



December Lecture Luncheon

Opening Pandora's Lunchbox

*How Processed Food Took Over the American Meal
and
What we Can Do To Take It Back?*



Melanie Warner

Tuesday, December 10, 2013 11:30 a.m.
University Memorial Center, Room 235

*Melanie is an author.
Her book on processed food, Pandora's Lunchbox,
was published by Scribner in February 2013.*



Thanks to processed food, the human diet has changed more in the last 100 years than it has in the last 10,000. And while the enormous amounts of technology applied to our food over the last century have been a boon to manufacturing efficiency and product innovation, much of it has been **disastrous for our health**.

Melanie did many interesting experiments on processed foods, including watching chicken nuggets "melt" in her refrigerator over 2 ½ months. What is really in those "chicken" nuggets? (see below).



Melanie has worked as a reporter for the **New York Times**, a senior writer at Fortune magazine, and a blogger for CBSNews.com.

Her presentation will be enlightening and entertaining.

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- **Lecture Luncheon payment** must be post-marked NO LATER than December 5. Please send payment of \$18 or questions to AD Chesley 3545 23rd Street, Boulder, CO 80304 adiches@aol.com; 303-938-8150. Special lunches are available and must be requested in advance: gluten-free, vegetarian, or salt-free options.
- **Check out New Book Group** opportunity on page 9.
- **UWC Scholar is Phi Beta Kappa.** See page 8.

President's Message

Happy Holidays everyone! Thanksgiving is just around the corner. I am looking forward to friends and family gathering at my brother's home for food, football, and festivities that this tradition brings.

Thanksgiving is also the kickoff for the rest of the holiday season, no matter what you celebrate. So Happy Kwanzaa (December 26-January 1), Happy Hanukkah (November 27-December 5), Merry Christmas (December 25), Happy New Year's Eve (December 31), and lets not forget National Eat a Red Apple Day (December 1). Apologies if I have left off your favorite December Holiday.

New Year's brings new beginnings. Isn't that what most of us think about during the month of December, as the New Year begins to cast its shadow? Out with the old, and in with the new?

For the last few years I make only one resolution, and the same one every year. It's not that I don't think resolutions are a good idea, I just find that over the years, I would end up making many that I really had no intention in keeping.

For instance, for years, I have promised myself that I will clean out the house and get rid of all items that we no longer have a use for. My husband and I have often made vows to work a room at a time, or one closet per month. After all, how long can it really take? I have also vowed to take off those pesky 25 pounds from when my children were born...(20 some years ago...). Really, bigger clothes are so much easier.

The one resolution that I have made the last four years, and actually keep is this: try five new things this year that I have never done before. It can be as simple as trying a new food, or as daring as a new sport or activity. Sometimes it's a personal challenge, or a business goal. It's fun, and gives me a challenge throughout the year.

Perhaps if you are prone to making resolutions, or not, I would like to suggest that you make the resolution to try at least one new thing in 2014. Perhaps that new thing could be to get more involved in the University Women's Club! There are many opportunities that can be tailored with how much commitment you want to make. With five like-minded members, one can start a new interest group. Is there a language you would like to learn, a skill you would like to share with others? Perhaps just a join an interest group that is new to you?

