



## MESSAGES

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

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### Lecture Luncheon *Food Allergies: Myth vs. Reality*

**Dr. S. Alan Bock**

Tues., Nov. 9, 11:30 a.m.  
Spice of Life Event Center  
(Payment due Nov. 2)

#### Sneak Preview:

Dr. S. Allan Bock, researcher, clinician, faculty member, noted author and speaker in the area of food allergies will address these and other important issues in his lecture. He will also identify a number of common food allergy myths and replace them with well-documented facts.

See Page 2 for Details...

The leaves are turning, the nights are getting nippy. Autumn has arrived and Thanksgiving is just around the corner. So many of us in the University Women's Club and Boulder have much to be thankful for – we're living in one of the most beautiful spots in the country with a community that has so much to offer, and most of us are financially comfortable. We look forward to sharing a bountiful Thanksgiving meal with friends and family.

It's also a good time to think about those in our community who, at least with respect to income, are not so lucky. One in every eight residents in Boulder and Broomfield Counties – 50,000 people – are living in poverty, and with poverty comes hunger. Not the kind of hunger we feel when we're dieting and long for sour cream and butter on our plain baked potato, but the kind of hunger that comes when your cupboard, if you have a cupboard, is bare.

**The problem of hunger** is addressed locally by Community Food Share (CFS), an affiliate of Feeding America, the nation's largest organization of emergency food providers. They provide food to anyone in need – to low income families with children, the "working poor", the unemployed, disabled residents, seniors, the chronically ill, teens at risk, the mentally ill, and the homeless. According to statistics compiled by a Feeding America and Community Food Share, an estimated 33,000 different people are assisted annually by CFS, 10,800 in any given week. 80% are "food insecure" which means they do not always know where they will find their next meal, or in the worst case, meaning they are completely without a source for food.

The clients served by CFS report having to choose between paying for food or other necessities. 44% report having to choose between food and utilities or heating, 45% between food and rent or mortgage, 34% between food and medicine or medical care.

**What can we do about it?** CFS holds two major food drives each year. "Let's Bag Hunger" comes up in November and UWC can help. As an organization, we've agreed to

### President's Message

hand out food collection bags at our local supermarkets to increase the usual food collection tenfold – the

augmentation that CFS has found comes with the personal touch. See ***Spread the Spirit of the Season*** on page 4 for information on how you can volunteer for this service opportunity.

What else can we do to fight against hunger? CFS needs volunteers to work in the warehouse or office. In addition, a fund raising arm, The CFS Guild, organizes and hosts an annual Spring Fest Gala – if you love to plan events, this may be the perfect spot for you. For volunteer information, go to <http://www.communityfoodshare.org> and click on "Get Involved". Or, you can donate food – the most needed items are canned fruit, 100% fruit juice, cold and hot cereal, tuna, peanut butter, and pasta sauce. And CFS always appreciates monetary donations; for every \$1 donated, CFS can provide four meals to someone in need.

Our Service Chair, Joanna Rosenblum, has invited all UWC Let's Bag Hunger volunteers and their guests to a pre-event get-together at her house. I hope to see many of you there. I wish a Happy Thanksgiving to all of you and your families.

The facts for this article were gathered from the Community Food Share website and its links.

~Kathy

**Kathy Randall**

President

303-530-1095

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



**2010-2011 Lecture  
Luncheon Series—  
Buy your tickets  
now!**

Please join us for the next Lecture Luncheon. Send your check for \$18 per person made out to University Women's Club to Virginia Stringi, 935 Gillaspie Drive, Boulder 80305-6543. Contact her if you have questions or special dietary requirements (303-955-1860; [vstringi@comcast.net](mailto:vstringi@comcast.net)). Reservations and payment are due at least one week before the luncheon.

Do you want to come to a Lecture Luncheon but don't want to attend alone? We encourage you to invite your spouse or a guest to attend with you. Or contact Mary Ann Hartigan (303-905-9743; [maryannhartigan@msn.com](mailto:maryannhartigan@msn.com)). She'll set you up with a luncheon partner or a table of people.

For more information on [upcoming Lecture Luncheons](#), visit our website.



