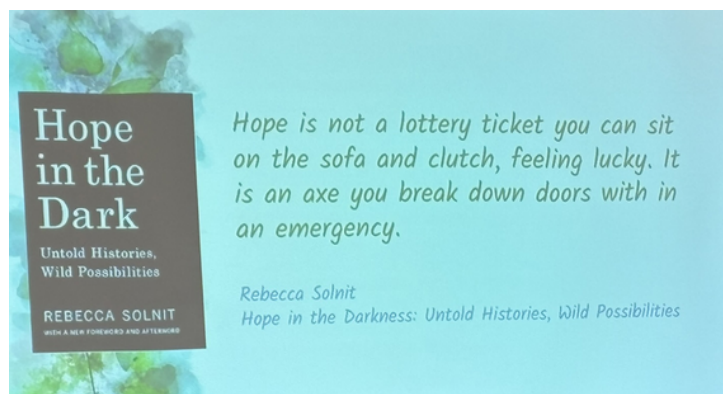
Sheela Hota-Mitchell
2024-25 Programs Committee Director
program.committee.fwc@email.com



Wine and Cheese Event Fall 2024



Spring Luncheon March 2025



Publicity Report

After last year's creation of a new logo and "look" for the University of Alberta Women's Club, most of the energy this year has gone into supporting our amazing Programs director, Sheela Hota-Mitchell, in a whirlwind of activities.

About a third of us belong to the UAWC private Facebook Group. It's great to have advance notice of events and activities and delightful to see members posting about spending time together. If you haven't joined yet, let me know and I'll send you the link.

Please continue to "talk up" our wonderful club and the many interest groups our conveners run. We have so much to offer, and things get even better when there are more friends who can join in the fun.

If you have ideas to share around publicity or ways to bring new members into the club, I'd love to hear from you!

Cathie Crooks, Publicity Director
University of Alberta Women's Club
E: publicity.fwc@gmail.com



Creative Writing Group

Convener: Marilyn Gaa (marilyngaa@telusplanet.net)
Meets 1st Tuesday afternoon of each month



The Creative Writers have been busy, writing novels, stories and poems. At our monthly meetings, we give encouraging critiques on our members' works. A group project, a progressive story has been circulating through our ranks, each member contributing in turn and passing it along. The results are surprising and entertaining. We have refreshed our BLOG, which can be accessed through the UAWC website. Click to read samples of our stories.

Walking Group

Convener: Linda Weiner

The University of Alberta Woman's Club walking group has continued its activities throughout the winter. During some of the cold snaps we rescheduled the walk indoors, at Kinsmen Recreation Centre or at Southgate mall. Some weeks there was both an outdoor and an indoor walk. The recent thaw and freeze cycle causing icy conditions has required some modifications too. But spring is just around the corner so we hope to see good turnouts on Thursday mornings!



Mystery Reading Circle

Convener: Jean Frost

The 13 members of the Mystery Circle continue to delve into the world of intrigue. Our interest is displayed in the list of books below. I will end my 'reign' as convener this fall, so a new lead detective will need to step forward. I have enjoyed being part of this smart group of sleuths.

- *Black Ice* by Thomas King
- *Something to Hide: A Lynley Novel* by Elizabeth George
- *One Perfect Couple* by Ruth Ware
- *Here One Moment* by Liane Moriarty
- *The Dark Wives* by Ann Cleeves
- *Every Time I go On Vacation Someone Dies* by Catherine Mack
- *The Phoenix Crown* by Kate Quinn and Janie Chang
- *Death Sign of the Rook* by Kate Atkinson
- *Snow Blind* by Ragnar Jonasson
- *We Solve Murders* by Richard Osman
- *Sliver Nitrate* by Silvia Moreno-Garcia
- *Lightning Strikes the Silence* by Iona Wishaw
- *A Death at the Party* by Amy Stuart



Golf Group

Convener: Donna Gorday

The golf group will meet in early May to discuss golfing options for this year. It is a casual, fun group, and golfers of all levels are welcome to join. Please contact Donna Gorday at gordaydonna@gmail.com in early April if you wish to participate for the year or have any questions.



