



Winter 2023

### Dates to Remember

**April 14, 2023**

Reservation due for Spring Luncheon

**April 18 & 19, 2023**

Trip to New York City

**April 27, 2023**

Annual Spring Luncheon



### President's News

Happy New Year!

Whenever I think of all the good things from the last year, I think of the relationships, support and friends like all of you. What an interesting year! I learned that whatever you're afraid of - just do it!

With another year passing, I put the final words, cross the "t's and dot the "i's" and revisit memories to complete another chapter in this book I'm writing daily called "My Life".

The new year brings new opportunities, new challenges, new joys and new beginnings to write the 2023 chapter. In many ways it will be a year of saying goodbye to the old and gratefully welcoming the new! It will be different. It will be adventurous.

It will be what each of us makes of it.

This year, I'm going to try more new things. This year I will try to be more grateful. This year I will try to see things from a multitude of perspectives.

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## President's News (cont.)

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UWC is a great place to start by joining interest groups for learning skills, attending the Spring luncheon and building community. The calendar will be filled with activities that enrich our lives and the lives of those around us.

This last year has been another productive and growth year for our Club. Membership is up and unexpected changes forced many of us to adapt to everything from post-COVID recovery meetings/gatherings to local, national and world news events that became touchstones for many of our lives.

The UWC is a positive part of that new chapter I am writing this year. My hope is that it might be the same for you.

Thanks for all your heartfelt support, suggestions and feedback. It's going to be a great 2023!

*Ingrid Blood*

UWC President, 2022-23

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### In Our Thoughts

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Keeping Kay Kustanbauter and Mary McLaughlin in our thoughts.

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### Joys

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Lucy Auger shares the joyous news of the arrival of her great granddaughter, Charlotte.

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### Keeping In Touch

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If you know of a UWC 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 at 814-238-8124 or by e-mail at [eah3@psu.edu](mailto:eah3@psu.edu). Betz will send a note on behalf of the UWC expressing friendship and well-wishes.

## Membership News

To date, we have added 38 new members. Welcome to all!

We were sorry to see Membership Assistant VP Nancy Sadis step down from her position due to extended travel this year, but we thank Nancy for her inspiration and help during the summer and fall.

We are pleased to welcome Diane Stoner as our new Assistant VP!

In September, we held a successful new member welcome reception at my home. Board members greeting new members, and all enjoyed refreshments and getting to know each other.

This year's New Member Interest Group of 16 women has enjoyed gathering at my home and an interesting tour of the Boal Mansion.

We will have more gatherings and adventures in the months to come.

Claire Whiteman  
Membership Vice President  
[clairewhiteman@gmail.com](mailto:clairewhiteman@gmail.com)



## The University Women's Club Award and Endowed Scholarship Update

If you attended the Fall Kickoff held at the Centre Hills Country Club in September, you had the opportunity to meet and hear from two recipients of the UWC Endowed Scholarship: Tamara Fetzer and Nicole Rao. They also wrote thank you notes to UWC Board members which we want to share with you.

Tamara Fetzer wrote:

"I would like to extend my appreciation for the University Women's Club Endowed Scholarship and share my personal experiences of working on my master's degree in Curriculum and Instruction with an emphasis on Early Childhood Education (ECE).

My studies this year will focus on finishing my research and writing my master's thesis. I am researching the professional well-being of early childhood educators teaching children birth-five years old. I personally have taught this special age group for 15 years. I have experienced the joys and challenges of this role and participated in many valuable discussions with colleagues about the experiences of working in this field. Early childhood educators are among the lowest paid workers in the U.S. and are often held to very high expectations. These, among other factors, lead to high turn over rates and burnout.

I have taught infants-preschool age children at the Child Care Center at Hort Woods on the PSU University Park Campus for the past 10 years. Recently, I accepted a Head Start teaching position with CenClear. Head Start is a federally-funded program serving children and their families below the poverty line. Working with this demographic has given me an opportunity to again see how important these early experiences are in bettering the lives of those who need them most and how big of a part the teachers play in fostering a safe learning environment.

Being a single mom of two and working full time while pursuing my degree has presented many challenges; and with the help of this scholarship, I look forward to finishing my thesis and graduating this May. Thank you to the Penn State University Women's Club for this opportunity!"

