



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

November-December 2023 ~ No. 308

Conversation with a Woman Leader ~

Learn how to age with resilience

We are very pleased to welcome Mariann Johnson as our first Conversation with a Woman Leader speaker for 2023–2024. She will give us valuable pointers on “Aging with Resilience, Mindfully.”

Mariann is a wellbeing and mindfulness instructor for the University of Minnesota’s Earl E. Bakken Center for Spirituality & Healing. She has studied and practiced mindfulness meditation for more than 25 years and is a certified Mindfulness-Based Stress Reduction instructor through Brown University’s Mindfulness Center.



Before dedicating her professional life to teaching mindfulness, Mariann served as an organization development consultant and mediator, working with leaders of Fortune 500 companies, government agencies and nonprofit organizations. Her writings on mindful leadership have appeared in the *Huffington Post* and *Mindful* magazine.

Last March, Mariann participated in a “Music and Mindfulness” performance at Orchestra Hall with members of the Minnesota Orchestra.

You won’t want to miss this one. And remember that you can pay and register online or, of course, by sending in the form in your directory by November 6.

We are looking forward to seeing you!

Meeting at a Glance

Conversation with a Woman Leader

Noon, Tuesday, November 14, 2023

Speaker

Mariann Johnson

Wellbeing and Mindfulness Instructor
Earl E. Bakken Center
for Spirituality & Healing

Location

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

Menu

*Mediterranean Chicken Florentine:
Chicken breast topped with roasted red pepper, spinach, feta cheese with pesto cream sauce. Served with whipped Yukon Gold potatoes, green bean almondine, warm rolls with butter, coffee and hot tea.
A vegetarian option is also available.*

Cost: \$32

Reservation deadline:

Monday, November 6

Please register and pay online at the UMWc website or send in the reservation form you will find in your directory, along with your check.

President's Message ~

Make new friends and keep the old

I recently had the pleasure of spending time with old friends in my Hiking section at an overnight excursion to the North Shore. We stayed two nights at an inn overlooking Lake Superior and from there we explored the hiking trails, spectacular waterfalls and iconic beaches of the area. It was great to have uninterrupted individual and group time to strengthen and deepen relationships while having fun in the great outdoors.



Soon, I will have the opportunity to meet many new friends at our New Member Coffees. In November, our Membership Committee is bringing new members together to meet each other and to learn more about the workings of our club from officers and other leaders. I look forward to these events and am always amazed at the variety of backgrounds and skills these new members bring to UMWC.

Keeping with the theme of adding the new and keeping the old is a good way to describe the first couple of months of our 2023–24 year.

The Fall Welcome was new this September and I was immensely gratified by the huge response. We had more than 125 members (old and new) show up to both reconnect with old friends after the summer hiatus and meet new ones. The event featured our lively interest sections with displays and posters inviting members to join. We launched two new sections this year: Mah Jongg and Creative Writer's Circle. The informal atmosphere of the Welcome was conducive to milling, and it was fun to see everyone moving from table to table chatting and laughing. Judging from the comments I heard, I think the Fall Welcome will become a regular UMWC event.

In October, we honored the old and proudly celebrated a long-standing tradition of UMWC with our Scholarship Luncheon. Supporting undergraduate students at the University of Minnesota has been a fundamental component of our mission from our beginning. At this year's event, 20 of this year's 85 scholarship recipients joined us for lunch. The fun part was hearing the students introduce themselves and their chosen field of study. The variety of choices is always amazing. Several students I talked with said a highlight for them was meeting and talking in person with the specific donor of their scholarship. This is definitely a "feel good" event for members.

We have more luncheons and events lined up for our members throughout the year. For many years, members have registered for events by mailing in their registration together with their check using forms in their trusty directory. This means of registering is still available, of course, but we also have something new. Members can now register and pay online. I know many members are delighted that we finally have this option up and running. A "shout out" to the members who campaigned for this change and the many members who worked to put it together. We added the new and kept the old!



Toasting the new season with Marian Champlin at our Fall Welcome

Speaking of events, I will look forward to seeing you November 14 for our Conversation with a Woman Leader. Be sure to register online or by sending in the reservation form in your directory. The deadline for registering is Monday, November 6.

Board of Directors Meeting is November 14.

The Board of Directors will meet Tuesday, November 14, at 10 a.m. at Midland Hills Country Club, 2001 Fulham Street, Roseville, in the Seth Raynor Room. All members are welcome to attend..

Holiday

Party

Celebrate the holidays with UMWC

Please join us Tuesday, December 12, for our UMWC holiday party. We will gather from 2 p.m. to 4 p.m. at the American Swedish Institute, 2600 Park Avenue, Minneapolis, in the upstairs Larson Room. Free parking is available, but carpooling is encouraged.

This year's event will include live piano music and a performance from the Nutcracker by dancers from Out on a Limb Dance Company. We also will enjoy light appetizers and dessert as well as coffee, tea, champagne and sparkling cider.



