



February Lecture Luncheon

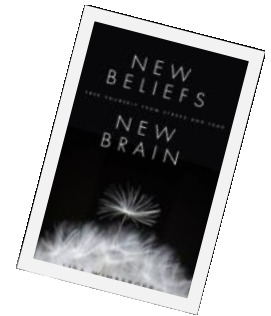


*Transforming Our Thoughts is Just
One Thought Away*

Lisa Wimberger

Tuesday, February 12, 2013, 11:30 a.m.
University Memorial Center; Room 235

Reservations and payment due February 5



Neuroscience is one of many fields that is rapidly changing. Lisa shares her experiences of working with first responders from the CIA, FBI, Secret Service, and law enforcement agencies all over the USA to give us all tools to reprogram our own thoughts using programs that combine neuroscience principles with mindfulness and energetic modalities. She will also share various ways to keep our brains healthy.

Lisa holds a Masters Degree in Education from the University of Stonybrook, NY and a Foundations Certification in NeuroLeadership. She is a private healing practitioner, teaching clients who suffer from stress disorders. She began her meditation practice at age 12. Hit by lightning at age 15, and clinically dead on multiple occasions, Lisa uses her traumatic experience as a vehicle for transformation. Additionally, Lisa's services are sought on a national level by individuals in law enforcement looking to find a new way to navigate through their stress patterns.

Lisa is the author of *New Beliefs, New Brain*. She is the founder of the Neurosculpting Institute in Boulder. Books will be available for sale at the luncheon.

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- **March 17 Opera Brunch. Reservations due: Feb 28.** Mark your calendar for *Falstaff opera*. Verdi's last opera weaves a tale of deception, revenge and comedic characters. Please join us Sunday, March 17, 2013 for an 11:30 a.m. brunch at the UMC and the 2:00 p.m. opera at Macky. See flyer for more information.

- **March 1 deadline for Margaret Willard Award** nominations.

- **April 16 Scholarship Luncheon** at the Boulder Country Club. **Signup by April 9.** Join us to meet our 2012-13 UWC scholars!



President's Message

The University of Colorado!

When many of us think of the University of Colorado (CU), we think mostly, or only, of the Boulder campus. This is perhaps logical in that we live in Boulder and we are exposed to this campus through many means, such as music, theater and dance and athletic events. Many women in the UWC also audit courses so they experience, first hand, the fine academic offerings available and the excitement of being back in the classroom. It is a varied and wonderful place—the one with which we are likely most familiar.

But the university is an institution of four campuses, each quite distinct in its character. With this column, **Part I**, I'm only going to briefly touch on two of them—our Denver Campus and the Colorado Springs Campus. I'll discuss the CU Anschutz Medical and Boulder campuses in future columns. What I present here and the next two months is by no means comprehensive in content—it's mostly what is top of mind for me; it's my snap shot perspective. I hope it serves to give you a better 'flavor' of the campuses that make up our University of Colorado.

The **Denver Campus (UC Denver)**, with which some of you are familiar, is in the heart of downtown and has grown and prospered over recent years, serving both traditional and non-traditional degree and non-degree students who live both on and off campus. Diversity in the student body abounds. This campus offers a comprehensive education to its students, at all degree levels, through numerous programs.

- In the past couple of years, the new Business School building on Lawrence has opened, offering a fine facility and enhancing educational offerings in the campus neighborhood. This building houses the new and unique JPMorgan Center for Commodities. Areas of finance, public policy and economics are studied here, and the trading floor affords students first-hand experience in the commodities markets.
- The campus' proximity to local businesses, non-profit organizations and government makes it an ideal blend of the academic with the practical, allowing internship and class project opportunities, in all disciplines, for engaged students.
- A new Science Building on the Auraria campus (at Speer and Lawrence) is a collaborative effort between UC-Denver, Metro State and the CC of Denver. It's as beautiful as it is functional.
- The Office of Veteran Student Services supports military students and those making the transition into the private sector. (Please note my mention of the Boots to Suits program in a prior column.



