



Please plan to join us for the **Spring Scholarship Luncheon - April 19, 2016**



**At the Boulder Country Club
7350 Clubhouse Rd., Boulder**

**11:00 a.m. gather and mingle
11:30 a.m. lunch**

- *Meet the 2015-16 Scholarship Winners**
- *Enjoy a delicious 3-course lunch**
- *Be entertained by Chico's latest Spring fashions**

Chico's from Flatirons Mall will present the latest Spring fashions and accessories for our enjoyment. A discount coupon will also be given to each attendee.

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Scholarship Luncheon payment must be
RECEIVED NO LATER than **April 12.**

Please send payment of **\$40** (or questions) to:

Karon Johnson
2724 N. Torreys Peak Drive
Superior, CO 80027
Karon.johnson@colorado.edu
303-499-5056

**See registration form Page 10
(or on Page 11 which is in color).**

President's Message



The University of Colorado 2015-16 academic year is ending. The last day of classes is April 29.

The CU Conference on World Affairs runs April 4 to 8 and is free and open to the public.

Our UWC Lecture Luncheon Series ended in March with a fascinating and informative presentation by Dr. Alexandra Rose. We learned there are 19,500 species of bees worldwide and Boulder County has the highest variety of species in the state of Colorado (over 950). We also learned that not all bees sting and that many are single-nesters not in a hive. More information on saving bees is available at <http://beesafe.org>. You can build or buy a bee house for "single nesters" and install it in a garden, yard, field, or woods near you.

Our 2016-2017 Officers-Elect will serve their "elect" terms next year and take their offices in 2017-18. Congratulations to: President-elect Frieda Holley, Secretary-elect Kathleen Newton and Treasurer-elect Arlene Gerwin.

We have had a very high attendance at our Lecture Luncheons this year thanks to our Program Chair and her team. If you believe you would like to join this team and help us continue with high quality offerings, please contact Janet Brewer (720-562-8254, dtbjhb@aol.com) This involves help to plan five Lecture Luncheons next year (October, November, December, February, and March.) We may be looking for at least two Lecture Luncheon sites off campus next year.

April 19 is our **Scholarship Luncheon** reservations are due in hand by April 12. Please sign up early since we must make final arrangements with the catering at Boulder Country Club the week before the event. This luncheon will honor and give us an opportunity to meet our new UWC Scholarship Recipients. The Board has increased scholarship amount to \$24,000 from \$20,000 last year. This increase is possible with the combined donations of our members, budgeted monies and \$8,000 from the CU Foundation UWC's Endowment fund.

Our final membership event this year will be the **Honors Reception** on May 10. There is no charge for this event honoring our Margaret Willard Awardee and those who have contributed to make this a successful year. Advanced reservations are required. (More information coming in May *MESSAGES*).

Coming ahead *UWC Facebook*: The Board has decided to offer a University Women's Club Facebook page that may be easier to both attract new members, and engage current members. It reinforces a sense of community. It also brings us into the 21st century. This will be a way to find out more about us. According to a 2014 poll, 65% of people between 50-64 used social media; 49% ages 65 and up. For more information, please contact Mary Huffman (303-902-4842, marymhuffman@gmail.com).

May will be our last issue of *MESSAGES*. If you have **photos** to share of UWC activities this year, please email them to either our newsletter editor Joyce Spencer (jjandbobs@msn.com) and/or Historian Kathleen Newton (kathleen_n@comcast.net).



Diana King

President 2015-16

Photos from Lecture Luncheon March 2016



Dr. Alexandra Rose



Lovely flowers centerpiece on food table



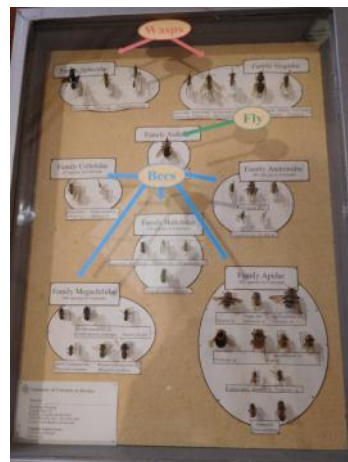
Honey dessert—Baklava



Another outstanding turn-out for the Lecture Luncheon.