Lunching Out

Convener: Joan Hube

The Lunching Out Group has the distinction of being one of the longest running groups in UAWC. Starting in the 70's, we've taken advantage of the diverse culinary offerings our city has to offer.

Our year began cautiously with lunch on the patio of the University Club during the summer. Then we have gone to Three Vikings, a Danish-style pub, Belgravia Hub, a favourite, Blue Chair, a popular venue for local artists, the University Club for its Christmas lunch, Ashford House Pub located in Manchester Square, Beijing Beijing for the Chinese New Year in February and the Urban Diner on High Street with all its shops to explore.

We do appreciate being part of a very successful organization.



Cross Country Ski group

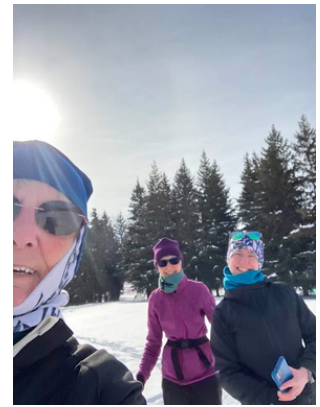
Convener: Marilyn Wiens



Our ski season this year has been a big improvement over the snowless season last year. Some of us have met on a weekly basis ranging from two to five skiers at each meetup.

Thanks to all of you who turned up to ski even on some fairly blustery days. Sadly it doesn't look like we will continue into March as a big melt has curtailed our skiing this year to the end of February.

I encourage all the skiers to join in with walking groups, the garden tours group, the golf group, or whatever helps you to keep your fitness levels going over the summer.



Board and Other Games



Conveners: Kimmie Chough & Nancy Digdon

Do you like playing games in a relaxed atmosphere? We play monthly on Wednesdays, in the evening one month and in the afternoon the next month. So far we have 11 members, with 3 to 7 women attending each session. We have enjoyed playing *Skip Bo*, *Five Crowns* and *dominos*, and are open to people bringing other games.

You are welcome to join any of our upcoming sessions:
April 23 at 1:30 pm, May 21 at 7 pm, June 25 at 1:30 pm,
and July 16 at a time TBD.

Call or text Nancy (780-686-7627) if you want to join us.



Couples Who Cook

Convener: Peggi Ferguson-Pell

We've had a delicious year so far – with a fun potluck hors d'oeuvres evening and two very enjoyable dinners - but best of all, we have also welcomed new members to join our hearty band of cooks. Thank you to everyone who has participated, and we look forward to welcoming those who haven't been able to make one our dates – yet!

We kicked off our year in October with a Fabulous Fall Flavours Potluck Hors d'oeuvres Night and it lived up to its name with a wonderful array of appetizers which were a perfect blend of autumn flavours with apples, cheeses, homemade pretzels, deviled eggs (made to look like spiders) just to name a few. Here's a cranberry brie recipe – one of many crowd-pleasers: <https://www.thepioneerwoman.com/food-cooking/recipes/a37261373/cranberry-brie-bites-recipe/>.

November found us craving Indian food and with Diwali having just been observed, we decided to create our own celebration dinner. A Diwali Dinner was a very warm and welcoming evening. You really can't beat eating fresh vegetable pakoras straight from the pot to your plate. Add butter chicken, Diwali Festive Rice, black dal, a rose & pistachio cake with cardamon toffee sauce and much more – and it was truly a delicious feast. Here are a couple of recipes from the night: Diwali Festive Rice - [Shahi Pulao | J Cooking Odyssey](#) and Black Dal - [This Mouthwatering Dal Makhani Recipe Is Diwali-Inspired Perfection | HuffPost UK Life](#). For all who celebrate this beautiful holiday, may your Diwali be filled with happiness, good health, and prosperity!

