



## February 2019 Lecture Luncheon

**February 12 11:30 a.m.**

**Avalon Ballroom**

**6185 Arapahoe Rd. (Free parking)**

***Mending Colorado's Mental Health***

**Speaker: Andrew Romanoff**

The DUE DATE for checks to be received is **January 29, 2019**

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**Andrew Romanoff** is President and CEO of Mental Health Colorado, the state's leading advocate for the prevention, diagnosis, and treatment of mental health and substance use disorders.

The former speaker of the Colorado House of Representatives and current mental health advocate says that just 40 percent of Coloradans with a mental illness receive treatment for it.

In general, 4 to 5 percent of the population suffer from a serious mental illness, which translates to between 200,000 and 250,000 people in Colorado. Take into account any form of mental illness — including substance abuse — and that number rises to between 20 and 25 percent of the population, or about 1 million people, Romanoff says.

This is not some exotic disease confined to a tiny part of the population. According to a recent survey, 442,000 Coloradans said they suffered from a mental illness but did not receive treatment for it. A majority of respondents cited a lack of insurance as the main reason for not receiving mental health care, though more than 50 percent also said such care was unaffordable.

"This is a war we can win," Romanoff says. "This is treatable."

More than 50 state and national organizations have honored Andrew's leadership. We are honored to have him!

Our website is  
[boulderuwc.org](http://boulderuwc.org)

[Control/Click here for  
previous versions of  
MESSAGES.](#)



**Lecture Event payment** must be **received** NO LATER than **January 29**. Please send payment of **\$22 per person** to our Hospitality Chair, Isabelle Henderson, 3099 Ash Ave., Boulder, CO 80305. Questions? 720-755-1333 or [Isabelle.hteacher@gmail.com](mailto:Isabelle.hteacher@gmail.com)

**\*\*\*** Be sure to use the **Lecture Registration Form (Page 15)** to provide your **CHOICE** of which box lunch and dessert you desire.

## President's Message



**"With the new day comes new strength and new thoughts."  
—Eleanor Roosevelt**

To borrow from the Eleanor Roosevelt quote- with the new year comes new UWC activities and opportunities. I hope everyone enjoyed the holidays with friends and family and that you are as excited as I am about upcoming 2019 UWC events.

The February Lecture Luncheon features Andrew Romanoff speaking about a topic that should be of interest to most of us— **Mending Colorado's Mental Health**. Please make note that this luncheon is at the **Avalon Ballroom**. The reservation form deadline is January 29. In addition to sending your \$22 check for the luncheon, please indicate on the form your box lunch preference and your dessert choice. I look forward to seeing you at the luncheon on Tuesday February 12.

Over the past several months, the UWC Executive Board has been testing the use of King Soopers "Gift" Cards. I am pleased to announce that this fundraising program is being extended to the entire UWC membership. It's such an easy way to donate to the UWC. After all, everyone buys groceries. When you use the card, King Soopers donates 5% of the purchase to the UWC. In addition to using the card for groceries, it can also be used at the King Soopers in-store pharmacy and even for fuel at a King Soopers gas station. Our treasurer, Kathy Herder, is heading up this campaign. See a full description of the program on page 5. Many thanks to Kathy for recommending and implementing this UWC fundraising opportunity.

In the last issue of **MESSAGES** we announced the Officers-Elect candidates for 2019-2020. The slate of candidates has been approved by the UWC Executive Board. These candidates, if elected, will serve as officers for the 2020-2021 academic year. The nominated candidates are again shown on page 7. The election will be held at the **March 12, 2019** Lecture Luncheon during the general meeting. With a nominee's consent, additional nominations can be made from the floor or sent in advance to Karon Johnson, Nominating Committee Chair ([karon.johnson@colorado.edu](mailto:karon.johnson@colorado.edu)) Many thanks to Karon and the committee for putting together this fine slate of officer-elect candidates.

During the next several months, UWC has many interesting events planned. Be sure to check out the March Lecture Luncheon featuring Dr. Adam Bradley speaking about the legendary songwriter and singer Bob Dylan. In March, there's the UWC Opera Brunch and in April, the Scholarship Luncheon. We wrap up the year in May with the Honors Reception and the announcement of the Margaret Willard Award winner. Stay tuned for complete information about these events in this issue and following issues of **MESSAGES**.

And speaking of **MESSAGES**, I would be remiss if I did not recognize the outstanding job that Joyce Spencer is doing as our newsletter editor extraordinaire. Joyce has added much color to the newsletter with all the photos. If you have a photo to share that you would like printed in **MESSAGES**, feel free to send the photo with a short explanation to Joyce at [jjandbobs@msn.com](mailto:jjandbobs@msn.com).

Enjoy these gorgeous Colorado winter days and all that UWC has to offer.

*Arlene Gerwin*, 2018-2019 President



## Scholarship Chair's Message

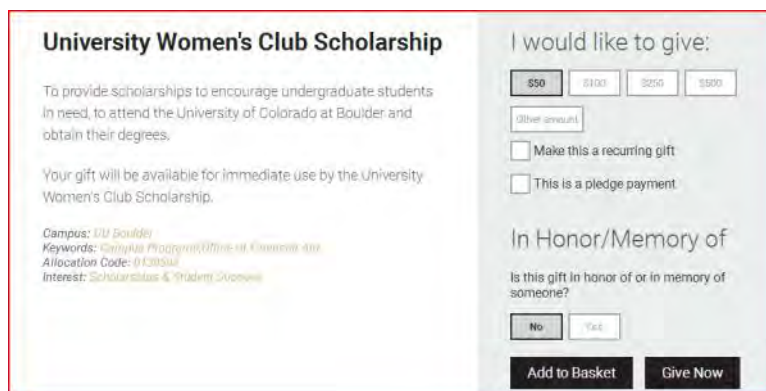
Supporting UWC Scholarships has many opportunities!

