

Greetings from your President

Our robust interest groups continue to engage our members. This year we added another interest group. With the intent of getting out for brisk walks, Elke Molgaard started a Monday walking group. Once the snow came, they strapped on their snowshoes and continued walking.

WAMUN wide activities also had good turnouts. Our fall reception and potluck dinner followed by Dr. Jane Green's talk on medical genetics were well attended. On a perfect fall day, approximately 20 members toured the General Protestant Cemetery with Suzanne Sexty. Forty-nine members came to the January coffee morning to visit and to celebrate our graduate scholarship winners.

I want to thank members who donated money, and time to support our scholarships. Contributions for the year totalled \$4,622.55 (\$2,155 from individuals and \$2,467.55 through WAMUN fundraising). Our support for the campus food bank continues apace. Thanks to you, Tonya Bassler and Karen Herzberg have continued to deliver groceries to the food bank.

The Nominating Committee is looking for people to fill a couple of executive positions. I hope some of you will see your way to volunteering. WAMUN's social and charitable activities are worth supporting.

Ever Green Recycling has changed its procedures for crediting group accounts. Our recycling webpage www.mun.ca/wamun/recycling.php includes information on handling your recyclables. It has new links to a PDF file you can use to print the correct label - **Women's Association of MUN** - for the bags you leave. Without this label your material will not be credited to our account.

The WAMUN executive does not want our membership fee to be a barrier to joining WAMUN. If anyone feels that this applies to her, contact the membership secretary so accommodation can be made. All inquiries will be treated confidentially.

Do you know somebody you think might enjoy a WAMUN membership? Why not give them a Gift Membership. There will be Gift Membership cards at the September meeting for those who are interested.

I hope to see you at our spring luncheon and AGM on Saturday, April 28 at the Fluvarium.

Karen Lippold, president



2012 Spring and Summer Events

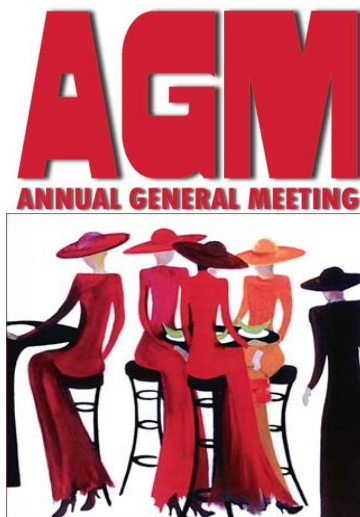
- WAMUN AGM LUNCHEON @ THE FLUVARIUM

April 28, 2012 - Saturday 11:30 a.m. - start for 12 p.m. seating - business meeting starts at 1 p.m. - Cost is \$25 (Door Prize)

Obtain tickets at interest group meetings, or by emailing WAMUN@mun.ca, or calling Donna Burden, 739-6019.

Choices are (Selections include dessert and beverage):

- Classic chicken stir fry and rice
- Lasagna and caesar salad with roll
- Vegetarian quiche with salad





Fiction Book Group 2011-2012



The WAMUN Fiction Book Group has three sections. The Evening Group meets on the third Tuesday of the month at 8 p.m. and the Second and Fourth Tuesday Afternoon Groups meet at 2 p.m. All groups meet at at No.7 Tiffany Lane, The Tiffany Tower.

We would welcome new members at any of our groups. For more information please contact one of the conveners:

Second Tuesday Afternoon Group:

Tonya Bassler, bassler.t@nf.sympatico.ca

Third Tuesday Evening Group:

Lynda Younghusband, lyounghu@mun.ca

Or 726-5119 (h)

Month	Book Title	Author	Available		
			eBook	Store	Library
March	<i>The Glassblower of Murano</i>	Marina Fiorato	Yes	Yes	Yes
April	<i>Remarkable Creatures</i>	Tracy Chevalier	Yes	Yes	Yes
May	<i>The Gendarme</i>	Mark T. Mustian	Yes	Yes	Yes
Extra	<i>Little Bee</i>	Chris Cleave and	Yes	Yes	Yes
Extra	<i>People of the Book</i>	Geraldine Brooks	Yes	Yes	Yes



Nonfiction Book Group 2011-2012



The nonfiction book group meets the first Tuesday of each month at 2 p.m. in the Tiffany Tower. From September 2011 to February 2012, we read and discussed:

Ngaio Marsh: Her Life in Crime, by Joanne Drayton,
Come, Tell Me How You Live, by Agatha Christie Mallowan,
Dying for Heaven, by Ariel Glucklich,
For the Soul of France: Culture Wars in the Age of Dreyfus, by Frederick Brown
I Shall Not Hate: A Gaza Doctor's Journey, Izzeldin Abuelaish
A Mountain of Crumbs, Elena Gorokhova



We are looking forward to discussing the following books:

