



Winter 2024



A message from our president, Pat Weaver...

Greetings to all!

As I write, I am amazed my year as President of the Penn State University Women’s Club is more than half over and grateful for the opportunity to lead this group of just over 400 members. My presidential year is being aided immensely by collaborating with a dedicated team of hardworking board members.

Reflecting on the last few months, I am impressed by our many accomplishments. During the summer months, we planned and scheduled many fall programs and events. For example, I had the honor and privilege of introducing our Honorary President Dr. Neeli Bendapudi at our well-organized Fall Reception in late August. Her comments about the importance of sisterhood were welcoming and inspirational to both members and scholarship recipients. In the following months, many members enjoyed our Fall Bus Trip to Bedford Springs and our Fall Speaker event with Char Morrett Curtis, whose name is now immortalized on the hockey field complex at Penn State. Our Interest Groups, the longtime heart of our organization, now number 40, and members have actively met and enjoyed social time while bonding over shared interests. Finally, the Big Ten Conference Planning Committee has met multiple times to begin plans for hosting the 2027 conference on the University Park Campus.

Looking ahead, we are pleased to announce that on January 31, 2024 renowned

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Professor of Physiology and Kinesiology Dr. Larry Kenney will speak to us on "Aging in a Hotter World." We will also hold our annual New York City Trip and our annual Spring Luncheon and Business Meeting. Details for each of these events are included in this newsletter, on our website, and in upcoming emails.

As you know, a central mission of our club is to provide financial assistance to Penn State University students. We have faced major challenges in this area this year due to the illness of our longtime scholarship guru, Dr. Charlene Harrison (who, thankfully, continues to heal). Other board members jumped in as a team to try to fill her quite large shoes. In this newsletter, you can read about this year's very worthy scholarship awardees and see that nearly half of our members donated to our endowed fund, which now has a market value of over \$218,000. I hope you enjoy learning about the impact of your generous support on our three awardees.

In closing, I wish all of you a happy, healthy, and prosperous year in 2024 and hope to see many of you at upcoming events and Interest Group meetings.

Pat



Save the Dates

- **The Mid-Winter Program:** Wednesday, January 31, at the All Sports Museum at Beaver Stadium. Look on page 3 for details.
- **New York City Trip:** April 16-17, 2024. See page 3 for current trip news and check <https://sites.psu.edu/psuuwc/spring-events/> for updates.
- **The Annual Spring Luncheon and Election of Board Members:** Thursday, May 2, 2024, at The Penn Stater Hotel and Conference Center. Details will be announced soon. Watch for them at <https://sites.psu.edu/psuuwc/spring-events/>

In Our Thoughts

Linda Berenson

Donna Dierks

Marti Duffy

Lydia Fox

Betz Hanley

Charlene Harrison

Lurene Frantz

Maureen Moses

Lida Owehand

Rebecca Pierre

Shirley Sacks

Nancy San Julian

Jane Sheeder

Michelle Thomas

Mid-Winter Program: Professor of Physiology and Kinesiology Will Speak



Date: Wednesday, January 31, 2024 (Snow Date: In the event of inclement weather, this event will be held on Thursday, February 1, 2024.)

Time: The doors to the All-Sports Museum will open at 12:45 pm. His talk will begin at 1:15 pm.

Location: All-Sports Museum auditorium at Beaver Stadium. Use the entrance next to the Bookstore at Beaver Stadium.

Speaker: Dr. W. Larry Kenney

Dr. Kenney, Professor of Physiology and Kinesiology at Penn State, holds the Marie Underhill Noll Chair in Human Performance. His research focuses on the consequences of how humans regulate their temperature when they exercise or live in extreme environments.

Title: Aging in a Hotter World

The planet is getting hotter, and the global population is aging. This talk will cover: (1) how hot is TOO hot for people to live and thrive; (2) what about the most vulnerable populations, such as older adults; and (3) what does the future hold if projections about global warming come true?

Parking: Parking is available at a cost of \$1 per hour in the lots across the street along Curtin Road. You can pay at a kiosk (you will need to enter your license plate information, how long you expect to park, and your payment information) or use the ParkMobile app on your phone. The zone is 95112.

Carpooling is a good idea!!