# November

## *Food Allergies: Myth vs. Reality*

### **Dr. S. Allan Bock**

Tuesday, November 9, 2010, 11:30 a.m.

[Spice of Life Events Center](#),

5706 Arapahoe Avenue

(Reservations and payment due November 2)

We are all, in some way or another, affected by food allergies. We may have an allergy ourselves, live with someone who does, or have a friend with special dietary needs. Although many of us are affected by food allergies, few of us really understand them. For instance, we may not recognize the symptoms of a food allergy or have a working knowledge of how allergies are diagnosed and treated.

Dr. S. Allan Bock, researcher, clinician, faculty member, noted author and speaker in the area of food allergies will address these and other important issues in his lecture. He will also identify a number of common food allergy myths and replace them with well-documented facts.

Dr. Bock is a practicing physician in Boulder, specializing in asthma, allergy, and immunology. He holds the title of Clinical Professor of Pediatrics at the University of Colorado Health Sciences Center. His research interests include the natural history of peanut and tree allergies, and diagnostic testing for food allergies.

The author of over 60 manuscripts and book chapters, Dr. Bock has written and published a book for lay consumers entitled, *Food Allergy, A Primer for People*. Dr. Bock's work has been recognized and honored through a number of awards including the Founder's Award from the Medical Advisory Board of the Food Allergy and Anaphylaxis Network.

## New Members Wine & Cheese Event

UWC Board is holding a Wine & Cheese Party on Sunday, November 7 from 3:00-5:00 p.m. at the home of Rosemary Getsie specifically for new members. Evite invitations for this event have been sent to all new members. If you are a new member (joined any time after Nov. 1, 2009) and have not received your Evite for some reason, please contact the Membership Chair, Beth Rauch (303-442-2704; [etrauch@comcast.net](mailto:etrauch@comcast.net)). We have over 30 new members this year and we want to make sure all new members are included and receive invitations in some form. This is a wonderful opportunity for new members to become acquainted with each other and to meet the board and we look forward to seeing all of you on November 7.



Rosemary Getsie's address (Niwot vs. Longmont) may cause a problem for those using MapQuest or other map services. Her house is at 6434 Eagle Court, Niwot, located in the vicinity of the Lake Valley Golf Club north of Boulder and west of Diagonal. Please contact Rosemary (303-998-0607; [rgetsie@comcast.net](mailto:rgetsie@comcast.net)) if you need directions to her home.

## Thank You to the following who donated to the UWC Scholarship Fund

(From September 11 Through October 10)



Alma Alber  
Joyce Albersheim  
Martha Andrews  
Judith Auer  
Margaret Banse  
Ingrid Becher  
Janice Belkora  
Elizabeth S. Black  
Linda Blomquist  
Merry Bullock  
Anne P. Burke  
Kathy Campbell  
Beth Campbell  
Georgianne Campbell  
Patricia Coker  
Sue Collard  
Stephanie Corotis  
Sara C. Cote  
Betty Culp  
Shirley Deeter  
Edith Dell'Apa  
Virginia Donegan  
Alice Doyle  
Helen Duhon  
Mary Anna Dunn  
Carol Dunnack  
Marion Emmanuel  
Inge Peate Engdahl  
Sharon Gabriel  
Claudine Garby

Doris Garcia  
Mary Garcia  
Gloria Garcia de Miller  
Arlene S. Gerwin  
Helen Goldman  
Gail Gray  
Mary Greenwald  
Jill Grubb  
Maryann Grundmann  
Gale Gwin  
Val Havlick  
Ellen Holland  
Pat Irwin  
Muriel Jacobs  
Karon Johnson  
Martha Jones  
Gail Kagy  
Barbara Klemme  
Venita Kruse  
Leslie Lea  
Lois Linsky  
Libby Lipstreu  
Betty Lipstreu  
Heidi Lynch  
Susan Malitz  
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Joanne McCormick  
Barbara R. Miller  
Pat Moncrieff  
Mollie Sue Morton

