



Founded in 1911, we are a strong and vibrant community, dedicated to helping U of M women students achieve their academic goals. We forge lasting friendships by welcoming everyone, caring about each other, and exploring new ideas and places together.

January-February 2022 ~ No. 299

Conversation with a Woman Leader ~

Breaking Barriers to Homelessness with Faith and Tiny Houses

Until recently most Twin Cities residents did not consider unstable housing or homelessness to be significant problems in our area. For years, this was under the radar, problems seen in larger areas like New York, Miami or Los Angeles. But like other consequences of poverty, homelessness and unstable housing are now finally being acknowledged as major and complex issues, and beginning to attract the attention and concern they warrant.



Gabrielle Clowdus is the CEO and co-founder of Settled, which works to find sustainable

housing, purposeful work and a supportive community for the homeless. As a PhD candidate at the University of Minnesota, Gabrielle was studying global poverty when she became aware of the housing disparities in the Twin Cities area and the effects they have on other institutions such as hospital emergency departments. She went on to look at Housing First versus Community First housing models and their effects on mental and physical health of the victims of homelessness and the community at large.

Gabrielle assembled an interdisciplinary team of architects, builders, designers, social scientists and faith leaders to plan and develop an original and innovative housing model of tiny homes or microenterprises in coordination with faith organizations. The results include significant cost savings and a built-in community of companionship and mentoring.

Please join us on February 8 at the Midland Hills Country Club to hear Gabrielle Clowdus speak about the Community Response to Barriers to Housing Through the Use of Tiny Houses and Coordination of Faith Organizations. You will want to send your reservation to Barbara Cohen well in advance of the January 31 deadline.

Meeting at a Glance

**Conversation
with a Woman Leader**
Noon, Tuesday, February 8, 2022

Speaker
Gabrielle Clowdus
CEO and co-founder of Settled

Location
Midland Hills Country Club
2001 Fulham Street, Roseville
Free parking available in on-site lot

Menu
Premier Chicken Florentine — Roasted red pepper, spinach and feta stuffed chicken breast with pesto cream sauce
Wild rice pilaf • Vegetable medley
Warm rolls with butter
Vegetarian option
Pasta Primavera — Fresh vegetables sautéed and tossed with penne pasta and a Parmesan cream sauce.

Cost : \$27

Reservation deadline: Monday, January 31
Please send in the reservation form you will find in your 2021-2022 directory or on the UMWC website. Make your check payable to UMWC and send to Barbara Cohen.

President's Message ~

Get ready to try something new in 2022

Did you know that you can “sample” an interest section two times before joining it? You can dip your toe in and not jump all at once.

I highly recommend that you sit down and go page by page through our comprehensive directory to familiarize



yourself with opportunities that may fit your interests and schedule. I'm confident you'll learn that this club has a lot more to offer than you've been taking advantage of. Each interest section has a well-penned description, activities schedule and chair's contact information. That's who you contact

if/when you want to take part.

Last year a part of my President Elect duties was to get to know the club by visiting interest sections. Due to COVID I didn't make the full rounds but it taught me just how welcoming everyone was. I plan to complete my list this year. With part Zoom, part in-person events, it's even better and there's still time for all of us to try sections out! Remember, even when you officially join a section, that does not mean that you must participate in everything they do. Join in as fits your lifestyle.

Here's what I found: For starters, the Zoom book clubs were fascinating! I hadn't read the books so sat quietly and just absorbed the smart conversation and friendly sharing of ideas. Most welcoming and educational – and no guilt trip. UMWC has four book clubs: Modern Fiction, Modern Literature, Mystery Lovers and Nonfiction.

If reading isn't your thing, why not enjoy lunch and a film with Movie Rendezvous? Around the Campus keeps a close relationship with the U of M, in person and on site. I've also heard that the two Bridge groups are actively looking for new members.

Hikers, Art and Vagabonds seem to attract the largest crowds – and again, always welcoming. Keep fit mentally, physically and culturally. Display your art in the Annual Member Art Show. BTW, lunches are often scheduled alongside events for many of the sections.

Music is cautiously getting back up and running – and gaining momentum. Needle Arts Sharing works quietly behind scenes creating lovely needlework items that they gift to U of M Hospital patients.