Reservations: Reservations will be accepted through Tuesday, January 30, at 5:00 pm. Please contact JoLaine Teyssier for reservations and/or questions.



Trip Committee updates plan for New York City visit

Planning continues for the annual trip to New York City April 16-17, 2024. After an authentic NYC excursion and a delicious dinner at a club favorite spot—Bobby Van’s—participants will go to the evening performance of *&Juliet*. The show has received excellent reviews and was nominated for Best Musical in 2023; the leaders are excited to have secured tickets. The group will once again stay at the lovely Kimberly Hotel, which was rated one of the Best 15 Hotels in New York City—capturing a sense of bygone elegance—by *Travel & Leisure* magazine. The second day will include an optional excursion and the optional new-to-Broadway matinee of *Water for Elephants* before the group starts the trek home. Leaders have two exciting excursions in mind but cannot book them until January 15, so there are still surprises in store!

Bravas to our scholarship award winners!

As noted in President Pat Weaver's message in this newsletter, nearly half of our members contributed generously to the University Women's Club Endowed Scholarship Fund, which permits us to award scholarships to worthy incoming or current Penn State students. In 2023, we awarded scholarships to the three talented women you can read about below with the knowledge that your support is paving the way for enhancing our future society. Each of these women is in a different point of her academic journey at Penn State and in quite diverse fields—starting a PhD program in Nursing in fall 2023 (Rebecca Weaver), soon to graduate with a BA in English and Classics and Ancient Mediterranean Studies and a minor in Jewish studies (Marissa Cruz), and just now entering her second semester in Kinesiology (Emily Ishler). Each has inspiring stories about what got them to where they are today, what their favorite Penn State memories are, where they hope to go in the future, and the impact of the UWC scholarship, stories that will surely tug at your heartstrings and bring back memories of your own journeys.

On behalf of the UWC, we offer our bravas to each and present them to you in their own words.

Rebecca Weaver, AS in Nursing, Magna Cum Laude in 2017, BS in Nursing, Summa Cum Laude in 2018, MS in Nursing Education in 2021, entered PhD program in Nursing 2023:



"Being a part of the nursing faculty at Penn State Altoona has cemented my belief that Penn State offers top-notch education to its students, so I felt it was only appropriate to attend Penn State for my PhD. Also, I had a wonderful experience during my Master's in Nursing Education journey through Penn State, so I was confident that my experience in their Doctoral program would be no different.

So far, my favorite Penn State memory is starting this journey. I have the opportunity to meet so many talented and intelligent fellow students and graduate faculty. I had this instant connection with the other students in my PhD cohort. Within hours of speaking to them, we exchanged contact information and have been offering support and advice to each other since that day. There are students from across the world in my cohort, and I feel as though I am blessed to have this opportunity to meet and work with them throughout the program. There is always so much to learn from others, and I am excited to continue growing and learning from my peers and the faculty. My passion lies within nursing, particularly Emergency Department nursing. I also love academia. I am passionate about imparting some of my knowledge about nursing and caring for others onto my students. Continuing to learn and grow as an educator is my career goal, and this can be enhanced by pursuing my Doctoral degree through Penn State.

I am blessed to have this chance to grow not only as an educator but as a woman, mother, nurse, and person. My future plans are to elevate my career from an Instructor of Nursing to a Professor of Nursing while also continuing research in the realm of nursing education. I hope to better the educational milieu to create an environment more conducive to constructive learning, critical thinking, and building relationships with our nursing students. My PhD Nursing degree will grant me the knowledge and skill base to pursue these goals. Your generous gift means I will have greater flexibility to attain my degree, thus allowing me to place a greater focus on my studies, my career, and my family. I have a daughter (12), a son (8), as well as a husband of 14 years, all of whom I hope will be proud of my journey graduating with my PhD. Thank you."

Marissa Cruz, BA in English and Classics and Ancient Mediterranean Studies, with a minor in Jewish studies, expected in spring 2024



"I grew up in State College and always dreamed of attending Penn State. The campus is beautiful, and the alumni network is so extensive that I knew it would be incredibly influential in my future career prospects. When I first enrolled at Penn State, I was an Animal Science major, and the Ag program on campus is one of the best I'd looked at. After I switched to a Liberal Arts degree, the staff and faculty were so incredibly kind, helpful, and supportive; I could not imagine a better college experience anywhere else.