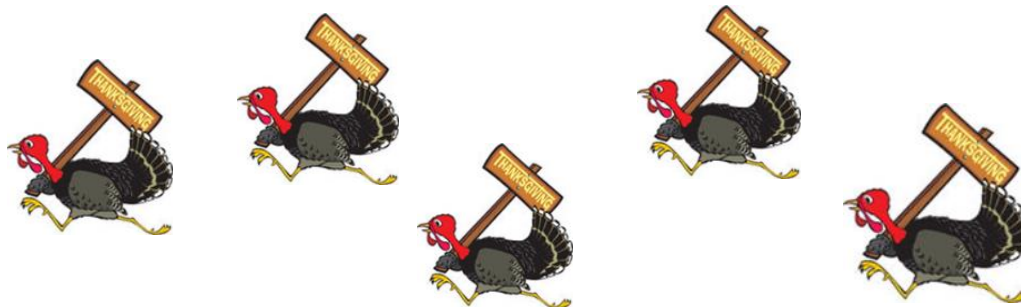
I encourage everyone to try something that they have never done before. Come to a lecture luncheon, if you never have. If you've never attended an opera, come to the opera with the UWC. If you've never come to the Honors Reception, make this year your first time. We have over 300 amazing women who are members of this club. What a fabulous opportunity to make a new friend, or stretch yourself with a new skill or experience. Scientists tell us that one of the secrets to keeping our brains healthy is to try new things.

We will soon be looking for members to serve on the board for 2014-2015. Are you good at accounting, or would you like to learn? Do you have the skills to edit the newsletter, design the website, take pictures, or do you like to organize parties and events? Step forward, and let a current board member know you have interest. In a club as varied and vast as ours, there is a place for everyone.

I send warm wishes to all of our members as we transition from 2013 into 2014. I wish you all the joys of the season, the warmth of friends and family, and a healthy and Happy New Year! I look forward to seeing you accept my challenge and experience something new in the upcoming year.

Warm Wishes,

Mary Huffman
President UWC



February 2014



Seeing is Believing: Imaging the Processes of Life

Amy Palmer

Associate Professor
CU Dept. of Chemistry and Biochemistry

Tuesday, February 11, 2013 11:30 a.m.

University Memorial Center, Room 235
(Reservations and payment due February 4)

Palmer leads a lab team working to develop fluorescent tools to track the location and movement of individual particles—molecules, ions, and proteins—within a cell.

The fundamental biological question stems from the desire to understand how the cells control the metals, which can reveal the origins of various diseases and conditions like prostate cancer or neurodegeneration.

From the molecular to the cellular to the organismal level, the processes of life are intricately organized in both space and time. The development of fluorescent tools for live-cell imaging **is transforming biology** by enabling interrogation of specific proteins, molecules, and ions in cells with unprecedented spatial and temporal resolution.

Professor Palmer has been awarded a Sloan Foundation Research Fellowship (2010, Chemistry), NSF CAREER award (2010), and Ed Stiefel Young Investigator Award in Biological Inorganic Chemistry (2010), and is the Chair elect of the Cell Biology of Metals Gordon Research Conference (2015).

March 2014



Mild Traumatic Brain Disorder: Why Should You Care?

Mary Lou Acimovic

Tuesday, March 11, 2013 11:30 a.m.

University Memorial Center, Room 235
(Reservations and payment due March 4)

Mary Lou Acimovic is an expert on Mild Traumatic Brain Injury. She is an advocate, therapist and personal trainer helping people who experience on-going cognitive symptoms associated with MTBI. She recently published ***Mild Traumatic Brain Injury: The Guidebook***

This presentation will provide an overview of the brain, what happens when it is injured, how it recovers and what mild traumatic brain injury teaches us about the care and handling of our own brains.

Mild brain injury gives us a unique way of studying cognitive functions.

Knowing how the brain works helps us appreciate skills we take for granted. This information is particularly useful when we are concerned with the effects of aging and want to know how we can stay sharp.

Mary Lou is a former Director of the Brain Injury Program at Mapleton Center for Rehabilitation in Boulder, CO.

