

PENN STATE NOTES

WINTER 2020/2021

Dear UWC Members,

As I write this letter, there is a beautiful blanket of snow on the ground and a quiet stillness in the air. It's the first weekend of 2021. Happy New Year!

Although 2020 has been a major challenge for all of us, we now need to look to the future with steadfast hope. I personally wish to thank all of you for your loyalty by continuing with your membership to the University Women's Club under these unprecedented circumstances.

I also wish to thank the UWC Board members for their willingness to go the extra mile to meet 2020's challenges. As we face the social distancing challenge, the creativity and ingenuity of our Board never ceases to amaze me.

Our Fall Kick-off was a virtual event, with members signing up for Interest Groups using a new process. Special kudos go to Sue Miller and Laurel Zydne for making this happen. Our New Member Event was also held virtually and was a success due to the efforts of Jeanne Weber and Joan Weidman. The 2020-2021 Membership Directory was mailed to you at the end of October thanks to the efforts of our eagle-eyed proofreaders and the very talented Sue Miller. As you know, our Directory is a very valuable resource that helps us keep in touch with each other throughout the year, something that is now more important than ever.

I would also like to offer a special thanks to Nancy Weinreb, our Programs VP, who provided us with a plethora of information on the history of Voting Rights for Women. I hope you had an opportunity to view the videos and read the articles included in Nancy's email. Unfortunately our Fall Trip to Seneca Falls had to be cancelled, but Nancy has spent time and energy on rescheduling the trip for October 15, 2021. Hold that date! We look forward to going on this exciting adventure and visiting the place known for being the "Birthplace of Women's Rights" as well as the setting for the movie "It's a Wonderful Life." Details on the trip will be provided in the future.

Lastly, I would like to thank those members who have contributed to our endowed scholarship fund. As of our December Board meeting, our appeal letter mailed to you in November has generated an additional \$2,985 towards our scholarship! Every time we make a donation, we are assisting women with their educational aspirations and accomplishments, which gives us all hope for the future.

As we have had to isolate ourselves for the past ten months, our friendships and connections have become so important to all of us, even if the contact is over the phone, text messages, a drive-by, or on Zoom. No one knows what the future holds; but as I tell my dear 98-year old Mother, "we need to hope for the best and stay positive." I so miss our face-to-face contact and hold fast to the hope that 2021 will eventually allow us that precious opportunity. Every one of you is an asset to our Club!

My Best,

Ber Mullen, UWC President 2020/2021





MEMBER SPOTLIGHT

SUE MILLER



(Editor's note: After her retirement in 2017, Sue enjoyed participating in several interest groups. Last spring, the nominating committee reached out to ask that she consider joining the Board. It's hard to overstate how much she has contributed to the UWC this year as the Communication Asst. VP as she taught fellow Board members and UWC members how to use technology to keep in touch when we can't meet in person. I asked her about the expertise she brought to the Board and her thoughts on how technology would continue to influence all our lives.)

When I was asked to serve on the Board, Communications Asst VP seemed like a role I could easily fill. In my work life, I had performed similar tasks such as creating catalogs, preparing bulk mailings and communicating with volunteers and members. I have always enjoyed using technology to solve problems. Little did I know that my role would be expanded by the pandemic!

Fortunately, I had begun to explore distance learning as the Program Coordinator for the Osher Lifelong Learning Institute, so I was familiar with teleconferencing and Zoom. It became quite apparent to me early in the pandemic, that UWC would need to adopt the use of video conferencing to stay in touch. It has been challenging and fun for me to help others in the club learn to use Zoom. The development of the virtual kickoff video required me to learn how to create and edit a video and the Words of Joy and Hope project introduced me to ways that members could share files.

I have certainly been living my commitment to lifelong learning! While connecting using technology is not a substitute for being together in person, it has enabled us to stay safe during this challenging time. I am glad that I have been able to help the club navigate through the challenges of this past year and look forward to the time when we can all spend less time on our computers and more time together!