My favorite memory I've made at Penn State was working on the Creative Arts Journal, Klio, where I fulfilled the role of Co-editor of a Sci-Fi/Fantasy initiative, where we highlighted the genre works of students across the branch campuses. These roles taught me so much about my future responsibilities working in the publishing industry. I got to bond with other students who were just as passionate about books and literature as I am, speak with and get to know an incredibly diverse group of people, and develop leadership skills in a field I'd never worked in.

In the future, my dream is to become a published author. I've written a few short stories throughout my time at Penn State, and I hope to continue developing my passion as I enter the workforce this upcoming year, specifically as a social media marketer. I aspire to promote books I love and connect with fellow readers from around the world. One day I hope to publish a book of my own as well. This scholarship has played a pivotal role in supporting and furthering my academic journey. With the club's generous assistance, I was able to acquire a new laptop for my studies and enroll in a unique opportunity to study abroad in Greece this Spring.

This scholarship not only helps to alleviate some of the financial burdens of school but also propels me towards my goals. Through my degree at Penn State, I aim to make a positive impact in the literary world promoting and connecting diverse cultures and individuals through books and stories. The

University Women's Club Scholarship has offered me invaluable support in making my educational and professional aspirations more achievable. I want to extend my heartfelt gratitude for your generous support by making a lasting impact on my education and helping me realize my dreams."

Emily Ishler, State College Area High School graduate June 2023, began her Penn State journey in fall 2023 in Kinesiology:



"I wanted to go to Penn State because of how many different opportunities there are. I love how big the college is, with people from all over that I get to meet. I also loved the idea that there were numerous clubs and activities that I would be able to get involved with. I had a couple of clubs that I knew I wanted to be involved in from the beginning such as Blue Band and THON. There were also clubs that I

discovered along the way such as PSU CHAARG (a club dedicated to promoting health and wellness among women), the KINES club, and the HHD (Health and Human Development) Ambassadors. I enjoy all of my clubs and am so grateful to be involved in a variety of activities.

My favorite memory of Penn State so far is being at the football games with the Blue Band [where she plays the piccolo]. I have met so many incredible people who feel like family to me. Being in the stadium and on the field is indescribable. It brings me such joy to know that all of us are coming together to show our Penn State pride and spirit to the students, faculty, alumni, and little kids watching us.

Helping other people and taking a holistic approach to improving their health has always been something I am really passionate about. We all know getting enough physical activity is important but not everyone meets the recommendations, and this is something that really interests me. I want to learn more so I can be there to help and encourage others which is why I am studying kinesiology. I am a very social person; I like challenges and problem-solving, which is why after I get my undergraduate degree, I plan on going to Physician Assistant or Optometry school."

Look at the impact your generosity has made and continues to make! Brava to all the UWC members too!

Thank you scholarship donors!

Lynn Abramson
Karen Randolph Aman
Emily Anselmi
Lucy Auger
Amber Axeman
Darlene Bachmann

Robin Barton
Jean Beierlein
Joanne Bennett
Mary Lou Bennett
Jo Bewley
Nikki Blake

Ingrid Blood
Melody Bodle
Sherrie Borden
Chandra Bose
Julie Breuninger
Joan Brower

J. Lynne Brown
Mary Jane Brune
Kathy Burnham
Marge Carline
Donna Chandler
Emeline Chandra
Nancy Chiswick
Mel Coble
Ellen Coffman
Anne Cornell
Sherry Crassweller
Martha Cox
Namita Das
Joyce Degenhart
Nancy DeWalle
Donna Diercks
Diane Dillon
Kay DiMarco
Connie DiNunzio
Carolyn Donaldson
Bonnie Eckstut
Karen Eklund
Leslie Ellison
Shari Erickson
Diane Farr
Patti Fernsler
Penni Fishbaine
Iris P. Flynn
Lurene Frantz
Lois Frazier
Marian Fritzsche
Marilyn Furry
Pat Garthe
Julie Gittings
Karen Golanoski
Linda Goncalves
Casey Goodall
Joan Grant
Cyndee Graves
Ann Gray
Barbara Grignano
Claudia Gulley
Cynthia Hall
Marian Hammond
Elizabeth A. Hanley
Irene Harpster
Cheri Harte
Suzy Hartz
Mary Hartzell

