

Upcoming Wine and Cheese Event

Wednesday, Sept. 17, 2025

Time: 4:00-6:00 pm

Place: University Club

Everyone is welcome!



Memberships and Renewals for 2025-2026

Thank you to those who renewed their membership at the AGM or have done so using the online form.

We do encourage you to use the online form as it avoids long lines at the Wine & Cheese event on September 17 and reduces our workload too.

Click [here](#) to register or go to the UAWC website <https://uab.ca/fwc> to access information about membership and the online form.

Registration fees for 2025-26 will be \$60 with no early bird reduction. The online form will send you an email confirmation of your registration including all the details you entered. This makes it easy to check that you have registered and to double check your details, which will appear in the Directory exactly as entered online.

If you have any difficulty with the online registration form contact the membership director, [Joann](#), and she will assist you. If Joann is away, you can contact [Kimmie](#) or another member of the board.



In this issue...

Contents are listed alphabetically rather than the order in which they appear in the newsletter. If you click on a content, it will bring you directly to its page.

[2025 AGM photos](#)

[Celebration Tea](#)

[Meet the board](#)

[President's report](#)

[Programs report](#)

[2025-2026 Program](#)

Interest Groups:

[Afternoon book club 1](#)

[Afternoon book club 2](#)

[Book circle : Lorene](#)

[Book circle - Orla](#)

[Couples who cook](#)

[Creative writing](#)

[Cross country skiing](#)

[Drawing together](#)

[Evening book club](#)

[Gaming \(afternoon & evening\)](#)

[Garden group](#)

[Golf](#)

[Knitting group](#)

[Lunching out](#)

[Movie group](#)

[Mystery book circle](#)

[Walking group](#)

[Walking with waggies](#)

[Zumba gold](#)

A message from the president, Kimmie Chough

Welcome new and continuing members for our 92nd year! UAWC is a place to meet and make new friends through social activities and shared interests. It is needless to say that being active and social is important to us. Further, I have experienced firsthand that we are more than just that. We are also a safe space to come and lean on each other's shoulders when life hits us in an unexpected way. And don't forget-- we have been doing it for 92 years: paying it forward.

As I was entering my retirement from academia early this year, my young daughter graduated to heaven, after a long illness. To cope, I did what I do best—researching the literature on life after death. Through it all, my UAWC friends were with me, grieving alongside me, celebrating Hanna's life, feeling my pain, and lifting me up. I am trying to fulfill what my life was meant to do before I join my Hanna. I still am lost, but I feel my Hanna is in love and light, while she lives on in me, in her arts, and in our friends.

At the May 2025 AGM, I accepted to do my share and contribute to the Club as the incoming president. First, I noted how amazing our club is. It has sustained its long history, completely led by devoted and energetic volunteers following the footsteps thoughtfully laid out by our Founding Sisters. It was also an occasion to be enchanted by the timely AI lecture by Dr. Padma Kaul and share a nutritious dinner. We gave thanks to the outgoing board members: Marilyn Wiens who has served as Vice President, President and Past President; Diane Wishart, Membership Director; and Cathie Crooks, Publicity Director. The legacy shall continue for another great year with the incoming board.

I am happy to report that all Board vacancies are filled except for Publicity Director. Please welcome new board members Faith Davis, Vice President; Joann Freed, Membership Director; and Danielle Scott, Directory Editor. Many board members attended the Celebration Tea to honor long-time members, held at the Crestwood Community Hall. It was an occasion to witness enduring lifetime friendships and enjoy simply being in each other's presence. Gillian Rostoker recalled that the Celebration Tea idea was conceived by the 2010-2011 president, Gwen Magnus. The Programs Committee has already been busy with exciting plans for 1015-2026.

We are geared up for a September Wine and Cheese reception.



If you have any ideas, concerns, questions, or suggestions to share, please contact me:

president.fwc@gmail.com

or phone/text 780-994-4230

Programs Chair Report

We are back for another terrific season of UAWC's social gatherings! Our AGM dinner and talk, as well as June's annual celebratory tea were well-attended and appreciated. Learning about a Ualberta researcher's work on women's and children's diseases and gaining an understanding of how routinely collected data can be harnessed to aid with healthcare decision-making was eye-opening. And, it is always lovely to acknowledge our club's long-term members of 25+ and even 50+ years.