As 2019 begins we are building up the scholarship fund for the year.

Here are three opportunities to contribute to the scholarship process:

- UWC has teamed up with the theater group BETC (Boulder Ensemble Theater Company). UWC will receive 10% of all ticket sales for the play *The Rembrandt* that use the special UWC code: **UWC13** when purchasing a ticket. *The Rembrandt* runs at the Dairy Center February 7 – March 3, 2019 (details on page 6)
- UWC is purchasing King Sooper gift-reward cards that will return 5% of sales to the scholarship fund. Please see the article from Kathy Herder in this issue on page 5.
- The UWC website has a direct scholarship donation link. You can donate easily online. Connect to the donation link on the UWC homepage:

<https://giving.cu.edu/fund/university-womens-club-scholarship>



The screenshot shows a donation form for the University Women's Club Scholarship. The form is titled "University Women's Club Scholarship" and includes a description: "To provide scholarships to encourage undergraduate students in need, to attend the University of Colorado at Boulder and obtain their degrees." It also states: "Your gift will be available for immediate use by the University Women's Club Scholarship." Below this, it lists "Campus: UU Boulder", "Keywords: Gateway Program/Office of Community dev", "Allocation Code: 0120500", and "Interest: Scholarships & Student Success". On the right side, there is a section titled "I would like to give:" with input fields for "\$50", "\$100", "\$250", and "\$500", and a "Other amount" field. There are also checkboxes for "Make this a recurring gift" and "This is a pledge payment". Below this is a section titled "In Honor/Memory of" with a question "Is this gift in honor of or in memory of someone?" and "No" and "Yes" buttons. At the bottom, there are "Add to Basket" and "Give Now" buttons.

Remember – your generous donation helps a non-traditional CU student complete his or her first undergraduate degree!

Merry Bullock, Scholarship Chair



## Scholarship Donors (November 12—December 31)

Elizabeth	Black	Mareike	Ludkewycz
Helen	Brown	Marilyn	Moses
Lee	Carlin	Joyce	Pfohl
Marianne	DeAlwis	Irin	Poellot
Prudence	Dings	Cynthia	Stephens
Helen	Hooper	Joyce	Thurmer
Susannah	Jordan		

Thank you to Boyce Sher and Ann Wahr who donated *In Memory Of* Sara Michl.

**Thank You ALL So Much** for your contributions!

## Preview of Upcoming Lecture Events

The price of the 2019 lecture events is \$22. Make checks payable to “UWC” and note “Lecture Luncheon” in the memo. Please send payment or questions to: **Isabelle Henderson, Attention: UWC Lecture Luncheon, 3099 Ash Ave., Boulder, CO 80305 or 720-755-1333.** Please do **not** combine lecture lunch payments with dues payments. Lecture Luncheon Registration Form is on Page 15.

# March



**Dr. Adam Bradley**

Tuesday, March 12, 2019

11:30 a.m.

UMC Room 235

*Bob Dylan: The Times They Aren't a-Changin'*

(Reservations and payment due **February 26**, 2019)

**Dr. Adam Bradley** is a professor of English at the University of Colorado, Boulder, where he directs the Laboratory for Race & Popular Culture (RAP Lab).

His scholarship and teaching engage both traditional subjects of literary inquiry like novels and poems, and emerging areas like music and song lyrics.

## UWC Bylaws—forthcoming changes

The UWC Constitution requires a periodic review of the UWC Constitution and Bylaws. A committee consisting of Frieda Holley, Mollie Morton, and Kathy Randall has reviewed the UWC Constitution and Bylaws and created two new governing documents of Bylaws and Standing Rules that better reflect current UWC practices.

The Executive Board has discussed the new Bylaws, and believes they are ready for discussion and approval by the general membership. The new Bylaws must be approved by two-thirds of the members attending a general meeting of the UWC, that is, a Lecture Luncheon. The Standing Rules need only the approval of the Board.

Now on the [UWC website](#) are links to the revised Bylaws and a Comparison Chart which notes the changes from the Feb 2012 version of the Bylaws. In addition, an email will be sent to all members explaining the documents.

To minimize the time needed to discuss the Bylaws at the general meeting, we encourage you to read the document and send your comments and questions to Frieda Holley prior to the meeting.

*Frieda Holley* (holleyf@msudenver.edu), Chair Bylaws committee



# *Fund-Raising—King Soopers “Gift-Reward” Cards*

## The King Soopers Gift Card Rewards Program is here!



### 1. Why?

This was the #1 choice for scholarship fundraising activities that members chose on last year's survey. Many people are familiar with this program from other organizations to which they belong.

If you already have a card for another organization, we ask that you consider participating with UWC in addition. **The program is simple.** UWC orders gift cards linked to our organization from King Soopers for \$10 each. Then members can purchase the card from UWC for \$10, which will be the initial value on the card. **These cards can be used for all King Soopers grocery, fuel center, and pharmacy purchases.** Since we all have to eat and buy groceries, this program allows UWC to receive additional contributions at NO cost to either the member or UWC. There are no fees associated with this card.