The **Colorado Springs Campus (UCCS)** has grown dramatically over the last decade—to almost 10,000 on-campus students. New programs abound, and new academic buildings and residence halls have proliferated at an astonishing rate at this expanding and beautiful institution (check out their website). Degrees at all levels are offered; you feel the vitality when on campus. UCCS prides itself on its smaller class sizes and its involvement with the community. The school has close ties with the US Olympic operation as well as military entities in the region (and is considered very 'military-friendly').

- It touts some unique programs such as geropsychology, sports and professional golf management, programs that blend engineering and business (such as the Bachelor of Innovation), Homeland Security, and it has traditionally strong programs in nursing and public affairs.
- The campus recently opened the Heller Center for Arts & Humanities on homesteaded land, with a beautiful adobe house and surrounding structures, adjacent to the UCCS campus on Austin Bluffs. The property came to the university from the estate of artist Larry and Dot Heller. It is a venue for all sorts of events related to the campus. In addition to the Heller Center, there is a wonderful university art gallery—GOCA (Galleries of Contemporary Art)--on campus.
- UCCS has an active athletic program and, while the Boulder campus has Ralpie, they also have a live mascot named Clyde—a 165 pound rescued mountain lion that came from Montana. (He lives off-campus!)
- The UCCS Chancellor's goal is to make her campus 'the premier regional university in the country.' The school has a tremendous positive economic impact on the region.

Part II TO BE CONTINUED in the next/March edition of MESSAGES. . .

Jeannie Thompson
President UWC

Last Lecture Luncheon This Year...

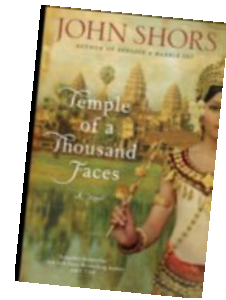


March

Temple of a Thousand Faces

John Shors

Tuesday, March 12, 2013, 11:30 a.m.
University Memorial Center; Room 235
(Reservations and payment due March 5)



John is a local author of historical fiction. His stories are set in exotic locations such as Vietnam, Cambodia, Hindustan, and the South Pacific. He is the bestselling author of *Beneath a Marble Sky*, *Cross Currents*, *Dragon House*, and *Beside a Burning Sea*. His newest book, *Temple of a Thousand Faces*, which is set in Angkor Wat, Cambodia is due out February 5, 2013.

After graduating from Colorado College, John lived for several years in Kyoto, Japan, where he taught English. On a shoestring budget, he later trekked across Asia, visiting ten countries and climbing the Himalayas. After returning to the United States, he became a newspaper reporter in his hometown, Des Moines, Iowa, winning several statewide awards in journalism. John then moved to Boulder, Colorado, and helped launch GroundFloor Media, now one of the state's largest public relations firms.

John has been lucky enough to spend much of his life abroad, traveling in Asia, the South Pacific, Europe, Africa, and North America. Now a full-time novelist, John spends his days writing and going on family outings with his wife, Allison, and their two young children, Sophie and Jack.

Don't miss meeting this master storyteller, and the tales behind the stories. John Shors will have books available for sale and signing.

Follow up on James Voss' Lecture



Take an Online Tour of the Space Station with Sunni Williams

Sunita Williams is an Indian American astronaut and a United States Navy officer who **holds the record for longest space flight by a woman**. She was assigned to the International Space Station as a member of Expedition 14 and Expedition 15. In her final days as Commander of the International Space Station, Sunni recorded an extensive tour of the orbital laboratory. Check out the her bedroom - home and office all in one! Yikes, what bedroom?

Thanks to Sherry Bruff for bringing this special tour to our attention.

This is a terrific tour!

