

November Lecture Luncheon

Formations-Music on the Rocks

Jeffrey Nytch

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



*Director of the CU Entrepreneurship Center for Music
Assistant Professor of Music CU Boulder*

Jeffrey Nytch was commissioned by the Boulder Philharmonic Orchestra and the Geological Society of America to compose a symphony inspired by the geology of the Rocky Mountain region. The GSA is celebrating its 125th anniversary in 2013.

The world premiere of his Symphony No. 1, "**Formations**" took place with the Boulder Symphony on September 7 and 8, 2013 and was greeted with a standing ovation.

[CLICK HERE FOR AN INTRODUCTION OF THIS WORK](#)

Jeffrey Nytch has a Bachelor's degree in Geology from Franklin and Marshall College as well as Masters and a Doctoral degree from Rice University's Shepard School of Music. Thus he was able to combine these talents plus his understanding of *entrepreneurship* to produce this symphony. The work touches on the broader theme of the role this landscape has played in our national history.



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Lecture Luncheon payment must be postmarked NO LATER than November 1. 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 available.

President's Message

When the month of November comes up on my calendar, I always begin to think about the upcoming holidays. Plans for Thanksgiving and holiday to-do lists begin to materialize. It always seems to be a good time to reflect on past seasons. It is also a time to be thankful for the gifts of the previous year.

Many people may have to reach a little deeper to find appreciation this year because of the horrific Boulder County floods. While we all have our own stories of what those weeks were like for ourselves, families, neighbors, and friends, many folks will have a hard time giving thanks, as lives, homes, and entire towns have been changed forever.

Yet throughout the sadness and devastation, the human spirit seems to prevail. Amazing courage of individuals within our communities was shown. Neighbors helped one another. There were news stories of people and pets rescued from their flooded homes and from impassable roadways by volunteers and people serving in our military.

I believe that our spirit of people helping one another prevails even during the worst of times. I challenge everyone, as they make their plans for Thanksgiving, to reach deep down inside. See what you can do to help a fellow neighbor, friend, family member, or complete stranger who was affected by this disaster. I always like to remind our members to be generous to our scholarship fund, but I would like to add the Red Cross to the donation list this month. A lot of people are hurting from this disaster.

Getting past the floods, October was a wonderful month of beautiful leaves and changing weather. If you missed our October lecture luncheon, make sure you check out the one in November. Jeffrey Nytch will transport us all with his musical gifts. Also in October we have a wine and cheese party for all new members. If you haven't received your invite, call Carol Ziegenhagen (303-817-1180) to be added to the list.

I wish you all the best that the upcoming holiday season will bring. Don't forget, in the midst of the hustle and bustle, to do a nice thing for yourself as well. Book a lecture luncheon for November or December. Bring a few friends, relax, and enjoy the season.

Best Wishes,
Mary Huffman
UWC President





December

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, 11:30 a.m.
University Memorial Center; Room 235
(Reservations and payment due December 3)

Melanie Warner is a freelance journalist who writes about the food industry. Her book on processed food, *Pandora's Lunchbox*, was published by Scribner in February 2013. She has worked as a reporter for the *New York Times*, a senior writer at *Fortune* magazine, and a blogger for CBSNews.com. Melanie's book (same title as the lecture) will be for sale.

If a piece of individually wrapped cheese can retain its shape, color, and texture for years, what does it say about the food we eat and feed to our children? Per Chef and cookbook author Mark Bittman: "There are more Holy Cow! moments here than even someone who thinks he or she knows what's going on in food production could predict."



February

Seeing is Believing: Imaging the Processes of Life

Amy Palmer

Tuesday, February 11, 2013, 11:30 a.m.
University Memorial Center; Room 235
(Reservations and payment due February 4)

Associate Professor- CU Department of Chemistry and Biochemistry

Amy 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.



March

Mild Traumatic Brain Injury: Why Should We 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.