### 2. How to use the card

Simply fill your cart with groceries, and at the cashier BEFORE ringing the groceries up, tell the cashier you want to load funds onto your gift card. You can do this either from your checking account or with a credit card. The cashier will charge your credit card for the amount you specify and load that amount onto the gift card. Then you pay for your purchase using the gift card. The remaining balance will show on your receipt. You can use the gift card to purchase anything at King Soopers **EXCEPT** services. (Services include Western Union, Money Orders, Ticket Master, Postage Stamps, Lottery Tickets, and other Gift Cards.)

When you make your next grocery run, you can ask the cashier to tell you the balance on your card if you are unsure, and you can reload again. It is also possible to reload at the customer service desk if you are not making grocery purchases. Please **note this card will become inactive if there is a zero balance for 90 days, so please continue to use this card for your purchases keeping at least a balance of \$2.50 on it.**

The card is considered as cash, so store it in a safe location, because if it is lost, King Soopers is not liable. You will still receive King Soopers discounts by using your normal King Soopers card with the gift card, and if you reload with your credit card, you will still receive any credit card points on your credit card purchases, so there is no down side to using the gift rewards card.

### 3. How to get UWC King Soopers Gift-Reward Cards

If you are interested in helping UWC by taking part in this fundraising activity, we would greatly appreciate your participation. Please send a check **made payable to UWC for \$10** per card (you may want to give one or more as a gift after loading it with a bit more \$!) and mail to:

**Kathy Herder (Treasurer), 7249 Siena Way, Boulder CO 80301**

Once the cards arrive, Kathy will contact you for delivery.

**Thank you** to everyone for your assistance and support with this program.

*Kathy Herder*, Treasurer



# UWC Scholarship BETC Fund-Raising Opportunity

The UWC is partnering with the Boulder Ensemble Theatre Company production of *The Rembrandt* to raise money for the UWC Scholarship Fund.

When you order tickets, be sure to use the promotional code **UWC13** and 10% of all ticket sales will go toward our scholarship fund. Note you can invite 1 friend to join you in the promotion.

To order tickets online, go to <https://www.thedairy.org/online/>  
Enter the **UWC13** promotional code in the box,



## PROMOTIONAL CODE

If you have a promotion, please  
enter the Access Code here:

which is on the Dairy Center home page. Click “Go.” You should then see “University Women’s Club in the “Promotional” box.

Next go to “Search Events” and enter Rembrandt, then click “GO.”

Choose your date and follow through for payment options.

### ***The Rembrandt* Show Information:**

Boulder Ensemble Theatre Company proudly presents  
*The Rembrandt*, by Jessica Dickey

**February 7 - March 3, 2019;**

Performances Thurs.- Sat. at 7:30 p.m., Sunday matinees at 2:00 p.m.

Grace Gamm Theater, Dairy Arts Center, 2590 Walnut Street, Boulder, CO 80302

### **Show Description:**

We begin inside a modern-day museum, where two security guards and a painter find themselves compelled to touch a masterpiece. But soon, we are skipping through time, watching Rembrandt at work and listening to Homer discuss the nature of art. The Pittsburgh Post-Gazette hailed *The Rembrandt* as “funny, sweet, melancholy, and emotionally engaging... imaginative and strangely comforting.”

Fresh from the stages of Steppenwolf Theatre in Chicago and winner of the 2015 Stavis Award, Jessica Dickey’s delightful play asks us to consider the longevity of art and the brevity of life. #touchthepainting

### **Ticket Info:**

Tickets at [betc.org](http://betc.org) or 303-444-7328; Tickets range in price

\$20.00 (Student)

\$34.00 (Senior 65+)

\$37.50 (Adult).

10% of all ticket sales **using the code UWC13** will go directly to the University Women's Club Scholarship Fund. UWC attendees will be able to use their code for a total of up to **2 tickets (UWC member +1)**. Several UWC members will be attending the **February 22** matinee.

## *UWC Nominations for 2019-2020*

The UWC Executive Board approved the following candidates for 2019-20 at the November 6, 2018 Board Meeting:

President Elect – Janet Brewer

Secretary Elect – Kathleen Salzberg

Treasurer Elect – Kathy Herder

The election will be held during the general meeting at the March 12, 2019, Lecture Luncheon.

Nominations may be made from the floor on the day of the election, provided the consent of the nominees to serve has been obtained.



**Janet Brewer – President-elect 2019-20 (to serve as President in 2020-21):**

Janet has been a member of UWC for 6 years. She has served as President 2016-17, Opera Brunch Chair, Nominating Chair and President-elect (concurrently) for 1 year, and Scholarship Luncheon Chair for 2 years. She is a member of the advanced Spanish conversation group. She has always been a **singer** (now retired) and has had a lot of "day jobs." (International flight attendant - Pan Am, voice teacher, CPA, and accountant for small businesses.) Presently she is employed part-time at Chico's (Flatirons Mall).



**Kathleen Salzberg – Secretary-elect 2019-20 (to serve as Secretary 2020-21):**

Kathleen has been a member 43 years! She joined in 1975 to participate in the Evening Book Group, of which she is still an active member. Also, an avid hiker in the Hiking Group, she has served UWC as Editor of *MESSAGES*, Chair of Email Communications, and Secretary. Kathleen worked at the University of Colorado from 1967 to 2002, serving as Managing Editor of the journal *Arctic, Antarctic, and Alpine Research*.