Nicole Rao, an academic advisor in the Morgan Academic Center, wrote:

"I would like to express my most sincere gratitude to the Penn State University Women's Club for their generous support of my academic endeavors. This award is a welcome surprise and serves as a meaningful reminder of the importance of perseverance, patience, and fortitude on the path to reaching a long-awaited goal.

As I embark on my second year of the Educational Leadership D.Ed. program, I am encouraged by the ongoing support of the faculty and staff who make it their priority to imbue both their students and the Penn State community with the knowledge and the resources for their continued success.

Balancing the demands of my program while working full time has certainly been challenging but has allowed me to remain in touch with my 'why' — my students. ... (T)he ongoing ability to connect with my current students and reach their needs while developing my own growing toolbox of tools, strategies, and knowledge have made our respective experiences all the richer. Perhaps the most significant motivator in pursuit of my Penn State degree is knowing that my efforts can and will have a lasting, positive impact on the students and communities that I strive to serve now and in my next chapter(s) as well.

I cannot say enough how grateful I am for this opportunity and acknowledgement, and thank you for your belief in me as I continue my journey."

Illness prevented Lily Umbel, the freshman recipient of the UWC's \$600 book scholarship, from attending the Fall Kickoff. Her thank you letter contained the following words of appreciation:

"Thank you so much for the scholarship! I am so grateful to receive it (and) know the money will be incredibly helpful when I purchase books this fall!"

A listing of donors to the UWC Endowed Scholarship since the 2021-2022 winter/spring newsletter appears elsewhere in this newsletter. As each of our student honorees has expressed, our awards make a huge difference in their lives. We inspire them to pursue their goals and our confidence in them sustains them when they get weary!

# Spring Luncheon



**You are cordially invited to  
UWC Spring Luncheon  
and 74th Annual Business Meeting**

**Date:** Thursday April 27, 2023

**Time:** 11:00 AM - 2:30 PM

**Location:** Centre Hills Country Club  
153 Country Club Road State College, PA 16801

**Guest Speaker:** Mother Goose – Educational Performer Marilyn Scanlon

## **LUNCH MENU**

Hors d'oeuvres

Chilled Gazpacho Soup

Mediterranean Salad

with optional Feta Cheese and Grilled Chicken

Dessert

Coffee, Tea, Sodas

Cash Bar

\*Please let us know if you have any food allergies

## Spring Luncheon (cont.)

***The MAGIC of nursery rhymes is their simple ability to please a child who hears and recites them- and to please a child is really reason enough to read Mother Goose rhymes.***

Mother Goose may have started in the nursery, but there is no question that today her works are considered an important aspect of literature. From a literary standpoint these rhymes have proved of real value in creating a taste for the truly musical in poetry and song. They train the ear and stir the imagination of the child. But even more than literary importance—from century to century—from generation to generation – Mother Goose has been a part of our lives. Today’s teachers are keeping nursery rhymes a magical part of childhood and are helping pass down this literary heritage.

By bringing the Magic of Mother Goose to Pre-K through Grade I Marilyn adds a little “magic” to the curriculum. Using puppets, props, magic and student participation Mother Goose delights the children with her rhymes and tales. Mother Goose’s program not only brings nursery rhymes to the children, but she encourages listening skills, stresses kindness and gives small children an introduction to “live theater”.

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**Please mail this form with your check by April 14!**

Name \_\_\_\_\_ ( As you would like it on your name tag.)

Telephone number \_\_\_\_\_

Guest Name \_\_\_\_\_ (Invite a prospective member to join us for this special program!)

Enclosed \$ \_\_\_\_\_

(\$39 per person. Make check payable to **University Women’s Club**)

**Mail check with form BY APRIL 14th to:**

Julie Breuninger, 1212 N. Inverary Pl., State College PA 16801

Email Julie at [julieknits4@gmail.com](mailto:julieknits4@gmail.com) with any questions.

## EVENT NEWS



On November 3rd, The Douglas Albert Gallery on College Avenue, opened their doors for a PSU University Women Club-only event.

The shop was filled with every kind of art work our little hearts desired and many of us took advantage of the generous 20% discount to get a jump on our holiday shopping. We spent a lovely evening enjoying wine, salmon, cheese, crostini, and fruit while sifting through the paintings, sculpture, jewelry – lots of jewelry - clocks, glassware, handbags, textiles and Christmas ornaments.

The staff was delightful and full of information on the artists and suggestions on things we may like. We had a lovely time socializing, eating and shopping.

