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March 2018 — Issue 6

A Publication of the University Women's Club of CU Boulder

Life and Death—Can't Have One Without the Other

March Lecture Luncheon March 13, 2018 11:30 a.m. UMC Room 235

Kim Mooney has spent 25 years working in end-of-life care and grief support through hospices, community organizations, and her company, *Practically Dying.* As a Certified Thanatologist (a student of life, dying and death), Kim offers workshops, presentations and consultations to provide people with the resources they need to successfully navigate the journey from wellness in life to wellness in death.

Kim Mooney

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Kim has a broad range of professional skills but she says the most important thing she's learned is how to use the contemplation of life and mortality to see something amazing in every day and be less afraid of letting go. "We're surrounded by opportunities every day to let our hearts be broken open and to laugh until we can't breathe. Start by being curious."

A published author and in-demand public speaker, Kim has won awards for innovative approaches to death support, served as adjunct faculty in college death and dying courses, and hosts a quarterly radio show on death and dying on KGNU 88.5 FM/ 1390 AM Community Radio.



Please note the deadline for payment TO BE RECEIVED for the March luncheon is February 27, 2018.

Special meals are available and must be requested in advance: gluten-free or vegetarian options are available. Also, note that we have limited room capacity for our lectures this year.

Please use the form on page 11 for the lecture luncheon registrations. Especially include the date, name, and type of SPECIAL MEAL (Gluten-Free or Vegetarian), if one is needed. The special meals are carefully allocated by the catering service. If you did not sign up for one, it may not be available for you.

Those who signed up will have a special sticker on their nametag. Sorry, but only GF and vegetarian diets are included per our catering service.

Presídent's Message



"There is no better way of showing love and affection than sharing one's culinary art with friends."

That quote from the first cookbook, *International Recipes*, published by the University Women's Club in 1964 seems fitting for Valentine's Day. Five hundred copies were printed by the University of Colorado press and sold as Christmas gifts, Valentine's gifts, and at other times. As a result of those sales, \$200 was donated to the Women's Center. The book was approximately 30 pages long and had recipes from eight countries including India (Curried Chicken Balls), Greece (Abrak – lamb and rice in grape leaves), and France (Rock Cornish Hens with French Chestnut Stuffing).

A revised *International Foods Cook Book* was printed in 1965 and sold for \$2.00 per copy, with funds from those sales going to the Women's Center, the UWC Student Loan Fund, the Alumni Center and Wardenburg.

In 1979, Sheryl Kuempel and Nancy Cateora, who were members of both the University Women's Club and the Friends of the University of Colorado Libraries, dreamed of publishing a cookbook that would generate funds for CU libraries for years to come, and decided to implement their idea. They solicited recipe donations from members of those two organizations and also from non-members, creating a special brochure requesting recipe submissions. Specific instructions were given: "Be specific on seasonings, especially in amounts of fresh and dry." "Use brand names when including prepared products as part of your recipe." "Which wine do you prefer with this dish?" "What time of year are you most likely to serve this dish?" Recipes were accepted through the fall of 1979.

Then the testing began. During spring 1980, various Club members hosted Tasting-Testing luncheons and dinners. Guests were assigned recipes to make and bring that would be taste tested by all. The UWC news-letter (called MSages at the time) gives the impression that the events were enjoyable and very popular. They continued throughout the spring.

The typing, layout, and design of the cookbook was done by volunteers and *The Colorado Cookbook* was finally published in 1981. During the fall of 1981, UWC members contacted local book stores, kitchen and gourmet stores, and gift shops to ask them to sell the cookbook, and kept in contact with the stores to be sure there were enough books in stock. Books were also sold at special events. Sheryl and Nancy went around the state selling the cookbook. Fifty thousand copies of the first edition were sold in three printings. A second edition was published in 1993 and sold for \$17.95. Approximately 80,000 copies have been made at this point, and <u>a few are still available for sale on the internet.</u>

Online descriptions of the book state: "Here is an imaginative collection of 662 recipes that have proven successful at all altitudes! In a step-by-step format, *The Colorado Cookbook* covers everything from treasured family dishes to exciting foreign fare. Presenting nutritional analysis, cooking and preparation times, and 18 full-color photos of Colorado's beauty, this one-of-a-kind cookbook is a winner for all culinary skills and life-styles."

The UWC Centennial History Committee is in the process of determining the amount of money this immense effort has generated for the libraries at CU.