**Kathy Herder – Treasurer-elect 2019-20 (to serve as Treasurer 2020-21):**

Kathy has been a member of UWC for 4 years. She is active in the Hiking and Biking Groups and loves to spend time with her two little grandbabies. She is a CPA, holding an MBA, who brings to the board 30 years of experience in corporate accounting. She has worked in small, mid-size, and large construction, engineering, and service-oriented companies at all levels of management. Kathy is our current Treasurer and will serve as Treasurer and Treasurer-elect in 2019-20.

Submitted by: *Karon Johnson*, Nominating Committee Chair

Mollie Morton and Kathy Randall served on the Nominating Committee this year.

## *Margaret Willard Award*

Margaret Willard was the first president of the Faculty Wives' Club, which became our University Women's Club. Each year we present the Margaret Willard Award to someone who exercises initiative in her endeavors and in doing so brings honor to all women and to our University.

Please submit a nomination (form on page 18) by March 1, 2019. Please contact Kathryn with questions.

*Kathryn Wardell*, Chair MWA ([kathrynwardell@gmail.com](mailto:kathrynwardell@gmail.com)).



# Lecture Luncheon January 15—Cannibis 101 for Seniors

Dr. Danielle Fixen spoke to a group of 140 UWC members and their guests about Cannibis, including the types, the methods of using, and the studies done to reveal the effectiveness and the side effects of using the drugs, especially by seniors.



Dr. Danielle Fixen



Topic: The Effects—known and unknown—of Marijuana in Older Adults



Thai food was served.



Full room of UWC members and guests

CBD vs. THC		
Effects	THC	CBD
Anticonvulsant	+	++
Muscle relaxant	++	+
Psychoactive	++	--
Anxiolytic/antipsychotic	--	++
Sedation	+	--
Tachycardia/hypertension	+	--
Appetite stimulant	+	--
Antioxidant	+	++

Effects of CBD Versus THC



## Opera Brunch - March 2019



Save the date **March 17, 2019**, for the Opera Brunch and opera *Eugene Onegin*.

The three-act opera, which opened on March 29, 1879, is by Pyotr Tchaikovsky and is based on a novel by Alexander Pushkin.

["Click here for a quick review of the plot".](#)



Learn about Tatiana, Olga, Eugene, and Lensky, the festive ball, the duel...

Opera and Brunch Registration Form is on page 16.

*Kathryn Terrill*, Opera Chair



## Spring Scholarship Luncheon - April 2019

The Annual Spring Scholarship Luncheon will be held at the Boulder Country Club on **April 16, 2019**. This is a great opportunity to celebrate the 2019 scholarship winners and to hear personal accounts of their heart-warming journeys through challenges to achievements. The theme of this year's event alludes to our recipients' having redrawn their individual "life-maps" in order to reach new and different goals.

To support their efforts, please donate as generously as you can to the UWC Scholarship Fund.

In addition to enjoying a delicious lunch, we will be inspired and challenged by an "off-the-map" program.

Please find the registration form for this event on page 17 of this newsletter.

*Janet Brewer*, Scholarship Luncheon Chair



## UWC Honors Reception - May 2019

The Honors Reception will be a special event in 2019, as it marks the beginning of the **100th Anniversary** of the University Women's Club.

SAVE THE DATE for this anniversary celebration on **May 14, 2019**, at the Koenig Alumni Center.

## Interest Groups News

### On the Road Again—to the Thompson House Inn and Tea Room

As a holiday excursion, On the Road Again enjoyed a traditional English afternoon tea at the Thompson House Inn and Tea Room in Longmont. Those attending had the opportunity to wear hats, furs, gloves and all manner of finery from the Tea Room's dress up closet, as well as to partake of the traditional three tiers of scones and bite size savories and sweets, along with endless cups of tea.



Kathy Randall



Carol Saunders



June Saunders in fur, with Karen Bell, Marcy Munson, Dora Platikanova, Judy Owens, and Frieda Holley watching.



June Saunders, Mary Pierce, Kathleen Newton, Karen Bell, Marcy Munson, Dora Platikanova, Judy Owens, and Frieda Holley.



**The Theater Goers Group** attended eTown live taping with the Band of Heathens, after dinner together at the Boulderado Spruce Farm.

In photo: Lauren Charbonneau, Carol Hermes, Donna Seaman, Gail Moyes, Annie Russell, Ginny Hackney, Helen Browne, and Melina Evans.