There were 40 members in attendance on a cold autumn evening. As the snow was flying outside, we were having a great time in this warm, inviting space.

We hope to make this an event again next year.

## EVENT NEWS (cont.)



Reading the Fall Newsletter, I was intrigued by the Annual Day Trip to the Comedy Centre in Jamestown, New York. It was a fun afternoon, walking through the museum and viewing clips on Comedy programs going back to Johnny Carson. It brought back memories and now using modern technology we had the option to answer questions on the varied themes of the Comedians' presentations.

However, the first part of the tour was enthralling, visiting the Lucille Ball and Desi Arnaz museum. It was a treat walking through the rooms viewing their costumes from many episodes and looking at their New York apartments.

Lucille Ball was born in Jamestown, not far from where the museum is housed. She had a humble beginning, and partook in performances at the amusement park nearby. She had a natural instinct to make people laugh. Her mother, DeeDee, sent her to a theatre school in New York, but that did not pan out. She returned to do modeling for well known designers until a talent scout recruited her as a poster girl for a movie at MGM Studios. She worked for years in B-movies, then was asked to do a radio comedy program. This led to name recognition, and a move to New York where she met the dashing Desi Arnaz who was very popular with his band in the night clubs. They soon married and Desi had an idea to do a family comedy on CBS. Because of his Cuban accent it took awhile to convince the television bosses. However, they agreed to give it a try and thus was born the "I Love Lucy" show and the rest is history. Desi being an astute businessman, kept copies of every segment they taped, and later with the show's popularity and awards he sold it back to CBS and the reruns ran for years not only in the USA, but all over the world.

With her multitude of acting roles in films and television shows Lucy became a Hollywood ICON. She won numerous awards and in 1987 the Lifetime Achievement Award in American Comedy. We can all remember our favorite episodes and still get a good laugh.

I have been to many Day Trips but this was memorable. Lunch was good and I thank the organizers for a fun-filled day.

- Chandra Bose



## News From Interest Groups



### **Online Sign-ups a Success!**

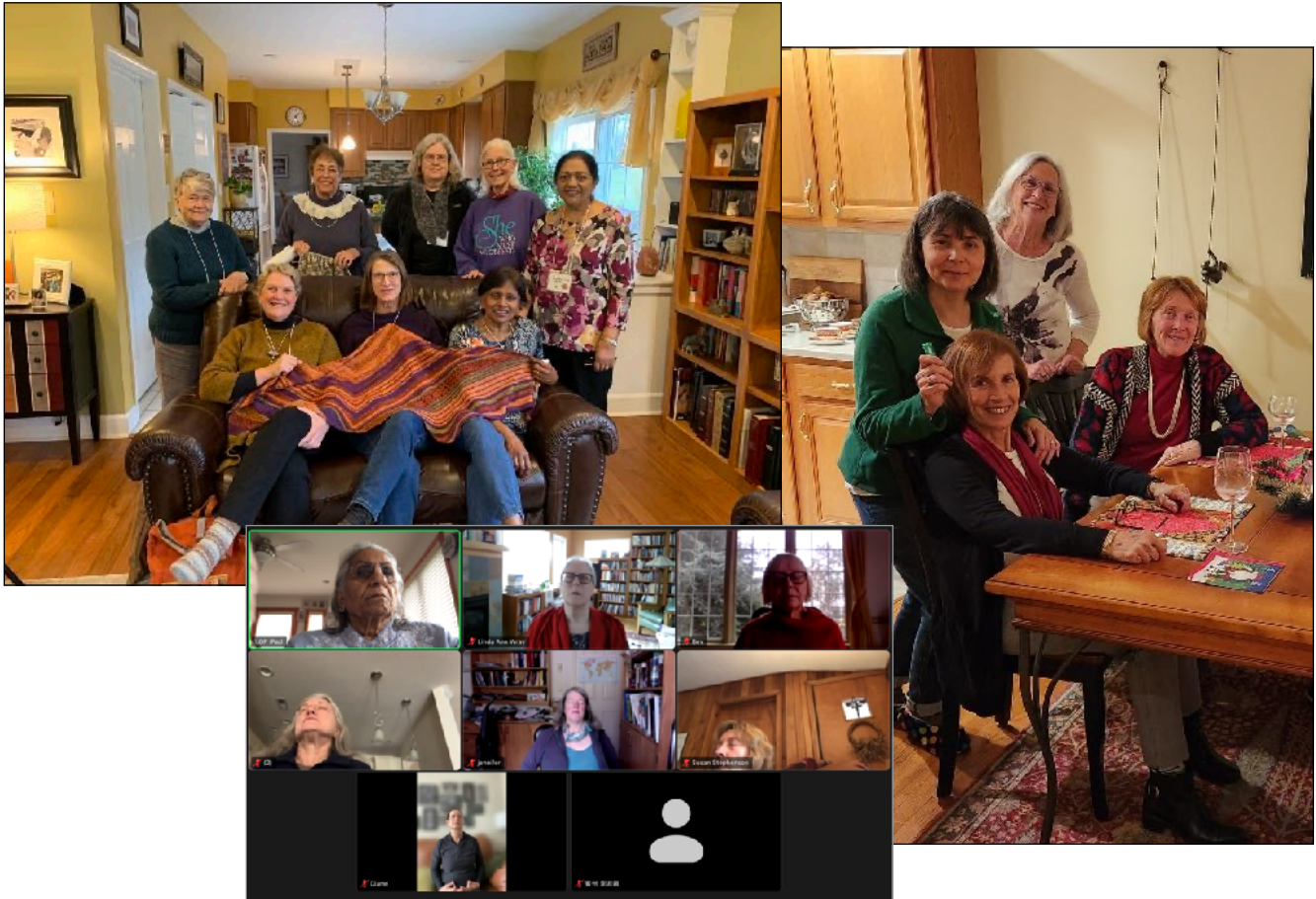
Thank you to all 260 of you who took advantage of the Online Sign-up Form. We were able to get everyone placed in their respective Interest Groups and got contact information to Leaders with only a few hiccups.