Rhoda Nozik  
Janet Nuzum  
Marilyn Peltzer  
Judy Reid  
Kathleen Salzberg  
Marion Sauer  
Elizabeth Schmidt  
Marion K. Selbin  
Boyce Sher  
Margaret Skurnik  
Gail Smith  
Marlyn Spelman  
Carolyn Spicer  
Lynelle H. Stewart  
Vinita Sturgeon  
Eloise Timmons  
Colleen Tucker  
Tamera VanSpriell  
Patricia Vidulich  
Barbara Vidulich  
Jean Wainwright  
Judy Wakeland  
Rita S. Weiss  
Bette Wilson  
Sarah Ann Wright  
Stephanie Wrotny  
Barbara Zable





## Volunteer Opportunity! Mark Your Calendars

### Spread the Spirit of the Season

The UWC is teaming with the Community Food Share to help make their annual food drive a success. The CFS will be placing donation bins in grocery stores throughout Boulder County. CFS has found that when shoppers are greeted at the door and asked for a donation, the hourly contributions increase from 20 pounds an hour to over 200 pounds an hour.

The CFS is asking UWC members to volunteer as greeters in the stores on Sunday, November 21 from 2:00 to 4:30. To kick off the event, all UWC volunteers and their helpers are invited to a pre-event coffee at Joanna Rosenblum's house to learn more about the CFS and what we'll be doing in the afternoon. Members are welcome to invite family, friends and neighbors to join in this effort. It's a great family activity to kick off the holiday season. If you're interested in participating, please contact Joanna Rosenblum (303-443-3439; [joannarosenblum@yahoo.com](mailto:joannarosenblum@yahoo.com)) by November 11.

### Help Out with Fire Disaster

10-15 volunteers continue to be needed daily at the Fourmile Canyon Fire Boulder County Distribution Center. Volunteers will greet and assist clients as needed, help with bagging merchandise, and assist with merchandising and straightening the Distribution Center. The Distribution Center is located at 5395 Pearl Pkwy (next to Sunbelt Rentals) in Boulder.

Daily hours of operation are 10:00 a.m. to 7:00 p.m. To volunteer, go directly to the Distribution Center at any time, for any length of time, during these hours.

See further information about Boulder County's resources and recovery efforts in response to the Fourmile Canyon Fire here: <http://www.bouldercounty.org/fourmilefire/>.

## Fundraising Event To Benefit The UWC Scholarship Fund

**Host:** Karen Diamond  
**Place:** 712 Spruce Street, Boulder  
 303-939-8656; [karen.diamond@mac.com](mailto:karen.diamond@mac.com)  
**Times:** Tuesday, November 30  
 1:00 to 7:00 p.m.  
 ~And~ Wednesday, December 1  
 11:00 a.m. to 5:00 p.m.

*Click a picture to go to  
Dustmuffin!*



Diana Jacobs, an artist in Los Angeles with a jewelry line called "Dustmuffin" has offered to bring a trunk show of her handmade jewelry items, including earrings, necklaces, eyeglass caddies, bracelets and pins, to Boulder. The materials include vintage beads, semi-precious gems, glass and crystal, sterling silver, gold plate and gold-filled findings. Diana is offering UWC members and their guests a 25% discount on any purchases and, even better, she will **donate 25% of her total sales to the UWC Scholarship Fund**. The prices begin at modestly priced pieces under \$30.

Karen Diamond has agreed to serve as hostess for this opportunity and will open her home for two days for the show and sale, and will serve refreshments as well. Please mark your calendars for November 30 and December 1 - perfect days for holiday shopping. A link to the web site where you can do some window-shopping is: [www.thedustmuffin.com](http://www.thedustmuffin.com). Come, and bring a friend, and window-shop at the show. There will be no obligation to purchase.



## Spotlight on ...the Hiking Group

The Hiking Group meets every Friday morning, rain or shine, snow or holiday, for an appropriate walk or hike that day. There might be only two members, or there could be fifteen or more, depending on the weather and the day. Between September 1 and May 31, we meet at 9:00 a.m. and decide on the spot where we will go (usually city or county trails) and how we will carpool. These hikes and walks are about 3 to 5 miles roundtrip and generally get us back by late morning. During the summer, June 1 to August 31, we meet at 8:30 a.m. to avoid some of the heat. Our meeting place is the parking structure on the 30<sup>th</sup> Street side of Macy's, lower level, back corner nearest Walnut and 30<sup>th</sup>. For these regular hikes, we welcome anyone to come with no need to let us know. Just show up ready to go.

