

# Women's Club

## NEWSLETTER



UNIVERSITY OF MINNESOTA WOMEN'S CLUB  Educational, cultural, recreational, and leadership opportunities for all ages

### Conversation with a Woman Leader

## On a mission to save moms and babies in rural Sierra Leone, West Africa

Since coming to the U.S. in 1994, nurse Alice Karpeh's dream has been to return to her rural village in the country of her birth and create a health system to prevent needless death during pregnancy and childbirth. Out of this dream, Karpeh, her friends from the Sierra Leone Community in Minnesota, and Minnesota health care workers founded Rural Health Care Initiative (RHCI) in 2011. RHCI's mission is to partner with rural communities to improve maternal and child health, specifically in the Tikonko Chiefdom, which is located 160 miles inland, southeast of Freetown, where many of Alice's family members still reside.



Come to "Conversations" on November 13 to learn more about RHCI's programs and its accomplishments. Speaking will be Carol Nelson M.D., M.P.H., formerly of Boynton Health at the University of Minnesota and now at Hennepin Healthcare Travel Clinic. Alice Karpeh, RHCI founder, is unable to attend, but her voice, spirit, and pictures will be shared by Dr. Nelson throughout the presentation and conversation.

Alice Karpeh is an L.P.N. at Boynton Health and was a certified midwife in Liberia and Sierra Leone. She immigrated to the U.S. in 1994 with nine children

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### Meeting ~ At a Glance

Conversation with a Woman Leader  
Noon, Tuesday, November 13

Speakers: Carol Nelson, M.D., M.P.H.,  
volunteer director of the Rural Health  
Care Initiative (RHCI)

Alice Karpeh, L.P.N., Certified midwife in  
Sierra Leone, RHCI founder

#### Location

Becketwood,  
4300 West River Parkway, Minneapolis

#### Parking

Limited parking is available in the south  
lot, along the entrance road or 46th St.  
Carpool if possible.

#### Menu

Spinach green apple walnut salad with  
cider vinaigrette, Miso glazed cod,  
Herb-roasted fingerling potatoes,  
Sautéed vegetables (zucchini, tomatoes,  
bell peppers, herbs),  
Caramel apple tart  
Coffee, tea, milk

Request vegetarian, gluten-free, and  
dairy-free options with reservation.

**Cost: \$20**

**Observe Reservation Deadline:  
Monday, November 5**

Please send in the reservation form you  
will find in your 2018–19 Membership  
Directory or on the UMWC website. Make  
your check payable to UMWC and send to  
Carol Lowe, 6938 3rd Ave. S.,  
Richfield, MN 55423.

## Holiday Tea and Hospital Benefit

Tuesday, December 11, 1:30–3:00 p.m.  
at Eastcliff, 176 North Mississippi River Blvd., St. Paul

Everyone is invited to the Annual Holiday Tea and Hospital Benefit. This is a chance to celebrate the winter holiday season with other members and guests, as well as to have the opportunity to share some of our holiday spirit with those who are hospitalized at the University Medical Center. Please bring an unwrapped gift or cash donation to be used to buy gifts. (Checks should be made payable to UMWC Holiday Benefit Tea.)

To attend, please send the reservation form in your directory or our website along with your check for \$15, payable to UMWC. Questions? Please call Marilyn Olson

Questions? Call Carol Lowe

## President's Message

Well, autumn is here in all its power and glory. This time of the year is always my favorite with the colors and amidst the musty smell of the dying leaves and flowers, and the bright sun and cool breezes, I always feel so grateful for so many things.

This year I am especially grateful for the friendships of the ladies of the UMWC. And I am truly appreciative of everyone who participated in the Fall Welcome and Scholarship Day October 9. This is such a fulfilling opportunity, and I invite everyone to volunteer, even for one event. You will feel royally rewarded.

Congratulations to all of the 48 UMWC Scholarship recipients. We are all so proud of them, and their stories are so inspiring. It was wonderful to meet some of them and talk with them at the October Luncheon. The Scholarship Committee made this wonderful opportunity possible with their work in selecting the scholars and putting together the day's presentation.