Frieda Holley UWC President 2017-18

Tell Me More– about Snow Making

For more than 70 years commercial companies have been using cloud seeding to produce snow, but, outside of the laboratory, there has been no reliable method to measure the effectiveness of their weather modification techniques. Now, thanks to a CU Boulder team partnered with researchers from Illinois and Indiana, there is scientific proof that cloud seeding works.

Back in the 1940's, atmospheric scientist Bernard Vonnegut discovered he could make snow in the lab using particles of silver iodide on clouds of cold water vapor. Outside the lab, particles of silver iodide are projected into clouds causing the moisture to create ice crystals that grow until they are large enough and heavy enough to fall as snow.

Katja Friedrich, Assistant Professor of the Department of Atmospheric and Oceanic Sciences at CU, is in charge of CU's part of the project with the great acronym SNOWIE, Seeded and Natural Orographic Wintertime Clouds – the Idaho Experiment. This is a three-year program funded by the National Science Foundation and Idaho Power. Friedrich says "The experiment will provide new insights into the atmospheric conditions needed for effective seeding of mountain clouds, building the scientific foundation



for weather modification as a tool for precipitation enhancement."

When the cloud conditions were right (temperatures between 0°C and 15°C), the SNOWIE team launched two small airplanes into the clouds. One airplane was responsible for spreading silver iodide, the other responsible for measuring changes. In January, Friedrich and her colleagues reported in the *Proceedings of the National Academy of Sciences*, "The radar can only see [water] particles that are big enough and these clouds had tiny droplets not detectable by radar. Suddenly we saw lines appear. It was really astonishing." The clouds' water particles were getting bigger as they hit the silver iodide and froze. Within a few hours they had grown from a few microns to 8 millimeters in diameter, heavy enough to fall as snow.

In Colorado a Weather Modification Program is administered by Colorado Water Conservation Board (CWCB). Cloud seeding is the primary weather modification activity recognized by this organization. Most of the projects in Colorado have a goal of snowpack augmentation in order to mitigate the drought conditions that have become significant since the early 2000s. The \$1 million weather modification program is funded partially by the CWCB through grants, partially by water providers, and partially by the ski resorts whose livelihood depends on an adequate snow pack.

In the Central Colorado Mountains River Basin, *Western Weather Consultants* operates about 36 cloud seeding generators which send plumes of silver iodide into the clouds when the right conditions exist. Larry Hjermstad, director of the company, has said "If we were able to do this over the entire state with all the mountain ranges, we could add the [water] equivalent of one entire river, [but] people are still skeptical."

Now that SNOWIE will be able to provide data, we may be able to determine if this is an attainable goal.

Fun Fact: Bernard Vonnegut was the brother of novelist Kurt Vonnegut. The fictional "ice-nine" in Kurt Vonnegut's novel *Cat's Cradle* was partially inspired by his brother's discovery.

Kathy Randall

Spring Scholarship Luncheon - April 17, 2018

Circle your calendars on **April 17, 2018**, for the Annual Spring Scholarship Luncheon to be held at the Boulder Country Club. This is a great opportunity to celebrate the 2018 scholarship winners and to hear personal accounts of their heart-warming journeys through challenges to achievements.

We'll also enjoy a delicious lunch as we converse with old and new friends. The culmination of this popular event is a fashion show presented by **Chico's.**

Celebrate the Journey! Please see reservation form on page 12 of this issue of MESSAGES.



Scholarship Winners April 2017

Honors Reception

Save the date for the Honors Reception, a complimentary (i.e. *no cost)* wine and hors d'oeuvres event for all UWC members. We will honor our Margaret Willard awardee, our past presidents, and past award winners.

Details to follow in future *MESSAGES*.

Scholarship Co-Chairs' Message

Scholarship Donations – do you know how easy donating is with the "online button"?

The University of Colorado has enabled UWC to collect donations for its scholarship fund to support returning students directly through their online donation system. It could not be easier – click on the link on the UWC page and it will take you to the following CU website: <u>https://giving.cu.edu/fund/university-women%E2%80%</u> <u>99s-club-annual-scholarship-donation-fund</u> with the title "University Women's Club Annual Scholarship Donation Fund." You may donate any amount you wish, pay by credit card, and choose to receive a receipt from CU via email or regular mail. We thank CU for this courtesy and hope you will try it out – the scholarship recipients will certainly appreciate it!

And don't forget – join with UWC friends to celebrate our scholarship recipients at the Scholarship Luncheon this April!