I have been doing research and making calls to book some interesting and informative events for our upcoming season, as well as some speakers covering some timely topics for our flagship spring and AGM meetings. Take a look at the agenda and mark your calendars. I attempted to provide a mix of free and ticketed programs, delivered approximately monthly. I hope you find some events that appeal to you and fit your schedules.

NOTE: The April event is not yet confirmed—we could visit the Art Gallery of Alberta as a group or try a slightly pricier option: a tour of a local artist's glass-blowing studio plus a hands-on maker's session resulting in going home with a blown glass item. Let me know what you prefer!

Keep your eyes peeled for additional outings that may be suggested on our private Facebook page—if you haven't yet joined, please send an email to me to do so: program.committee.fwc@gmail.com.

Many thanks to Cathie Crooks for being on the Program Committee last year, and I look forward to welcoming Danielle Scott next year. We would love to have more folks join the committee to provide ideas and a helping hand with some of the wonderful programs that form UAWC's backbone.

Respectfully submitted by:
Sheela Hota-Mitchell
UAWC Programs Chair





2025-2026 PROGRAM	
Date	Event
Sep 17, 2025	Wine & cheese membership event: UC (4-6 pm)
Oct 7	Giving thanks: Campus Food Bank tour and help (6:15 pm)
Nov 18	Brews for You: Town Square Brewery tour, talk & tasting (6-7:30 pm)
Jan 17, 2026	*Book design/make a notebook: Stanley Milner location, EPL (1-3 pm)
Feb 3	Chocolate Chat: Jacek Crestwood (5 pm)
Mar 24	*Spring "Lunch and Learn" about decision making tools to help with wildfire-impacted regions @UC (11:00-1:30; speaker Dr. Jen Beverly)
Apr	*Glass-blowing studio visit and make your own ornament (~\$80 pp) ? or AGA visit (admission cost)
May 6	*AGM Dinner & Talk on cellular agriculture-the future of food @ UC (5:30-9 pm; Dr. Heather Bruce)
Jun	Celebration Tea: Crestwood Community Centre (2-4 pm)

*Programs requiring individual ticket purchases

CONTACT: program.committee.fwc@gmail.com

AGM Dinner and Talk May 2025



Dr. Padma Kaul's talk on
women's heart health



Celebration Tea June 2025



Members for 50+ years



Members for 25+ years



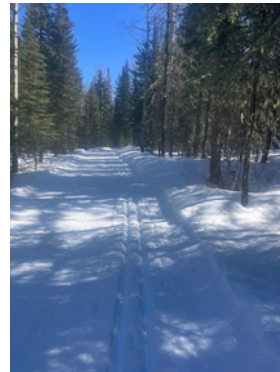
Interest Groups

Cross Country Skiing

Convener: Marilyn Wiens

The cross country skiing group will be meeting this year on a bi-weekly basis at various locations within the city of Edmonton for a relaxing hour or two of skiing on some of our beautifully groomed trails. We look forward to your participation and enthusiasm . I will send out an email every two weeks and would appreciate your response letting me know whether or not to expect you. I will be keeping track of weather and ski conditions so will let you know if we have to cancel.

You can phone or text me at 780-680-8162



Book Circle 1

Convener: Lorene Turner

Do you love to read but can't fit one more meeting into your busy schedule? Perhaps a book circle is for you! We meet once in the fall to suggest and select newly published books we would like to read, discuss them briefly and determine which 9 or 10 (depending on number in group), purchase 1 copy of each which will circulate monthly to members throughout the year. An advantage is you get to read several new publications, that are often difficult to get from the library, for the price of one; you can read it whenever you have time in the month; you are introduced to new authors and genres that you normally wouldn't have read, and you aren't accumulating books you may never read again. One downside is that there is no scheduled time to discuss the book you've read with others in the group.



Book Circle 2

Convener: Orla Ryan

The book or reading circle is a relaxed, informal type of book club. We meet once a year in either September or October. Over a cup of tea/coffee and some snacks we briefly review the previous year's books, which ones were enjoyed and which ones were less popular. We then review the titles suggested for the upcoming year and make a short list. From this, the convener purchases the books to be circulated during the year.

The books are then distributed to the group, the cost being shared between the members. At the end of each month, the books are passed on so that by the following September everyone has had a chance to read all the books. We read a wide variety of genres including fiction, biography, history and the odd mystery. This is a lovely way to have a different book delivered to your door each month and sometimes a chance for a short visit while passing on the book. At the September/October meeting, we draw for the books from the previous year so each member gets a book to keep. This is also wonderful value as for the price of one book you can read 9, 10, or 11 books depending on the number of people in the group.