Dr. Alexandra Rose captured our interest about bees. She explained to us their great diversity, the way they build nests, and how we can help with research for this much-needed pollinator of our fruits and flowers. There is a need for research with which WE can help.



For more information on saving bees go to <http://beesafe.org>

Interest Groups News and Photos

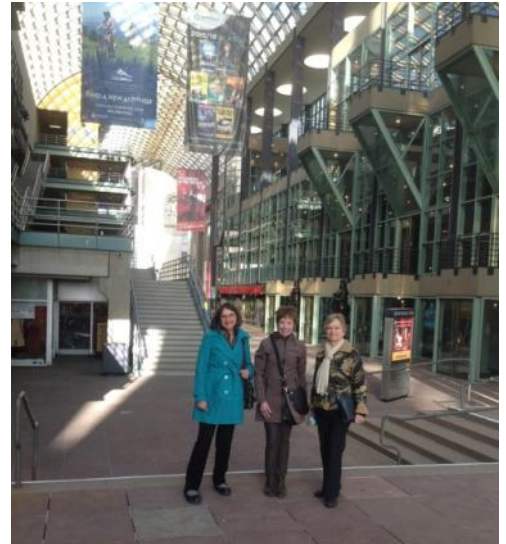
Our many varied Interest Groups provide extra opportunities for our members to enjoy their time together.

The list of such groups can be found on subsequent pages of this newsletter.

To form a new group requires a volunteer chairperson and at least 5 members. Please contact Nancy Liggett (neliggett@gmail.com) if you have such a group in mind.

Theater Goers

Theater Goers went to the Denver Center for the Performing Arts. On February 27 we rode to Denver on the new bus, the FlatironFlyer. We had lunch at The Limelight, and then enjoyed the Buell's presentation of *The Nest*.



Theater Goers are planning an outing on Sunday, April 10 at 2 p.m. to see **Sylvia**, a comedy by the Longmont Theater Company.

"I can only call it one of the most involving, beautiful, funny, touching and profound plays I have ever seen...." NYTimes

"Sylvia" is the doggone funniest play of the season
Larry Murray / July 17, 2011



Empty nesters Greg and Kate have moved back to Manhattan after twenty-two years in the suburbs. As Kate tells Greg: "The dog phase of my life is definitely over." But life has a way of giving you what you think you don't want. Greg finds Sylvia, a street-smart lab/poodle mix, and brings her home. She promptly becomes a bone of contention between Greg and Kate, testing their marriage to hilarious and touching effect.

We'll plan a happy hour after the play and possible carpooling for those who are planning to attend.

Gail and Annie will be in D15-16. For tickets and other information see <http://longmonttheatre.org/>

Please let Annie Russell know if you have purchased tickets so she can coordinate with everyone (303-868-7053) annie@annierussell.com.

Tell Me More... About Heart Health

At our Lecture Luncheon of November 2009, Dr Nelson Trujillo presented “How to Prevent Cardiac Death – the Number One Killer of Women”. His discussion focused on ways to keep our hearts healthy, including tips about diet, exercise, and stress. Today, heart disease remains the number one killer of women, causing one of every three deaths in women annually. Even with the best of intentions and healthful activities, some of us, or persons we love, will fall victim to this peril. **So what can we do to improve the chances of surviving a heart attack or cardiac arrest?**

First, we need to be aware that these terms are not interchangeable. **Heart attack** is a circulatory problem where a blocked artery prevents nourishment to the heart. Experts recommend the following steps to survive a heart attack:

1. Recognize the symptoms. They can be different for women and can include shortness of breath, nausea/vomiting, sweating, and back or jaw pain.
2. Call 911. Don't waste time looking up symptoms on the internet or calling your primary care physician.
3. Chew and swallow a 325 milligram aspirin and wait for the EMT. If possible, call someone to wait with you.
4. Be assertive. Tell the EMT you think you are having a heart attack. Tell the EMT the medications you take.
5. Don't feel bad if it was a false alarm. For emergency rooms to catch all heart attacks, there are going to be some situations where nothing serious is wrong.