Becky Palmer and Merry Bullock

Scholarship Co-Chairs

Scholarship Donations since December 2017

Helen Brown	Lois Kraft	Jana Murphy
Merry Bullock	Mary McClanahan	Annie Russell
Isabelle Henderson	Gloria Miller	Eunice Wilkinson

Lecture Luncheon February 13, 2018

Dr. Daphne Low spoke about her "historical" ghost novel *One Short Sleep Past* at the February Lecture Luncheon. She based her story on real places, buildings, and events in the late 1800s.



Next lecture is on March 13. Be sure to get your reservations in soon—deadline to **RECEIVE** your check is February 27.

Interest Groups Photos



UWC **Spanish** is off to a good start this semester. There are 8 students in our Básico 3 class. We are able to include more Spanish conversation in each class now and sometimes stay for lunch at Cantina Laredo where we have our classes. Juan Carlos is a native speaker from Mexico. He is an excellent teacher, arriving early for each class with a detailed and fun lesson plan. There is one UWC member who wants to begin at the beginning, so if anyone else is interested please email me at jane.chicoine@comcast.net.





The Theater Goers group enjoyed the production of *Steel Magnolias* at the Longmont Theater in February. Left photo: Diane Thoms, Lois Craft, Rita Riis, Kathleen Peterson, Mary Greenwald, Marge Riddle, Annie Russell, Sherry Woodruff, Sharon Howrey, Gail Moyes, Lauren Charbonneau, and Joyce Spencer.

Photo in front of poster: Ginny Hackney and Sharon Gabriel—who rushed off to watch the Superbowl!

Snowshoers who found some white stuff include: Kathy Herder, Linda Nordberg, Zdenka Novosad, Carol Saunders, and Mary Greenwald.

March 2018

Interest Group Meeting Time and Place	Chaír(s) Information	Specíal Notes
Bicycling Meets every Thursday from May through October.	Mary Greenwald (303-443-6478) m.b.greenwald@comcast.net	An email prior to the ride will provide time and meeting place. Please contact the chair for more information.
Bicycling – Easy Riders Wednesdays from May through October.	Mary Greenwald (303-443-6478) m.b.greenwald@comcast.net	An email prior to the ride will provide time and meeting place. Please contact the chair for more information.
Bicycling—Fair Weather Active Nov—April Weather permitting	Lauren Charbonneau (214-886-6905) laurenviolin26@gmail.com	Please contact chair for details.
Book Group - Evening Second Thursday 7:15 p.m. Members' homes.	Judy Thompson (608-469-6883) jethompson@pharmacy.wisc.edu Ellen Gille (303-499-3134) <u>GilleEllen@gmail.com</u>	Mar. 8- I Know Why the Caged Bird Sings by Maya Angelou Hostess: Kathy Randall 4620 Chestnut Lane, Boulder (303) 530-1095 katherineran@gmail.com Apr. 12- Hillbilly Elegy: A Memoir of Family and Culture in Crisis by J.D. Vance Hostess: Virginia Stringi 935 Gillaspie Drive, Boulder (303) 955-1860 vstringi@comcast.net Please RSVP to hostess Books available at Boulder Bookstore
Bridge on Wednesday First Wednesday 1:00 - 3:00 p.m. Members' homes.	Ginnie Ross (303-442-6014) vross921@gmail.com	Please contact chair for details.
French Conversation - All Speaking Levels 2nd and 4th Wednesdays 10:00 a.m.—11:30 a.m. Panera Bread, 29th Street Mall	Beth Karpf (303-862-7335) <u>Bethk@alum.mit.edu</u> <u>Elaine Leass (303-973-9898)</u> <u>kayakeb@gmail.com</u>	Please contact chairs for details. All levels of French speaking ability accepted and welcome.
Garden Group Usually meets third Wednesdays from April to October.	Jyotsna Raj (303-447-8831) <u>Jyotsna.raj@colorado.edu</u> Jean Rohrschneider(720-452-9788) jmrohrsc@hotmail.com	Please contact chairs for information.
Hiking Every Friday Meet east end of the lower level of Macy's parking garage.	Heidi Lynch (303-499-5779) <u>hslynch@comcast.net</u> Frieda Holley (303-499-3733) <u>holleyf@msudenver.edu</u>	This year-round group meets at 9:00 a.m., September to May and at 8:30 a.m., June to August.
Italian Conversation Every Wednesday 1:30 – 2:30 p.m. The "Y," 2850 Mapleton Avenue	Maxene Wilson (303-530-4619) maxene@earthlink.net	Contact chair for details.

