

TRANSITIONS

NEWSLETTER OF THE ALICE MAYO SOCIETY FRIENDSHIP CLUB

PRESIDENT'S WELCOME LETTER

Welcome to Rochester and a new year full of friends and fun. Moving to a new location is a unique experience which holds many surprises and challenges. Members of the Friendship Club are here to make this transition a bit easier for you. We have a longstanding tradition, dating back to 1911, of helping spouses of new staff members acclimate to Rochester.

Once called the "Magazine Club," the precursor to our organization was renamed "The Alice Mayo Society" in honor of the many contributions made by the wife of Dr. C.W. Mayo. Over the years, distinct branches of the AMS have formed as Mayo Clinic has grown. In 1970, the AMS accurately named this branch, which serves spouses of new staff, "The Friendship Club." As your new Friendship Club president, I encourage you to take advantage of all our group has to offer. Because work and family schedules are so complex, we offer a variety of daytime and evening events. Some of these include lunch bunch, playgroups, book clubs, game nights, and chef nights.

Our goal is to help new spouses feel welcome in the Mayo community. Our lives will be enriched by your presence, and I hope you will join us. So, please come when you can, and in the meantime, be sure to contact any board member if you have questions, concerns, or if you are just ready to meet other friendly faces. We will be sure to guide you through that process and connect you with a Mayo Friendship Club member who will personally take you under their wing.

Here is to a year full of fun and lots of friendships in the making!

With Fond Wishes for a Wonderful New Year,

Kathleen Murphy

WINTER QUARTER (JAN-MAR 2010)

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FRIENDSHIP CLUB

The Friendship Club is a section of the Alice Mayo Society which provides support and integration for the families of new Mayo Clinic consulting staff through a variety of organized social events.

2010 FRIENDSHIP CLUB OFFICERS

President

Kathleen Murphy
murphykat2000@yahoo.com

Treasurer

Shannon Carter
heey2u@hotmail.com

Play Groups

Jennifer Burkhart
burkhartfamily@gmail.com



Secretary

Charie Vathanaprida Diehn
vathanap@yahoo.com

Past President

Kim Fleming
kfleming314@yahoo.com

Gourmet Groups

Kathleen Murphy
murphykat2000@yahoo.com

The Vice President would serve as FC President for 2011. If you know of anyone who might be interested please contact Kathleen Murphy.

THE LUNCH BUNCH IS GROWING!

In October four of us enjoyed getting together at Twigs. In November six of us met at McGoons. Our next lunch will be **January 19 at Whiskey Creek Wood Fire Grill (1705 S Broadway)**. We would be happy to have more people join us. You don't have to commit to going every month – we are a casual, flexible group. We meet on the 3rd Tuesday of the month (usually at 11:30) to try different restaurants in and around Rochester and have fun getting to know each other.

If you would like to join the Lunch Bunch, email Sara Staab at jps.sms@q.com. Let Sara know if you can make the January lunch so we know how many to expect (and get reservations if possible).



The Alice Mayo Society FRIENDSHIP CLUB *together with* OFFICERS COUNCILORS

Invite you to the 2010 Mayo Clinic Staff Winter Social

"Baby, It's Cold Out There"

Saturday, January 23, 2010

7 p.m. to midnight

Nathan Landow Atrium, Gonda Building
Mayo Clinic

The Alice Mayo Society Friendship Club together with
the Officers and Councilors invite you and one guest
to join us for the 2010 Staff Winter Social

"Baby, It's Cold Out There"

Enjoy an evening of music and dancing provided
by *Popluxe*. Stop by the Gonda Lobby
to have a photo taken
with your guest during the evening

Hors d'oeuvres, desserts and beverages
by Sodexo

Please RSVP by Wednesday, January 20, 2010 via:

The enclosed return card or

Phone: 507-266-0490 or

E-mail: officersandcouncilors@mayo.edu

GOURMET CLUB

Upcoming Menus

January: **Casino Royale**

February: **A Perfect Pair**

March: **Cuban Cuisine**

Gourmet Club Menus can be downloaded from our website
at: www.mayo.edu/alumni/AliceMayoFriendshipClub.html.