INTEREST GROUP

SPOTLIGHT

KITCHEN FRIENDS

This year the Kitchen Friends Interest Group was not able to plan a fantastic tailgate, Thanksgiving meal, or holiday cookie exchange as in years past. So the group came up with a unique and tasty way to spice things up while remaining active and in touch with one another. Jackie Sobel, Kitchen Friends co-leader along with Libby Deans, Bobbi Hayes and Arlene Smeal, spoke with Interest Groups VP Pat Garthe about how Kitchen Friends adapted their meeting format due to the pandemic.

THEN: On the first Friday of the month, members gathered in someone's home to share a flavorful meal planned and prepared by three or four members. A different host and three chefs served the other members a themed meal each month. Jackie reminisced: "This was a social gathering and planned exchange of recipes each month we all enjoyed".

NOW: Each month, those who want to participate meet in a Zoom meeting and then break into smaller groups of three or four. Each group decides its schedule for the month. On each selected day, group members pick up their bagged and tagged meals from that week's designated cook. Savoring their meals at home, members have a dinner party without gathering in person. The groups rotate chefs for each meal, thus giving everyone an opportunity to cook and everyone a chance to eat without doing any cooking! In addition to exchanging meals, the members share their recipes.

The year started off with about twenty members signed up. Eight participated in October and ten in November. The group continues to welcome new members. Jackie noted: "We've received positive comments on our change for this year. Hopefully as people learn of our new fun changes, we'll have more active members enjoying delicious breads, decadent desserts, and exquisite dinners."



Libby Deans picks up a delicious dinner from Sandy Lopez.



Doorway dinner hand-off between Jackie Sobel and Laurel Zydney.

ENDOWED SCHOLARSHIP UPDATE



Celebrating Anna VanAlstine and Brenda Martinez

The University Women's Club Endowed Scholarship recipients for 2020-2021 are Anna VanAlstine and Brenda Martinez. Anna returned to Penn State to earn a second undergraduate degree in Atmospheric Science after having graduated with a degree in Finance from Penn State's Behrend College in 2010. After graduation and a move to State College, Anna began working as a veterinary technician before accepting a business lending position at SPE Federal Credit Union.

In February 2017, Anna's father, the person who always believed in her, passed away. In the wake of her father's death, Anna decided that she could no longer let financial matters or her lack of confidence in her ability to learn dynamical mathematics hold her back from pursuing her dream of earning a degree in science. Summer term 2017 Anna started her academic journey at University Park seeking a second bachelor's degree in Atmospheric Science.

In December 2018, Anna joined Penn State's Astronomy and Astrophysics Department as a financial assistant for the Neil Gehrel's Swift Mission Operations Center. She continues in that position and has added a research focus to her financial responsibilities.

When asked about her reaction to receiving the UWC Endowed Scholarship a second time, Anna wrote, "The generosity of the UWC eases a very real worry of financial hardship in pursuing my dream and it also provides to me encouragement and supportiveness that mean so much."

Brenda Martinez is employed full time in the College of Education's Office of Education and Social Equity as a student advocacy specialist and is pursuing a master's degree in Higher Education via part-time study. Brenda grew up in Silver Spring, Maryland and graduated from Trinity University, an all-women's Catholic university located in Washington, DC.

She majored in international affairs, minored in criminal justice, played varsity soccer and lacrosse, and held three part-time jobs in pursuit of her undergraduate degree! After graduation she worked as a preschool teacher until moving to State College in 2016 to begin Penn State employment. In fall 2019, Brenda began graduate study in Higher Education after determining that major best advanced her interests in student advocacy and providing support to students during their academic journeys.

Brenda said that receiving the UWC Endowed Scholarship enables her to continue enrolling for two courses each semester. If all goes well, she plans to graduate at the end of spring 2022. As a graduate of an all-women's university and now the recipient of UWC's graduate student scholarship, Brenda spoke about the power and significance of women helping other women pursue and reach their dreams and goals. She closed by saying that she is extremely grateful to be a UWC scholarship recipient.