Mystery Reading Circle

Convener: Jeanette Fedorak & Lorraine Hinch

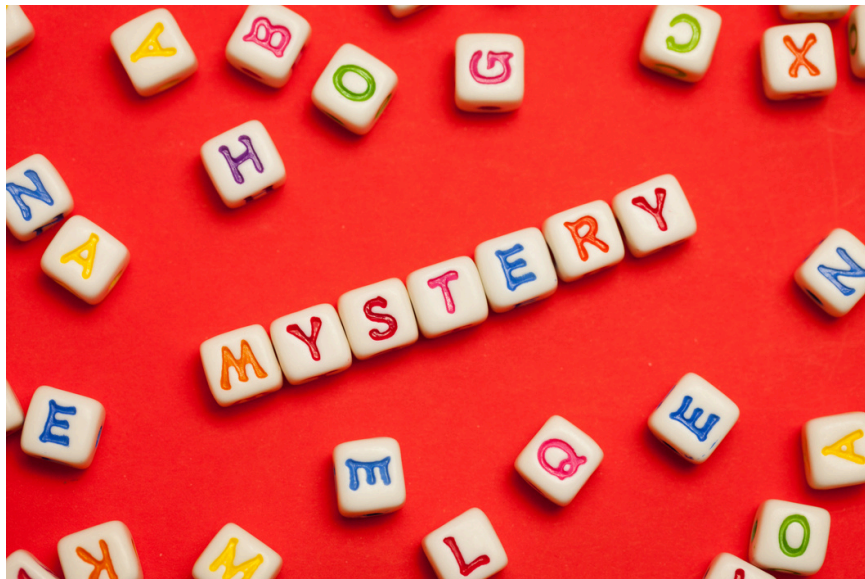
The 13 members of the Mystery Circle continue to delve into the world of intrigue. Our interest is displayed in the list of books below.

We thank Jean Frost for guiding and organizing as convener for the last several years. Two of the current members will take on Jean's role.

We circulate the books on a monthly basis amongst the members. A new list of books will be selected in the fall for the next year. The books are purchased and then distributed at the start of the new reading year. At the end we have one of the books to keep. It is a chance to read a wide variety of books by different authors.

Last year, we read:

- *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 Whishaw
- *A Death at the Party* by Amy Stuart



Evening Book Club

Convener: Karen Bain

The current political, economic, and international challenges facing us now may seem overwhelming. However, a review of the books read on the Evening Book Club list recorded since 1971, would indicate we “read a book about that”. No better year than this one to consider joining us!

We meet the third Thursday of the month at 7:30. This provides an opportunity for women who work or find it difficult to meet during the day. As in the past few years, we will meet in homes September, October, maybe March, and in April, May, June. This gives us a chance to visit in person and meet you, then resort to the more isolated, but warmth of zoom without driving on icy roads. A zoom link is sent Sunday before each meeting and updates are emailed as needed.

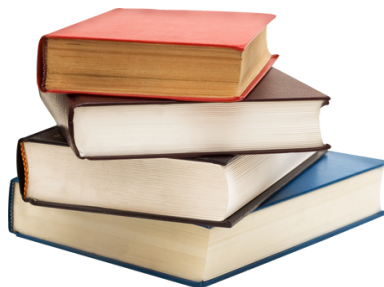
Members volunteer to “review” by presenting brief information or online enhancements of books as they wish. No pressure! Also, not everyone always has time to finish reading books and no consequences will occur. You are welcome to listen and contribute opinions and personal experiences.

We met at Bonnie Austen’s in June to review a number of member suggested books, then voted and established a tentative schedule. Printed copies of the list and dates will be available at the September Wine and Cheese registration.

Cathie Crooks, from University Press, often shares information about literary events and activities on campus, members share updates about books and events such as attending book launches at Audrey’s and Magpie. We also have invited authors and writers-in-residence to our meetings. This makes the book club not just about book reviews, but also more social with opportunity to share diverse interests.

We welcome guests who may wish to join Evening Book Club and we look forward to visiting at the Registration in September.