<i>Interest Group Meeting Time and Place</i>	<i>Chair(s) Information</i>	<i>Special Notes</i>
Afternoon Book Group 2:00 p.m. Fourth Tuesday Members' homes	Pat Thompson (303-926-4210) stelibsco@mac.com Charlotte Corbridge (303-530-0955) corbridg@colorado.edu	Jan. 28: <i>The Heart is a Lonely Hunter</i> by Carson McCullers. Hostess: Lois Linsky, 1645 Bear Mountain Dr., Boulder. Please RSVP to hostess: lflinsky@hotmail.com or 303-499-2689. Feb. 25: <i>The History of Love</i> by Nicole Krauss Books available at Boulder Bookstore.
Evening Book Group 7:15 p.m. Second Thursday Members' homes	Lois Linsky (303-499-2689) lflinsky@hotmail.com Helen Goldman (303-443-4953) hgoldman@colorado.edu	Dec. 12: <i>The Great Gatsby</i> by F. Scott Fitzgerald. Hostess: Judy Reid, 604 Mapleton Ave, Boulder. 303-440-9017. Please RSVP to hostess. Jan 9: <i>The Paris Wife</i> by Paula McLean Hostess: Virginia Stringi, 935 Gillaspie Drive, Boulder. 303-955-1860. Feb 13: <i>The Light Between the Oceans</i> by ML Stedman. Contact chairs for venue. Books available at Boulder Bookstore.
Bicycling Every Thursday morning, weather permitting Various venues	Mary Greenwald (303-443-6478) m.b.greenwald@comcast.net	The biking group will resume riding around the first of May. Contact Mary Greenwald to be added to the email list.
Bicycling – Easy Riders Every Wednesday morning, weather permitting	Mary Greenwald (303-443-6478) m.b.greenwald@comcast.net	The biking group will resume riding around the first of May. Contact Mary Greenwald to be added to the email list.
Bridge Various times and days	Martha Jones (303-499-0788) mabijones@q.com Pat Phillipson (303-443-9839) phillipp@colorado.edu	Contact chairs for details.
Current Events 2:00 – 3:30 p.m. Second Wednesday	Barbara Turner (303-417-9778) golferb7@aol.com Jyotsna Raj (303-447-8831) jyotsna.raj@colorado.edu	Contact chairs for details.
French Conversation		Class currently full. Contact Rosemary Getsie if interested in forming a second group. rgetsie@comcast.net or 303-998-0607
Gardening Usually third Wednesdays from April to October	Jyotsna Raj (303-447-8831) jyotsna.raj@colorado.edu Virginia Donegan (303-635-6685) ginnnydon2@yahoo.com	We are hibernating for the winter. Meetings will resume in April. Please contact chairs to join the email list.
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 YMCA, 2850 Mapleton Avenue	Maxene Wilson (303-530-4619) maxene@earthlink.net	Contact chair for details.
Music Time varies Second Mondays of most months Members' homes	Judith Auer (303-516-0871) Judith2@intothegap.com Nancy Eilerts (970-596-4853) neilerts@gmail.com	Nov 11: Monday at 7:30 p.m. Hostess: Judith Auer. We especially welcome new performers. Please call chairs for details.