To welcome 2025, we planned a Tet celebration for January, however, a series of unforeseen delays had us moving our celebration several times – landing our dinner (finally!) at the beginning of February. Our Celebrating Tet - Vietnamese New Year dinner was a delicious reflection of the many and varied dishes prepared for this important holiday. Our evening began with an amazing welcome cocktail – Summer in Saigon – made with Saigon Baigur, a premium dry gin available in Edmonton. The cocktail is a blend of gin, coconut syrup, kumquat juice and lychee syrup which combines for a refreshing and very morish aperitif. Our dishes included soring rolls, fried spring rolls, pho, sticky rice cake, stir fried glass noodles and crab, pickled daikon radish and carrot, a crème caramel flan and a wonderful five fruit tray which was as delicious as it was beautiful as it graced our table.

Here are a few recipes for you to enjoy:

Summer in Saigon - [Saigon Baigur – Vietnam Premium Dry Gin](#)

Vietnamese Fried Spring Rolls (Nem Ran/Cha Gio) with dressing (Nouc Cham) <https://delightfulplate.com/vietnamese-fried-spring-rolls/#recipe>

<https://www.allrecipes.com/recipe/230330/nuoc-cham-vietnamese-spicy-dipping-sauce/>

Pho - [Vietnamese Pho recipe](#)

Vietnamese-style caramel pork with steamed rice - [Vietnamese-style caramel pork](#)

Five Fruit Tray (Mam Ngu Qua) (Northern or Southern) - [Arranging five-fruit tray during Tet celebration – a Vietnamese tradition](#)



Pat looks on as Chelsey presents her cardamon, coconut and lime pudding .



Nils (r) and Jim present their respective dishes - Black Dal and Diwali Festive Rice

Knitting Group

Conveners: Linda Sorenson & Val Wasylishen

The UAWC Knitting Group meets the 1st Monday of the month from October to June. We meet in a member's home and share the projects we are working on in a "show and tell" fashion. With the advent of many lovely new yarns - wool, cotton, silk, linen, bamboo, and blends - being available through the internet and new local yarn shops, the variety of garments and patterns are very interesting and motivating. After show and tell, coffee/tea and a snack is served, as we discuss knitting trends and fashions.

Our group is very diverse with new knitters and some very experienced knitters. We will be going in June, for a final outing, to a knit shop in Sherwood Park called Statement Junkie. New members are welcome to join us for any of our gatherings. Please contact Linda Sorenson 780-920-9359 for times and locations.



Garden Group

Conveners: Patricia Pedersen & Marcia Becov

The Garden Group continues to meet monthly from April to September and often again in December to see the seasonal display at the Muttart Conservatory. We try to get to the various gardens and garden shows in the Edmonton area. Some of the gardens we visit, and often at different times of the spring and summer, are the University of Alberta Botanic Garden and the St. Albert Botanic Garden as well as the Muttart. Other highlights are the Orchid Show and the Edmonton Horticultural Society Garden Tour.

Edmonton has much to offer those who enjoy gardens or gardening and we welcome anyone who wants to join our adventures. You can contact Marcia (tel: 587-783-7793; email: a2winger@yahoo.com) or Pat (tel: 780-633-0763; email: petersen.patricia50@gmail.com) for information about our upcoming adventures. You are most welcome to join us.



Dreaming of spring flowers...



Reading Circle

Convener: Orla Ryan

We have 11 members in our group this year so we will be circulating our books through to September. We have a varied collection of books comprised of fiction and nonfiction by local, Canadian and non-Canadian authors. Here is our list. If you are looking for a good read, check it out.