Cardiac arrest is an “electrical” problem that disrupts the pumping action of the heart. Cardiac arrest can result from a heart attack, but there are other causes. Unless treatment occurs within minutes, the victim will die. More than 90% of cardiac arrests that occur outside a hospital result in death. Immediate cardiopulmonary resuscitation (CPR) doubles or triples the chance of survival, and anyone can do it, even without training.

Steps to save a life:

1. Call 911 or send someone to call.
2. With the heel of your hand, push hard and fast at the center of the chest. Push 100-120 compressions per minute. Appropriately, you can do this to the disco beat of “Staying Alive”.
3. Keep going until help arrives.

With the new CPR, mouth to mouth breathing is no longer recommended, and you don't need formal training. For a person in cardiac arrest you can't possibly hurt them by trying, even if you were to break his or her rib. If you don't try, the person will die. You just might save a life.

To see a video of how to perform CPR, go here:

http://cpr.heart.org/AHA/ECC/CPRAndECC/Programs/HandsOnlyCPR/UCM_475516_CPR-Demos-and-Videos.jsp

To get further information about heart disease and symptoms of heart attack, go here

<http://www.webmd.com/heart/features/12-tips-for-better-heart-health> or www.heart.org or google “heart health”.

Service Opportunities and Community Interest

Boulder Friends of International Students

Boulder Friends of International Students is seeking locals to participate in the 2016-17 academic year. The program is operated by University of Colorado and matches international students with local families as a way to ease their transition to the United States. It is a great way to make a positive impact and learn about a new culture.



Participating families include people of all ages, single-person households, and couples with and without children. All family structures are welcome. Since students don't actually live with the families the time commitment is quite low. We only expect that families and students get together at least once a month.

Students and families are matched based on common interests so it's easy to find things to do together. We also host a lot of social events which are open to all BFIS participants and anyone interested in joining.

For more information please contact Sam Cosgrove. Email: sam.cosgrove@colorado.edu Work: 303-735-7687

Website: <http://www.colorado.edu/oie/clubs-activities/bfis>

Honors Reception—May 10, 2016

The Honors Reception will be held on **May 10, 2016, 3-5 p.m.** in the tent outside the University Memorial Center.

The Margaret Willard Awardee will be presented, the new UWC President will be handed the gavel, roses will be given to past Margaret Willard awardees, past Presidents, and past Presidents' awardees.

Hors d'oeuvres and beverages will be served. This is a FREE social activity for UWC members. Questions can be directed to Rita Riis, 303-818-6547, rita.riis@me.com.

Registration is required, and more information about that will appear in May's *MESSAGES*.

Scholarship Winner's Gratitude



Grazina Dagte, shown here with President-Elect Janet Brewer, spoke to those assembled at the March Lecture Luncheon.

Grazina was a UWC scholarship recipient in 2013 who spoke of her gratitude to our organization for this award which helped her so much to achieve the success she now has.

Come to our April Scholarship Luncheon on April 19 to hear about this year's wonderful winners!