<i>Interest Group Meeting Time and Place</i>	<i>Chair(s) Information</i>	<i>Special Notes</i>
Needlecraft 1:30 p.m. Second and Fourth Thursdays Members' homes	Ginnie Ross (303-442-6014) vcross921@gmail.com GeorgiAnne Campbell (303-499-2798) rpcampbell@att.net	For location and other details, contact the chairs. Members will be emailed prior to meetings.
On the Road Again Various times, various venues	Karen Diamond (303-939-8656) karen.diamond@mac.com	Nov. 16: 2:00 p.m. <i>Red Hot Patriot</i> (about Molly Ivins) at the Diary Center for the Arts. \$20 per ticket. After the play, dinner at a nearby restaurant. If interested, contact Karen Diamond
Out to Lunch 12:00 p.m. fourth Wednesday Meet at the restaurant at noon	Jyotsna Raj (303-447-8831) ijyotsna.raj@colorado.edu Virginia Donegan (303-635-6685) ginnydon22@yahoo.com	Due to the holidays, the Out to Lunch group will not meet in Nov., but will meet at noon on Wed., Dec. 4th at Q's Restaurant, Hotel Boulderado. RSVP To Ginny at 303-635-6685. January: We will meet on the 4th Wed., Jan. 22, at noon at L'Atelier, 1739 Pearl Street, Boulder. RSVP to Ginny or Jyotsna.
Readers' Theatre	Ruth Warkentin (720-890-0272) rjwark@indra.com	Group is currently full. See RT2 (below) or contact chair to be placed on waiting list.
Readers' Theatre 2 6:30 p.m. First or Second Monday Clubhouse at Villa Del Prado	Patty Ludke (303-440-9590) pattycake.21@juno.com Kathy Randall (303-530-1095) katherineran@gmail.com	December 9: <i>The Last Night of Ballyhoo</i> by Alfred Uhry January 6: <i>Living Out</i> by Lisa Loomer February 10: TBA
Snowshoeing Thursdays, TBD	Carol Saunders (303-499-3731) carol.saunders@comcast.net Mary Greenwald (303-443-6478) m.b.greenwald@comcast.net	Small group snowshoe hikes close to Boulder, as weather permits. Hoping to start by December. Contact chairs to be added to the email list.
Spanish – Beginning Conversation Tuesdays Contact chair for time and place.	Kim Ezzell (303-449-4535) kimezzell@yahoo.com	Class currently full. Contact Rosemary Getsie if interested in forming a second group. (rgetsie@comcast.net or 303-998-0607)
Spanish – Conversational 3:45 p.m. Most Mondays Local restaurant	Diana King (303-530-1860) diana_s_king@yahoo.com	Contact Chair for next meeting time and place.
Sunday Afternoon at the Movies Matinee fourth Sunday Local movie theatre	Diana King (303-530-1860) diana_s_king@yahoo.com Patty Ludke (303-440-9590) pattycake.21@juno.com	Email provides details of movie selection and meeting time. Contact chairs to join the list.
Tea and Travel 1:15 p.m. Meets September-November & January-March usually on the third Tuesday of the month in members' homes.	Virginia Stringi (303-955-1860) vstringi@comcast.net Contact Virginia to receive an email reminder one to two weeks before each meeting.	No meeting in December. On January 21 at 1:15 p.m. we will meet in Carol Saunder's home at 1076 Westview Drive, Boulder 80303 for a presentation by Carol entitled Patagonia . RSVP to Carol at 303-499-3731 or carol.saunders@comcast.net

Welcome New Members

New Members attend the Wine and Cheese Party at Mary's

Thirty-three members of UWC (the Executive Board and new members) met to get acquainted over beverages and appetizers at the home of Mary Huffman, President, on Sunday afternoon, October 27. After informal socializing, the group gathered to listen to each new member briefly introduce herself. The board members each then gave a description of their role on the Board of Directors.

Many thanks to Mary for a delightful introduction to the University Women's Club for new members!



New UWC Members in October

Joan Beall

Nancy Filice

Pat Heller

Beth Kroger

Jane Martin

Carol Ponton

Rebecca Roser

Eileen E. Sammells

Barbara Spriggs

Peggy Schwartzkopf

Cynthia Stephens

Diane Weller

Opera Brunch - Mark Your Calendar



Mark your calendars for Sunday, March 16, 2014, for our annual Opera Brunch, starting at 11:30 a.m. at the University Memorial Center, and followed by CU's Opera presentation of Hansel and Gretel at Macky Auditorium 2:00 p.m.

See the flyer on the next page for more information.

It's an Annual UWC Tradition:

...brunch and lively conversation
...opera "preview" and live performance



**Engelbert Humperdinck's
musical rendition of
Brothers Grimm fairy tale
Hansel and Gretel has de-
lighted audiences of all
ages.**

*Please join us: Sunday, March 16, 2014
11:30 a.m. brunch at UMC - 2:00 p.m. opera at Macky*

UWC gets a discounted price for opera tickets. If you have already purchased opera tickets, you can still join us for brunch. You can also purchase opera tickets without attending the brunch...but we would miss you!