Christine Hill
Patricia Hock
Norma Holowach
Bonnie Hutchinson
Ellen Jarrett
Suzann Jenkins
Kathy Kalbach
Sally Kalin
Gail Kamon
Janice Keay
Caryl Kehoe
Linda Keisling
Cathie Kenny
Suzanne Kerlin
Joan Kimerer
Ruth Klementik
Diane Krentzman
Nilima Kumar
Ann Kusnadi
Lori Lamb
Esther Lauchle
Irmgard Lee
Patricia Leech
Mary Lisko
Linda Lowe
Carol Lunkenheimer
Rose Marboe
Sheryl Marcinko
Linda Marshall
Andrea Mastro
Alma Mathis
Connie McLaughlin
Deborah Meszaros
Maxine Millar
Ann Mitra
Linda Morrow
Rebecca Mugridge
Beverly Mullen
Deanna Nardozzo
Teddy Nicholas
Sara Parks
Lynn Petnick
Cindy Petrick
Bette Prenatt
Arlene Pruss
Kathy Rachael
Geetha V. Ramani
Judith Ray
B.J. Rhodes

Heather Ricker-Gilbert
Frances Risius
Judith Roberts
Anne Robinson
Joanne Rodgers
Carla Kuhns Rossi
Shirley Sacks
Nancy San Julian
Pratibha Sawardekar
Susan Scheetz
Doreen Schivley
Donna Schroyer
Natalie Seweryn
Robin Seymour
Julianne Sills
Patricia Siodmak
Jane Stanton
Susan Steadman
Audrey Stensrud
Sue Stephenson
Carol Stokes
Diane Stoner
Dee Stout
Louise Tarman
Susan Thorpe
Nancy Toepfer
Sally Tucker
Cynthia Van Druff
Beth Van Horn
Barbara Van Horn
Leslie Wagner
Bonnie Walter
Louise Wartik
Pat Weaver
Vicki Wedler
Claire Whiteman
Paula Wickland
Doyle Wilkerson
Pat Williams
Roselee Williams
Linda Wilson
Christina Winniker
Nancy Wolf
Sukie Woodruff
Linda Wray
Michelle Tai-Yu Yen
Mary York
Laurel Zydney

ALERT: The University Women’s Club board is aware that some scholarship checks made payable to Penn State University have not been deposited. If this is true for your check and it has not cleared your checking account at this time, please note that board members are looking into this on your behalf. Notify us if you have concerns.

Interest Group News

Literary Supper Group Celebrates 15 Years of Friendship

A Tribute to Fifteen Years of Reading, Dining and Laughing With Friends

By Pat Garthe, November 15, 2023

We started so young, delightful and sweet,
all loving to read, while desiring to eat.
So many tasty, lovely, super fine treats,
prepared each month by hands, never skipping a beat!
Challenging palates but chefs never flinched,
no gluten, no meat, no dairy, yet meals were a cinch.

We read and read 170 tomes,
warm and cozy in our homes.
From fiction to classics, memoirs and lore,
our brains almost bursting, while craving more.
We had friendship, fellowship, memories galore,
we had special times together, with more in store!

From weddings to grandchildren the years passed,
then gray hairs and eyeglasses appeared at last.

In sickness and health, we continued with stealth,
we read, we supped and truly enjoyed the wealth.
We were priceless friends both old and new,
shared thoughtful books, for me and for you.

Sometimes we asked “What was the reason for all the words of every season?”

Engaged, happy, free to disagree,
smiles on our faces portrayed pure glee.
On rare occasion a bad word crossed our lips,
and be that the case, some took a few extra sips.
We had wine, red and white, sparkling and clear,
which kept our heads serene and dear.

We shall continue, caring and sharing,
from year to year,
with all our friends always ever near.
Our stacks of books reaching for the sky,
with no end in sight of dreams we hold high.
Creating fresh memories, from a new point of view.
at a time in life when we hope to renew!