Members are welcome to come early to view the mansion and exhibits before the event. The cost is \$20, and the reservation deadline is Monday, November 27. You may register and pay online or mail your check and reservation form below to Barbara Cady.

As always, the holiday party is your chance to support families with children hospitalized at the University Medical Center. At the event, we will accept checks only made out to the **University of Minnesota Foundation**. (Checks made out to the UMWC will be returned. IRS regulations prohibit the UMWC from collecting money for any charity other than our scholarship fund.) You may either bring your check to the party or mail it to Dorothy Waltz by December 15.

If you would rather donate a gift, Georgia Heisserer and Lynn Slifer have volunteered to accept unwrapped toys, games and books at their homes. Georgia will accept gifts on Thursday, November 30, and Friday, December 1, between 10 a.m. and 2 p.m. Lynn will accept gifts on Friday, December 1, between 10 a.m. and 2 p.m. If you are unable to deliver gifts on those dates but still wish to donate, please contact Dorothy Waltz, and she will try to arrange for your gifts to be picked up. Addresses for all contacts are found in your directory.

We can't think of a better way to brighten the lives of children and families struggling at this time of year. Please join us in bringing joy.



UMWC RESERVATION FORM

UMWC Holiday Party and Hospital Benefit

Tuesday, December 12, 2023

Reservation Deadline: Monday, November 27, 2023

Cost is \$20.00 per attendee

Name _____

Guest _____

\$ 20.00 x _____ = \$ _____ total

Make check payable to UMWC, and mail with this form to Barbara Cady

Barbara's address and phone number are in the Directory.

Holiday Party

Checks for the Hospital

You will also have the opportunity to donate to the Children's Hospital Benefit.

Write a check payable to *University of Minnesota Foundation*
Please leave the *Memo/For* line blank

Fall Welcome kicks off exciting new season



Karen Eian (left) and Judy Silk are looking forward to the Out to Tea outings.

Members old and new gathered in September for MUMWC's Fall Welcome party, a new event that offered a chance to meet new members, greet old friends and sign up for the club's special interest groups. A resounding success, the Fall Welcome promises to become another can't miss UMWC gathering.



Shelley Horstman (left) and Kim Carlson admire needle work by the Needle Arts Sharing group.

New member coffee coming in November

The Membership Committee is planning a coffee party in November for new members at the home of Membership Committee Co-chair Susan Hopp.

"We try to keep each gathering an intimate group in order to explain our mission and get to know one another a bit," said Georgia Heisserer, who co-chairs the committee with Susan. "For those of you who are sharing the UMWC with friends, continue to nurture them as they explore the array of social, educational, and philanthropic avenues we offer at the University of Minnesota Women's Club.

"Our year ahead promises such optimism and exploration," Georgia continued. "Membership thanks each of you for sharing your personal strengths. You are the heart of UMWC."

Gratitude and future plans highlight scholarship luncheon



Members had an opportunity to talk with scholarship recipients at the scholarship luncheon. From left are Jeanne Cornish, Carol Lowe, Johanna Teagarden and Jane Lufkin.

More than 100 members joined 18 students in October for the annual Scholarship Luncheon, one of the most popular events on the UMWC calendar. Once again, members had an opportunity to meet the scholarship recipients and listen to their heartwarming stories and plans for the future.



Part of our newest group of scholarship recipients joined us at the Scholarship Luncheon. Scholarship Awards Committee Chair Marilyn Olson is in the upper right of the photo.

Every table included a booklet of thank you letters that the students had sent to the club. "I am currently writing this email out of shock, happiness (I was celebrating with my family and jumping up and down for like 10 minutes straight), and just pure gratitude for being chosen," wrote scholarship recipient Obada-Altayeb Freitekh. "This genuinely means the world to me, and I want to assure each and every one of you that I will continue to give 110 percent towards my education, community, and everything that I pursue in the future."

SECTION NEWS

Getting together for fun with old friends

Several club members are exploring the possibility of creating a new special interest group that would include a small social gathering of members over 80, particularly those with mobility problems. Would you be interested? They would also need club members who are willing to drive and assist those with walking problems. The meeting would be small and strictly social but would enable older members to see old friends.

They would hope to form a future section, perhaps calling it "The Over 80's and Others." Let them know your interest by contacting Rolaine Wright or Ingrid Lund.



The Hikers enjoyed exploring trails along the North Shore in September.



Our Nonfiction group got off the a great start in September discussing the book Soviet Childhood and Path to Diverging Destinations. The book was written by UMWC member Tatiana Nawrocki, pictured front row center.



On a beautiful fall day, members of the Nature group enjoyed an excellent presentation on apples and their production at Pine Tree Orchard in White Bear Lake, followed by a picnic lunch and a visit to the gift shop.