Continued

Interest Group Meeting Time and Place - Continued	Chaír(s) Informatíon	Specíal Notes
Music Time varies Second Mondays of most months Members' homes.	Pat Phillipson (303-443-9839) phillipp@colorado.edu Norma Schattke (303-665-2237) <u>schattke.r@gmail.com</u>	We especially welcome new performers. Contact chairs for details.
Needlecraft Second and Fourth Thursdays 1:30 p.m. Members' homes.	Ginnie Ross (303-442-6014) vross921@gmail.com Georgianne Campbell (303-499-2798) rpcampbell@att.net	An email will be sent to members with details prior to each meeting.
On the Road Again Various times, various venues	Karon Johnson (303-499-5056) <u>karon.johnson@colorado.edu</u> Kathy Randall (303-530-1095) <u>katherineran@gmail.com</u>	Please contact chairs for details.
Out to Lunch Fourth Wednesday 12:00 p.m. Meet at the restaurant at noon.	Jyotsna Raj (303-447-8831) jyotsna.raj@colorado.edu Jean Rohrschneider(720-452-9788) jmrohrsc@hotmail.com	Meeting details provided by email.
Readers' Theatre 2 Third Monday 6:30 p.m. Meeting Room at Presbyterian Manor Senior	Patty Ludke (303-440-9590) pattycake.21@juno.com Kathy Randall (303-530-1095) <u>katherineran@gmail.com</u>	Email will provide details.
Snowshoeing Thursdays Location to be determined.	Mary Greenwald (303-443-6478) m.b.greenwald@comcast.net	Please contact chair for details.
Spanish Conversation Advanced Most Wednesdays	Diana King (303-530-1860) dianaking.boulder@gmail.com	Please contact chair for meeting place, time, and details.

Continued

Interest Group Meeting Time and Place - Continued	Chair(s) Information	Specíal Notes
Spanish Learners - Beginners and Intermediates	Diana King (303-530-1860) <u>dianaking.boulder@gmail.com</u> Jane Chicoine(720-328-8590) <u>Jane.chicoine@comcast.net</u>	Contact chair to join a group session to learn or improve your beginning Spanish.
Sunday Afternoon at the Movies Matinee second Sunday Local movie theatre	Kathleen Newton (720-548-8661) <u>kathleen_n@comcast.net</u>	Email provides details of movie selection and meeting time. Please contact chairs to join the list.
Theater Goers Date and Location Varies	Gail Moyes (303-786-9142) gpmoyes@gmail.com Annie Russell (303-786-8070) annie@annierussell.com	Contact one of the co-chairs for upcoming activity details.

The following Interest Groups are part of the UWC, but currently are full:

Interest Group	Chair(s)
Book Group—Afternoon	Carol Saunders, June Saunders
Book Group—Biographies	Sue Stone
Book Group—BG3	Kathy Randall
Book Group – Second Monday	Helen Hooper
Book Group Small - Fiction and Non-Fiction	Nancy Liggett
French Conversation	Dot Thompson
Readers' Theatre	Marilyn Wasmuth

To start a new interest group requires at least five members including a chairperson.

If you would be interested in being part of a potential new interest group for *Conversational German* or would like to start another new group, please contact one of the following co-chairs for more information:

Tam VanSpriell (tamvanspriell@gmail.com) or Linda Nordberg (lcnordberg@aol.com)

To form a new book group, contact Kathy Randall (303-530-1095).

UWC Boulder Membership/Donation Form - 2017-18

Welcome! Please fill out the membership form completely, even if you were a member last year. It is important that we verify all the information presently in the database. Please print clearly, especially your email address and check if it is an update.

MESSAGES will be emailed to our membership. The UWC membership year runs from June 1 to May 31.

Karen Neff, Membership Chair 303-494-0467	Lois Kraft, New Mer 515-724-9627	
uwcmembershipchair@gmail.com	<u>kraft_lois@yahoo.co</u>	
Name		
Address		
Email address for newsletter		
	(please print clearly)	□ new email address
□ I am enclosing my annual dues of I am a □returning membe		ion to the scholarship fund.
\Box I am enclosing an additional tax-o \Box \$25 \Box \$50 [deductible contribution for the sch \Box \$100 \Box Other \$	
\Box I am enclosing this tax-deductible	e contribution for the scholarship f	und in Honor/Memory of:
Make all checks payable to UWC (may comb with luncheon registration checks.) Mail to: UWC Membership, P		
Mail to: OWC Membership, P	O DOX 10044, DOUIDEI,	. CO 00300-1044
I have a friend who might like to join the L	JWC. Please send membership	information to:
Name	Phone	

Address _____ Email _____

UWC Interest Groups

These are some of the current interest groups. Please see the interest group chairperson if you wish to join. (The chairpersons are on the website, www.boulderuwc.org, and in MESSAGES.)