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



Afternoon Book Discussion Group 1 Conveners: Karen Doucet & Bev Hoyles

Thank you to Joanne Homik, our exiting convener. She has shepherded our group these past 2 years. As per our tradition, we have revolving conveners, each person taking the responsibility for a 2 year term. So this year Karen is in her second year, and Bev has stepped up to become our incoming convener.

As has become tradition, we ended the year with a lovely and lively potluck lunch in Bev's garden. We made our book selections for the coming 2025-2026 year. The winners are:

- *The Dictionary of Lost Words*
- *Rebecca*
- *Marble Hall Murders: A Novel*
- *The War We Won Apart*
- *There are Rivers in the Sky*
- *Tell Me Everything*
- *Eddie Winston is Looking for Love*
- *Miss Morgan's Book Brigade*
- *Codebreakers*.

The usual eclectic selection of titles: some new, some classics, some fiction, some non-fiction. But always good stories. We will also make time for a Christmas potluck and book exchange, a visit from the current year's UofA Writer-in-Residence Cody Caetano, and of course the year-end potluck.

We meet once each month in a member's home, between 1:30pm and 3pm-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 has very interesting perspectives to share.



Afterthoughts Book Club Discussion

Convener: Nancy Digdon

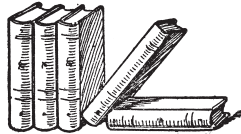
We formed this afternoon book club last year because at that time the other afternoon book club was full. But if demand dwindles, our club might fold as members join other book clubs.

We are a small social group that enjoys each other's company and perspective. Typically we meet the 3rd Thursday of the month at 1:30 in a member's home. But in September, we are meeting on the 25th at 11:00, which is after the wine and cheese event in case others want to join us. If you are interested in this club, contact Nancy at digdonn@gmail.com

At this point, we have a partial reading list, which we will complete when we meet on the 25th of September. Our books include:

- *Orbital* by Samantha Harvey
- *James: A Novel* by Percival Everett
- *The Best Laid Plans* by Terry Fallis
- *The Serviceberry: Abundance and Reciprocity in the Natural World* by Robin Wall Kimmerer
- *Raising Hare* by Chloe Dalton.

We read winners of major prizes, older and recent books, novels, and non-fiction. We will be adding a mystery novel as well as other books that members recommend. We discuss a book a month except for when we take a break in December, July, and August. Usually, one person introduces the book and then everyone has an opportunity to discuss it while socializing and snacking. You are welcome to join us as often as you like.



Walking with Waggers

Convener: Marilyn Gaa

Every Monday 10:00-11:00 at Terwilliger Park

A small, friendly group of women and dogs meets in all weather, every Monday, including statutory holidays. We enjoy the off leash frolics of our dogs and engage in interesting conversations as we walk briskly for an hour in a beautiful natural setting. We walk in the same location every week, but Mother Nature offers us a variety of scenery through the seasons.

We welcome you with or without your dog. Contact Marilyn at 780-432-7660 or marilyngaa@telusplanet.net so that we can meet for your first visit.



Zumba Gold

Convener: Sheela Hota-Mitchell

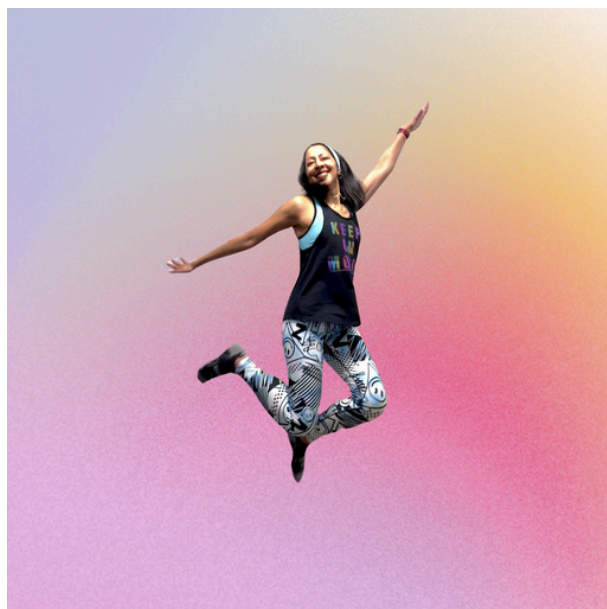
Want to take the “work” out of workout, and not leave your house? Join me for livestream Zumba Gold classes on Tuesday mornings at 9 am! Class always starts with a little on-screen chat with anyone who arrives early, then we begin our “exercise in disguise”: a thorough warm-up and nice cool-down/stretch/balance work, sandwiching a playlist of songs that includes rhythms like salsa, merengue, Cumbia, Reggaeton, Afro-beat, Bollywood, tango, flamenco, soca, swing...you get the picture! Sometimes, I have a holiday class costumes, themed songs and matching Zoom backgrounds.