<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) stelibsc@mac.com Charlotte Corbridge (303-530-0955) corbridg@colorado.edu	Dec. 3- <i>Strength in What Remains</i> by Tracy Kidder. Hostess: Zetta Feder, 985 Cascade Ave. Boulder, 303-443-5554. Please RSVP to hostess Jan. 28- <i>The Heart is a Lonely Hunter</i> by Carson McCullers Books available at Boulder Bookstore.
Evening Book Group 7:15 p.m. Second Thursday Members' homes	Lois Linsky (303-499-2689) lflin-sky@hotmail.com Helen Goldman (303-443-4953) hgoldman@colorado.edu	Nov. 14- <i>Death Comes for the Archbishop</i> by Willa Cather. Hostess: Caryl Kassoy, 2000 Kohler Dr. Boulder, 303-499-2689. Please RSVP to hostess Dec. 12- <i>The Great Gatsby</i> by F. Scott Fitzgerald 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) ginnydon22@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@intothe-gap.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) vross921@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 at 2:00 p.m.-Red Hot Patriot (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) jyotsna.raj@colorado.edu Virginia Donegan (303-635-6685) ginnydon22@yahoo.com	Please contact chairs for details or to be added to the email list.
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	Nov. 11-The Women by Clare Booth Luce
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) di-ana_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) di-ana_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.	Nov. 19-Tuesday at 1:15 p.m. Slide show presentation by Ginnie Ross: <i>The Wildlife of Kenya</i> Hostess: Mary Anna Dunn, 7290 Mount Sherman Rd, Longmont Please RSVP to Mary Anna, 303-530-0184 or dunn.maryanna@gmail.com This is a rescheduling of the September program that was postponed.

UWC Membership Coffee—September 13, 2013

The annual membership coffee, purpose of which is to introduce new members and potential members to the offerings (activities, interest groups) and board members (and any other members) of the University Women's Club, attracted approximately 80 people (including 1 husband) to the event on September 10 at the University Memorial Center.

Mary Huffman, UWC President, welcomed everyone. Information about the Opera Brunch, Margaret Willard Award, the Scholarship luncheon, and the lecture luncheons was presented. Beverages and mini-pastries and fruit were served – paid for by part of **the budget from your dues**, so nothing elaborate, just tasty.



New Membership (Carol Ziegenhagen) and Hospitality (AD Chesley) Chairs welcome new and renewing members.



Claudine Garby and Sherry Bruff look over the fruit and pastries offered.

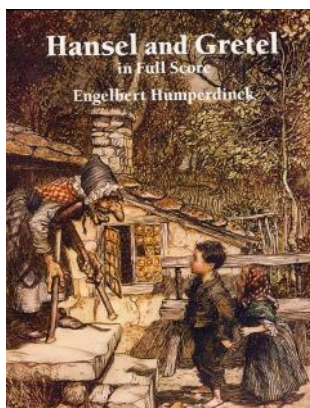


23 interest groups ready for sign-ups.



Georgianne Campbell and Ginny Ross with Needlecraft interest group.

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 at 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
delighted 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)

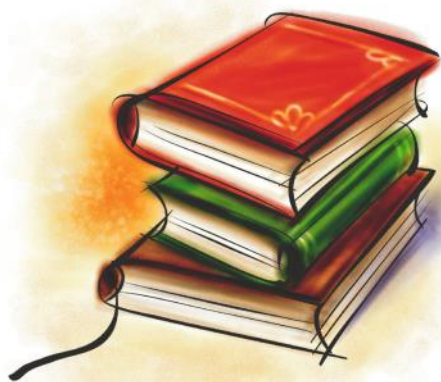
_____ Salmon with orange fennel sauce (Name _____)