The Online Form eases our constraints in finding a Fall Reception Location – finding space for all 34 Interest Groups can be a big undertaking! The Online Form allows us to account for all of our members and makes it easier for members signing up for multiple Groups, as your information only needs to be entered once.

### **Mahjong (or is it Mah Jongg?) Mania**

Last year, we introduced Chinese Mahjong, a Rummy-like game played with tiles instead of cards, to the UWC. This year, we added American Mah Jongg (not a typo)! American Mah Jongg started their year with four classes for new players, to introduce the tiles, annual card showing allowed hands, and how to play. They are now off and running, with games every Thursday.

## News From Interest Groups (cont.)



### What We're Watching:

Have you ever wanted to go see a movie, but didn't go because you couldn't find a companion? We've got a great Interest Group for you: Movies, led by our own Maureen Moses. Once a month, she finds a suitable movie for women of a certain age, and invites the Interest Group to join her at a matinee. It has been a particular challenge since Covid, as movies don't stay in theaters very long and many aimed at our age group go quickly to DVD and streaming channels. Still, there is something to be said for fresh popcorn and a big screen! If this is something that interests you, contact Maureen ([mamamoses@gmail.com](mailto:mamamoses@gmail.com)) and get added to her list. What We're Reading

**What We're Reading:** Are you looking for a great book to read? Here's what our book clubs are up to: Lit Lovers has gotten off to a great start meeting at University Wine Company with Kate Quinn's historical fiction book *The Rose Code*. Also well received was the saga *The Shell Seekers* by Rosemund Pilcher. Some had read it when it first came out, and it really resonated with the group. Book Discussion Group recently read *The Library Book* by Susan Orlean. Everyone in the group enjoyed this one, which is rumored to be a very rare occurrence. Literary Supper Club is looking forward to reading Jonathan Swift's classic, *Gulliver's Travels*.

Wicked Good Reads has had some amazing discussions after reading. They recommend any of the following books: *Desert Solitaire*, a classic by Edward Abbey, *The Woman Who Smashed Codes* by Jason Fagone, and *Indigo Girl* by Natasha Boyd. (They have many others to recommend, but my space here is limited.)

## News From Interest Groups (cont.)

**What We're Drinking:** In September, the Ladies Afternoon Wine Tasting Interest Group enjoyed an outing to Goot Essa (Good Food), an Amish Farm, where they learned about a wide variety of cheeses and their production from the owner, John Esh. In October, they sampled a variety of Goot Essa cheeses with El Dorado and Menage a Trois Silk wines. (You've got to love wine names!)

Aged to Perfection had a field trip to Mt. Nittany Winery, which was clearly a lot of fun. In October they tasted wines from Argentina and learned about culture and agriculture in South America. As I write this, they are preparing for a December meeting featuring Wines for the Holidays.