<http://www.wimp.com/orbitaltour/>

Interest Group Meeting Time and Place	Chair(s) Information	Special Notes
Afternoon Book Group 2:00 p.m. Fourth Tuesday Members' homes	Pat Thompson (303-926-4210) stelibsco@mac.com Charlotte Corbridge (303-530-0955) charlotte.corbridge@colorado.edu	February 26 – Hostess: Charlotte Corbridge, 7351 Windsor Dr., Boulder 80301 (303-530-0955) Book selection: <i>Provenance: How a Con Man and a Forger Rewrote the History of Modern Art</i> by Laney Salisbury and Aly Sujo. March 26 – Book selection: <i>Bless Me Ultima</i> by Rudolfo Anaya. Both books are available at the Boulder Bookstore.
Evening Book Group 7:15 p.m. Second Thursday Members' homes	Ellen Gille (303-499-3134) icgef@dimcom.net Ellen Holland (303-494-2067) wrhelh@comcast.net	February 14 – Hostess: Christy Baggett, 1407 Cedar Ave., Boulder 80304 (303-443-5680). Book selection: <i>Call the Midwife</i> by Jennifer Worth. March 14 – Hostess: Virginia Stringi, 935 Gillaspie Dr., Boulder 80305 (303-955-1860). Book selection: <i>How It All Began</i> , by Penelope Lively.
Bicycling	Mary Greenwald (303-443-6478) m.b.greenwald@comcast.net	Bicycling is on hold for the winter and will resume in May. To be added to the email list, please contact the chair by April.
Bicycling – Easy Riders	Mary Greenwald (303-443-6478) m.b.greenwald@comcast.net	Bicycling is on hold for the winter and will resume in May. To be added to the email list, please contact the chair by April.
Tuesday Bridge 12:30 – 2:00 p.m. Fourth Tuesday Members' homes	Ginnie Ross (303-442-6014) vross921@gmail.com	Contact chair for details.
Wednesday Bridge 1:00 - 3:00 p.m. First Wednesday Members' homes	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	February 13 – Meet at the home of Michele Francois, 410 22 nd St. Boulder, to discuss Spending Cuts/Tax Increases – Why we need both.
French Conversation		Group currently full. See French Conversation 2.
French Conversation 2 9:30 - 11:00 a.m. First and Third Thursdays Members' homes	Marilyn Whittaker (303-926-1878) whittakm@colorado.edu	With instructor, \$10 per session. Contact chair for details.
Gardening Usually third Wednesdays from April to October	Jyotsna Raj (303-447-8831) jyotsna.raj@colorado.edu Virginia Donegan (303-635-6685) ginnydon2@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 the group chair for more information.

Interest Group Meeting Time and Place	Chair(s) Information	Special Notes
Music Time varies Second Mondays of most months Members' homes	Judy Owens (303-494-0196) owensj4@mac.com Julia Luerman (303-938-8084) jluerman@comcast.net	February 11 at 10:00 a.m. We especially welcome new performers. Please call for details.
Needlecraft 1:30 p.m. Second and Fourth Thursdays Members' homes	Ginnie Ross (303-442-6014) yross921@gmail.com GeorgiAnne Campbell (303-499-2798) rpcampbell@att.net	February 14 - Meet at the home of Mary Greenwald, 3525 Cloverleaf Dr., Boulder 80304 (303-443-6478). m.b.greenwald@comcast.net February 28 - Home of Mary Anna Dunn, 7290 Mt. Sherman Rd., Longmont 80503 (303-530-0184).
On the Road Again Various times, various venues	Karen Diamond (303-939-8656) karen.diamond@mac.com	Email provides details of planned trips. Contact the chair for more information.
Out to Lunch 12:00 p.m. Fourth Wednesday Meet at the restaurant at noon	Jyotsna Raj (303-447-8831) iyotsna.raj@colorado.edu Virginia Donegan (303-635-6685) ginnydon22@yahoo.com	February 27 - Meet for lunch at Pupusas, 4457 Broadway, a Latin American restaurant in North Boulder. RSVP to the chairs.
Readers' Theatre	Ruth Warkentin (720-890-0272) rjanewark@gmail.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	February 11 - <i>Love, Loss and What She Wore</i> by Nora Ephron and Delia Ephron.
Snowshoeing Thursdays, to be determined	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. 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 is currently at capacity. Contact Mary Anna Dunn if you are interested in the possibility of forming a second group. (dunn.maryanna@gmail.com or 303-530-0184)
Spanish - Conversational 3:30 p.m. Occasional 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 Meetings at 1:15 p.m.; programs at 1:30 p.m. Meets Sept.-Nov. and Feb.-Apr. on the third Tuesday of the month in members' homes.	Virginia Stringi (303-955-1860) vstringi@comcast.net Contact Virginia to be placed on the T & T email list and receive a monthly reminder a week before each meeting.	February 19 - A Visit to Tokyo by Jyotsna Raj. Meet at the home of Virginia Stringi, 935 Gillaspie Dr., Boulder 80305. RSVP to Virginia at 303-955-1860 or vstringi@comcast.net .