<i>Interest Group Meeting Time and Place</i>	<i>Chair(s) Information</i>	<i>Special Notes</i>
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.
Book Group – Afternoon 2:00 p.m. Fourth Tuesday, members' homes	Ami Sadler (303-938-8406) amisadler@earthlink.net Mary Anna Dunn (303-530-0184) dunn.maryanna@gmail.com	Apr. 26: <i>The Girl at the Lion d'Or</i> by Sebastian Faulks. Books available at Boulder Bookstore. Contact chairs for details.
Book Group - Evening 7:15 p.m. Second Thursday, members' homes.	Virginia Stringi (303-955-1860) vstringi@comcast.net Kathleen Salzberg (303-499-3128) Kathleen.Salzberg@colorado.edu	Apr 14: <i>Empty Mansions</i> by Bill Dedman. Hostess Heidi Lynch (303-499-5779, hslynch@comcast.net). Books are available at the Boulder Bookstore.
Bridge on Wednesday 1:00 - 3:00 p.m. First Wednesday, members' homes.	Barbara Turner (303-471-9778) Barbara-Turner@centurylink.net Sharon Gabriel (303-494-7643) skgabriel@comcast.net	Contact chairs for details.
French Conversation - All Speaking Levels 2nd and 4th Wednesdays 10:30 a.m.—noon at Panera Bread in the 29th Street Mall	Gisele Berzins (303-408-0366) gigiberzins@gmail.com	Please contact chair 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) Jyotsna.raj@colorado.edu Virginia Donegan (303-635-6685) Ginnydon22@yahoo.com	Planning meeting at home of Jyotsna Raj, 863 14th Street, Boulder at 11 a.m. on Wed., April 27. Pot luck lunch to follow meeting. Please RSVP to both chairs if you plan to attend.
Hiking Every Friday Meet east end of the lower level of Macy's parking garage.	Heidi Lynch (303-499-5779) hslynch@comcast.net Frieda Holley (303-499-3733) holleyf@msudenver.edu	This year-round group meets at 9:00 a.m., September to May and at 8:30 a.m., June to August.
Italian Conversation 1:30 – 2:30 p.m. Every Wednesday The "Y," 2850 Mapleton Avenue	Maxene Wilson (303-530-4619) maxene@earthlink.net	Contact chair for details.
Music Time varies Second Mondays of most months, in members' homes.	Judy Owens (303-494-0196) owensj4@mac.com Pat Phillipson (303-443-9839) phillipp@colorado.edu	We especially welcome new performers. Contact chairs for details.
Needlecraft 1:30 p.m. Second and Fourth Thursdays, 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.

<i>Interest Group Meeting Time and Place - Continued</i>	<i>Chair(s) Information</i>	<i>Special Notes</i>
On the Road Again Various times, various venues	Karen Diamond (303-939-8656) Karen.diamond@mac.com	Contact chair for details.
Out to Lunch 12:00 p.m. Fourth Wednesday Meet at the restaurant at noon.	Jyotsna Raj (303-447-8831) jyotsna.raj@colorado.edu Virginia Donegan (303-635-6685) ginnydon22@yahoo.com	Meeting dates provided by email. We plan to meet April 20 12 noon at 740 Front Street in Louisville Please contact a chairperson.
Readers' Theatre 2 6:30 P.M. First or Second Monday Meeting Room at Presbyterian Manor Senior	Patty Ludke (303-440-9590) pattycake.21@juno.com Kathy Randall (303-530-1095) katherineran@gmail.com	Email will provide details.
Snowshoeing Thursdays, to be determined.	Mary Greenwald (303-443-6478) m.b.greenwald@comcast.net	Contact chair for details.
Spanish – Beginning Conversation Mondays, 3:45 to 4:45, twice a month	Diana King (303-530-1860) dianaking.boulder@gmail.com	Contact chair to join a group session to learn or improve your beginning Spanish. Contact chair for time and place.
Spanish – Conversational 3:45 p.m. Most Mondays Local restaurant	Diana King (303-530-1860) dianaking.boulder@gmail.com	Contact chair for meeting time, place and details.
Sunday Afternoon at the Movies Matinee Fourth Sunday Local movie theatre	Patty Ludke (303-440-9590) pattycake.21@juno.com Kathleen Newton (720-548-8661) kathleen_n@comcast.net	Email provides details of movie selection and meeting time. Contact chairs to join the list.
Theater Goers	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 do not have openings:

Interest Group	Chair(s)
Book Group - Small	Kathy Randall
Book Group Small— Fiction, Nonfiction	Nancy Liggett
Book Group – Second Monday	Helen Hooper
French Conversation	Dot Thompson, Ruth Stern
Readers' Theatre	Marilyn Wasmuth

To start a new interest group requires at least **five members and a chairperson**. Contact Nancy Liggett (neliggett@gmail.com) for more information.

