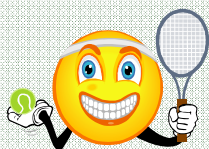


TRANSITIONS

NEWSLETTER OF THE ALICE MAYO SOCIETY FRIENDSHIP CLUB

Alice Mayo Society Friendship Club and Mayo Fellows' Association have partnered to bring you



MONTHLY TENNIS FUN!

When: The Last Saturday- (Usually) of Every Month October 2010 through March 2011!!!

Next Event: October 23rd | **Time:** 6:00-9:00pm

Location: Indoor Tennis Courts at the Rochester Athletic Club (3100 19th Street NW)

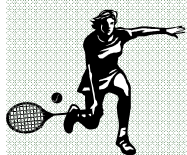
*Never played? That's okay! We will have tennis games for everyone.
Almost a pro? Great! We will have some good competition for you too!*

Tennis pros will be there to get us organized by level, along with door prizes, appetizers, beverages. Limited spots are available: 30 for MFA and 30 for Alice Mayo-Friendship club.

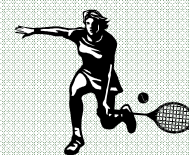
Sign up for October's tennis event by emailing: murphykat2000@yahoo.com.

Cost: \$10 per person for AMS/FC members- payable at the door.

Bonus - DAYCARE WILL BE PROVIDED for kids ages 6 months - 6 years. You **MUST** make reservations at least 48 hours in advance by emailing jhass@racmn.com. Make sure and include names and ages of kids. Spots are limited, so please sign up as soon as possible.



Upcoming tennis dates: Nov. 20, Dec. 18, Jan. 29, Feb 26 and March 26. Note: You do not need to be a RAC member to participate in this FC/MFA organized event.



WALKING WEDNESDAYS

Are you wanting to exercise and make new friends all at the same time? Then join our walking group! We will meet at Quarry Hill Nature Center for five Wednesdays in a row starting at 9:30 a.m. beginning September 29th and concluding October 27th.

Everyone is welcome! If you have children, bring them in the stroller or have them ride their bikes. We will meet in the parking lot near the walkway to the Nature Center. If there is enough interest, we can pick up again in the Spring.

Contact Kathleen Murphy: amsfcpresident@yahoo.com or Shannon Carter: heey2u@hotmail.com for more information



WANTED!

A bright, energetic person be Vice-President of the Friendship Club. Must be organized, friendly, and love to plan events! Vice President assumes the role of President at the end of his/her term.

Contact: Kathleen Murphy at amsfcpresident@yahoo.com for more information

PLAYDATES

- **Fri, 10/15 @ 3:00** at Northwoods Orchard (The public schools get out at 1:30 on 10/15.)
- **Wed, 10/27 @ 9:30** at Kim Fleming's house. There will be a Halloween theme and kids can wear their costumes.
- **Fri, 11/12 @ 10:00** at Jennifer Burkhardt's. There is no school for the public schools on 11/12.
- **Tue, 11/30 @ 9:30** at the Quarry Hill Nature Cnt.
- **Thur, 12/16 @ 9:30** at Nancy Radakovic's for the annual cookie exchange, plus cookie decorating for the kids.

Please email Jennifer Burkhardt at burkhartfamily@gmail.com to be placed on the playdate reminder list.