For two summers now, we have made decisions before each Friday to go up in the foothills somewhere for a slightly longer hike with sack lunches. We will send emails to the group about these each week. For most of these, we met at 8:00 a.m. The drive to the trailhead could make the day longer, or the hike itself might be longer. Many trails out of Brainard Lake are favorites, as well as other Indian Peaks Wilderness places like Fourth of July and Diamond Lake, Devils Thumb Bypass, Niwot Ridge, St. Vrain Creek trails, up into Rocky Mountain Park for Wild Basin to Ouzel Falls, Bridal Veil Falls, down south to Roxborough Park, Golden Gate Park, or up to Moffat Tunnel (East Portal) trails...and many, many more. Anyone who does not have the time or energy for these longer excursions meets at the usual time and place for a local hike.



*Hiking Group at Moffat Tunnel*




*Hiking Group at Roxborough State Park*

The group has all levels of hikers/walkers. The conversations as we walk are animated and are sure to keep the bears and mountain lions away! On a given hike, some might go at a faster pace (the "swifter striders"), some medium (the "average amblers"), and some more like walking (the "slower strollers"). We rarely carpool according to these groupings because it is too hard to decide, or we really want a chance to talk with all the members. But we do try to have at least two people together and to always know where the others are. Most hikes are "out and back", so we do find each other at the end. The wonderful sociability continues for many with lunch at Food, just north of the parking structure, when we do our normal morning hikes.

We decided last spring to volunteer to "Adopt-A-Trail" through Boulder County Open Space. We took on Walden Ponds Trails and have been several times to pick up trash there.

Another way we celebrate our group is with occasional potluck lunches for members with milestone birthdays that year, or with a holiday potluck in December. We consider the milestones to be 60, 65, 70, 75, and we hope to do 80 for many of us! Younger members are joining, thank goodness, so that the vitality of the hikers will continue well into the future.



**KUDOS!** to the generous women who make up the University Women's Club! Our hearts and pocketbooks were moved by October's Lecturer Pat Craig's explication of the plight of captive wildlife and the role the Wild Animal Sanctuary in Keenesburg plays in rescuing and providing large acreage habitats to these exotic, endangered and displaced animals. An impromptu collection (thank you Ginnie Ross, Claudine Garby and Marion Sauer for the idea) resulted in more than \$850 donated to the Sanctuary! See more about the Sanctuary here: [www.wildanimalsanctuary.org](http://www.wildanimalsanctuary.org)

## Interest Groups — Jill Grubb (614-440-5585; [jillgrubb44@yahoo.com](mailto:jillgrubb44@yahoo.com))

**Art and Antiques:** *New!* See "On the Road Again" group below.

**Afternoon Book Group:** This group meets at 2 p.m. on the fourth Tuesday of the month. The October 26 meeting will be at the home of Lois Linsky, 1645 Bear Mountain Dr., Boulder (303-499-2689; [liinsky@hotmail.com](mailto:liinsky@hotmail.com)). We will discuss *Other Rooms, Other Wonders* by Daniyal Mueenuddin. Books are available at the Boulder Bookstore. For questions, please contact co-chairs Ruth Harvey (303-666-7447; [ruth.harvey@comcast.net](mailto:ruth.harvey@comcast.net)) or Shirley Deeter (720-564-1509; [ssdeeter@comcast.net](mailto:ssdeeter@comcast.net)).

**Evening Book Group:** The next meeting will be December 11 at 7:15 p.m. for a 7:30 p.m. discussion of *Brooklyn* by Colm Toibin at the home of Ellen Gille, 1730 Ithaca Dr., Boulder (303-499-3134; [jcgfg@dim.com](mailto:jcgfg@dim.com)). Ann McBryan will present, and Ellen Holland will co-hostess. Books are available on the UWC Evening Book Group shelf at the Boulder Bookstore. Call Linda Toomre (303-443-3310; [linda.toomre@comcast.net](mailto:linda.toomre@comcast.net)) or Charlotte Mudar (303-494-1744) for questions.