Welcome new members

New members bring welcome change and growth to UMWC. Reach out to welcome and to get to know our new members! We have 22 women who have joined since the last newsletter: Val Wolff, Jane Glazebrook, Jill Goski, Lisa Heille, Jane Sumi, Catalina Don, Peg Hayes, Jacky Jones, Kathleen Keating, Alexandra Lape, Diane McGann, Heidi Myers, Carolyn Sorensen, Linda Day Anderson, Alice Duggan, Ruth Bowyer, Margie Commerford, Kathy Di Perna, Tamara Hirsch, Janice Peterson, Elisabeth White and Lin Xie.

There have been several directory changes, with new phone numbers for Deborah Alper, Ellie Meade, Judy Silk, Sharon Copt and Patricia Kirchner. There are new email addresses for Sue Dempsey, Sharon Fields, Joanne Wang and Sharon Copt. Elizabeth Brady, Sharon Copt, Mary Fresonke, Patricia Kirchner and Susan Ryan all have new addresses.

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.

Memorial gifts

Gil Eian by Karen Eian
Helen Lorenz by Linda Lorenz
Mitzi Fagerstrom by Janeelle Anderson, Jean Linne and UMWC
Roz Myers by Carol Cantrell
Walter Pittison by Deborah Alper
Jeanne Hvass Unger by Mary Schertier
Jane Starr by Cherie Hamilton



Honoring gifts

Irene Khin Khin Jensen by Marcia Thoen
Dorothy Hopp by Susan Hopp
Elaine Savick by Fran Holmsten



Remembering Jessie Lynn Hansen

We were saddened to learn of the death of member Jessie Lynn Hansen, who passed away recently after a long illness.

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

We are continuing to check in on former scholarship recipients to discover what they've been doing since receiving their UMWC scholarship. In this issue we hear from Taylor Robers, who is an interdisciplinary artist with roots in drawing, photography, sculpture, land art, zine and sound. Well known to many club members, Taylor recently moved back to Minnesota after receiving her Master of Fine Arts degree from the University of Buffalo in Buffalo, New York.



You will find the story as an added feature to the online version of our newsletter.

Newsletter deadline is December 15

The deadline for the January-February 2024 newsletter is Friday, December 15. Please submit articles, information and photos to Nancy Kluver, newsletter editor, at Kluver.nancy@gmail.com.

More heartfelt thanks

UMWC acknowledges the death of members with a donation to our scholarship fund. Here again are thank you letters from the family of members who recently passed away.



On behalf of my brothers and myself, I want to thank you for the kind donation in our mother's name to the UMWC Scholarship Fund. I know she was very committed to education and the opportunity to go to college. She was the first in her family to attend the University and wanted others to have the same chance. She was pleased to serve on the committee for so long.

Linda Hertz, daughter of Past President Lorraine Hertz



Thank you for your card and thoughtful message following the loss of our Mother, Mitzi Fagerstrom. We appreciate the donation made in her honor. She always spoke fondly of the U of MN Women's Club. We will miss her dearly.

Brad and Brian Fagerstrom, sons of Mitzi Fagerstrom



Seeking to restore our relationships with forests

UMWC recently reached out to several former scholarship recipients to ask them what had happened to them and where they were in their careers since receiving the UMWC scholarship. Here is recipient Taylor Robers in her own words.

I received my B.F.A degree in Studio Art at the University of Minnesota in 2020 and I'm very thankful to have continued support from the UMWC. Their scholarship helped me focus on my school work and the ongoing communication since graduating has been wonderful. In



2021, I moved to Buffalo, New York, to pursue my M.F.A degree at the University of Buffalo. I completed my Master's program in Spring 2023 and my solo thesis exhibition, "collaborating with a spider," ran from April through August.

I am an interdisciplinary artist with roots in drawing, photography, sculpture, land art, zines, and sound. I seek to restore our relationships with forests by bringing our

attention to the organisms and relationships that support these ecosystems. My art practice is based in Deep Ecology, the environmental philosophy that considers all living things as having inherent worth and being connected by a complex set of relationships. The work I create is meant to ignite the viewer's curiosity in the vital yet often overlooked parts of forest ecosystems.

My practice is research-based and my process usually starts with walks in the forest, where I take in sights, sounds, smells, feelings. I take photographs and sound recordings and leave only footprints. I'm inspired by inter-



An organic shape created by Taylor waits for the forest to paint and sculpt the surface.

connectedness and the dynamic relationships happening between plants, insects, and animals. I choose from an array of mediums based on what the chosen relationships call for. To describe an overall narrative happening in the forest, I turn to drawing, watercolor, and zines. For immersive installations, I gravitate towards woodcarving, field recording, and land art.

Recent projects include collecting scraps of plywood, laminating them, and carving them into organic shapes inspired by Shelf Fungi. I carved an organic form from a fallen willow tree and will relocate it to the forest as a collaboration between the forest and me. Over time, the forest will paint and sculpt the surface and it will become home to many.

I moved back to Minnesota in August 2023 to continue my art practice and teach studio art. You can find my work on the web at <https://www.taylorrobersart.com> or on Instagram @trobers_art.