Thank You 2020 scholarship donors!

Lynn Abramson
Emilie Allan
Carolyn (Lyn) Anderson
Emily Anselmi
Lucy Auger
Amber Axeman
Darlene Bachmann
Judith Barrile and other members
of the Aged To Perfection IG
Robin H. Barton
Mary Lou Bennett
Ingrid Blood
Inga M. Book
Sherrie Borden

Chandra Bose
Julie Breuninger
Toni Brindley
Joan Brower
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Susan Doran
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Mary Eagleton
Lori Ebert-Tyworth
Karen Eklund
Shari Erickson
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Thank You 2020 scholarship donors! cont.



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Donations in honor of

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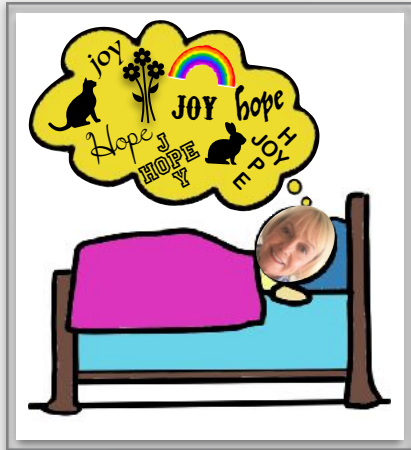
Wicked Good Reads IQ (Bev Mullen)

MESSAGES OF JOY AND HOPE SPREAD THROUGH CLUB

ALL MEMBERS INVITED TO SHARE!

INNOVATIVE HAPPINESS PROJECT PROPOSED!

Inspired by a dream



STATE COLLEGE, Nov. 12. — Yesterday morning, at 3:30 AM, Beverly Mullen, President of the Penn State University Women's Club, woke up with an idea. A woman of action, dedicated to the members who had entrusted her with leadership of the 300+ woman organization, she realized that the changes wrought by the pandemic had made it impossible for members to keep in touch in traditional ways.

Ms. Mullen knew many of her fellow members also had been finding it harder to keep a positive, "can-do" spirit alive as the days grew shorter and grey skies more frequently covered the Central Pennsylvania landscape. She also knew the importance of looking for and recognizing small everyday delights as a way to help ease the depression that can so easily set in during long winter months, this year compounded by the stresses, loss, and uncertainty that have accompanied the global pandemic.



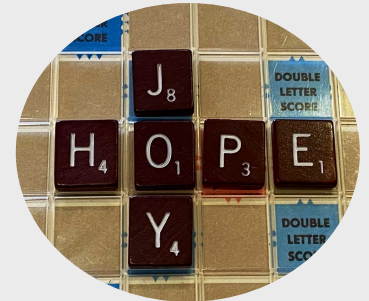
She felt in her sleepy bones that her UWC friends would enjoy sharing happy, inspiring thoughts with each other to spread joy and keep each other's hopes up in the coming winter months.

By 7:30 AM, she had sprung into action, sending an email to board members to share her brainstorm. Soon Program VP Nancy Weinreb and Membership VP Jeanne Weber took on the project leadership with enthusiasm and Communications VP Diane Twomley jumped on board as e-postmistress.



STATE COLLEGE, Dec. 7 — Recognizing that finding Joy and Hope can boggle the mind in challenging times, members of the Penn State University Women's Club board have been planning the "inspired by a dream" project to share happy moments and inspirational words and pictures with Club friends.

Communications Tech Guru Sue Miller identified Dropbox as an essential component of success (see next page). On December 7, after working through some details, the program had a successful trial run.



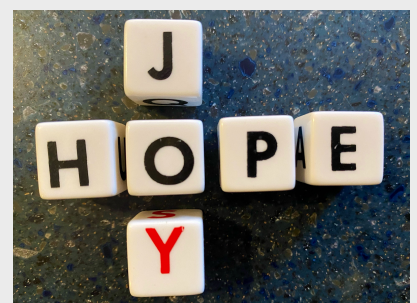
NEWEST UWC ACTIVITY BEGINS!