If you are worried that you are not a dancer, or don't like group fitness, I'd like to change your mind. In Zumba Gold, you will always find a variety of moves that you can modify to suit your needs and abilities. 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.

You can join the Zumba Gold interest group anytime during the year (and non-UAWC members are welcome to try it, so bring a friend) and attend when it works with your schedule. What's stopping you? Give yourself the gift of fun fitness and join the Zumba Gold group!

Contact information: sheela@writeonscience.com

Respectfully submitted by:
Sheela Hota-Mitchell



Walking Group

Convener: Linda Weiner

Every Thursday morning, a small but enthusiastic group of ladies from our Walking group met at a designated trail head at 10 am. Most trail heads offered us several different paths from which we could start our walk. Our walks generally lasted an hour and a half. Several times we went for coffee at the end of our walks; that was always a special treat. We encourage others to come and join us on our enjoyable walks.

For many years Marcia Becov has kept a picture record of our walks and has written thoughtful descriptions of them. She has always emailed the photographs and summaries to the whole group; both the photographs and the summaries were appreciated by all, but especially by the ladies who could no longer walk with us.



Lunching Out Convener: Joan Hube

The Lunching Out group continues to meet every 3rd Wednesday of the month all year around. With so many restaurants to choose from, we have enjoyed a great variety of culinary dishes.

We have some favourites such as the patio of the University Club in the summer and the Belgravia Hub but have sampled Chinese, Italian, First Nations and Danish. The picture shows the group at the popular Lemongrass restaurant which serves Vietnamese food.



Couples Who Cook – you are invited!

Convener: Peggi Ferguson-Pell

Welcome to this year's Couples Who Cook! We are a friendly, relaxed group of people who like to cook and enjoy good food and great companionship. This coming 2025-26 year we are entering our 17th year of exploring foods, flavours and traditions from around the world and we warmly invite you to come and join us when you can.

We generally begin our year in October with a potluck hors d'oeuvres evening, and we had fun this year exploring the flavours of fall with an array of foods highlighting autumn harvests with appetizers starring apples, cheeses, cranberries, mushrooms and pretzels with beer dip to name just a few. In November we came together to celebrate the flavours of India with a Diwali celebration dinner that included vegetable pakoras, butter chicken, festive rice, black dal, and a rose and pistachio cake with cardamom toffee sauce.

The new year saw us celebrating Tet with a wonderful Vietnamese New Year dinner that included fried spring rolls, pho, stir fried glass noodles and crab, and a crème caramel flan. We finished off the year with a genuine Alberta-themed walk down memory lane with a delicious homage to the beloved Company's Coming cookbooks (remember when every special occasion included deviled eggs?). From Spring Green Soup to Flamenco Chicken, to Saucy Carrot Fry to Pineapple Delight – it was an evening of delicious memories – old and new.

What dinners will this year hold for us? Well, that's entirely up to you. We depend upon your ideas and suggestions for our dinners – so we can't wait to hear from you. And two very important points about our group: 1) come when you can, we are all busy people and we know that sometimes it just doesn't work out, so don't worry about it – join us when you're free – even if that's next year; and 2) our use of the word Couples is very, very loosely defined, in other words it can mean a spouse, partner, friend, parent, relative, someone you met at our September wine and cheese get together – you get the idea, just another like-minded person who will make one of the dishes and accompany you to the dinner.

That's our pitch – we very much hope you can join us – whether it's now or later - please know there's always a seat at the table for you!

And please don't hesitate to call or email me if you have any questions or would like more information. Thank you!



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



Christine talking at the Tet dinner about her Fresh Spring Rolls (Goi Cuon) with peanut sauce

Evening Games Group

Convener: Kimmie Chough

This will be Year 2 of our game group (post-pandemic). Initially, we started out as one group, but rather quickly, two distinct groups of players emerged – daytime players or evening time players. To serve us better, we decided to split them accordingly starting this year.