**Bicycling:** The Biking Group will be entering a winter hiatus starting in November and will only be riding if the weather is predicted to be good on a particular Thursday. You will receive an email notice if we plan to ride. Please contact Mary Greenwald (303-443-6478, [m.b.greenwald@comcast.net](mailto:m.b.greenwald@comcast.net)).

**Bridge:** The first Wednesday bridge group will continue with its present membership next year. People may sign up for the sub list of the first Thursday bridge group which meets from 10:30 a.m. to approximately 2:00 p.m. at the Eggcredible Café. Also new groups will be forming. Kay Dayem (303-834-0984; [kdayem@colorado.edu](mailto:kdayem@colorado.edu)) or Val Havlick (303-494-0664; [havlickv@colorado.edu](mailto:havlickv@colorado.edu)).

**Current Events:** *New!* The Current Events Group meets the second Wednesday of the month at 1:30 p.m. at the W. Senior Center on Arapahoe, Boulder. In November, Virginia Stringi will lead a discussion on the activities of the Koch Brothers of Kansas. We each pay \$2 for use of the room unless you're a member of Encore, and \$1 for parking. Call Barbara Turner (303-417-9778, [golferb7@aol.com](mailto:golferb7@aol.com)) for information.

**French Conversation:** Currently this group is full. If interested in forming a new group, contact Interest Group Chair Jill Grubb (614-440-5585; [jillgrubb44@yahoo.com](mailto:jillgrubb44@yahoo.com)).

**Gardening:** *New Link to Website!* We meet on the first Wednesday of the month for garden tours, plant-nursery visits, or presentations on gardening related topics. Please contact Jyotsna Raj (303-447-8831; [jyotsna.raj@colorado.edu](mailto:jyotsna.raj@colorado.edu)) or co-chair Ginny Donegan (303-635-6685; [ginnydon22@yahoo.com](mailto:ginnydon22@yahoo.com)).

**Hiking:** *New Link to Website!* This year-round group meets on Fridays at 9 a.m. September–May. During the summer, between Memorial Day–Labor Day, the hiking group meets at 8:30 a.m. Most hikes are of moderate difficulty and end just before noon. Hiking places vary depending on the weather and preferences of the members. Currently we are meeting at the east end of the lower level of Macy's parking garage off 30<sup>th</sup> St., however, meeting places may also vary. Contact Nurit Wolf (303-443-7958; [nwolf@colorado.edu](mailto:nwolf@colorado.edu)) or Heidi Lynch (303-499-5779; [hslynch@comcast.net](mailto:hslynch@comcast.net)).

**Investment Group:** We meet once a month on the second Wednesday of the month at 9 a.m. at a member's home. After a business meeting, we report on the stocks we follow, discuss these stocks, and report on any new stock we have studied. Please contact Mareike Ludkewycz (720-890-5802; [mareike1875@yahoo.com](mailto:mareike1875@yahoo.com)) for more information.

**Italian Conversation:** The group meets each Wednesday from 1:30-3:30 p.m. at Café Bravo, located at the Dairy Center for the Performing Arts, 2590 Walnut St., Boulder. For further information, please call Maxene Wilson (303-530-4619, [maxene@earthlink.net](mailto:maxene@earthlink.net)).

**Music:** This social group is open to performers and those who love to listen to music. Our next meeting is Monday, November 9 at 7:30 p.m. For more information, please contact Judy Owens (303-494-0196; [owensj4@mac.com](mailto:owensj4@mac.com)) or Julia Luerman (303-938-8084; [jluerman@comcast.net](mailto:jluerman@comcast.net)).

**Needlecraft:** *New!* Needlecraft tentatively will meet the second and fourth Thursday afternoons at 1:30 p.m. For locations and possible changes call Judy Wakeland (303-485-7350; [judypaints@gmail.com](mailto:judypaints@gmail.com)) or Ginnie Ross 303-442-6014; [vross921@q.com](mailto:vross921@q.com)).

**On the Road Again:** *New!* We, joined by Art and Antiques, will go to the King Tut exhibit on October 26, meeting at Macy's and carpooling. For information, contact Karen Diamond, 303-939-8656; [karen.diamond@mac.com](mailto:karen.diamond@mac.com)).