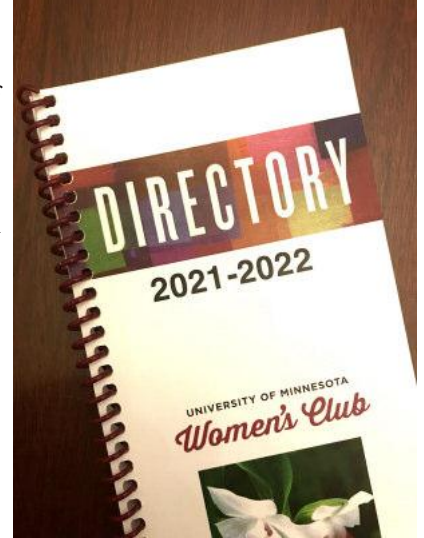
But wait, there's more! Out to Tea and Restaurant Ramblers.... they dress up and go out to have fun on Wednesdays. And Nature is not a walk in the park.... it has fabulous presentations! And one more.... Women's Health Issues gives us the latest information for better health.

Speaking of health, each section has control of their own COVID policy, using the club's policy as a guideline, so please check with the chair to make sure it fits your comfort level.

Well, that should fill up your calendars! I personally am going through each section's listing, penciling in my favorite upcoming offerings and then will try them out as my schedule allows. Not a bad one in the bunch. Join me?

Be curious – be happy and healthy – have fun sampling in the New Year!

Susan Hopp, President



Creating a buzz, making new friends

We welcomed 19 new members to our club these past weeks. Nineteen! We credit all of you for being warm and connecting with friends who would like our UMWC agenda. Could you each invite another new guest this year?!

Many section leaders keep track of new members and invite all new folks to sample specific activities with a note or a phone call. If a lunch is involved, section members might call and remind a potential member what that involves. If you are a new member, call one of us! Ask us questions! We have been where you are right now.

My “new member” friends may enjoy an activity I am not attending. Thanks to well planned activities, members often branch out to new sections on their own. Smart thinking! We are here to meet new people and expand our interests.

Be intentional. Create a buzz for events. Talk them up. Study your directory and help guide others to our website information (umwc.umn.edu). Highlight activities on your 2022 calendar. Looking forward is good for the spirit during these cold, gray days!

Georgia Heisserer, Chair, Membership

Scholarship recipient balances academics with military service

Once again, UMWC has a diverse and impressive group of scholarship recipients, including Alexis Feist, who received the Myrtle Wendland Hein and Lillian Kreisel Jackson Scholarship. Alexis is majoring in animal science with an eye toward pursuing horticultural and medical research.



“Every day, we make discoveries that can influence the lives of millions or more, and I would love to be part of that,” Alexis said. On top of that worthy goal, Alexis balances her academic work with her service in the Army Reserve.

“I’ve been in the Army Reserve for four years now and got back from my 10-month deployment to Saudi Arabia just in time for the start of the semester,” she said. “Interestingly, I’m a forklift operator (cargo specialist) on the military side, which couldn’t be farther from my aspirations to be a researcher someday.

“It’s a different environment than most college gals are

used to being in,” she continued. “On deployment, my job was to aid in the transportation of cargo all throughout Saudi Arabia and Kuwait. We did work for the other service branches as well as for civilian contractors, which sounds like a really big job. But when it came down to it, I simply picked up containers from one place and set them down in another.”

Alexis thinks her balancing act is a bit easier as a member of the reserves. “Being in the reserves is much more accommodating towards school than active duty,” she said. “I’m a ‘weekend warrior,’ as most soldiers would joke. And they’re not wrong! Reserve work is mostly only one weekend out of the month, which makes it manageable with school.”

She’s grateful for the help she received from UMWC members.

“It’s amazing to see a group of strong, dedicated women supporting each other to create this awesome community,” Alexis said. “I am thankful for everything that you’ve built and everything that you do.”

Members share the joy of the season

UMWC members went above and beyond in supporting families who have children hospitalized at the University of Minnesota Masonic Children’s Hospital. Georgia Heisserer, who delivered toys and other gifts with husband, Mike, in mid-December, is shown here with some of the bounty.

And even more exciting, our members sent checks for \$1,200 to give to the Children’s Hospital benefit fund for their holiday gifts and expenses. This is at least \$400 more than our members have ever donated in past years.

In addition to the members who donated and delivered, our thanks go to Dorothy and Fred Waltz and Marian Champlin for collecting gifts at their homes.