UWC Nominees for 2013–14



AD Chesley, Joyce Spencer, Connie Pringle

Vote at the February Lecture Luncheon

The nominees for the University Women's Club 2013-2014 elective offices have been selected by this year's nominating committee, approved by the Executive Board in December and the slate announced at the December Lecture Luncheon:

Joyce Spencer—President-Elect

AD Chesley—Secretary-Elect

Connie Pringle—Treasurer-Elect

Joyce Spencer is a long time board member in UWC. Over the years some of her positions include Treasurer, Secretary, Hospitality Chair and this year, New Membership Chair. Connie is a long time member and will serve as Treasurer next year as well as 2015. AD is a new member who enthusiastically volunteered to be our Secretary.



Recent Donors—Thank You!

Janet Kern
Susan Malitz
Debbie Schwartz

It's an annual UWC tradition:

...brunch and lively conversation...
...opera "preview" from CU Opera Program performers...



Giuseppe Verdi is treasured for his beautiful melodies. His last opera, *Falstaff*, weaves a tale of deception, revenge and comedic characters.

Please join us: Sunday, March 17 2013
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 Thursday, Feb 28, 2013. Checks payable to UWC. Mail check and form to: UWC c/o Pat Thompson, 2575 Otter Court, Lafayette, CO 80026. (Pat: stelibsco@mac.com or 303-926-4210)

***We will also be available at the Feb 12th Lecture Luncheon to take your reservations/payment.

Name _____ email _____

Guest Name(s) _____

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

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

_____ Salmon filet w/ orange fennel sauce (Name _____)

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

_____ Veg: Spanakopita (spinach-feta stuffed phyllo) (Name _____)



Margaret Willard Award
2013 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 Marion Emmanuel, 885 Poplar Avenue, Boulder, CO 80304 by March 1, 2013, or email to emmanuel4171@msn.com. If the Nominee does not receive the award in 2013, she may be considered for 2014. 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.

The University Women's Club presents the
56th Annual Spring Scholarship Luncheon

NEW GROWTH, NEW OPPORTUNITIES



2013 Scholarship Recipients
Spring Gardening Tips
by Hannah Upham of
Sturtz and Copeland

Boulder Country Club
7350 Clubhouse Road
Tuesday, April 16, 2013
11:00 a.m. – 2:00 p.m.



Checks payable to UWC. Please observe the RSVP deadline of Tuesday, April 9, 2013 (reservations necessary).
Mail to: UWC c/o Janet Brewer, 1975 30th Street, #318, Boulder, CO 80301; 303-343-0132; dtbjhb@aol.com

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Name _____ Phone _____

Email _____ Guest Name(s) _____

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

Additional Donation _____

Total Enclosed _____

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

_____ Greek Chicken Breast (Name _____)

_____ Grilled Vegetable Napoleon (Name _____)

_____ Dietary restrictions (identify _____)

(Name _____)



New Members

We continue to feature new members in *MESSAGES*...

In this issue we are featuring some of those who are or were *involved with "taking care of others", plus a former restaurant and winery owner.*

Some special interests are noted. Photos are included where we have them.