A special and heartfelt thank you to everyone who gave to the Scholarship Fund this past year. You have made such a difference in the lives of these students, as we heard from them at the luncheon. And you have helped make this day possible.

The Interest Section displays were brilliantly created by each of the section leaders, and their welcoming smiles were quite an encouragement to join. And thanks to the meticulous work of the Program Vice Presidents and their committee, the room was beautifully decorated. Gail Brinkworth has begun another fantastic year with the job of table decorations.

Now, we look forward to the November Board Meeting and Conversation Luncheon. Everyone is invited to attend the Board Meeting which starts at 10 a.m. Please be sure to get your reservations in early. And I will see you there.

Gratefully,

Maggie Hoover, President

## Have you forgotten something?

Our annual dues were due on or before October 1. And although we all get busy and sometimes forget, don't risk missing out on UMWC fun. Just fill out the form in your directory and send it, along with a check for your annual dues, to Nancy Myers, Records and Dues Officer.

## Mission to save moms and babies (Continued from page 1)

in an asylum program after her husband was assassinated during civil war in her country. After she retires she is planning to return to live in Sierra Leone to further the work of RHCI.

Carol Nelson is the volunteer executive director of RHCI and has traveled to Sierra Leone four times with Alice since 2013. She is board certified in Internal and Family Medicine and recently completed a Masters of Public Health degree at the University of Minnesota. Carol's passion is to empower health care workers in rural communities to provide care desperately needed to improve lives.

You won't want to miss this important program. Be sure to get your reservation in the mail in time for it to arrive on or before November 5.

## November Board meeting, 10 a.m., Nov. 13

The Board will meet again on November 13, at 10 a.m., just before the Conversation Luncheon, in the Windsor Room at Becketwood, 4300 West River Parkway in Minneapolis. Everyone is invited to attend. Coffee service will be provided.

## Annual auditor's report submitted to Board

Every year the financial records of the UMWC are audited. This is an annual review and report, and it is very important to the protection of the organization's assets. The auditor is an independent party who is not involved with day to day operations. She inspects the bank statements and the supporting documents, as well as all carry over balances from the previous year, for accuracy and agreement.

Joan Mitchell audited our financial records dating from July 1, 2017, through June 30, 2018, including both our operating account and our scholarship account, according to the generally accepted auditing standards, which include planning and performing the audit to obtain a reasonable assurance that the financial records are free of any misstatement. This includes examining any supporting evidence.

Joan reported at the September Board Meeting that in her opinion, our financial records are an accurate picture of the financial position of the UMWC. Many thanks to Joan for her audit.

— Maggie Hoover, President **OR Pat Luhmann ??**

## Holiday gifts for the loneliest patients

The Women's Club Holiday Tea and Hospital Benefit is coming up on Tuesday, December 11, at Eastcliff. It is always a cheerful and festive gathering of UMWC members and guests. You can make the good cheer last throughout the holiday season by donating an adult gift or money to buy gifts for the loneliest patients.

Talking to the nursing staff in hospitals during the holidays, we discover who is really lonely there. They are the adult patients who have no family or friends to visit them. And almost no one thinks about giving gifts to them.

Here are some suggestions for gifts for adults: adult coloring books with a set of colored pencils, crossword, sudoku, or puzzle books with automatic pencils and erasers, or sketchbooks with charcoal sticks or pastels. Or maybe think of what you would like to receive if you were in their situation. Use your imagination.

You can be sure these gifts will be used and very much appreciated by those who receive them.

— Dorothy Waltz



Dorothy Walta reminds us to bring a thoughtful gift or donation for patients hospitalized over the holidays at the University hospitals.