<i>Interest Group Meeting Time and Place</i>	<i>Chair(s) Information</i>	<i>Special Notes</i>
<b>Bicycling</b> Meets every Thursday from May through October.	Gail Smith (303-960-5004) <a href="mailto:gail2143@comcast.net">gail2143@comcast.net</a>	An email prior to the ride will provide time and meeting place.
<b>Bicycling – Easy Riders</b> Wednesdays from May through October.	Mary Greenwald (303-443-6478) <a href="mailto:m.b.greenwald@comcast.net">m.b.greenwald@comcast.net</a>	An email prior to the ride will provide time and meeting place. Please contact the chair for more information.
<b>Bicycling - Fair Weather</b> Active Nov—April Weather permitting	Lauren Charbonneau (214-886-6905) <a href="mailto:laurenviolet26@gmail.com">laurenviolet26@gmail.com</a>	Please contact chair for details.
<b>Book Group - Afternoon</b> Fourth Tuesday 1:30 p.m. Members' homes.	Mary Clough (303-522-8692) <a href="mailto:maryfclough@gmail.com">maryfclough@gmail.com</a>  Charlotte Corbridge (303-530-0955) <a href="mailto:charlotte.corbridge@colorado.edu">charlotte.corbridge@colorado.edu</a>	Please contact chair for details.
<b>Book Group—Biographies</b> Third Thursday 1:30 p.m. Members' homes	Temporary Chair Susan Plank (303-499-3916) <a href="mailto:plancksusan@gmail.com">plancksusan@gmail.com</a>	Please contact Susan Plank with questions, or if you are able to take over as Chair.
<b>Book Group - Evening</b> Second Thursday 7:15 p.m. Members' homes.	<b>Helen Goldman (303-443-4953)</b> <a href="mailto:hgoldman@colorado.edu">hgoldman@colorado.edu</a>  <b>Lois Linsky (303-499-2689)</b> <a href="mailto:Lflinsky@hotmail.com">Lflinsky@hotmail.com</a>	Feb 14: <i>Strangers in Their Own Land</i> by Arlie Hochschild..Hostess: Lois Linsky, 1645 Bear Mountain Dr, Boulder 80305 RSVP: LFLinsky@me.com (303-499-2689)  March 14: <i>Rise of the Rocket Girls</i> by Nathalia Holt. Hostess: Cindy Cedeberg, 1755 Deer Valley Rd., Boulder 80305 303-870-5389; letsbekind@aol.com
<b>Bridge on Wednesday</b> First Wednesday 1:00 - 3:00 p.m. Members' homes.	Ginnie Ross (303-442-6014) <a href="mailto:yross921@gmail.com">yross921@gmail.com</a>	Please contact chair for details.
<b>French Conversation - All Speaking Levels</b> 2nd and 4th Wednesdays 10:00 a.m.—11:30 a.m. Panera Bread, 29th Street Mall	Beth Karpf (303-862-7335) <a href="mailto:Bethk@alum.mit.edu">Bethk@alum.mit.edu</a>	Please contact chair for details. All levels of French speaking ability accepted and welcome.
<b>Garden Group</b> Usually meets third Wednesdays from April to October.	Jyotsna Raj (303-447-8831) <a href="mailto:Jyotsna.raj@colorado.edu">Jyotsna.raj@colorado.edu</a>  Jean Rohrschneider(720-452-9788) <a href="mailto:jmrohrrsc@hotmail.com">jmrohrrsc@hotmail.com</a>	Please contact chairs for details.
<b>Hiking</b> Every Friday Meet east end of the lower level of Macy's parking garage.	Heidi Lynch (303-499-5779) <a href="mailto:hslynch@comcast.net">hslynch@comcast.net</a>  Frieda Holley (303-499-3733) <a href="mailto:holleyf@msudenver.edu">holleyf@msudenver.edu</a>	This year-round group meets at 9:00 a.m., September to May and at 8:30 a.m., June to August.

Continued



<i><b>Interest Group Meeting Time and Place - Continued</b></i>	<i><b>Chair(s) Information</b></i>	<i><b>Special Notes</b></i>
<b>Italian Conversation</b> Every Wednesday 1:30 – 2:30 p.m. The “Y,” 2850 Mapleton Avenue	Maxene Wilson (303-530-4619) <a href="mailto:mhgwilson1@gmail.com">mhgwilson1@gmail.com</a>	Please contact chair for details.
<b>Music</b> Time varies Second Mondays of most months Members' homes.	Pat Phillipson (303-443-9839) <a href="mailto:phillipp@colorado.edu">phillipp@colorado.edu</a>  Norma Schattke (303-665-2237) <a href="mailto:schattke.r@gmail.com">schattke.r@gmail.com</a>	We especially welcome new performers. Please contact chairs for details.
<b>Needlecraft</b> Second and Fourth Thursdays 1:30 p.m. Members' homes.	Ginnie Ross (303-442-6014) <a href="mailto:vrross921@gmail.com">vrross921@gmail.com</a>  Georgianne Campbell (303-499-2798) <a href="mailto:rpcampbell@att.net">rpcampbell@att.net</a>	Email will provide details.
<b>On the Road Again</b> Various times, various venues	Kathy Randall (303-530-1095) <a href="mailto:katherineran@gmail.com">katherineran@gmail.com</a>	Email will provide details.
<b>Out to Lunch</b> Fourth Wednesday 12:00 p.m. Meet at the restaurant at noon.	Jyotsna Raj (303-447-8831) <a href="mailto:jyotsna.raj@colorado.edu">jyotsna.raj@colorado.edu</a>  Jean Rohrschneider (720-452-9788) <a href="mailto:jmrohsc@hotmail.com">jmrohsc@hotmail.com</a>	Email will provide details.
<b>Readers' Theatre</b> Third Monday 6:30 p.m. Meeting Room at Presbyterian Manor Senior	Patty Ludke (303-440-9590) <a href="mailto:pattyckake.21@juno.com">pattyckake.21@juno.com</a>  Kathy Randall (303-530-1095) <a href="mailto:katherineran@gmail.com">katherineran@gmail.com</a>	Email will provide details.
<b>Snowshoeing</b> Thursdays Location to be determined.	Mary Greenwald (303-443-6478) <a href="mailto:m.b.greenwald@comcast.net">m.b.greenwald@comcast.net</a>	In need of a new chair person for this season. Please call Mary Greenwald to volunteer!
<b>Spanish Conversation Advanced</b> Most Wednesdays	Diana King (303-530-1860) <a href="mailto:dianaking.boulder@gmail.com">dianaking.boulder@gmail.com</a>	Please contact chair for details.
<b>Spanish Learners - Beginners and Intermediates</b> Every Friday 9:30 – 10:30 a.m. South Lucky's Market In Boulder	Jane Chicoine (845-399-0393) <a href="mailto:Jane.chicoine@comcast.net">Jane.chicoine@comcast.net</a>	Contact chair to join a group session to learn or improve your beginning Spanish.
<b>Sunday Afternoon at the Movies</b> Matinee second Sunday Local movie theatre	Diane Thoms <a href="mailto:dcthoms@yahoo.com">dcthoms@yahoo.com</a>  Ruth Harvey (303-975-6614) <a href="mailto:ruth.harvey@comcast.net">ruth.harvey@comcast.net</a>	Email will provide details.
<b>Theater Goers</b> Date and Location Varies	Gail Moyes (303-786-9142) <a href="mailto:gpmoyes@gmail.com">gpmoyes@gmail.com</a>  Annie Russell (303-786-8070) <a href="mailto:annie@annierussell.com">annie@annierussell.com</a>	Please contact chairs for details.