Photo	Name/Profession	Interests/Comments
	Maggie Cox Middle and senior management in health care delivery systems. I've also worked with home-bound and Hospice patients.	President of the board of Voices For Children CASA (Court Appointed Special Advocates for abused and neglected children in Boulder County). Hiking, writing, music, snowshoeing.
	Mary Ann Dangelo Worked in state government in Medicaid for nursing homes in Massachusetts, city government recreation in a senior center in California and as a policy analyst for Colorado in Child Support Enforcement.	Yoga, Italian language and culture, traveling, cooking, reading, health, issues of aging.
	Robbie Dunlap Psychiatric caseworker and MFA in creative writing	Music, reading, writing, walking my dogs.
	Jill Hobson Nurse: worked at the Jefferson County and Boulder County Health Depts for the last 20 years	Travel, reading, hiking, bicycling, gardening. I recently became very involved with a nonprofit, Paraguay Hope.

Photo	Name/Profession	Interests/Comments
	<p>Betty Johnson Managed residential facilities for youth. Developed treatment foster care and post adoption services. Senior consultant nationally for CWLA, Child Welfare League of America. Served in the Peace Corps from 2005-2007.</p>	<p>Hiking, reading, mah-jongg</p>
	<p>Gloria Sawyer Nurse., war E.T.O.. Montana State College Health Service.</p>	<p>Bridge, performing and visual arts, travel.</p>
	<p>Alice Seigal Owned Allpets Clinic in Boulder and Lafayette for 17 years and had 9 veterinarians on staff with a total of 50 employees</p>	<p>Biking, cooking, meeting people, hiking, going to movies.</p>
	<p>Shanya Stillman Previously, senior sales executive with internationally known lecture agency.</p>	<p>Fitness - hiking, cycling, running, reading, travel, food & wine, cooking, volunteer work for Meals on Wheels. Formerly ran a beachside Italian restaurant in Florida.</p>
	<p>Susan Wine Owned and operated a Manhattan luxury restaurant 1975-1992. Owned and operated a winery, wine stores and a wine bar 1995-2008.</p>	<p>Ballet and modern dance. Movies. Cooking and baking.</p>
	<p>Fran Zinn Registered Nurse.</p>	<p>Gardening, reading, mah-jongg, knitting</p>

Let's welcome all our new members. They wear special tags at the luncheons so you can recognize them. Please reach out to them. The information in *MESSAGES* is just a "teaser". They have much more to tell you about themselves.

Calendar 2012-13

September	4	Board Meeting
	10	<i>MESSAGES</i> Deadline
	11	Membership Coffee
October	2	Board Meeting
	9	Lecture Luncheon
	10	<i>MESSAGES</i> Deadline
	15	Membership Deadline for Name to Appear in Directory
November	4	New Member Wine & Cheese
	6	Board Meeting
	10	<i>MESSAGES</i> Deadline
	13	Lecture Luncheon
December	4	Board Meeting
		NO <i>MESSAGES</i> IN JANUARY
	11	Lecture Luncheon
January		No Planned Meetings or Events
	10	<i>MESSAGES</i> Deadline
February	5	Board Meeting
	10	<i>MESSAGES</i> Deadline
	12	Lecture Luncheon
March	5	Board Meeting
	10	<i>MESSAGES</i> Deadline
	12	Lecture Luncheon
	17	Opera Brunch
April	2	Board Meeting
	10	<i>MESSAGES</i> Deadline
	16	Scholarship Luncheon
May	14	Honors Reception
	21	Tri-Board Meeting

Executive Board 2012-13

President	Jeannie Thompson
President-elect Program Chair	Mary Huffman
Secretary	Heidi Lynch
Treasurer	Martha McGavin
Past President	Rosemary Getsie
Advisory/ Parliamentarian	Claudine Garby
Communications	Carol Saunders
Email	Kathleen Salzberg
Historian	Virginia Stringi
Honors Reception/MWA	Marion Emmanuel
Hospitality	AD Chesley
Interest Groups	Mary Anna Dunn
Membership	Beth Rauch
Membership New	Joyce Spencer
Membership Directory	Diana King
<i>MESSAGES</i>	Karon Johnson
Nominating Committee	Virginia Stringi
Opera Brunch	Pat Thompson
Scholarship Committee	Frieda Holley
Scholarship Luncheon	Ami Sadler Boyce Sher
Telephone Tree	Linda Blomquist
Webpage	Carol Etges
Secretary Elect	Judy Wakeland
Treasurer Elect	Connie Pringle