## Interest Section updates

**Hikers Section:** The November 12 hike to the Hyland Park in Bloomington and the hike in the Rosedale Mall on January 25 are cancelled. Please contact Nancy Kluver or Lynne Benz for more information

## Section Chair Breakfast was well attended

The second annual Section Chair Breakfast was held on September 4, just before the Board Meeting at Becketwood. The chairs and co-chairs of all of the sections were invited. The purpose of the Breakfast was to become acquainted with one another, to share ideas, to provide an overview of the Section Chair roles and responsibilities, and to offer support and information. Catering was provided by Becketwood. Thanks to Sue Zuriff for arranging the facility and to all who attended.

—Maggie Hoover, President

## International Issues Section forming: “Living in an Interrelated World”

Did you see our display at the Fall Welcome Luncheon? Eighteen women (yes, 18!) signed up for more information or were interested in being a part of this revived section. Our purpose, as described in earlier Directories, is “Living in an Interrelated World.”

Our first meeting will be a planning session— November 9 at 10 a.m. at Becketwood. This meeting will be a chance to meet each other and share ideas for programs and speakers for the 2019–20 program year. We will solicit volunteers to be responsible for specific programs. After the first of the year, we will research speakers, tours, etc. so we can prepare our Directory page, which needs to be finalized by late spring for our first official section meeting, September 13, 2019.

On November 9 we will meet in Kensington Square at Becketwood, 4300 W. River Parkway South, Minneapolis. The room is not in the main building, but is underneath the Chapel, next to the parking lot. Visitors don't need to go to the main building to sign in.

I am looking forward to working with our fantastic UMWC women.

— Lynne Benz, Leader, International Issues Section  
952-934-3747; lynne.benz@gmail.com



## Mark your 2019 calendars for the spring New Member Coffee, April 30, 2019

The New Member Coffee event will be held this year on April 30, 2019. This get together will honor all of the members who have joined or will be joining the Women's Club from April 2018 to April 25, 2018. The coffee will be from 10 a.m. to 11:30 a.m. at Eastcliff, the home of the First Lady of the University of Minnesota and our honorary President, Karen Kaler.

We welcome new members and offer this opportunity to meet some of the leadership team, to hear about the Club's history and goals, and socialize with others who are new to the organization. Please save the date on your calendars.

— Lou Nelson, Membership Committee chair

## Scholarship recipients express and impress

The University of Minnesota Women’s Club Fall Welcome Luncheon, October 9, was an exciting time for the UMWC Scholarship recipients and a special time for us as Women’s Club members to honor our scholarship recipients. This year, as an organization, we were privileged to award 48 scholarships to University of Minnesota students.

The student recipients shared their stories of career aspirations and how the UMWC Scholarship has helped lighten their financial load this year, thus allowing them the opportunity to focus more on their studies with less financial anxiety. In addition, the students were delighted to meet the other scholarship awardees and share their commonality with one another as they pursue their careers. Indeed, they expressed gratitude and appreciation to the members of the club for their UMWC Scholarships.

— Georgia Nygaard, Scholarship Committee Chair

Below: Georgia Nygaard (right), with twelve of the 2018–19 UMWC scholars. The Women’s Club was able to provide 48 scholarships this year. Members were very pleased to meet many of these bright young women and hear about their educational goals and career ambitions.



Above, left to right: Clare Engelhart, Diane Schweizer, and Janet Graber chat as they set up their enticing display for the Modern Literature Section at the Welcome luncheon.

It was also Diane’s lucky day because at the end of the program it was revealed that she was the winner in the silent auction for a watercolor by Flossie Caldwell. Diane now has a very lovely and memorable painting to enjoy for many years to come. Thank you to everyone who participated in the auction, which benefitted the Scholarship Fund. Flossie and her husband, Elwood, were generous donors who supported the Scholarship Fund for many years with their contributions and bequests.

Right: President Maggie Hoover and Flossie Caldwell’s watercolor, “Roar of the Rapids,” auctioned at the luncheon.



Above: Robin Cantrell, visiting from New York, looks on as her mother, Carol, signs up for the Mystery Lovers Section at the Welcome Luncheon. In honor of her daughter, Carol Cantrell created The Robin Cantrell Dance Scholarship last year. This year it was awarded to two recipients—Sharitah Nalule and Maddy Woodman.