Continued

## *Interest Groups - General Information*

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

Interest Group	Chair(s)
Book Group—BG3	Kathy Randall
Book Group— Fiction/Nonfiction	Nancy Liggett
Book Group – Second Monday	Helen Hooper
French Conversation	Dot Thompson

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

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

For other new interest groups contact one of the following:

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



New Members who attended the New Member Wine and Cheese Reception

# UWC Boulder Membership Form - 2018-19

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  
[uwcmembershipchair@gmail.com](mailto:uwcmembershipchair@gmail.com)

Virginia Stringi, New Member Chair  
412-901-5092  
[vstringi@comcast.net](mailto:vstringi@comcast.net)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email address for newsletter \_\_\_\_\_

(please print clearly) ☐ new email address

☐ I am enclosing my annual dues of **\$35** which includes a \$5.00 donation to the scholarship fund.  
I am a ☐ returning member ☐ new member.

☐ I am enclosing an additional tax-deductible contribution for the scholarship fund.  
☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ \_\_\_\_\_

☐ I am enclosing this tax-deductible contribution for the scholarship fund in **Honor/Memory** of:

\_\_\_\_\_

Make all checks **payable to UWC** (may combine dues and donations; please **do not combine with luncheons**)

Mail to: **UWC Membership, PO Box 18844, Boulder, CO 80308-1844**

**I have a friend who might like to join the UWC. Please send membership information to:**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

**Please look for current interest groups on our website, [www.boulderuwc.org](http://www.boulderuwc.org), and in our MESSAGES newsletter. Please contact the interest group chairperson if you wish to join. Our groups activities include:**

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

For other interest group suggestions, please contact Tamera VanSpriell, [tamvanspriell@gmail.com](mailto:tamvanspriell@gmail.com) or Linda Nordberg, [lnordberg@aol.com](mailto:lnordberg@aol.com)



# Registration Form for **UWC Lecture Events**

Use this form for any or all of the following lecture events.

All reservations must be received **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.

Requests for cancellation refunds will be accepted up to 2 weeks before the event date. If a member must cancel, we encourage the funds be donated to the scholarship fund. After the two week deadline, refunds or donations to the scholarship fund are not possible.

# in party	Name of Guest(s)	Date (Tues.)	Speaker/Topic
		2/12/19 11:30 a.m. <b>Avalon Ballroom—Choose Box Lunch below</b>	<b>Andrew Romanoff</b> <i>Mending Colorado's Mental Health</i>
		3/12/19 11:30 a.m. UMC 235	<b>Dr. Adam Bradley</b> <i>Bob Dylan: The Times They Aren't a-Changin</i>
<b>Total # People:</b>	<b>X \$22 each:</b> \$_____	<b>+ optional donation to Scholarship Fund</b> \$_____ <b>(THANK YOU!!!)</b>	<b>Total Enclosed:</b> \$_____

**Your Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State:** \_\_\_\_\_

Please make check payable to UWC.

**Mail this completed form and your check to our Hospitality Chair:**

**Isabelle Henderson, UWC Hospitality**

**3099 Ash Ave, Boulder, CO 80305**

## Menu for the Avalon Lecture **February 12:**

BOX

Description

# needed

Option1	Chipotle Chicken Wrap with Spiced Black Bean Spread, Avocado and Queso Fresco		
		G/F Bread	
Option 2	Turkey Club Wrap with Bacon, Avocado, Lettuce and Tomato ( Dairy Free)		
		G/F Bread	
Option 3	Grilled Vegetable Wrap with Goat Cheese and Basil Pesto ( Vegetarian)		
		G/F Bread	
Option 4	Hummus Wrap with Avocado, Sprouts, Spinach and Cucumber (Vegan)		
		G/F Bread	
<div> <div>All boxes include a whole fruit, Boulder chips, and a dessert (Circle one) :</div> <div> <div>Chocolate Brownie</div> <div>G/F Chocolate Brownie</div> <div>Vegan-G/F Cookie</div> </div> </div>			

**March 12: Special Diet Meal** needed gluten-free or vegetarian (Please specify), and for whom:

# Registration Form for 2019 Opera/Brunch

## *Eugene Onegin*

An opera composed by Pyotr Ilyich Tchaikovsky based on a novel of the same name by Alexander Pushkin. The opera in 3 acts retains much of Pushkin's poetry.

*Please join us: Sunday, March 17, 2019  
11:30 a.m. – Brunch at Aspen Room in UMC*

*2:00 p.m. – Opera at Macky Auditorium*

UWC gets a *discounted price* for the Opera tickets. If you have already purchased opera tickets, you can still join us for the brunch and talk by Maestro Nicholas Carthy.