UWC SCHOLARSHIP DONATION FORM



I am enclosing a tax-deductible donation to UWC Scholarships for non-traditional students to help them in their quest for a first-time bachelor's degree at CU Boulder. (Please *print* information below).

DONOR Name: _____

Address: _____

City, State, Zip: _____

email: _____

Amount of donation: \$ _____

Please make check payable to UWC.

Thank you so much for your support.

Mail this form and your check to:

**UWC Scholarships
P.O. Box 18844
Boulder, CO 80308-1844**

(Optional)

This donation is In Honor of In Memory of

Name of person or family: _____

Name of person for notification: _____

Address of person for notification: _____

City, State, Zip: _____

The University Women's Club
presents the 59th Annual
Spring Scholarship Luncheon

Oh, the
Places
You'll
Go!



Tuesday, April 19, 2016
11:00 a.m. - 2:00 p.m.



Boulder Country Club
7350 Clubhouse Road

★ Fashion Show
by Chico's

★ 2016 Scholarship
Recipients

Checks payable to UWC. Please observe the RSVP deadline of Tuesday, April 12, 2016 (reservations necessary).
Mail to: UWC c/o Karon Johnson, 2724 N. Torreys Peak Drive, Superior, CO 80027. Karon.Johnson@colorado.edu
(Note: Chicken Dish is Gluten-Free)

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 (Name _____)

_____ Vegetable Entree (Name _____)

_____ Dietary restrictions (identify _____)

(Name _____)

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(Name _____)

2015-16 Calendar

September	1	Board Meeting
	8	Membership Coffee
	10	MESSGES deadline
October	6	Board Meeting
	10	MESSAGES Deadline
	13	Lecture Luncheon
	15	Membership Deadline for Name to Appear in Directory
November	1	New Member Wine & Cheese
	3	Lecture Luncheon
	10	MESSAGES Deadline
	10	Board Meeting
December	1	Board Meeting
		NO MESSAGES IN JANUARY
	8	Lecture Luncheon
January		No Planned Meetings or Events
	10	MESSAGES Deadline
February	2	Board Meeting
	9	Lecture Luncheon
	10	MESSAGES Deadline
March	1	Board Meeting
	8	Lecture Luncheon
	10	MESSAGES Deadline
	13	Opera Brunch
April	5	Board Meeting
	10	MESSAGES Deadline
	19	Scholarship Luncheon
May	10	Honors Reception
	17	Tri-Board Meeting

Executive Board 2015-16

President	Diana King
President-Elect	Janet Brewer
Secretary	Carol Dunnack
Treasurer	Arlene Gerwin
Past President	Joyce Spencer
Advisory/ Parliamentarian	Mary Huffman
Communications	Mollie Sue Morton
EMail	A.D. Chesley
Historian	Kathleen Newton
Honors Reception	Rita Riis
Hospitality	Janet Kern
Interest Groups	Nancy Liggett
Margaret Willard Award	Jane Massie
Membership	Nancy Sheffield
New Members	Kathy Terrill
Membership Directory	Kathryn Wardell
MESSAGES	Joyce Spencer
Nominating Committee	Janet Brewer
Opera Brunch	Virginia Stringi
Program Chair	Patty Ludke
Scholarship Commit- tee	Becky Palmer
Scholarship Luncheon	Tamera Van Spriell Linda Norberg
Telephone Tree	Linda Blomquist
Webpage	Carol Etges
Secretary-Elect	Kathy Terrill
Treasurer-Elect	Arlene Gerwin