Last year Karen and President Eric Kaler donated a One-year Named Scholarship in honor of long-time staff member Pam Hudson. This fall Karen (left) and Pam (right) had the pleasure of meeting the recipient, Ashani Trinh (center).



Mary Glaeser (back row) is queen of guest-bringing. At this year's Welcome and Scholarship Luncheon she brought three more good friends to see what UMWC is all about. The Club could not ask for a more enthusiastic ambassador!



At the Interest Section displays on October 9, Carol Senty was ready to accept yarn donations for the Teddy Bear Project and talk to members interested in sharing their needlework art to make layette items for families at the University's Children's Hospital.

## You will soon be receiving an important letter

A letter of appeal for contributions to the 2018–19 Scholarship Fund was mailed to all members at the end of October. The good news is that by October 1 we had already received 64 contributions totaling \$19,237. In that figure are four One-year Named Scholarships at \$3,000 each.

Our scholarships are so appreciated by the U of M women who receive them. For many it makes the difference in whether or not they are able to continue with their educational goals. Every year at the October Luncheon, as we meet some of these young scholars, we are reminded about the difference we are making in some young woman's life. Please keep this in mind as you consider your gift to the UMWC Scholarship Program this year.

— Marian Champlin, Vice President for Fundraising

## Springtime treat for scholarship fund donors

Even as winter threatens to come early this year, the enthusiasm for a unique event (underwritten by a donor) cannot be dampened. A special subcommittee of UMWC fundraising and programming members is busy already, happily planning for a spring treat to which all members who contribute to the Scholarship Fund will be invited.

“UMWC – HATS OFF TO THEE!” will be the culmination of what promises to be a fantastic year. The details will unfold as the year goes on. But do plan to make a contribution to the Scholarship Fund this year and start looking for or designing a special hat to wear to this celebration.

The location and date will be announced in our next newsletter. **Invitations will go out to all donors in May.**

— Marian Champlin, VP for Fundraising

## Memorial and honor gifts to the scholarship fund, recorded July 1 to September 30

### Memorials— gifts to the Scholarship Fund

- For Judith Leino by Jacqueline Angus
- For Carol Carlson by Kathleen Clarey
- For Don Challman by Barbara Challman
- For Lily-Beth Frentz by UMWC
- For Bill Rathbun by Joan Rathbun
- For Marian Raup by Abby Marier
- For Robert Roelofs, M.D., by Patricia Roelofs

### Honoring gift to the Scholarship Fund

- For Kathryn Moen by Barbara Swadburg

— Marian Champlin, Corresponding Secretary

# Women's Club

## NEWSLETTER

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### Have you changed your address, email, or phone?

Send correction or new contact information by e-mail to [nmyers13@hotmail.com](mailto:nmyers13@hotmail.com)

Or **Print** new information below.

1. Cut out or copy this form **along with the accompanying address label.**
2. Mail to Nancy Myers, 1578 Burton St.,  
Falcon Heights, MN 55108

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_

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## Welcome to new members of UMWC

We have had six women join us since the last newsletter, which was published in September. When you see them at meetings, please greet them and help by introducing them to others.

We welcome Janet Bricher, Cathy Gierke, Margaret Leibfried, Nancy Leiser, Nancy Morin, and Joanne Wang.

For contact information for new members and/or current changes to the 2018–19 Directory, please contact Nancy Myers, Records and Dues.

## In Remembrance

It is with sadness that we have learned of the loss of a friend and club member Lily-Beth Frentz. Lily-Beth died September 16. She was a music lover and a member of the Art Section.



Have you looked for UMWC information and updates online? Millie Woodbury, Website Liaison, (right) demonstrated how easy it is to navigate the website and gave out UMWC “business” cards at the Welcome Luncheon on October 9. Mary Abuan was happy to receive the cards to give to friends.

The next newsletter publication will cover  
January–February, 2019  
Deadline is December 8, 2018

Please submit articles or information to Maggie Hoover,  
UMWC President, [maggiecharlie@centurylink.net](mailto:maggiecharlie@centurylink.net)