Mission, direction, community

We are well on our way to raising the resources to fund the next cohort of UMWC scholarship recipients in 2022. As we have experienced in person, our scholarships give a much appreciated boost to awesome women studying and learning at the U of M. As of December 9, generous members have contributed more than \$52,000. This amount includes funding for nine one-year named scholarships so far. And, there is still time to participate ...

Most members contributing to the UMWC Scholarship Fund simply write a check made payable to the "UMWC Scholarship Fund" and send it to co-treasurer Sue Madison. (There is a gift form in the directory for your convenience.)

For those members considering funding a one-year named scholarship, Marian Champlin will assist you. Give her a call at 612-270-4378 or send her an email: marian@blackberrylodge.com.

In Remembrance

We were saddened to hear of the death of our long-time member Elfrieda Hintze, who died in November at age 91 while residing at the Preserve, a senior residence in Roseville. Elfrieda was a member of the Nature and Vagabonds sections, among others.



A retired teacher and world traveler, Elfrieda surrounded herself with treasures and mementos from her many travels with her husband. She enjoyed visits from her UMWC friends and was sharp until the end.

A growing number of members make their gifts from an IRA. If you have an IRA and are age 70½ or older, you can make a qualified charitable distribution (QCD) directly to the UMWC Scholarship Fund. (A QCD is one of the most tax-advantaged ways to give because it avoids tax that would otherwise be due on the distribution.) If you have questions, contact your IRA administrator to confirm the details.

Over the longer-term, you can support the UMWC scholarship mission by designating the UMWC Scholarship Fund as a beneficiary of a retirement account. (Tax-deferred retirement assets are subject to income tax and possibly estate tax if left to individuals. However, these assets pass tax-free if left to charity.) Again, contact your financial advisor for the details.

And last but not least, some members have named the University of Minnesota Women's Club Scholarship Fund as a beneficiary in their estate plans. Talk with your advisor the next time you update your will or estate plan.

Your generosity drives our mission. Your partnership guides our direction. Your passion builds our community.

Diane Young, VP Scholarship Fundraising:
young054@umn.edu or 651-645-4590

Welcome new and former members

We are happy to announce that nine women have joined the University of Minnesota Women's Club since the last newsletter. Please welcome them and introduce yourselves when you see them at meetings. New members are Diane Iverson, Vicki Jones, Molly Kryzer, Carol Kuschke, Aija Ronis, Susan Travis, Deborah Hudson, Gayla Trooien and Jennifer Marrone.

We also had two former members who renewed their membership. Welcome back to Linda Riihiluoma and Jean Cash. Our current membership is 289 women.

There have also been some directory changes. Sheila Fishman and Pamela Hudson have new email addresses. Bonnie Praver has a new phone number.

For a current list of new members and their contact information and/or a list of directory changes, please contact Nancy Myers at nmyers13@hotmail.com.

Board of Directors Meets February 8

The UMWC board of directors will meet Tuesday, February 8, at Midland Hills Country Club, 2001 Fulham Street Roseville. The meeting begins at 10 a.m. All club members are welcome to attend..

SECTION NEWS

Let's play bridge

Enjoy an afternoon of casual bridge and conversation with other UMWC members. Each month at varied dates, members meet at each other's homes. The group is always looking for new members. Please contact Marilyn Olson at mdolson24@yahoo.com or 612-382-1933 if you are interested in joining or learning more about the bridge section. Seated left to right are Marilyn Olson, Lynne Benz, Judy McConnell and Carol Lowe.



Sing, sing, sing

As we move hopefully out of the shadow of COVID, wouldn't it feel good to raise our voices once more? If you would like to be part of a new UMWC informal choral group, please get in touch with Barbara Cohen at (952) 237-8231 or mrschick1981@yahoo.com.

We will be exploring vocal literature for small groups and just enjoying singing together, with an eye toward possibly performing at a club-wide luncheon or other venue. We also will need at least one pianist.



A good time was had by all

The Hikers gathered for a holiday party at Judy McConnell's residence in December after Judy led them on a brisk winter hike. The group has a couple of indoor hikes planned for January and lunches only in February and March but is back outdoors in April. Please contact Nancy Kluver if you are interested in joining.

Please note these updates

Modern Fiction will conduct the meetings for January 19, February 16 and March 16 via Zoom. An email with a link to the Zoom meeting will be sent out a day or two before the meeting date. If you are interested in joining the meeting and want to be included in the monthly email list, please call Jocelyn Kuo at 651-739-4729 or email her at bglim_kuo@hotmail.com.