- *The Briar Club* by Kate Quinn
- *Clear* by Carys Davis
- *The Prophet and the Idiot* by Jonas Jonasson
- *Prairie Edge* by Conor Kerr
- *Miss Morgan's Book Brigade* by Janet Skeslein Charles
- *Who We Are* by Murray Sinclair
- *The God of the Woods* by Liz Moore
- *Be Ready When the Luck Happens* by Ina Garten
- *The Secret Keeper* by Genevieve Graham
- *Hello Beautiful* by Ann Napolitano
- *The Mitford Affair* by Marnie Benedict



Zumba Gold

Convener: Sheela Hota-Mitchell

UAWC livestream **Zumba Gold** classes (held year-round, Tuesday mornings at 9 am - with some exceptions) are a terrific form of “exercise in disguise”. What can you expect in a typical class? You get 45 minutes of heartrate-raising movement to music-- including salsa, merengue, cumbia, reggaeton, afrobeat, tango, flamenco, soca, and swing -- sandwiched between a thorough warmup and cooldown/stretch series. There are always hidden balance, toning, and joint mobility challenges, and I love holding holiday classes, where you can dress for the occasion and enjoy themed songs and matching Zoom backgrounds. Check out this medley from our Holiday, 2024 Zumba Gold class:

https://youtube/O_VqMLHCOsM

You can modify all the moves to suit your needs and abilities -- no need for any Ginger Rogers or Jane Fondas here! You can even sit in a sturdy chair and get a good workout. Since we operate over Zoom, you are free to turn your camera off during class and move to the music without anyone watching (although I prefer to “see”you on screen to assess how you are faring). While I do appreciate attendees’ donations to help offset my costs and prep time, I am happy to have you come to class if that isn’t possible. And feel free to invite a friend to join us... non-UAWC members are welcome (\$7 per class via e-transfer). Life is better when you dance together!

See more video clips, photos, and updates: @ZumbawithSheela (on Instagram and Facebook).

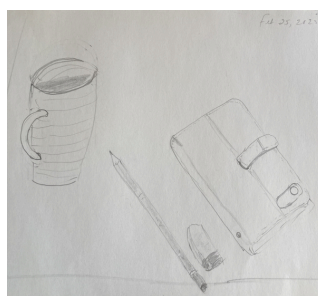


Drawing Together Group

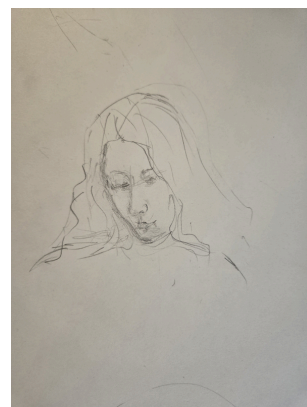
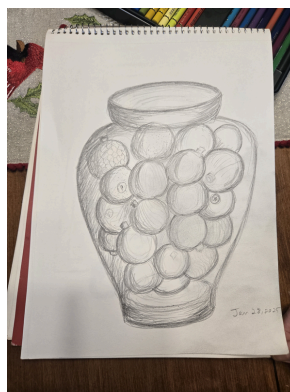
Convener: Karen Doucet

The Drawing Together group continues to meet, usually on the 4th Tuesday of each month. We mostly meet in a member's home, but sometimes at the University Club. In the fine weather we might meet *en plein aire* (outside).

We bring our sketch pads and pencils and draw what pleases us! Sometimes we'll use colour if that's what seems to be called for. Sometimes members will bring some show and tell of other projects they are working on: Donna has tried felting, Marilyn is taking an oils class. Sometimes some simply want to gather to chat and nibble.



We have a variety of experience as artists: some are old hands, some are discovering their youthful love of drawing, and some are wanting to develop a new skill. We are all very encouraging of each other's work.



Afternoon Book Discussion group

Conveners: Joanne Homik & Karen Doucet



Our year of reading is drawing to a close. We've worked our way through: *The Art Thief*, *This is Happiness*, *Man Who Loved China*, and *North Woods*, as well as the group favourites - Remarkably Bright Creatures and *Hotel du Lac*. (The other books were not universally appreciated.) Nonetheless we always have a lively and respectful discussion.

We will finish the year with *A Calamity of Souls*, *The Elephant on Karluv Bridge*, and *The End of Men*.

In February, we were honoured to host the University of Alberta's current writer in residence, Ryan Fitzpatrick.

We meet once a month in a member's home between 1:30pm and 3 pm-ish. The host prepares some light snacks and coffee/tea. The book is presented by a designated member and then everyone has the opportunity to contribute to the discussion. With such a wide variety of personal experiences, the group often has very interesting perspectives to share.

