
March 2026 Newsletter

UAB Women's Club invites you to attend

The March Business meeting, Luncheon and Program

***Dr. Michele Kong Presents "Kulture City in the Magic City
And around the world"***

Tuesday March 17, 2026, 11 am – 1 pm

The Vulcan Room, The Club, Inc.

1 Robert S Smith Drive, Birmingham AL. 35209

Luncheon \$30

RSVP by March 9th to uabwc1@gmail.com or to the evite

Free and valet parking available

Contact Anne McMahon, 205 936-9183 if you have any questions.

Our speaker, Dr. Michele Kong, will present the story behind the development of Kulture City here in Birmingham which is now a national and international success story of inclusion and creation of safe spaces in the community for people with invisible disabilities such as Autism, PTSD, and anxiety. It is heartwarming to know the world is becoming a safer and more welcoming place for our children and grandchildren who are affected by these challenges. We will learn about the next big steps for Kulture City and how we can get involved.

www.kulturecity.org

President's Message

Dear Members,

We will gather at 11:00 am and conduct a brief business meeting, 11:15-11:30 am to elect officers. Then enjoy a delicious luncheon of Grilled Chicken or Tofu over Greek Salad served with The Club's signature orange and yeast rolls, desert options of chocolate or citrus cake. Please send a message via Evite or uabwc1@gmail.com if you prefer the vegetarian tofu option.

It promises to be an inspiring and meaningful program. Your presence is important as we elect our new leadership for the coming year. We need a quorum of 25 in attendance to vote on the slate of officers. If you are interested in holding a position or would like to nominate someone, please email uabwc1@gmail.com, and a member of the nominations committee will be in touch.

I look forward to seeing everyone there!

Go Blazers!

Kristin Chapleau

kjohnsto@uab.edu



Upcoming dates:

***April 15, Wednesday – member
Carmen Lau,***

Walking the Camino,

***Officer Installation and lunch at
Arlington House***

Officers for 2025-2026

President: Kristin Chapleau

Vice President: Anne McMahon

**Recording Secretary: Lauren
Gordon**

**Corresponding Secretary: Denise
McKenzie**

Treasurer: Valerie Thomas

Program Chair: Anne McMahon

Scholarship Chair: Mona Jackson

Parliamentarian: Lisa Bolton

Publicity Chair: Pam Thompson

Email News to

uabwc1@gmail.com

www.uabwc.com

Check out our website!

www.uabwc.com

Google search UABWC

We will be adding pictures and new content, so check back often.

Good News!

Alabama Senior Olympics are open for all 50 years + aspiring athletes with events this March through May around the state. Please visit the website for more information, www.alseniorolympics.org Including Pickle Ball, Ping Pong, tennis, track & field, swimming, power lifting, and so many more, the Senior Olympics are an initiative of the Governor's Commission on Physical Fitness. Two UAB Women's Club members are serving as official Ambassadors of the Alabama Senior Olympics. You may contact them for more information as well. Anne McMahon & Diane Tucker
If you have some Good News for the next newsletter, please send it to Pam Thompson, pamrayt@gmail.com

Interest Groups

Daytime book group will meet on March 9 at 9:45 at the home of Carmen Lau, 3559 Spring Valley Court. She will review **Born a Crime: Stories from a South African Childhood** by Trevor Noah.

For directions call 205-870-3099 or contact Renita Rigney at nita9grands@gmail.com for more information. New members welcome.

Afternoon Book will meet on March 25 the Fourth Wednesday at 3:30 pm. Our book for next month will be **We, the Women**, the new book by Norah O'Donnell. Please call or write for location:


nbuklad2@gmail.com or 205-873-0567. We are a small group but we have GREAT discussions and we always welcome new members.

Food and Fun: We like to have food and fun, but we need a chairman to coordinate events. If interested, contact Pam Thompson.