The May 17 meeting of Around the Campus will feature UMWC member Elizabeth Brady, MSW, LICSW, Active, Emeritus, whose topic is Death, Grief and Loss. The meeting will take place on the St. Paul campus in Peters Hall, 1404 Gortner Avenue, Room 5 at 1 p.m. Lunch precedes the meeting at 11:30 in the St. Paul Student Center, lower level, 2017 Buford Avenue. You may bring your own bag lunch or purchase sandwiches, beverages and ice cream.

Looking for missing directories

Our historian Liz Grimmer is looking for several directories to make the collection in our archives complete. Please contact Liz if you have any of the directories for the years 1947-48, 1977-78, 1979-80, 1981-82, 1982-83 and 2012-13.

Did you receive your tag?

By now, everyone should have received a newly designed UMWC name tag. If you did not receive it, please send an email to Carole Senty or use the pink form in our directory. You will not be charged \$2.

Memorial Gifts

For Harold Haugen by UMWC
For Elfrieda Hintze by UMWC
For Dorothy Hopp by Susan Hopp
For Ruth Jones by Carol Nelson
For Roger Newcomer by Martha Arneson

Honoring Gifts

For Kathy Ball by Karen Buggs
For Nancy Kluver by Gwenn Solseth

Are your emails ending up in the spam folder?

Some members report that they are finding club emails in their spam folders. Here are some suggestions to avoid landing in spam:

- ✉️ Ask the recipient to put you in their contact list.
- ✉️ Put a subject in the subject line. Be careful that it is not too "spammy." Look in your junk mail and you will see examples to avoid.
- ✉️ Do not use all CAPS or too much punctuation in the subject line.

CLUB NEWS

University of Minnesota • McNamara Alumni Center
200 Oak Street SE, Suite 250
Minneapolis, MN 55455-2002
www.umwc.umn.edu

FIRST CLASS MAIL
U.S. POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 90155

Have you changed your address, email or phone?

Send correction or new contact information by
email to 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: _____

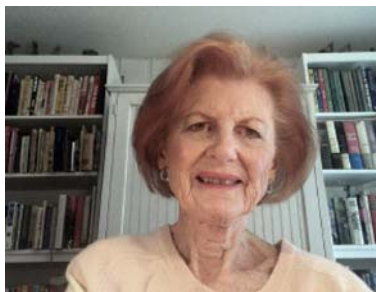
City, State: _____

Zip: _____ Phone: _____

Email: _____

In this issue of Online Extra

If you've been to a scholarship luncheon in the past few years, you've seen Scholarships Chair Georgia Nygaard introducing our scholarship recipients. Her career as a nurse and educator make her the perfect candidate to guide the recipient selection process. You will find the story as an added feature to the online version of our newsletter.



Newsletter Deadline is February 11

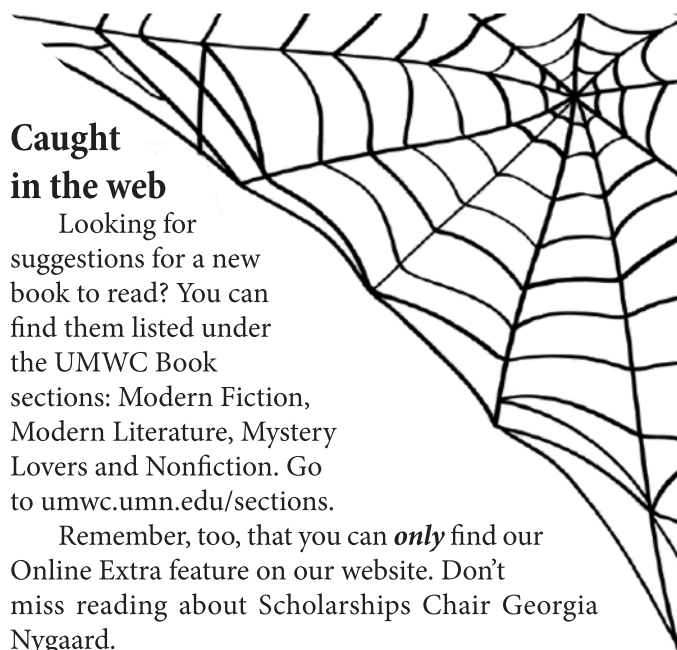
The deadline for the March-April 2022 newsletter is Friday, February 11. Please submit articles, information and photos to Nancy Kluver, newsletter editor, at Kluver.nancy@gmail.com.