We meet once a month at 7 pm on the first Wednesday of the month at a member's home. You can attend every month or skip a month. No experience is necessary. Possibilities are endless. Typically, members bring games they like to play or explore and explain the rules. We, then, choose a game that interests the majority. We can divide into groups and play different games if we have the number of players required for each game. To date, we have played games of Five Crowns, Villainous, Masterpiece, Dominos, and Code Names.

Join us and have a fun evening of laughter, making new friends and getting to know each other, while relaxing over a game. Enjoy delicious snacks, too!

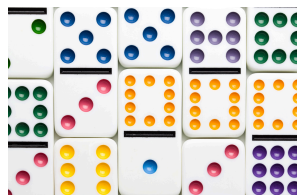


Afternoon Games Group

Convener: Nancy Digdon

The afternoon games group meets monthly on the 3rd Monday of the month at 1:30 at a member's home. We operate similar to the evening group (see description above).

You are most welcome to attend regularly or occasionally. Join us for relaxing afternoons of friendly game play.



Knitting Group

Conveners: Linda Sorenson & Jeanette Fedorak

The knitting group is a diverse group of beginner to experienced knitters. We meet the 1st Monday (1:30-3:30pm) from October to June, in members' homes. Projects that we are working on are shared in a "show and tell" fashion. After show and tell, coffee/tea and snacks are served as we continue to discuss knitting trends and fashions. Our December meeting is a lunch out at the University Club and our June meeting is an excursion to a local knit shop and lunch out.

Our first meeting will be at my home:

Linda Sorenson
597 Stewart Cres SW
Ph 780-920-9359

Co-convening the group this year is Jeanette Fedorak
Ph 780- 436-8143

Thank you to Val Wasylishen for her great help and support co-convening for the past three years.

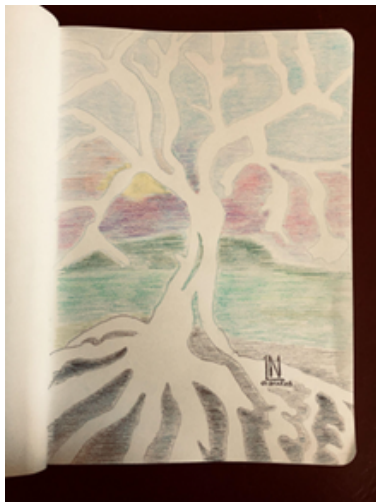


Drawing Together Group Convener: Karen Doucet

The Drawing Together group continues to meet, usually on the fourth Tuesday of each month. We mostly meet in a member's home, but sometimes at the University Club. through the warmer months we've outside, *en plein aire*.

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.

We have a variety of experience as artists: some are old hands, some are rediscovering their youthful love of drawing, and some are wanting to develop a new skill. We are all very encouraging of each other's work. We are always open to having some new folks join us for some low-key sketching time. It's a lovely meditation to focus on your composition for the time we are together.



Garden Group

Conveners: Patricia Pederson & Marcia Becov

The garden group meets monthly from April until September and often again in December to see the seasonal display at the Muttart Conservatory. We try to get to 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.



Creative Writing Group

Convener: Marilyn Gaa

Meets monthly on the first Tuesday of the month at 12:30 -3:00 at member's homes.

Members of the Creative Writers interest group enjoy sharing their stories and poems for supportive discussion at our monthly meetings. We begin with a friendly chat over bag lunches and launch into our serious discussion at 1:00.

Our members backgrounds: social work, publishing, journalism, teaching, anthropology, history, business and more give us a variety of perspectives. Occasional group projects like a progressive story add fun to our meetings. Two members are published novelists and we have compiled two anthologies of our work for your enjoyment.

If you are a lonely "closet writer" join us. Contact Marilyn at 780-432-7660 or marilyngaa@telusplanet.net



Golf group

Convener: Donna Gorday



We golf Wednesday mornings with some dozen players including husbands of members as well. We play nine holes and appeal to those with some golf experience. Let me know if you would like to join in the fun. While we book on a weekly basis, it is understood that we live busy lives and will not participate every week. Contact Donna for more information.

Bonnie Austen has stepped down as a convener for the group after many years of organizing the group. We thank her for her dedication over the years.



Movie group

Convenor: Donna Gorday

The group attended several movies at Metro Cinema and one at the Telus World of Science. For the fall, some selections from the Edmonton International Film Festival will likely be on the list.