**Out to Lunch:** We meet at noon on the last Wednesday of the month at Boulder area restaurants to sample the cuisine and socialize over lunch. In November, we meet a week early because of Thanksgiving on Wednesday, November 17 at 12 noon at the Arabesque Restaurant, 1635 Walnut St. in downtown Boulder. Please RSVP to Jyotsna Raj (303-447-8831; [jyotsna.raj@colorado.edu](mailto:jyotsna.raj@colorado.edu)).

**Reader's Theater 1:** We meet monthly on the last Thursday at 9:30 a.m. in members' homes. Currently the group is reading plays suggested by the members of the group. Recently one of our members resigned, so we can accommodate one member to total 12. Please call Ruth Warkentin (720-890-0272; [rjwark@india.com](mailto:rjwark@india.com)).

**Reader's Theatre 2:** Starting in January this group splits into an Evening and an Afternoon Group. Evening meets at 6:30 p.m. on the second Monday. Afternoon meets at 1:30 p.m. on the fourth Thursday. Contact Patty Ludke (303-440-9590; [pattycake.21@juno.com](mailto:pattycake.21@juno.com)) or Kathy Randall (303-530-1095; [katherineran@gmail.com](mailto:katherineran@gmail.com)) for Evening. Contact Kathy Campbell (541-912-0750; [campbeka@gmail.com](mailto:campbeka@gmail.com)) for Afternoon.

**Conversational Spanish Speakers:** If you'd like to join us at a local restaurant once or twice a month on Mondays from 3:30 to 4:30 p.m. for Spanish conversation over tea or coffee, please contact Diana King (303-530-1860, [diana\\_s\\_king@yahoo.com](mailto:diana_s_king@yahoo.com)). We've been fortunate to have UWC member, Gloria Garcia de Miller from Venezuela serve as our mentor.

**Beginning Spanish Conversation:** This group meets at 12:45 p.m. every Tuesday. Classes cost \$12/person per session. Contact Sherry Bruff (303-415-9970; [sherry.bruff@colorado.edu](mailto:sherry.bruff@colorado.edu)).

**Sunday Afternoon at the Movies & More:** The group meets each month, year-round, usually on the fourth Sunday to see a movie followed by refreshments and discussion. The choice of movie, meeting time, and place are sent to all group members the week before the movie. Contact co-chairs Peggy Burrell (303-439-9533; [peggyb80020@yahoo.com](mailto:peggyb80020@yahoo.com)) or Patty Ludke (303-440-9590; [pattycake.21@juno.com](mailto:pattycake.21@juno.com)).

**Tea and Travel:** Tea and Travel will meet at 1:00 p.m. on Tuesday, November 16th in Virginia Stringi's home, 935 Gillaspie Dr., Boulder. The meeting will start at 1:15 p.m. and the program will start at 1:30 p.m.. Patty Ludke will give a presentation on Germany followed by tea and refreshments. Anyone interested in attending should contact Virginia. To receive email messages concerning T&T contact Virginia Stringi, T&T chairman (303-955-1860; [vstringi@comcast.net](mailto:vstringi@comcast.net)).

**Occasional Winter Sports:** This group will meet as weather and interest permit. Contact Sherry Bruff (303-415-9970; [sherry.bruff@colorado.edu](mailto:sherry.bruff@colorado.edu)).

**To start a new group, you must have five members. All group members *must* be members of the University Women's Club.**