Convener:
Deborah Rehner,
dbrehner@gmail.com

Month	Book Title	Author	Available		
			eBook	Store	Library
March	<i>The Lost Painting</i>	Jonathan Harr	Yes	Yes	Yes
April	<i>Presentations for 2012 - 2013</i>				
May	<i>The Hare With Amber Eyes: A Hidden Inheritance</i>	Edmond de Waal	Yes	Yes	Yes
June	<i>The Lost Continent: Travels in Small Town</i>	Bill Bryson	Yes	Yes	Yes

Coffee Morning 2011-2012



The Coffee Group meets on alternate Wednesday mornings between September and June to socialize informally over coffee and snacks. We have no set agenda and take turn being hostess. It's a nice stress-free way to keep up-to-date on activities in our lives and in the community in general. We welcome new members who might wish to participate in this group.

Convener: Pat Collins pat.collins@bellaliant.net

Saturday/Monday Walking Group 2011-2012

This year, we have two Hiking, etc. groups. The Saturday Strollers continue to walk (and talk) almost every Saturday afternoon. In addition, a group has been walking quite regularly on Mondays. One of our favourite Saturday walks is to walk from the Botanical Gardens to the top of Mount Scio. We had a good collection of people and dogs for this walk.

On our website, we have a photo summary of recent walks and also a photographic archive of paths taken during our nine years of walking together.

The Monday group decided to snowshoe in January!

Come walk with us! For more information please contact the convener Deborah Rehner, dbrehner@gmail.com

WAMUN at Glance- 2011

WAMUN Executive Board members



WAMUN Supported Food Bank



WAMUN Scholarship



WAMUN Plant Sale



WAMUN Scrabble Group



WAMUN Christmas Gathering



WAMUN Walking Groups



WAMUN January morning Coffee





Recycling for WAMUN Scholarships



RECYCLING with EVER GREEN



On July 22, 2011 a new account was set up for WAMUN members and registered under the Recycling Card Program with Ever Green. This new program replaces the former system whereby our members simply walked in and said, "Credit these recyclables to the WAMUN account." Such verbal directives are no longer sufficient.

Ever Green will accept our bags and credit them to our account only if we attach a label that identifies our account exactly as it has been set up:

WOMEN'S ASSOCIATION OF MUN

Be sure to tape the label securely. For more detailed information on recycling options, items that are accepted for recycling, and to print a sample label, refer to our website: www.mun.ca/wamun.

Scrabble Group 2011-2012

The Scrabble Group has continued meeting on a regular basis at Chapters on Wednesday mornings at 10 a.m. We have welcomed a lot of new members this year, with an average attendance of 12. Some of us enjoy the game so much that we go out to lunch with our small travel Scrabble kit after our meeting and have another game!

convener: Janet Fairley, janetfairley@mac.com



Karin Khan Improvements and Update



Karin was one of WAMUN's most active members until January 2007 when she suffered a brain aneurysm. Following surgery at Health Science Centre she was transferred to Hoyles Escasoni Complex nursing home that spring. Five years later she remains there, but fortunately she has had significant improvement in her condition. Her wonderful smiles have always been constant!

Physically she is unable to move her limbs and is effectively confined to bed or a gerichair. The staff use a hydraulic lift to transfer her from one to the other. She is not able to do anything for herself and requires total assistance in all her needs like dressing, feeding, etc. Her tube feeding ended only last summer and now she is finally able to take all her food (though it must be puréed) by mouth. Can you imagine four years of being unable to swallow any food? Now her pleasure in eating is obvious!

Karin was whispering for all these years, but recently she began speaking with normal volume most of the time. Her most exciting improvement lately is her spontaneous and appropriate comments and remarks. Her memory is poor, and she doesn't know the names of her visitors, yet she does know faces, especially friendly ones! She enjoys playing simple games like checkers. Some visitors play a modified Scrabble game with her. She enjoys singing familiar songs in English and German and it is only recently that she has been keeping in tune. She has a fine sense of humour and enjoys large size cartoons. She can read very well out loud as long as the size of the print is large, like many of us in this regard. Her personality is quiet and sweet and she needs encouragement to speak and participate. Her laugh is truly a treat to hear.

Karin obviously enjoys having visitors and she is lucky that she has many friends, old and new, who have been regular visitors all these years. I can say with certainty that she would be delighted to have more visitors, even from women who may not have known her prior to her aneurysm. What she really enjoys is the stimulation and friendly conversations that sincere visitors can bring her. I would be happy to accompany anyone who might be interested in visiting Karin for the first time. Going into a nursing home and finding one's way can be intimidating initially. Also, I understand that interacting with Karin and her special needs might be a little scary, so I (Karen Herzberg) would be happy to accompany any WAMUN member to visit Karin. Some of you may have visited her years ago and found it too sad or difficult. I would encourage you to try again and see what remarkable progress she has made. She is in Room 314, Escasoni. 10 Escasoni Place. If you would like a smile, she has one ready for you!