Contact Kathleen Murphy, murphykat2000@yahoo.com or
call 286-7865 if you are interested in becoming a part of a
Gourmet Club group. Groups are generally comprised of 5 to
7 couples and decide when/where to meet and how to divvy
up the recipes for each month's menu.

CHEF NIGHT

Presented by Catering by Design

The Friendship Club would like to invite you to a fun night
with a gourmet chef! Jeff Windt, of 'Catering by Design', is a
classically trained Executive Chef with over 23 years experi-
ence in private country clubs, fine dining, and upscale casual
restaurants.

The theme for Chef's Night will be DESSERTS. The event
will be held at **7 p.m. on Tuesday, January 26.**

Please join us at Catering by Design (in the same strip mall as
Ye Olde Butcher Shoppe) for this event. The cost is \$15 per
person, payable that evening.

Please contact Kathleen Murphy at murphykat2000@yahoo.com if you are in-
terested.



*What do you think of the new newsletter format? What do you want to see in
Transitions - more FC events, info about Rochester...? Comments and suggestions
are always welcome! Email: vathanap@yahoo.com.*

Visit us on the web at <http://www.mayo.edu/alumni/AliceMayoFriendshipClub.html>

GIRL'S NIGHT OUT

Come join us for a Ladies Night at Color Me Mine!

Thursday, February 18 at 7 p.m.

(Prices are 1/2 off on Thursdays)

It's fun and easy. 1) Pick out a ceramic piece: plates, vases, figurines...they have over 300 to choose from! 2) Sketch a design or use stamps/stencils, sponges to create your own work of art. 3) Paint. 4) Fire in the kiln (they do this for you) 5) Take home your original masterpiece!

Color Me Mine is located at 3160 Wellner Dr NE., Suite 101.

Please contact Kathleen Murphy at murphykat2000@yahoo.com if you are interested.

PARTY TIME!

Release your inner Martha Stewart and host a Friendship Club gathering! Host the next social gathering for Friendship Club and make new friends. You pick the function to host.



Perhaps you are a gamer and would like to host a game night, or maybe you are a foodie and would like to have appetizers and desserts?! Or maybe you have another fun idea?

Contact Kathleen Murphy at: murphykat2000@yahoo.com if interested.

BE A FRIENDLY FACE

Do you remember when you first moved to Rochester? It was an exciting time, but you had questions about what to expect. We were thinking it would be a great welcome to pair up new Friendship Club members with someone who has lived here for a year or two.

As a point of contact, you would be available to answer questions, share some of your recommendations (e.g. favorite restaurants, fun activities for the kids, school programs); a friendly face and new friend for a new FC member!

Please email Charie at vathanap@yahoo.com if you would like to volunteer to welcome new spouses to Rochester. We're still working out the details, so if you have any ideas or suggestions, please send them our way!

Thank You

"A heartfelt thank you to Kim Fleming for all her hard work as Mayo Friendship Club President this past year.

Kim has done a fantastic job organizing and planning events, but most of all, she has been extraordinary at making us all feel welcome."

PLAYGROUP

Get together with other parents and kids to enjoy fun times this winter! Dates, times and locations will be sent out via email.

If you would like to be included on the playgroup list, please contact Jennifer Burkhart at burkhartfamily@gmail.com.



Winter 2010

January

19th (Tue): Lunch Bunch at *Whiskey Creek Wood Fire Grill*, 11:30 a.m.

23rd (Sat): Winter Social - "Baby, It's Cold Out There" at the *Nathan Landow Atrium, Gonda Building*, 7:00 p.m. to midnight

26th (Tue): Chef's Night at *Catering by Design*, 7 p.m.

February

16th (Tue): Lunch Bunch, Location TBD, 11:30 a.m.

18th (Th): Girls' Night Out at *Color Me Mine*, 7 p.m.

March

16th (Tue): Lunch Bunch, Location TBD, 11:30 a.m.



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