The newest wine tasting group, Vineyard Voyeurs, had their first meeting in November. They sampled a number of wines from Germany, including a Riesling - a white wine for which the Mosel and Rhine regions are known. And the winner was: the Riesling from the Finger Lakes own Hermann J. Wiener Vineyard on Seneca Lake!

**What We're Eating:** With the changes in our personal comfort levels in going out and about, our food groups have been busy supporting local restaurants in addition to dining in, and just generally having fun times together. Fun with Food had a whopping 40 people at each of their three fall lunches! One was at Duffy's Tavern, where they also enjoyed learning about the history of Boalsbury and the tavern, one was at ReFarm Cafe, and the December lunch was held at the Mountainview Restaurant.

Lunches for Six has determined that six is the perfect number for lively conversation, learning about each other, and savoring good food. In one case, two members held a progressive feast, with the main course at one house and dessert at another. Dinners for Eight enjoy inviting significant others to dine with them and have fun, too! They recently held a lively dinner at the Gardens Restaurant, at the Penn State Hotel.



## News From Interest Groups (cont.)



### **From the Biking Club:**

Cranksgiving is a worldwide event held in November where riders use bicycles to collect items to benefit local charities.

On Tuesday, Nov. 1, 2022, the UWC Bicycling Interest Group participated in State College's 4<sup>th</sup> Annual Cranksgiving Food Drive. They rode their bikes from the Boalsburg Military Museum to the Giant and Weis stores on South Atherton Street.

They collected a total of 212 items which weighed a total of 188.3 lbs at a cost of \$416.29. The food items were donated to the Centre County Youth Service Bureau. This was a great way to end our bicycling season by combining riding our bikes with helping out our community.

## News From Interest Groups (cont.)

### Be Kind, Reply

Just a reminder to all that Interest Group Leaders are an unpaid position. They take on the role so that the group can effectively communicate with one another and with the UWC Board. Please do what you can to make their jobs easier. Particularly, if they send out an email - reply! At the very least acknowledge that you've received their email.

### New Interest Group Ideas for Next Year

Your Interest Group Vice President and Assistant Vice President would love to hear your ideas for any New Interest Groups! Remember: all proposals for interest groups must first be approved by the UWC Board before they can be offered to the Club! If you have an idea AND are willing to be its first Leader, please reach out to us at [lurenef@aol.com](mailto:lurenef@aol.com) and/or [katemay118@gmail.com](mailto:katemay118@gmail.com) . We will be glad to work with you on developing your idea and taking it before the Board.



## Member News



In the last few months, two members of our club have published books.

Diane Twomley, past Communications Vice President and die hard optimist, firmly believes that you are never too old to try something new, such as writing a book. Carole Jane from Starfish Lane is proof that she can do just that. A book for children, it tells the story of an island-dwelling girl who can see the ocean every day, all year long. Spending the year with Carole Jane means discovering everything from parades celebrating Mac Island's townspeople, to a bonfire on the beach, to peaceful days reading on the pier. The book is available in both hardback and paperback from Barnes and Noble and Amazon.

Adelina Hristova has written a cookbook, *3 Simple Ingredients in 33 Favorite Dishes: Family Recipes from the Old Country*. She explains that traditional Bulgarian cuisine is mainly season-based, and usually meals are freshly cooked with the produce available at the moment, except for three ingredients — yogurt, feta, and walnuts --- that are available year-round and are used in all kinds of dishes. Hristova runs AzBukiVeri, an independent publishing company in State College. Her book can be purchased from the company website. Adelina recently prepared 3 of the recipes from her book on the WPSU digital World Kitchen. An archived version of her demonstration can be viewed at <https://wpsu.psu.edu/digital/worldkitchen/bulgaria/>



## Trip to New York City – April 18 & 19, 2023

### JOIN THE WAITING LIST

#### Highlights of for the 2023 New York Trip

On Tuesday, April 18, we will start with a tour the Morgan Library, selected because so many of us were enamored of the book, *The Private Librarian*. Then a fantastic early dinner at Bobby Van's Steakhouse awaits us. After checking into the Kimberly Hotel, we will see *A Beautiful Noise --The Neil Diamond Musical*. On Wednesday, April 19, you will have selected the exhibitions you want to tour at the Empire State Building. The optional matinee is *MJ the Musical* (Michael Jackson). A reception on the bus with a box supper from Sarge's Deli and a movie will complete our New York adventure.