Bicycling	Hiking	Reader's Theater
Book Groups	Italian Conversation	Snowshoeing
Bridge	Music	Spanish Conversation
French Conversation	Needlecraft	Sunday Afternoon at the Movies
Gardening	Out to Lunch	Theater Goers

Registration Form for UWC Lecture Luncheons

Use this form for any or all remaining Lecture Luncheons. All reservations must be received at least **14 days before lecture date**. Please book early to ensure seating. On occasion we do fill our venues. When this happens we take reservations on first-come first-served basis.

# of people	Name of Guest (s)	Date (Tues.)	Speaker/Topic
		3/13/18 11:30 a.m. UMC 235 Payment due to be received by Feb. 27, 2018	Kim Mooney Life and Death—Can't Have One Without the Other.
Total # People	X \$22 each	+ Optional Donation to Scholarship Fund (THANK YOU!)	Total Enclosed:

(Please print):

Your Name: _____

Email: _____ Phone: _____

Address: _____ City, State: _____

Special Diet Meal needed:

Date	Name	GF or Veg
Date	Name	GF or Veg

Please make check payable to UWC.

Lecture luncheon checks are *due at least 14 days before each luncheon*.

Mail your check and this completed form to our Hospitality Chair: Mary Pierce, UWC Hospitality 500 Mohawk Drive #501 Boulder, CO 80303



2017-18 Calendar

Executive Board 2017-18

	-	-	
September	5	Board Meeting	Presi
	10	MESSAGES Deadline	Presi
	12	Membership Coffee/Tea	Secre
October	3	Board Meeting	Treas
	10	MESSAGES Deadline	Past
	10	Lecture Dinner: Formation of Flatirons, Dr. Lon Abbott	Advis Parlia
	15	Membership Deadline for Name to Appear in Directory	Com
November	5	New Member Wine and Cheese Event	Hono
	7	Board Meeting	Intere
	10	MESSAGES Deadline for Dec- Jan	Chair
		Lecture Luncheon: Climate,	Marg
	14	Dr. James Done, NCAR	Mem
December	*	No Meetings	New
	*	No MESSAGES Deadline in De- cember	Emai Hand
January	2	Board Meeting	MES
	9	Lecture Luncheon: Pain, Drs. Feldman	Nomi Oper
	10	MESSAGES Deadline	Prog
February	6	Board Meeting	Scho
	10	MESSAGES Deadline	Co-C
	13	Lecture Luncheon: Culture, Religion, and Haunting, Dr.	Scho
		Daphne Low	Telep
March	6	Board Meeting	Webs
	10	MESSAGES Deadline	
	13	Lecture Luncheon: Life and Death—Can't Have One With- out the Other, Kim Mooney	Secre Treas
	18	Opera Brunch and Opera: Sweeney Todd, Sondheim	
April	3	Board Meeting	
	10	MESSAGES Deadline	
	17	Scholarship Luncheon	
Мау	8	Honors Reception	
	15	Tri-Board Meeting	

President	Frieda Holley
President-elect	Arlene Gerwin
Secretary	Kathleen Newton
Treasurer	Arlene Gerwin
Past President	Janet Brewer
Advisory/ Parliamentarian	Kathy Randall
Communications	Mollie Sue Morton
Historian/Handbook	Berry Todd
Honors Reception	Betty Huff
Hospitality	Mary Pierce
Interest Groups Co- Chairs	Linda Nordberg Tamera VanSpriell
Margaret Willard Award	Patty Ludke
Membership	Karen Neff
New Members	Lois Kraft
Email/Directory/ Handbook/Repository	Diana King
MESSAGES	Joyce Spencer
Nominating Committee	Carrol Kalafus
Opera Brunch	Kathryn Terrill
Program Chair	Lynne Barnett
Scholarship Committee Co-Chairs	Becky Palmer Merry Bullock
Scholarship Luncheon	Janet Brewer
Telephone Tree	Linda Blomquist
Website	Carol Etges Merry Bullock
Secretary Elect	Kathleen Newton
Treasurer Elect	Kathy Herder