Caught in the web

Looking for suggestions for a new book to read? You can find them listed under the UMWC Book sections: Modern Fiction, Modern Literature, Mystery Lovers and Nonfiction. Go to umwc.umn.edu/sections.

Remember, too, that you can *only* find our Online Extra feature on our website. Don't miss reading about Scholarships Chair Georgia Nygaard.

Current information such as schedule changes, cancellations or details about a UMWC event can be found in Quick Updates. And don't forget to tap the Refresh button to ensure you have the most recent version.



Our gift to their future and our future as a nation

Although Georgia Nygaard always knew she wanted to be a nurse, her career got off to a somewhat inauspicious — and hilarious — start.

“My introduction to bedside nursing began early as a student,” Georgia said. “The very first patient that I encountered, with my instructor trailing behind me, told me to get the hell out of his room and leave him alone.” The instructor took off immediately. Georgia was less intimidated and approached the situation and her nursing career the way she does everything else, with grace and determination.



“I would not trade professions as I loved nursing and working with people,” Georgia said. “As I matured, I went back to school and earned my master’s degree with a nurse practitioner certificate and then continued on to receive a clinical doctorate.” Her career began in hospital nursing, followed by clinical nursing and finally in education, where she taught nursing and coordinated the Family Nurse Practitioner Program at the University of Minnesota.

Georgia and her husband, Don, were married in 1962, two weeks before she graduated from nurses’ training at the Swedish Hospital School of Nursing. “Together, we raised two boys; one is an engineer and the younger boy is a lawyer,” Georgia said. “I used to chuckle when I went into each of their rooms because the books in one room were open to atoms and molecules and the other room contained books on history and political figures.”

Born in Duluth, Georgia grew up on 10 acres just outside the city limits, where she learned to love nature. Duluth is still “one of my favorite cities to visit,” she said. “Lake Superior will always be ‘my ocean’ with its serene beauty and roaring waves.”

Georgia joined UMWC’s Scholarships Committee about seven years ago and immediately felt a real affinity with the student applicants. “I enjoyed reading the scholarship applications,” she said. It took her right back to her

work as a nursing education teacher reading student assignments. This spring, Georgia completed her fifth year as Scholarships Chair, a responsibility that includes “working with a great team of committee members.”

She is impressed with applications the committee receives, describing them as “very good” and even stellar. “Basically, we are looking for a well-rounded student,” Georgia said of the applicants. That means a student who is involved in school programs and campus activities as well as with their families and communities. The student should demonstrate academic leadership and share any honors and distinctions they’ve received.

“We are interested in learning about their individual plans, goals and objectives upon graduation,” Georgia said. The committee has developed a grid that helps members focus on the relevant aspects as they read applications.



Georgia with her husband, Don

The number of student applications has grown over the past few years, and they’ve become more ethnically and academically diverse, Georgia said. “We aren’t just seeing students in nursing and education. Our applicants are interested in genetics and cell biology, engineering, animal science, chemistry, law plus astronomy and physics.”

And even more impressive are the stories the applicants share.

“When I reflect on the student applications, it is amazing to realize what some students and their families have been through to obtain an education,” Georgia said. “Just think: some of the students have English as a second language, meaning that they have double the desire to learn and achieve.

“I think about the new graduate nurse finding her first position on a COVID-19 hospital floor, learning how to cope as a new nurse as well as learning the basics as a new employee.”

So many stories “tug at our hearts as we read the applications,” Georgia continued. She thinks in particular of a student whose family was struggling with the legal and financial burdens of being new immigrants.

“As a student desiring an education, she was very conscious in not wanting to add increased financial pressure upon her parents,” Georgia said of the student. “However, her parents were adamant that she pursue her

dreams of an education.”

Her parents’ struggle with legal problems was precisely the reason she became interested in public service and the law.

“Many times she watched her parents going in and out of immigration offices where no one would take their case,” Georgia said in telling the story of this particular applicant. “Eventually, one lawyer agreed to take legal action and assist the family. This one lawyer has been an inspiration and had a great impact on this student, giving her the desire to enter the legal field.” That student’s dream was to become an immigration lawyer, and she also wanted to write a book about being a first generation Latina student and the many obstacles to becoming an American citizen.

It’s not surprising that Georgia finds work on the Scholarships Committee so rewarding.

“Stories like this story make us as UMWC members realize the impact that our UMWC scholarship program has for many students,” she said. “It is our gift to their future and to our future as a nation.”