#### **Tuesday, April 18**

Tour the Morgan Library

Enjoy an early Dinner at Bobby Van's Steakhouse

Relax at our new-to-us hotel, The Kimberly

Attend a performance of *A Beautiful Noise --The Neil Diamond Musical*

#### **Wednesday, April 19**

Tours of the Empire State Building

Optional matinee, *MJ the Musical*

Return trip plans: reception, box supper, and a movie

**We would be delighted to add you to the waiting list.** For further information, contact Lurene Frantz ([lurenef@aol.com](mailto:lurenef@aol.com)) or Janice Keay ([jms32@psu.edu](mailto:jms32@psu.edu)).

Other committee members are Ann Gray, Cindy Hall, Diane Krentzman, Connie McLaughlin, and Sally Tucker.

# Digital Print to Help Save Our Planet

By: Pat Weaver

The University Women's Board spent many hours discussing whether to change to a digital newsletter or to continue printing our newsletter with a local printing company three times each year. Discussion was held and a decision was made that we would produce digital newsletters and have several copies printed for those members that do not have computers or internet.

One of the reasons we decided to change to digital is due to the rising cost of 400 copies of a 12-15 page printed newsletter, plus the US Postal cost of mailing these newsletters.

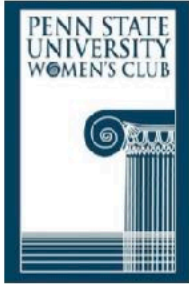
Our research showed that digital reduces waste. It's hard to believe that the use of paper has grown more than 6 times since the 1950's. One ton of uncoated office paper requires 24 trees to be cut down and processed. Additionally, the act of making paper uses more water than many other items produced.

To sum up our decision to digitally produce our three newsletters, we're saving money and we're helping save our planet for our children/grandchildren. We're also accommodating our few members who don't have a computer and/or internet by sending them a printed copy through the mail.

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Visit the Penn State University Women's Club website at [sites.psu.edu/psuwc](https://sites.psu.edu/psuwc) for the most recent Club news and updates. You can also "Like" our Facebook page to show support and to receive updates about the page in your News Feed!





## 2022-23 Membership and Dues Form

Name \_\_\_\_\_

**ENCLOSED** is a \$30 check for my dues, payable to University Women's Club.

**DIRECTORY:** Your contact information will be included if your dues are paid by October 1.

Opt out of directory.

**NEWSLETTER:** Your membership includes several newsletters per year. We have gone **green**, so these will be sent to your email address.

We share the University's commitment to inclusion and diversity and welcome as a member any woman with our common concern for the interests of The Pennsylvania State University, the community, and each other. No formal affiliation with the University is required to join. Check one: \_\_\_\_\_ I am a NEW MEMBER.  
 \_\_\_\_\_ I am a CONTINUING MEMBER.

**Please print legibly.**

Email \_\_\_\_\_ Preferred phone number \_\_\_\_\_

Mailing address \_\_\_\_\_

Spouse's name \_\_\_\_\_

**SIGNATURE REQUIRED:**  
*I understand that by participating in University Women's Club events, meetings, and activities, I assume full responsibility for injury or illness (such as the case of COVID-19 exposure) and waive any action which might be undertaken against the University Women's Club.*

\_\_\_\_\_

*Signature* *Date*

**Complete form and mail with a check for the \$30 dues payable to University Women's Club to:  
 UWC Treasurer, P.O. Box 341, State College, PA 16804**

*Please consider making a contribution to the UWC Endowed Scholarship using the form below.*

For your convenience, you may include both forms and 2 separate checks in one envelope.  
 Dues checks must be made out to UWC; checks for donations must be made out to Penn State University.

### Donation to the UWC Endowed Scholarship Fund

Name: \_\_\_\_\_

Email/ Phone number: \_\_\_\_\_

Check one:

- \$ \_\_\_\_\_ donation check enclosed, payable to Penn State University.
- I made a \$ \_\_\_\_\_ donation online with my credit card at [www.GiveTo.psu.edu/universitywomensclubscholarship](http://www.GiveTo.psu.edu/universitywomensclubscholarship)
- Optional: This donation is in honor of/ in memory of \_\_\_\_\_

Please mail this form to: **UWC Treasurer, P.O. Box 341, State College, PA 16804**  
*Donations to the Scholarship Fund are tax-deductible. Thank you for your generosity!*