Reservations must be received by February 22, 2014. Please make checks payable to UWC. Mail check and form to: Janet Brewer; 4840 Thunderbird Drive Apt. 87; Boulder, CO 80303. (Janet: dtbjhb@aol.com or 720-562-8254)

Reservations may also be made in person at the February 11 Lecture Luncheon.

Name _____ email _____

Guest name _____

_____ opera tickets @ \$20 ea **PLUS** # _____ places for brunch @ \$26 ea

Total enclosed _____

Please select entrée: (fill in names if reservation is for more than one person)

_____ Salmon with orange fennel sauce (Name _____)

_____ Chicken Valencia (breast of chicken w/ sherry orange raisin sauce) (Name _____)

_____ Veg: Spanekopita (spinach-feta stuffed phyllo dough) (Name _____)

*Thank You to the Following who Donated to the
UWC Scholarship Fund in October*

Alma Alber

Ingrid Becher

Linda Borkowski

Stephanie Corotis

Betty Culp

Marion Emmanuel

Fran Evans

Sharon Gabriel

Val Havlick

Jill Hobson

Betty Huff

Pat Irwin

Muriel Jacobs

Shirley Jin

Janet Kern

Barbara Klemme

Joan Knapp

Alice Korenblat

Beth Kroger

Rhea Little

Mareike Ludkewycz

Susan Malitz

Liz Marr

Ann McBryan

Sara Michl

Barbara R. Miller

Judith Minger

Pat Moncrieff

Karen Neff

Linda Nordberg

Janet Nuzum

Pat Phillipson

Carol Ponton

Judith Ramsay

Rebecca Roser

Ami Sadler

Gail Smith

Linda S. Smith

Carolyn Spicer

Clyda Stafford

Vinita Sturgeon

Patricia Thompson

Tamera VanSpriell

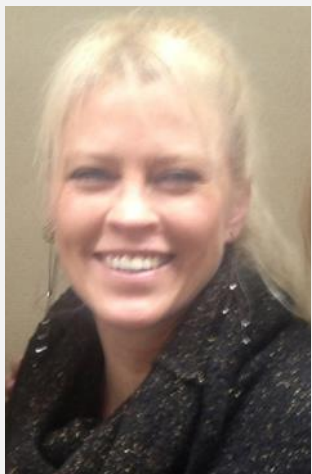
Judy Wakeland

Ruth Warkentin

Diane Weller

Marilyn Whittaker

UWC Scholar is Phi Beta Kappa



Jillynne Bailey, a University Women's Club scholarship winner last spring, has been invited to join Phi Beta Kappa. Her grade point average is 3.95. Jillynne has a double major—English (Creative Writing) and Sociology.

Congratulations Jillynne!

Spotlight On.....



A New Book Discussion Group

A new book group is forming with a bit of a different spin than the two long-established groups. This Book Discussion Group will read high quality fiction – critically commended contemporary works, admired classics and personal favorites – with perhaps a smattering of literary non-fiction, with focus on discussion. The monthly meetings will be led by a facilitator rather than a reviewer – someone to keep the discussion on track, but not provide more than a small amount of

background information.

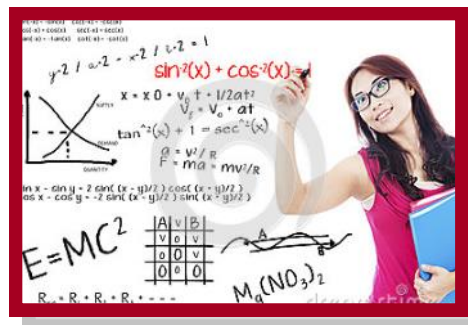
We are thinking of a group of 8 to 12 committed members (or perhaps more than one group depending on how many are interested), each of whom will participate in discussion and take turns as facilitators. Because the group will be small, we would hope for regular attendance unless travel or other commitments interfere.