Uabwc1@gmail.com

Walking Group

Whether we walk for fun, fitness, friendship, or a meaningful cause, our

goal is simple: let's get moving together!  Walking Group Goals
Improve physical health and overall fitness; Build social connections and a sense of community; Support mental wellness through mindfulness and movement. Explore local parks, neighborhoods, and natural spaces. Walk with purpose by supporting causes, charities, and


awareness campaigns  Weekly Themes & Activities Motivation

Mondays – Kick off the week with an energizing walk Wildlife


Wednesdays – Enjoy nature while spotting birds and animals Throwback

Thursdays – Walk and share stories, memories, or laughs Step Challenge

Saturdays – Compete (or collaborate!) to reach step goals. Silent Walk

Sundays – Practice mindful walking in peaceful silence.  Walking

Locations Local parks and botanical gardens Riverwalks and lakefront paths. Scenic neighborhoods or historic districts Nature trails Shopping malls (perfect for bad weather!) Public school tracks; Beach walks;

Urban art walks featuring murals and street art  Fun Challenges & Add-Ons Daily or weekly step goals (ex: 10,000 steps) Scavenger hunt walks; Monthly mileage tracking; Themed walks (crazy socks, color day, costume walks) Photo challenges (best picture from the walk) “Walk & Talk” discussions (books, current events, mental health)

Charity distance goals with sponsor-per-mile fundraising  □
Organization & Inclusivity Tips: Use step-tracking apps like Strava, Fitbit, or Pacer Create a simple meetup calendar.

All paces welcome — no one left behind! Offer both short and long walking options!

Mahjongg Group: Would you like to join the UABWC Mahjongg group? Join us on Tuesdays at 1:30 pm. For location or if you have questions contact Trisha Raczynski at trishraczyn@gmail.com or call 205.873.2417

Got an idea for a new group? Contact Kristen Chapleau kjohnsto@uab.edu

AEIVA/ASC/Art Play/ AIM <https://www.uab.edu/aeiva/>
Blue Moon Cocoon through March 21, Texas based artist Virginia Montgomery.

Stargazing with UAB Astronomy Club March 5, 5:30. Meet at AEIVA, free and open to the public, pizza provided
AEIVA is open Tuesday through Saturday from noon to 5 pm. Check aeiva@UAB.edu for events and information.
Free and open to the public.

ASC upcoming shows:

March 1, <https://www.allysstephens.org/events/jane-lynch-kate-flannery-the-trouble-with-angels>

March 6 <https://www.allysstephens.org/events/cirque-kalabante>

March 7 <https://www.allysstephens.org/events/il-divo-by-candlelight-with-simply-three>

BIRMINGHAM MUSEUM OF ART www.artsBMA.org

Admission free except for ticketed events. Visit the website for special events.

Department of Music, CAS Check out upcoming events.
<https://www.uab.edu/cas/music/upcoming-events>

Scholarship donations:
The link to the Giving page is <https://go.uab.edu/UABWC2020>

The first option is the endowment, if you prefer to give to that. The second option, Spendable, is the current year annual fund.

If you prefer to mail a check, make your check payable to UAB Women’s Club Scholarship or UAB Women’s Club Endowment and mail directly to:

UAB Gift Records
AB 1230
1720 2nd Avenue South
Birmingham, AL 35294-0112

Have you paid your dues?
You may pay your DUES NOW with PayPal at uabwc1@gmail.com, see website www.uabwc.com or Mail to Box 530174
Mountain Brook, AL 35253
\$30 for email \$35 for paper copies of newsletters
Make checks payable to UABWC

Follow us on Instagram!
[uab_womens_club](https://www.instagram.com/uab_womens_club)

Concerns and Condolences If you know of anyone who is a member who has illness or death in the family, please contact Denise McKenzie dhmckenzie@uabmc.edu, 773-255-0354 so that we may send a card.

PLEASE LIKE US ON Facebook

University of Alabama at Birmingham Women's Club (spell it out)

or go to <https://www.facebook.com/University-of-Alabama-at-Birmingham-Womens-Club-204963022898661> We post pictures of events there, where we don't have room here

Here is a link to the pictures the photographer took at the Woodward House.

https://photos.google.com/share/AF1QipMrAMiu5z9MD1BoEqOND-1zFBX3dylkr7s9oN6K6eGazr_Io24ecgYu-vSzGn205g?key=dFdBN0YyemRyRjFWRTU4N3ZoU1FkSWh5UTRJZGhR

If you take any pictures at future events, please upload them to the Google photo album link here so we can post them on FB:

https://photos.google.com/u/4/album/AF1QipNooACEllS5kbgjCwOwoL7TF4qi1_ivNko0U_Oh