You can also purchase opera tickets without attending the brunch if you prefer.

~~~~~

Reservations must be **received by Monday, February 19, 2019**

Please make checks payable to *UWC*. Mail check and form to:

Kathryn Terrill, 4477 Wellington Road, Boulder, CO 80301.

Questions? Contact Kathryn: [wakaterrill@ecentral.com](mailto:wakaterrill@ecentral.com) or (303) 530-9438

Name \_\_\_\_\_

Email \_\_\_\_\_

Guest Name (s) \_\_\_\_\_

#\_\_\_\_\_opera tickets @\$23.00 each PLUS

#\_\_\_\_\_places for Brunch @ \$30.00 each

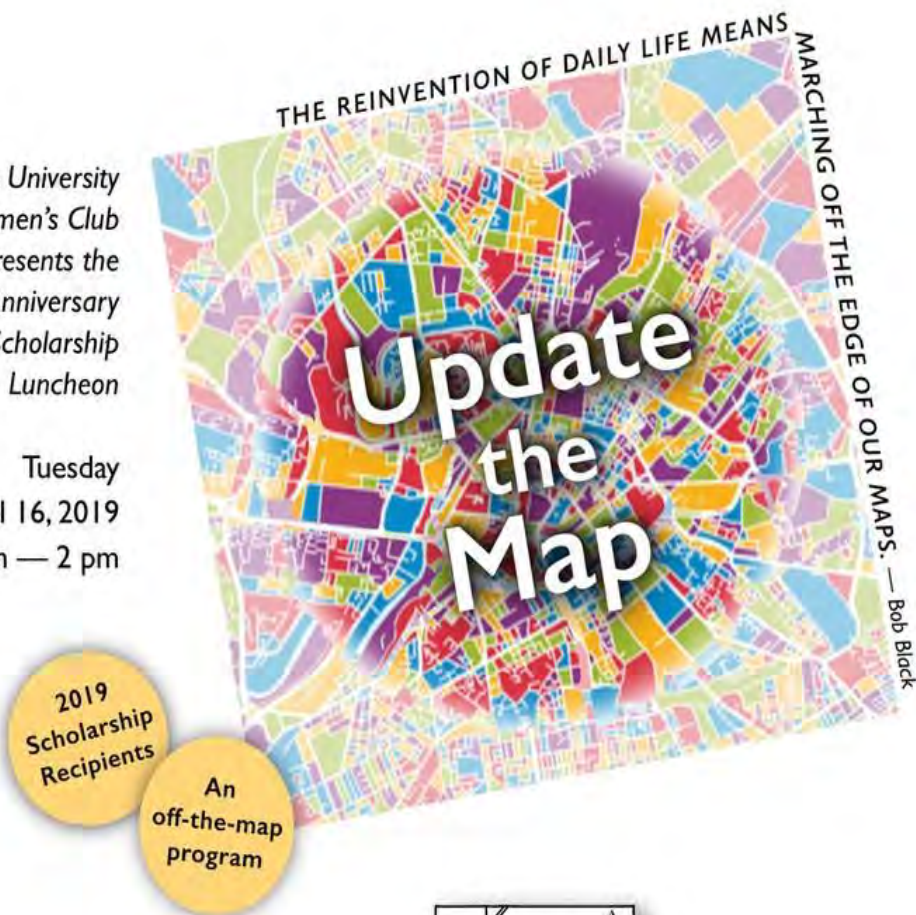
Total enclosed \$\_\_\_\_\_ (checks payable to UWC)

The brunch entrée and dessert will be served Buffet Style.

Please indicate here if you require a vegetarian option: YES\_\_\_\_\_)

The University  
Women's Club  
presents the  
62nd Anniversary  
Spring Scholarship  
Luncheon

Tuesday  
April 16, 2019  
11 am — 2 pm



Boulder Country Club  
7350 Clubhouse Road



Checks payable to UWC. Please observe the RSVP deadline of Tuesday, April 9, 2019 (reservations necessary).  
Mail to: UWC c/o Charlotte Corbridge, 7351 Windsor Drive, Boulder, CO 80301; charlotte.corbridge@colorado.edu

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Guest Name(s) \_\_\_\_\_

\_\_\_\_\_ luncheons @ \$40 = \_\_\_\_\_ (Includes a tax deductible donation of \$10 to the UWC scholarship fund)

Additional Donation: \_\_\_\_\_ \$100 \_\_\_\_\_ \$50 \_\_\_\_\_ \$25 \_\_\_\_\_ Other

Total Enclosed \_\_\_\_\_

Please select your entree: (Fill in names if reservation is for more than one person.)

\_\_\_\_\_ Chicken Florentine (gluten free) Name \_\_\_\_\_

\_\_\_\_\_ Baked Vegetable Lasagna Name \_\_\_\_\_





## Margaret Willard Award 2019 Award Nomination

The University Women's Club presents the Margaret Willard Award annually at the spring Honors Reception. The woman receiving the award must fulfill some or all of the following criteria:

- Demonstrate outstanding work in her field of endeavor
- Enhance the quality of life for women on the Boulder campus and/or in the Boulder community
- Be an exceptional role model
- Elevate women's performance
- Bring honor to all women and to the University/Boulder community through her accomplishments

**To the Nominator:** Please complete this form and include it with your letter of support and at least one additional letter of support. Please address the above criteria in those letters. The selection committee also encourages nominators to submit a current biography and/or resume of the nominee.

**Name of Nominee** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone (home)** \_\_\_\_\_ **(work)** \_\_\_\_\_

**Email** \_\_\_\_\_

**Institutions attended and degrees received** (if applicable) \_\_\_\_\_

**Nominee's current position** (if retired, position held until retirement) \_\_\_\_\_

**Please provide information outlining Nominee's service to the University and/or the Boulder community**  
(please use additional paper if needed) \_\_\_\_\_

**Nominator/Submitted by** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone (home)** \_\_\_\_\_ **(work )** \_\_\_\_\_

**Email** \_\_\_\_\_

**Please mail nomination information to Kathryn Wardell, 88 Illini Court, Boulder, CO 80303 by March 1, 2019, or email to [kathrynwardell@gmail.com](mailto:kathrynwardell@gmail.com)**

If the Nominee does not receive the award in 2019 she may be considered for 2020. In this case, an updated statement about the Nominee may be requested.

Previous winners have been selected from the University community (volunteers, faculty, or staff) or from the Boulder community.

## 2018-19 Calendar

## Executive Board 2018-19

|       |     |                                                                                                               |
|-------|-----|---------------------------------------------------------------------------------------------------------------|
| Sept. | 4   | Board Meeting                                                                                                 |
|       | 10  | MESSAGES Deadline                                                                                             |
|       | 11  | <b>Membership Coffee/Tea</b>                                                                                  |
| Oct.  | 2   | Board Meeting                                                                                                 |
|       | 10  | MESSAGES Deadline                                                                                             |
|       | 9   | <b>Lecture Dinner: Helping People with Different Kinds of Minds to Be Successful, Temple Grandin</b>          |
|       | 15  | Membership Deadline for Name to Appear in Directory                                                           |