If this sounds like a group you might like to join, please contact Kathy Randall (katherineran@gmail.com; (303-530-1095) with your name, contact information, preference for afternoon or evening meeting, and available days.

Volunteer Opportunity.....

Math, Science and Technology for Girls

On February 22, 2014 American Association of University Women (AAUW) will send their 19th annual math, science and technology career conference, **Expanding Your Horizons (EYH)** for 6th, 7th, and 8th grade girls, parents, teachers, and counselors. It will be held at the Engineering Center at the University of Colorado Boulder Campus. The conference features hands-on workshops in science and technology fields, ranging from Physics to Veterinary Medicine, Computer Science to Meteorology for about 300 girls from middle schools up and down the Front Range. In 2013, of the girls who reported ethnicity, 50% were from underserved populations (Latina, African American, Other). About half of the attendees receive scholarships to cover the registration fee.



AAUW is actively seeking volunteers for the 2014 workshops. If you love to inspire teen girls in science and/or technology fields, they would love to hear from you. There are many different jobs for which you can volunteer ranging from greeters, lunch preparation, and clean-up through registrars and workshop assistants.

AAUW starts gathering names now and hopes to have organized an enthusiastic group of about 60 volunteers by mid-February. If you would like further details about the volunteer opportunities, contact Kathy Randall (katherineran@gmail.com) and she will send you a document with descriptions. If you are ready to volunteer, please contact one of the AAUW Volunteer Coordinators noted below.

Meg Tierney
720-406-0158 (cell)
megtierney@comcast.net

Mary Humpke
303-447-2669
303-517-8440
maryhumke@hotmail.com



Margaret Willard Award 2014 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 Patty Ludke, 2938 Kalmia #21, Boulder, CO 80301 by March 1, 2014, or email to pattycake.21@juno.com. If the Nominee does not receive the award in 2014, she may be considered for 2015. 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.

2013-14 Calendar

September	3	Board Meeting
	10	<i>MESSAGES</i> Deadline
	10	Membership Coffee
October	1	Board Meeting
	8	Lecture Luncheon
	10	<i>MESSAGES</i> Deadline
	15	Membership Deadline for Name to Appear in Directory
	27	New Member Wine & Cheese
November	5	Board Meeting
	10	<i>MESSAGES</i> Deadline
	12	Lecture Luncheon
December	3	Board Meeting
		NO <i>MESSAGES</i> IN JANUARY
	10	Lecture Luncheon
January		No Planned Meetings or Events
	10	<i>MESSAGES</i> Deadline
February	4	Board Meeting
	10	<i>MESSAGES</i> Deadline
	11	Lecture Luncheon
March	4	Board Meeting
	10	<i>MESSAGES</i> Deadline
	11	Lecture Luncheon
	16	Opera Brunch
April	1	Board Meeting
	10	<i>MESSAGES</i> Deadline
	15	Scholarship Luncheon
May	13	Honors Reception
	20	Tri-Board Meeting

Executive Board 2013-14

President	Mary Huffman
President-elect Program Chair	Joyce Spencer
Secretary	Karon Johnson
Treasurer	Connie Pringle
Past President	Jeannie Thompson
Advisory/ Parliamentarian	Claudine Garby
Communications	Carol Saunders
EMail	Kathleen Salzberg
Historian	Kathy Terrill
Honors Reception	Karen Diamond
Hospitality	AD Chesley
Interest Groups	Rosemary Getsie
Margaret Willard Award	Jane Allen Patty Ludke
Membership	Beth Rauch
New Members	Carol Ziegenhagen
Membership Directory	Diana King
<i>MESSAGES</i>	Arlene Gerwin
Nominating Committee	Bobbi Vischi
Opera Brunch	Janet Brewer
Scholarship Committee	Pat Hagerty Kathy Randall
Scholarship Luncheon	Virginia Stringi
Telephone Tree	Linda Blomquist
Webpage	Carol Etges
Secretary Elect	AD Chesley