## 2010-11 Calendar

|                 |    |   |
|-----------------|----|---|
| <b>October</b>  | 31 | Membership Deadline for name to appear in Directory |
| <b>November</b> | 2  | Board Meeting                                       |
|                 | 7  | Welcome New Members Wine and Cheese Party           |
|                 | 9  | Lecture Luncheon and Directory Distribution         |
|                 | 10 | MESSAGES Deadline                                   |
| <b>December</b> | 7  | Board Meeting                                       |
|                 | 10 | NO MESSAGES IN JANUARY                              |
|                 | 14 | Lecture Luncheon                                    |
| <b>January</b>  |    | No Planned Meetings or Events                       |
| <b>February</b> | 1  | Board Meeting                                       |
|                 | 8  | Lecture Luncheon                                    |
|                 | 10 | MESSAGES Deadline                                   |
| <b>March</b>    | 1  | Board Meeting                                       |
|                 | 8  | Lecture Luncheon                                    |
|                 | 10 | MESSAGES Deadline                                   |
|                 | 13 | Opera Brunch  |
| <b>April</b>    | 5  | Board Meeting                                       |
|                 | 10 | MESSAGES Deadline                                   |
|                 | 12 | Scholarship Luncheon                                |
| <b>May</b>      | 10 | Honors Tea  |
|                 | 17 | Tri-Board Meeting                                   |

## Executive Board 2010-11

|                                      |                                    |
|--------------------------------------|------------------------------------|
| <b>President</b>                     | Kathy Randall                      |
| <b>President-elect</b>               | Rosemary Getsie                    |
| <b>Program Chair</b>                 |                                    |
| <b>Secretary</b>                     | Kathleen Salzberg                  |
| <b>Treasurer</b>                     | Martha McGavin                     |
| <b>Past President</b>                | Karon Johnson                      |
| <b>Advisory/<br/>Parliamentarian</b> | Claudine Garby                     |
| <b>Communications</b>                | Karen Diamond<br>Carol Saunders    |
| <b>E-Mail</b>                        | Kathleen Salzberg                  |
| <b>Historian</b>                     | Ginnie Ross                        |
| <b>Honors Reception</b>              | Sharon Gabriel                     |
| <b>Hospitality</b>                   | Virginia Stringi                   |
| <b>Interest Groups</b>               | Jill Grubb                         |
| <b>Mailing</b>                       | Joyce Spencer                      |
| <b>Margaret Willard Award</b>        | Mary Ann Hartigan                  |
| <b>Membership</b>                    | Beth Rauch                         |
| <b>Membership Directory</b>          | GeorgiAnne Campbell                |
| <b>MESSAGES</b>                      | Carol Etges                        |
| <b>Nominating Committee</b>          | Ami Sadler                         |
| <b>Opera Brunch</b>                  | Tamera VanSpriell                  |
| <b>Scholarship Committee</b>         | Frieda Holley                      |
| <b>Scholarship Luncheon</b>          | Cathy Skala<br>Diana King          |
| <b>Service</b>                       | Joanna Rosenblum                   |
| <b>Telephone Tree</b>                | Linda Blomquist                    |
| <b>Webpage<br/>Bulletin Board</b>    | Carol Etges<br>GeorgiAnne Campbell |

## Additional Member Benefits



There are additional benefits for UWC members: 1) an e-mail account through CU, which will provide a CU e-mail address and give you internet access to CU Library electronic resources; and 2) a CU guest Buff Card, which provides patron privileges at Norlin Library. To take advantage of the e-mail account, you must first contract with an Internet Service Provider. CU no longer provides free dial-up service. If interested in either of these two benefits, please contact Kathleen Salzberg (303-499-3128; [kathleen.salzberg@colorado.edu](mailto:kathleen.salzberg@colorado.edu)).

## UWC Membership Form

Welcome! Please fill out the membership form completely, even if you were a member last year. It is very important that we verify all the information presently in the database.

**Please print clearly, especially your email address.**

*MESSAGES* will be emailed to our membership. We encourage everyone to receive *MESSAGES* in this manner (we offer technical help, if needed) as it saves UWC hundreds of dollars in postal mailing costs and printing – money that can be dedicated for scholarships. If you do not have an email address, we will mail a copy of *MESSAGES* to you without charge.

We're looking forward to seeing you at our wonderful events.

Beth Rauch

303-442-2704

[etrauch@comcast.net](mailto:etrauch@comcast.net)

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

Address \_\_\_\_\_

E-mail address for newsletter \_\_\_\_\_  
(please print clearly)

☐ I am enclosing my annual dues of \$30. I am a ☐ returning or ☐ new member.

☐ I am enclosing an additional tax-deductible contribution for the scholarship fund.