Afterthoughts Book Club Discussions

Convener: Nancy Digdon

We created this group because the Afternoon Book Discussion group (above) was full. We meet at 1:30 pm for about 1 1/2 hours on the 3rd Thursday of the month in a member's home. Similar to the other group, at our get-togethers, we have refreshments, one member introduces the book, and everyone has an opportunity to discuss it. We have had lively discussions and have learned from each other's perspectives.

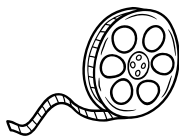
Our reading list included prize winners - *Study for Obedience* by Sarah Bernstein, *The Vegetarian* by Han Kang, *Demon Copperhead* by Barbara Kingsolver, and *Prophet Song* by Paul Lynch - as well as other fiction (*Lessons in Chemistry* by Bonnie Garmus) nonfiction (*Breaking the Age Code* by Becca Levy), and local work - *All Change* and *A World Remade*. by Edmonton author and UAWC member, Norma Gutteridge. Norma generously welcomed us into her home and entertained us with fascinating discussions about her writing. Her books were a highlight of the year. We highly recommend them!

We will be discussing *Breaking the Age Code* on April 17 and *Demon Copperhead* on May 15 if you would like to join either or both discussions. Call or text Nancy at 780-686-7627 for more information.



Movie Group

Convener: Donna Gorday



The movie group attended several new releases this fall at Metro Cinema and the Cineplex at South Edmonton Common, which were nominated for Oscars and won several awards at the Golden Globes. We usually meet at the theater, but on occasion, we meet before or after to enjoy a lively discussion about films. Some movies we have enjoyed are:

The Conclave - Fiction

A Complete Unknown - Based on the early years of Bob Dylan's musical career

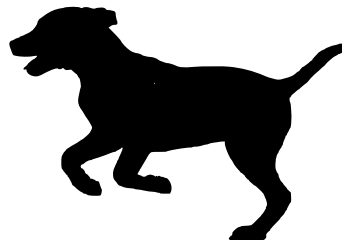
Nickel Boys - Pulitzer Prize-winning Novel in 2020 based on the actual events at a Florida Reform School

In March, we are attending a presentation of the film *Frida* (2014 film) through The Art Gallery, Films for Seniors.

If you wish to join the group, please email Donna Gorday at gordaydonna@gmail.com.

Walkers with Waggers

Convener: Marilyn Gaa



Mondays 10:00-11:00 at Terwilliger Park

The Walkers with Waggers have endured the freezing temperatures to emerge in early spring weather with icy conditions. In addition to weather, other challenges -- personal, travel, work, and health -- have had an impact on attendance. Soon the ice will melt, snow will disappear, trees will show buds, and we will all gather again with our friends and happy dogs .

New members are always welcome. Contact Marilyn (Email: marilyngaa@telusplanet.net) so that we can watch for your arrival.

Lovingly Remembered



Catherine Margaret (Cathy) DeFrece
February 11, 1950- December 20,2024

Cathy is survived by her husband of 49 years, Bob, daughters Laura and Christine, brother Don (Sherry), sister Betty, nephews Elden and Andy (Melissa), grandsons Alexander and Benjamin, granddog Jameson, great niece Phoenix and great nephews Callum and Shea.

Born in Barrhead, Alberta, Cathy spent the majority of her life in the Edmonton/Sherwood Park area where she was a devoted teacher for 35 years; teaching students to sing, to play glockenspiels and handbells and to “Tip toe through the tulips”. She had a strong love of choral music having met her husband Bob in the University of Alberta Mixed Chorus. Cathy directed her own choirs and was a devoted member of the Greenwood Singers for 43 years.

Cathy lived her life as a loving daughter, sister, wife, mother, aunt, grandmother, and fierce friend. She will be missed by all who knew her.

In lieu of flowers please feel free to make a donation to The Alberta Cancer Foundation in Cathy's memory.