| Nov.  | *** | New Member Wine and Cheese Event                                                                              |
|       | 7   | Board Meeting                                                                                                 |
|       | 10  | MESSAGES deadline for January                                                                                 |
|       | 13  | <b>Lecture Evening at the Planetarium 5:30—7:30 p.m. Juno: Revealing Jupiter's Interior, Dr. Fran Bagenal</b> |
| Dec.  | *   | NO Meetings                                                                                                   |
| Jan.  | 8   | Board Meeting                                                                                                 |
|       | 10  | MESSAGES deadline                                                                                             |
|       | 15  | <b>Lecture Luncheon: Cannabis 101 for Seniors, Dr. Danielle Fixen</b>                                         |
| Feb.  | 5   | Board Meeting                                                                                                 |
|       | 10  | MESSAGES Deadline                                                                                             |
|       | 12  | <b>Lecture Luncheon: Mending Colorado's Mental Health, Andrew Romanoff</b>                                    |
| Mar.  | 5   | Board Meeting                                                                                                 |
|       | 10  | MESSAGES Deadline                                                                                             |
|       | 12  | <b>Lecture Luncheon: Bob Dylan: The Times they Aren't a-Changin', Dr. Adam Bradley</b>                        |
|       | 17  | <b>Opera Brunch and Opera: Eugene Onegin, Tchaikovsky</b>                                                     |
| Apr.  | 2   | Board Meeting                                                                                                 |
|       | 10  | MESSAGES Deadline                                                                                             |
|       | 16  | <b>Scholarship Luncheon</b>                                                                                   |
| May   | 7   | Tri-Board Meeting                                                                                             |
|       | 14  | <b>Honors Reception 3:00 - 5:00 p.m.</b>                                                                      |

|                                            |                                  |
|--------------------------------------------|----------------------------------|
| <b>President</b>                           | Arlene Gerwin                    |
| <b>President-elect</b>                     | Merry Bullock                    |
| <b>Secretary</b>                           | Kathleen Newton                  |
| <b>Treasurer</b>                           | Kathy Herder                     |
| <b>Past President</b>                      | Frieda Holley                    |
| <b>Advisory/Parliamentarian</b>            | Frieda Holley                    |
| <b>Communications</b>                      | Mollie Sue Morton                |
| <b>Historian/Handbook</b>                  | Berry Todd                       |
| <b>Honors Reception</b>                    | Mary Huffman                     |
| <b>Hospitality</b>                         | Isabelle Henderson               |
| <b>Interest Groups Co-Chairs</b>           | Linda Nordberg, Tamera VanSpiell |
| <b>Margaret Willard Award</b>              | Kathryn Wardell                  |
| <b>Membership</b>                          | Karen Neff                       |
| <b>New Members</b>                         | Virginia Stringi                 |
| <b>Email/Directory/Handbook/Repository</b> | Diana King                       |
| <b>MESSAGES</b>                            | Joyce Spencer                    |
| <b>Nominating Committee</b>                | Karon Johnson                    |
| <b>Opera Brunch</b>                        | Kathy Terrill                    |
| <b>Program Co-Chairs</b>                   | Lynne Barnett, Joanna Cain       |
| <b>Scholarship Committee</b>               | Merry Bullock                    |
| <b>Scholarship Luncheon</b>                | Janet Brewer                     |
| <b>Telephone Tree</b>                      | Linda Blomquist                  |
| <b>Website</b>                             | Merry Bullock                    |
| <b>Secretary Elect</b>                     | Carrol Kalafus                   |
| <b>Treasurer Elect</b>                     | Kathy Herder                     |

[Control/click here for a printable version of the calendar of events.](#)

[Control/click here to email questions or suggestions to MESSAGES chair.](#)