_____ 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

Jane Allen	Kitty Edwards	Diana King	Marian Safran
Judith Auer	Inge Peate Engdahl	Venita Kruse	June Saunders
Mary Behr	Doris Garcia	Lois Linsky	Elizabeth Schmidt
Linda Blomquist	Mary Garcia	Betty Lipstreu	Beverly Schumacher
Helen Browne	Arlene Gerwin	Joanne Little	Nancy Schwiesow
Sherry Bruff	Doris Goodrich	Ann M. Lumia	Beverly Sears
Georgianne Campbell	Gail K. Gray	Gail Lurie	Yael Sears
Barbara Christoffersen	Mary Greenwald	Heidi Lynch	Alice Seigal
Sue Collard	Jill Grubb	Jane Massie	LaDonna Shea
Jeanne W. Collins	Maryann Grundmann	Martha McGavin	Boyce Sher
Rosemary Cooke	Pat Hagerty	Helen McKeown	Ruth Smith
Charlotte M. Corbridge	Anne Hearn	Mollie Sue Morton	Joyce Spencer
Frances Dahlberg	Liz Hinebauch	Marilyn Moses	Shayna Stillman
Marge DeFries	Pat Hoadley	Rhoda Nozik	Kathryn Terrill
Sheila Delamere	Ellen Holland	Judy Owens	Bobbi Vischi
Edith Dell'Apa	Frieda Holley	Marilyn Peltzer	Jean Wainwright
Karen Diamond	Brenda Hutchinson	Kathy Randall	Maxene H. Wilson
Virginia Donegan	Karon Johnson	Beth Rauch	Nurit Wolf
Alice Doyle	Martha Jones	Judy Reid	Stephanie Wrotny
Mary Anna Dunn	Caryl F. Kassoy	Virginia Ross	Carol Ziegenhagen
Carol Dunnack	Jacquie Kilburn	Annie Russell	



Membership



THANKS

A big thank you to all the UWC members who provided their renewal of dues on time this year. The UWC board members are all volunteers and your timely renewal of dues not only makes all of our jobs easier, it also enables you to be listed in the UWC directory for the year. We hope you will make the most of your membership and enjoy the many programs and interest groups that UWC has to offer.

For anyone who has not yet renewed their membership due to the flood or for any other reason, you can still renew and be listed in a later supplement to the directory. A membership form is available for printing out at the following site for your convenience:

[UWC Membership Form](#)

Beth Rauch
Membership Chair

Welcome New Members

Barbara Wilde Colby	Joanne Little	Carol Schultz
Ingrid Fotino	Melissa Mahaney	Peggy Schwartzkopf
Carol Green	Jane Martin	Becky Seidel
Linda Groth	Jane Massie	Betty Snyder
Natalie Hedberg	Marilyn Moses	Ellen Steinfurth
Sharon Jewell	Kathleen Newton	Cynthia Stephens
Jackie Jimmerson	Margaret Perez	Suzanne Swarztrauber
Susan Jones	Susan Planck	Diane Weller
Merrie B. King	Susan Rapp	Vickie Wirthman
Beth Kroger	Rebecca Roser	

Who Was Margaret Willard?

Margaret Willard began her career at CU as an English Instructor, wife of an history professor, and became the first president of the Faculty Wives' Club which has evolved into a more encompassing group, our University Women's Club. Though the original group liked to chat and sip tea, they grew in involvement in philanthropic matters. According to Sylvia Pettem, a Boulder local historian, these included providing eye-glasses and books to needy students, milk funds for schools, implementing student loans, and more.

The social aspects of their lives turned more and more to helping others as the world progressed through the Great Depression and World War II. By 1957, they added fund raising and expanded the philanthropic work by providing financial scholarships for women, non-traditional females, who would not otherwise have been able to continue their education.

We continue this tradition and recently have included men for scholarship consideration. Now UWC has grown to include interest and service groups and accept all women whether they have a CU association or not.

Since 1993, in May, at the Honors Reception, we present the Margaret Willard to a woman or women who have exemplified the traits of our predecessors, and in doing so honor all women. Past recipients have included Becky Roser, Patricia Limerick, Val Havlick, Carlen Penfold, Ruth M. Wright, Claudine Garby, and Ceal Barry. All our honorees are exemplary role models who exercise initiative in their endeavors and in doing so bring honor to all women and to our University.

Please submit a nomination (form on following page) by March 1, 2014.

Historian Scrapbook — UWC 2012-2013



The Historian Scrapbook for UWC 2012-2013 was printed as a bound book. It will be available for viewing at upcoming Lecture Lunches. Additional copies may be purchased by contacting Virginia Stringi at vstringi@comcast.net.

Anyone interested in the 2013-2014 Historian Board Position should contact Mary Huffman at marymhuffman@gmail.com.

Margaret Willard Award



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

Executive Board 2013-14

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

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
E-Mail	Kathleen Salzberg
Historian	TBD
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