FC OFFICERS

President

Kathleen Murphy
amsfcpresident@yahoo.com

Vice President

Secretary

Charie Vathanaprida Diehn

Treasurer

Shannon Carter

Past President

Kim Fleming

Committee Chairs

Book Club

Nancy Radakovic
nancy.radakovic@gmail.com

Festival of Trees

Missy Weingarten
mnh03@aol.com

Gourmet Groups

Maribeth Peller
mbpeller@mac.com
Alana Elridge
aeldrige@yahoo.com

Playdate Groups

burkhartfamily@gmail.com

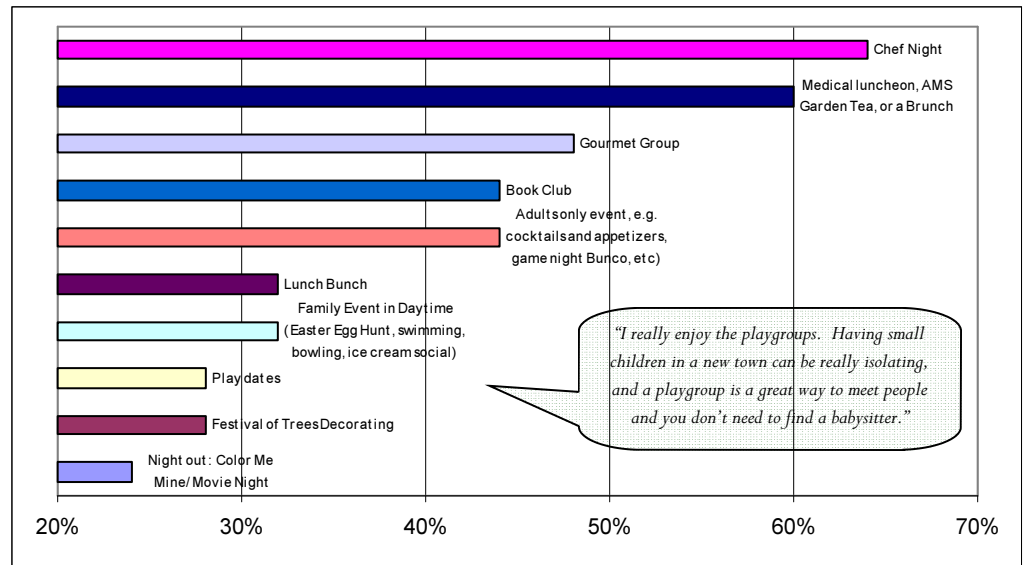
Our Mission

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

SURVEY SAYS...!

Here are some highlights from last quarter's survey... Many thanks to those who responded!

What Friendship club events would you be most likely to attend if any?



Have you attended any Friendship Club Events in the past year?

Yes 84 % | No 16 %

If No, why not?

- 33.3 % Busy with other activities
- 33.3% Would like to come but would feel more comfortable if they knew someone
- 16.7% Found getting a sitter difficult
- 16.7% Forget about events
- 0.0% Not interested in Friendship Club

"Maybe have area gatherings? Like NW, SW, NE, SE for small coffees" It is so hard to walk into a new situation cold where so many people have all trained together and already know each other and are talking together."

"You have the right groups, but they are all full and so new members can't join the existing groups."

"Wish we had a welcome picnic/family event"

"Have happy hour Dinner out with new people"

"Make everything (communications) electronic and green!"

Thank you for your comments and suggestions. We are listening and appreciate your candor. Any additional feedback can be directed to Kathleen Murphy at amsfcpresident@yahoo.com

GOURMET CLUB

Interested in preparing and eating great meals? If so, consider starting a Gourmet Club. Groups are generally comprised of 5 to 7 couples. Groups decide where and when they will meet. Please contact Gourmet Club Co-chairs, Maribeth Peller or Alana Elridge for more information: Maribeth Peller: mbpeller@mac.com; or Alana Elridge: aeldrige@yahoo.com

Menus are posted on our website: <http://www.mayo.edu/alumni/AliceMayoFriendshipClub.html>.

October: Swedish

November: Tailgate

December: Fix it and Forget It



MAYOWOOD TOURS

Historic Mayowood Mansion Christmas Tours

November 5--28, 2010

Tuesdays, Wednesdays, Fridays, Saturdays & Sundays

Friday & Saturday evenings

\$15/adult | \$5 youth (12 years and under)

Tickets sold at History Center of Olmsted County starting

October 1, 2010. 507-282-9447

We would love to organize a group of Friendship Club members to enjoy the tour together. Contact Kathleen Murphy by September 30th if interested.

GINGERBREAD HOUSE MAKING NIGHT

Where architectural design meets fun and whimsy!

Please join us on **Wednesday,**

December 1st at 7pm, for a
fun night of making

Gingerbread Houses, hosted by
Kim Fleming.

If interested, please contact

Kim at:

kffleming314@yahoo.com



BOOK CLUB

Like to read? How about an evening of interesting discussion? Then book club is for you! We are looking for someone interested in starting a new group. Contact Nancy at nancy.radakovic@gmail.com for more details.