☐ \$25    ☐ \$50    ☐ \$100    ☐ other \$ \_\_\_\_\_

Make all checks payable to UWC (combine dues and donations).

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

Payment deadline for name printed in Membership Directory: **October 31, 2010**

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

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

Address \_\_\_\_\_ E-mail \_\_\_\_\_

**NEW MEMBERS:** Please circle the UWC interest groups you might be interested in joining.

**Continuing members:** Please contact group chairman.

Books – Afternoon

Gardening

Out to Lunch

Books – Evening

Hiking

Reader's Theater

Bicycling

Investment

Spanish Conversation

Bridge – Afternoon

Italian Conversation

Movies – Sun. Afternoon

French Conversation

Music

Tea and Travel

Other interest group suggestions \_\_\_\_\_



## New Bulletin Board Entries

Anyone can submit an entry! Click the picture of the bulletin board to the right, fill out the form, and email it to either GeorgiAnne Campbell (303-499-2798; [campbellgeorgie@yahoo.com](mailto:campbellgeorgie@yahoo.com)) or Carol Etges (720-207-3980; [5etges@comcast.net](mailto:5etges@comcast.net)).



### Member Activities

- ♥ [Stop Open Space Mountain Biking](#)
- ♥ [United Nations Day Celebration](#)

### Volunteer Services

- ♥ [Colorado Music Festival](#)
- ♥ [Meals on Wheels](#)
- ♥ [Boulder History Museum](#)
- ♥ [Historic Boulder](#)
- ♥ [Emergency Family Assistance](#)
- ♥ [Audio Information Network](#)
- ♥ [CU Libraries](#)
- ♥ [College of Music Adopt-A-Student](#)
- ♥ [Boulder Reads!](#)
- ♥ [YES! \(Your English School\)](#)
- ♥ [The Volunteer Connection](#)
- ♥ [Free computer lessons](#)

### For Sale or Recycle

- ♥ [Pilates Machine for Sale](#)

### Wanted!

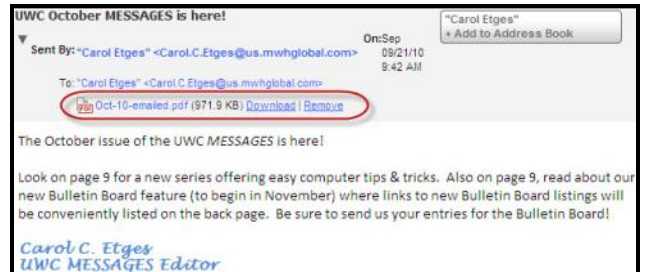
- ♥ [Bedroom Furniture](#)

## Opening MESSAGES

*This new series offers a computer tip or trick each month.*



**Can't open your emailed *MESSAGES*?** Your emailed newsletter comes to you as a PDF attachment which keep the content of the attachment from being changed. The attachment is the little symbol that looks similar to the picture below, or sometimes they're a symbol in the main part of the email. To open your attachment, simply click the name of the attachment.



If this doesn't work, it could mean that your Adobe Reader is missing or outdated. Adobe Reader is the little program that opens PDF attachments so you can read them. This is a safe and free program that most computers should have, since so many attachments are sent in PDF form. To download or update your Adobe Reader program, go to [Adobe Reader Download](#).

If this tip didn't help you, or if this doesn't make sense, we offer technical help, one-on-one. Contact GeorgiAnne Campbell (303-499-2798; [campbellgeorgie@yahoo.com](mailto:campbellgeorgie@yahoo.com)) or Carol Etges (720-207-3980; [5etges@comcast.net](mailto:5etges@comcast.net)) for assistance.

## Remember!

### Directory Deadlines



Please be sure to submit your Membership Form and dues BEFORE October 31, 2010 in order to have your name and contact information appear in the Handbook & Membership Directory.

If you are a business woman, please consider sponsoring the publication of our directory with a donation. For a donation of \$100 your business card will be displayed on half a page in the directory. For a donation of \$50, a two line identification of your business will be displayed in the directory. Send a copy of your card or business information and a check made out to UWC to GeorgiAnne Campbell at 3220 Lafayette Drive, Boulder, CO 80305-7115. Call or email her so that she knows it is coming.