UWC Bicycling Group Participates in Cranksgiving



On October 31, 11 University Women's Club members combined their passions for bicycling and community service (and braved cold weather) to participate in the State College Cranksgiving 5 Event. Cranksgiving is a bicycle powered food drive; the riders visited area grocery stores to purchase nonperishable food items to donate to the Youth Service Bureau. Our group purchased 199 items, 135.2 pounds of food, for \$540.03.

Three New Interest Groups are forming!

Mexican Train: Leaders Teddy Nicholas and Pat Weaver are holding meetings the second Monday of each month from 6:30 to 8:00 pm at clubhouses to which UWC members belong. The group has met twice and welcomes new members to play this easy-to-learn dominoes game.

Walking group: Leader Jennifer Rittenhouse Pruss reports that her plan is to start in March walking in parks (so we have parking) about 3-5 miles. Tentatively the first walk is scheduled for March 1 at Tudek Park, meeting at 8:45 am and starting to walk at 9 am sharp. "We will do two loops around the park, which is 3 miles and should take one hour. I am hoping to repeat weekly Friday mornings at 8 or 9 am depending on consensus."

Bridge: The leaders will be Joanne Rodgers and Bing Morris. No other information is currently available; updates will be posted at <https://sites.psu.edu/psuuwc/the-latest-interest-group-news/> when the information is available. Contact the leaders if you are interested in joining the group.



Why don't I hear from my Interest Group anymore?

Some Interest Groups charge a fee (dues) to belong to them to cover expenses for items such as mailings, room rental, refreshments and speaker honorariums. In the days of in-person IG signups, these fees were collected at the Kickoff reception. Now that signups occur online, collecting the dues is a challenge for the groups that need this money to operate.

Various groups have responded to this dues collection struggle in different ways. Some keep trying: they include a request for dues payment in every communication they send. Some have found it necessary to drop members who have not paid dues within a few months of the start of the new club year. Some are concerned that they may need to raise the dues for everyone to compensate for the non-dues payers. If you no longer receive messages from a group that you joined in September, you have probably forgotten to pay your dues.

Our advice: Please contact the group leader(s) to arrange dues payment ASAP! Leadership information for each group can be found on the club website under the Interest Group tab.



Finding a Possible Solution When Getting There is a Challenge!

Several Interest Group leaders have been contacted by members who face challenges getting to meetings because they no longer drive or hesitate to drive in bad weather or darkness. We may have found a possible solution.

CATARIDE provides origin-to-destination transportation for persons 65 and over through the use of 12-passenger lift-equipped small transit buses and minivans that make boarding and deboarding easy and convenient. The cost is \$4.25 per one-way trip. There is the potential for groups of members to travel together to use this service to get to and from meetings.

To use the service, members must pre-register by completing a short application, available at CATA's Customer Service Center located at 108 E. Beaver Avenue in State College or by using this link:

<https://catabus.com/wp-content/uploads/CATARIDE-Application-for-Persons-65-and-Over-Non-ADA-53018-003-Current-8-28-18.pdf>

Once approved, participants will receive a **CATARIDE** photo identification card that will be shown to drivers upon boarding **CATARIDE** vehicles.

For more information, go to <https://catabus.com/cataride/>

Scenes from our fall activities

To see more photos, visit
<https://sites.psu.edu/psuwc/fall-events/>

Fall 2023 Kickoff



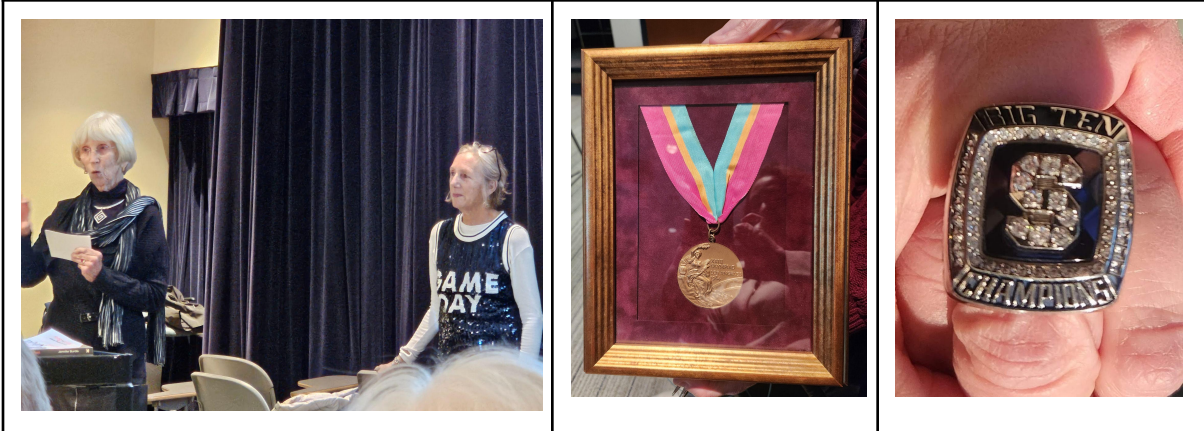
Members gathered to catch up with old friends and meet new ones, to hear from Penn State's first female president, Dr. Neeli Bendapudi (who inspired us with her talk of the power of sisterhood), and to learn about plans for the new club year. This was our first year at a new location, Mountain View Country Club, and our first year featuring an extraordinarily popular dessert bar.