Upcoming selections:

- October - **The Book Thief** by Markus Zusak
- November - **Olive Kitteridge** by Elizabeth Strout

LUNCH BUNCH

The Lunch Bunch meets at a different restaurant each month on the **3rd Tuesday at 11:30a.m.** It is a fun, casual group and you are not obligated to attend every month. We have 10 people on our contact list so far and welcome anyone to join us for a fun afternoon of food, friends and conversation.

Contact Sara Staab at jps.sms@q.com for more information. Please let Sara know if you will join us at any of the following places so we know how many people to look for (and can get reservations if possible).

Tuesday, October 19

If there is enough interest we will do a fall "road trip" to the Hubble House in Mantorville. If not we will meet at Katz's Bistro & Bar 318 S Broadway. (To be discussed at the Sept. 21 lunch @Zzest, or email Sara your preference)

Tuesday, November 16

Wicked Moose Bar & Grill | 1201 Eastgate DR SE

Tuesday, December 21

Whiskey Creek Wood Fire Grill | 1705 S Broadway.

MARK YOUR CALENDARS...

Evening Lecture Followed by Dessert

Gonda Building, Geffen Auditorium

October 19, 2010 | 7:00 p.m. to 9:00 p.m.

Speaker: Christopher Moir, M.D.

"Surgery for the underserved: Integrating healthcare in developing countries"

RSVP to amspresident@gmail.com or 507-266-3488

Chef Night

October 26th @7 p.m.

Please RSVP to amsfcpresident@yahoo.com by Oct 15. The menu will be emailed to you. \$15pp collected at the door.

25th Annual Festival of Trees

Mayo Civic Center | November 23-28, 2010

Come check out our Friendship Club-decorated tree!

Medical Update Luncheon

Siebens Building, Phillips Hall

Monday, December 6, 2010 | 11:30 a.m. to 1:00 p.m.

Speaker: Christine Rousseau, Ph.D. Bill & Melinda Gates Foundation

Friendship Club & Officers & Councilors' Winter Social

An Evening in an Enchanted Forest | Gonda Atrium

Saturday, January 22, 2011

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Mayo Foundation
Rochester, MN 55905

4th Quarter 2010

October

Walking Wednesdays! Meet at Quarry Hill Nature Center @**9:30 a.m.**

15th (F): Playdate @ 3:00 at Northwoods Orchard

19th (Tu): Lunch Bunch, Hubble House (in Mantorville) or Katz's Bistro & Bar (318 S Broadway), **11:30 a.m.**

19th (Tu): Evening Lecture & Dessert: "Surgery for the underserved: Integrating healthcare in developing countries" Speaker: Christopher Moir, M.D., Gonda Building-Geffen Auditorium, , **7:00 p.m. to 9:00 p.m.**

21st-24th (Th-Su): Education Minnesota / MEA Days

23rd (Sa): Tennis @ RAC, 6-9 p.m.

26th (Tu): Chef Night, 7 p.m.

27th (W): Playdate @ Kim Fleming's house, **9:30 a.m.**

November

11th (Th): Kick Off to Kindergarten for 2011 (for children entering school in September 2011), Northrop Education Center, 3rd Floor, **4-7 PM**

12th (F): Playdate at Jennifer Burkhardt's, **10:00 a.m.**

16th (Tu): Lunch Bunch, Wicked Moose Bar & Grill (1201 Eastgate DR SE), **11:30 a.m.**

20th (Sa): Tennis @ RAC, 6-9 p.m.

23rd-28th: Festival of Trees

30th (T): Playdate @ QHNC, **9:30 a.m.**

December

1st (W): Gingerbread House Making Night, 7pm.

6th (M): Medical Update Luncheon, Speaker: Christine Rousseau, Ph.D., Siebens Building- Phillips Hall, **11:30 a.m. to 1:00 p.m.**

16th (Th): Playdate at Nancy Radakovic's for the annual cookie exchange, plus cookie decorating for the kids, **9:30a.m.**

18th (Sa): Tennis @ RAC, 6-9 p.m.

21st (Tu): Lunch Bunch, Whiskey Creek Wood Fire Grill (1705 S Broadway), **11:30 a.m.**

Save the Date!

Friendship Club and Officer & Councilors' Winter Social

An Evening in the Enchanted Forest....

January 22, 2011