In general, we attempt to sample different genres of films. Some are just for fun whereas others are Oscar contenders/winners or portray a more serious current event topic.

If you would like to join, look for our table at the wine and cheese event or contact Donna.





Meet the 2025-26 Board

From L to R: Andrea (treasurer); Kimmie (president); Sheela (programs), Nancy (newsletter), Joanne (past president), Danielle (directory) and Lynn (secretary)

Missing from photo are Faith (vice-president); Joann (membership); Christine (website)

President, Kimmie Chough



I joined UAWC (FWC) in 2010, and enjoyed walking, skiing, dining, watching movies, drawing, reading, and knitting with many of you amazing ladies. Now, as I make the transition to the Executive role, I look forward to pouring more of my energy into the club and helping it to grow stronger and more vibrant.

I was born in a rural area, south of Seoul, Korea (South!) and grew up in Seoul. Upon obtaining my Bachelor's degree, I left Korea in 1981 to study Clothing and Textiles at the University of Manitoba. Winnipeg was active with various fashion shows, and I volunteered to dress up models for their runway walks. After a year, I realized that, to do research properly, I needed to learn Statistics. One elementary introduction to Statistics hooked me up and I changed my major field of study. I immersed myself for three semesters, studying the required mathematics and statistics to qualify for the University of Manitoba's pre-masters program in Statistics and eventually earned my MSc in Statistics. I don't think I have ever studied so hard and learned so much in my life other than those Winnipeg years.

Then I went to Madison, Wisconsin to pursue my doctoral work in Statistics. Upon earning my PhD, I taught at University of Iowa for 2 years before returning to Winnipeg, Canada. Unfortunately, I faced harsh sexism and sexists by my own alma mater. It was early nineties when men were not used to sharing serious tenure track positions to hire women. On a positive note, it also gave me an opportunity to develop a new avenue of research in health statistics, as the medical school welcomed me. Then, I moved to U of A and it has been my home since 1996. I had a fulfilling career mentoring young scholars personally and professionally. Most of them found jobs in Canada, contributing significantly to our working population.

I live in Spruce Grove near Bunchberry Meadow (2 blocks East of the U of A Botanical Garden), which I call my backyard! After losing my precious daughter to an illness, two grand babies are on the way this summer, just a few weeks apart. Life is mysterious and full of miracles.

Vice-president, Faith Davis



I joined the UAWC in approximately 2012 in response to an email sent to new faculty. I had just returned to Edmonton from Chicago to take up a chair at the School of Public Health. I was born in the province and graduated from U of A in 1967 but my interests took me to off to graduate school and a career in epidemiology – a field not well developed in Alberta at the time. It was exciting to be recruited back to a new School of Public Health and to be able to contribute for a brief period in its history.

Once back in Alberta I looked for an outlet to nurture my nonacademic interests and this email arrived at a perfect moment. My decision to join turned out to be fortuitous as my life was immediately enhanced by an evening dinner club and evening book club. Slowly I began to appreciate the comprehensiveness of this organization and since retiring in 2019 have valued getting to know more of you through participation in a walking group, knitting group and most recently the film group. I value the community provided by this diverse and engaging organization and will work to give back in my new role on the board as Vice President. I was lucky in that my son decided to give Edmonton a chance and my grandson is now a wonderful addition to our lives. I have been asked why I retired in Edmonton and its really because I can't think of a better place and this organization is a hidden jewel within it

Treasurer, Andrea Richter

I joined the University of Alberta Women's Club in 2024 and was quickly recruited to serve as Treasurer. I'm a proud U of A alumna, having graduated in 1996. More recently, I spent 13 years working with the Faculty of Nursing in the Nursing Simulation Centre—an experience I greatly valued.

Although life has been busy, I've enjoyed being part of the evening board games group—even if I've only managed to attend once so far! I have two wonderful daughters, aged 23 and 20, who are both currently attending university here in Edmonton.

Recently, I made a significant career change and am now working as a mortgage broker—aka a happiness creator! It's been a drastic but rewarding shift that I've embraced wholeheartedly. In my spare time, I enjoy golfing, practicing yoga, and hope to travel more as time allows. I look forward to contributing to the UAWC as part of the executive team and to connecting with more members along the way.