Fall Trip to Bedford



Upon their arrival in Bedford, members were greeted by the Director of the Bedford County Visitors Bureau who provided an overview on the history of the town and the county as well as information on things to see and do. Next was a visit to The National Museum of the American Coverlet. Stop #3 was the historic Omni Bedford Springs Resort and Hotel for a buffet lunch, followed by a talk about the history of the hotel and property. The final stop was downtown Bedford to explore the town.

Fall Speaker



Charlene "Char" Morett-Curtiss, recently retired after 36 years as the Penn State Women's Field Hockey head coach, took the audience through her athletic journey from the playground to the Olympic podium. She never expected to go to college, but when Penn State offered her an athletic scholarship (almost unheard of for women in the 1970's) to play field hockey and lacrosse, she accepted that opportunity. She shared her experiences as a member of the USA Olympic field hockey team in both 1980 (when the USA boycotted the Moscow games) and at the Los Angeles games in 1984 when the team won the bronze medal. She highlighted the individuals at Penn State who were part of her success and motivation, including her teacher Betz Hanley. She talked about her career as a coach and her current role at Penn State, leading a new Penn State Women's Athletics Initiative, "Teammates for Life." In recognition of her rich and influential history with Penn State Athletics, the newly renovated Penn State Field Hockey Complex has been renamed and dedicated as the Char Morett Curtiss Field!

As a special treat, Char passed around her 1984 Olympic Bronze medal and a recent Penn State championship ring for all to see.



Call For Nominations for 2023-2024 UWC Board!

The Nominating Committee is seeking interested members to fill several positions on the UWC Board! This is an opportunity for YOU to become more involved and ensure the UWC can continue to offer our many groups, events, and programs! The committee will be meeting soon to prepare a slate of nominees for election at the Spring Luncheon on May 2, 2024. If you, or someone you know, might be interested in enriching your membership experience by being a Board member, please contact a nominating committee member as soon as possible!

The members are:

Pat Williams
Betz Hanley

Pat Garthe
Kay Kustanbauter

Joanne Bennett, Chair

Preview of the Spring issue of the PSU UWC newsletter to arrive by late March 2024:

- Bios of nominees for the 2024-25 Executive Board
- Interviews with 4 club past presidents who are 90+ years young
- Details of the Spring Luncheon in May

Stay in touch! MAKE SURE THE UWC CAN REACH YOU!

The UWC uses email to send members notice of the newsletter as well as important updates and reminders. We use "blind copy" to protect your privacy. Many email programs block such emails unless the sender is already a contact. **BE SURE PSUUWC@gmail.com is on your list of authorized email contacts.** HOW? You can manually add "psuuwc@gmail.com" to your list of contacts. For questions or help configuring your email, contact psuuwc@gmail.com

If you have a friend who is a University Women's Club member without email access, please consider becoming her email buddy to share information.

You can read this newsletter right on your screen or you can download and print it. If you have any questions, feel free to email the club at psuuwc@gmail.com

Between newsletters, visit the Penn State University Women's Club website at sites.psu.edu/psuuwc for the most recent Club news and updates. Bookmarking it will make that quick and easy!

PLEASE also "Like" our FACEBOOK page to show support and to receive the latest Club news in your News Feed!

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Keep up with the latest news on [our website](#)