Two Issues So Far

STATE COLLEGE, Jan. 22 — Yesterday saw the second issue of the UWC's "Words of Joy and Hope." Club members received an email on January 8 with an invitation to submit "song, photo, painting, video, poem, or religious/meditation chant" that would be shared among club members to ease the boredom and depression that so many feel in the winter months.

The first issue of the project was sent January 13 and featured a picture of Bev Mullen's beautiful black cat, Za-Tailor, an original poem by long-time member and past president Betz Hanley, and a delightful short video of Treasurer Sue Stephenson's grandson learning to crawl. Future issues are planned for Thursdays.

Any member who did not receive these emails or who requires assistance in submitting entries is asked to send an email to PSUUWC@gmail.com.



In Our Thoughts

Congratulations to Mary McLaughlin on her recent marriage!

On behalf of the UWC, cards expressing our friendship and words of support were sent to Charlie Bainbridge, Kathleen Bischoff, Debbie Bonaquist, Gernilee Carter, Joan Grant, Bobbie Hayes, Marie Leath, Lalita Patil, B.J. Rhodes, Marty Snider, Carol Stokes, Pat Weaver, and Jeanne Weber.

We note with sorrow the passing of UWC members Virginia Eisenstein, Jackie Fedon, Willemina Haajar, Silvi Lawrence, Phyllis Mitchell, past treasurer Marilyn Morehouse, and Mary Lou Swan.

If you know of a club member who has reached a milestone, received an award, suffered a loss, is ill or recovering from surgery, or otherwise should be remembered, please contact Betz Hanley (listed in directory or email psuuwc@gmail.com and put Betz's name in subject line). Betz will send a note on behalf of the club.



Dropbox

What is Dropbox? It is a secure centralized storage service that allows individuals or groups to upload and store files in one location. It is a cost-efficient way to store and share large files like videos.

Do I need to sign up to use Dropbox as part of "Words of Joy and Hope?" No. The UWC has purchased the account. To see entries, simply click on the links provided when you get a *Words of Joy and Hope* email. However, if you want to comment on any of the items, you will need to sign up for a free basic Dropbox account (www.dropbox.com/basic).

Can members of the public see the items? Only Club members will be given the access links. Please do not share any access link with others.

Directory updates

All members who paid dues by October 1 should have received a 2020/21 directory in the mail by November. Please remember that the information in the directory is for personal, non-business use only! If you have a change or need a correction to your directory information, please contact Sue Stephenson (listed in directory or email psuuwc@gmail.com and put Sue's name in subject line). We send periodic emails with updates but no longer publish the information in the newsletter to protect our members' privacy.

The Nominating Committee has been busy this month, filling open positions for the 2021-2022 board.

The Committee consists of Teddy Nicholas, Ingrid Blood, Marilyn Gouran, Pat Williams, and Joan Weidman.

The slate of officers will be presented in the Spring Newsletter, with voting to occur in late April.



The winter newsletter usually includes a reminder that UWC events are cancelled when the State College Area School District announces weather-related closings, unless otherwise announced. This year, we can meet even when the snow falls and the wind blows!

Interest Group pictures, pandemic edition.

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At the Country Club or around the firepit, tasting wine with friends makes every setting special.



Lit Lovers
December 2020

Zooming Book Groups!

All About Books
1st meeting, September 2020



Around The World Interest Group, September 2020, Tudek Park

Reserving Groups are essential to the safe use of this pavilion.
Please do not remove tables from this pavilion.



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!HAPPY NEW YEAR!



Attention snowbirds! The UWC Spring Newsletter will be mailed in late March. The maximum time the USPS will hold mail is 30 days. When the hold expires, all mail is either forwarded or returned to sender. Either way, the sender is charged a fee. Please insure you get your UWC newsletter promptly and the Club is not charged by informing Sue Stevenson (listed in directory) of your FORWARDING ADDRESS so we can mail your newsletter to you directly at your nice, warm winter home!