Secretary, Lynn Wolff



Hi – I am pretty new to the club. I just joined a couple of years ago. I had been gradually increasing the times that I joined the Walkers with Waggers on Monday mornings for years. Then I retired and joined the Thursday evening book club. Once I had gone that far, I decided to join the club itself. At the second AGM I attended I could see that pretty much everyone had already served on the Board, so it would be important to contribute. I have been enjoying getting to know the lovely women on the Board and generally in the club.

Before I retired, I was a clinical psychologist. My late husband was a physician and we both supervised and mentored students at UofA over the years. In the last 3 years I have been hosting Ukrainian refugees in my home – 11 so far. Other than that, I live a pretty ordinary life in Windsor Park with my dog, Riccia.

Membership director, Joann Freed

I have had a long and happy relationship with the University of Alberta, starting a master's degree in Classics in 1967, teaching many courses as a grad student, being a full-time instructor in 1983/84. I've worked on Roman excavations in Italy, Turkey, and Tunisia for many years. After teaching in the Department of Archaeology and Classical Studies at Wilfrid Laurier University for twenty years, I came back here as Adjunct Professor in History and Classics ten years ago.

My husband and I returned to Edmonton from Ontario because my twin sons are here, and because I love Edmonton. Although I'm largely retired, I still enjoy research and writing. I signed up for the club about five years ago, and I've enjoyed Lorene's book group, the knitting group, and an occasional movie with the movie interest group. I hope this will be another great year and I'm looking forward to meeting more club members!

Directory editor, Danielle Scott

I joined UAWC in fall 2024 and have enjoyed participating in activities for the whole club as well as the games group. From 2007-2022, I worked at U of A doing international relations and have been keeping busy with various non-work activities since then, including gardening, hiking, cross-country skiing, meditating, and visiting my dad who lives in long-term care in my hometown of Victoria. My husband Alan is an MRI physicist at U of A (Radiology and Biomedical Engineering departments).

We enjoy travelling, including camping in the Rockies in the summer. In the last few years, I have done a lot of pet sitting in Victoria - I had a cat for 21 years so house sitting is a welcome chance to spend time with pets as well as enjoy the beauty of the west coast.

Programs chair, Sheela Hota-Mitchell



I have a PhD in Microbiology and Immunology and am lucky enough to be able to use both my left and right brain doing work that I love: running my academic editing sole proprietorship and teaching Zumba Fitness classes. I have a terrific son who is completing his MSc in Statistical Machine Learning at UAlberta, and partner who is a successful AI Professor at the UAlberta—in fact, it was through him that I was made aware of UWAC. Having just moved from Florida to Edmonton, it made perfect sense to join UAWC in the fall of 2022, (and why not??!) lead the first-ever Zumba Gold interest group for the club!

I have delighted in meeting the intelligent and social members at events and interest groups I joined (walking, book club, knitting, and games). When I was approached the next year to fill the vacant role of Programs Chair, I was pleased to do so. Bringing varied and interesting events and speakers to the UAWC community has been challenging, but gratifying. I hope to see you at one event or another over the coming year!

Newsletter editor, Nancy Digdon



I am delighted that Marilyn Wiens recruited me to join the UAWC two years ago. I have enjoyed spending time with so many wonderful women at club-wide events and in various interest groups, including a book circle, an afternoon book club, the gaming group, cross-country skiing, zumba, and lunching out.

My connection to U. of A. is through my husband who is in the psychology department. I worked at MacEwan University for 32 years and recently retired as professor emeritus in psychology. I was privileged to work at

.

.

MacEwan as it transitioned from a community college to a university with the heart of a community college. I loved teaching and mentoring students as well as conducting two lines of research: 1) university students' sleep and well-being; and 2) history of psychology.

I was born in New Brunswick and lived there until my early 20's. I moved to Ontario to complete my Ph.D. when I met my husband in graduate school. Although we came to Edmonton solely because of my husband's job, we quickly fell in love with the city as a family friendly place to live close to nature. We will happily remain in Edmonton, especially since both of our adult children have settled here with their children. I have two granddaughters (9-years-old and 3-years-old) and one grandson (6-years-old). They bring me such pleasure!

Now that I am retired, I spend more time volunteering – I especially like my Tuesdays at the Royal Alberta Museum assisting with research in the Military and Government History unit. I also enjoy doing various physical activities such as walking with friends and my dog Felix, spending quiet time in nature, and pursuing wildlife photography. I also savour my time cuddling my two cats and tending my houseplants and garden.

