

Colorado State University Women's Association Newsletter September 2022

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Message From CSUWA President



Dear Ladies of CSUWA,

I hope you are all well and as eager as I am to start a new CSU Women's Association year. Local schools are back in session, and students have arrived on the CSU Campus for the start of a new semester. Summer is ending with cooler air and some much needed moisture.

Our amazing Board, incredible women who work as an awesome TEAM (Together Everyone Accomplishes More), met in late July to make plans for the year ahead. Jennifer Anderson and A-Young Woody have programs for the year scheduled, and rest assured, they have amazing, interesting topics and speakers secured.

Our first meeting will on Thursday, September 8 at 10:00 a.m. at Trinity Lutheran Church, 301 East Stuart Street, Fort Collins.

Mindfulness for Stress Resilience will be presented by **Sue Schneider, Ph. D.** I will provide information by e-mail a week before the meeting and again the day before. We plan (and look forward to) meeting in person, but if COVID numbers surge, we will have to meet by ZOOM. So please watch for my e-mail.

September will be, "Recruit a New Member Month." Membership in CSUWA would be beneficial to many people, who like us, love CSU, love learning, and love to help students. Part of our dues goes to scholarships. Our endowment under the CSU Foundation, has grown to over \$100,000, the yearly benefits of which help fund our scholarships. Our Creative Cards Interest Group also provides scholarships. Our programs further our learning, and Interest Groups help us further explore personal interest areas. So, please think about a person or two that you could invite to join.

The membership form is included in this newsletter. Please pay dues in September at the meeting or by mail. Please contact Peggy Reeves, Treasurer, if you have questions at 970-482-8952.

Please see the budget, as we will vote to accept (or change) at the October meeting. A great year is ahead! Please always feel free to contact me or any of the Board members with suggestions, questions, and constructive criticism.

LOOKING FORWARD TO SEEING EVERYONE IN PERSON IN SEPTEMBER, fingers crossed!

~ Barb Wallner, CSUWA President



“Mindfulness for Stress Resilience” Topic of September CSUWA Meeting

STRESS can have a negative impact on our health. When confronted with stress, our bodies and minds react by going into a fight-or-flight response. Our natural instinct is to turn away, self-protect and distract from difficult emotions. Mindfulness principles and practices can be utilized to produce alternative responses. Mindfulness offers tools to help us stay present with difficult emotions, decrease our reactivity, and make choices that support one’s wellbeing.

At the upcoming CSUWA Meeting on Thursday, September 8, **Sue Schneider Ph.D.**, Family and Community Health Specialist for Colorado State University Extension will present “**Mindfulness for Stress Resilience**”. Sue is a medical anthropologist, integrative health coach, and mindfulness instructor. She combines her passion for community health and individual wellbeing in her work as a Colorado State University Extension Agent where she provides leadership, programming, and education in the areas of health, wellness, and healthy aging.

**Join us Thursday, September 8 at 10:00 am at Trinity Lutheran Church,
located at 301 East Stuart Street, Fort Collins.**

Please encourage friends and family members to attend!

Colorado State University Extension Mental Health Resources

Colorado State University Extension offers a variety of pre-recorded workshops to help you develop tools to navigate stress and live mindfully. To view the workshop topics, visit:

<https://www.larimer.gov/extension/health-and-wellbeing/mindfulness>

Members to Keep In Our Thoughts and Prayers

If you know of a CSUWA member you think would like to receive a card because of illness, bereavement, achievement, or other happening,

please contact CSUWA Corresponding Secretary **Susan McGill** at:

970-493-8694 or smcgill21@comcast.net

Support Larimer County CSU Extension: Shop at the Larimer County Farmer’s Market



Saturdays through October 30
9:00 a.m. - 1:00 p.m.

~ Larimer County Courthouse Parking Lot ~
200 West Oak Street, Fort Collins, Colorado





2022-2023 CSUWA Speakers

September 8th

Sue Schneider Ph.D.

Family and Community Health
Colorado State University Extension
Larimer County Office

"Mindfulness for Stress Resilience"

October 13th

Joel Bacon Ph.D.

Stewart and Sheron Golden Chair in Organ and Liturgical Studies
Colorado State University

"The Marcussen Organ of First United Methodist Church: Architecture in Sound"

NOTE: This meeting will be held at the First United Methodist Church on Stover Street

November 10th

Heidi Pruess CEP

Larimer County Manager
Climate Smart & Sustainability

"Climate Smart & Sustainability"

December 8th

Every CSUWA Member

"Show & Tell - Holiday Traditions"

February 9th

Laurie Stolen

Director Larimer County
Behavioral Health Services

"Behavioral Health Services"

March 9th

TBD

April 13th

Albert Madsen, Ph.D.

Agricultural Economist and Emeritus Professor CSU

"World Hunger"

May 11th

TBD



Life Is An Echo

What you send out... comes back.

What you sow... you reap.

What you give... you get.

What you see in others... exists in you.

Remember... Life is an Echo... It always gets back to you.

So give goodness.

~ Zig Ziegler

CSUWA Interest Groups Updates

Western Literature Interest Group is rarin' to go with our choice for the September 12th meeting, C.J. Box's **Dark Sky**. From Box's web site: "Wyoming game warden Joe Pickett must accompany a Silicon Valley CEO on a hunting trip--but soon learns that he himself may be the hunted--in the thrilling new novel from #1 New York Times bestselling author C. J. Box." We meet the second Monday of each month from 9 – 11 am, September to May (no meeting in January), in members' homes. We will be reading **Before She Was Helen** by Caroline Cooney, **Still Life** by Louise Penny, **The Chase** by Mary Hagan, **Manhattan Beach** by Jennifer Egan, **We Are Completely Beside Ourselves** by Karen Joy Fowler, and **The Personal Librarian** by Marie Benedict and Victoria Murray. All are welcome to join us for one or all of our meetings.

Please contact Mary Jean Currier at (970)223-722 or curriermjp@aol.com for more information.



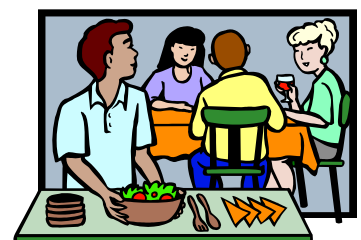
Theater and Arts Interest Group meets once a month and the members take turns deciding on a trip to an art museum or to a theater presentation. We've been to the Washing Machine museum, the Lincoln Center, and Joel Bacon's organ recital. We have had fun and some wonderful experiences!

Please contact Elizebeth Kearney at (970) 484-4824 or elizkearney@comcast.net for more information.



Gourmet Interest Group has been meeting for many, many years. It is open to all CSUWA members and their spouses. With COVID active in our community, we have mainly been Zooming so that we continue to stay in touch with each other. However, we did meet in person this Spring for paella and tapas. We usually meet in members' homes or in a restaurant at times that are agreeable to the members. We experiment with a wide variety of foods. The host plans the menu and assigns courses that those who are coming prepare and bring. Individual expenses are tabulated and shared equally among the guests. Everyone participates and helps make the time together enjoyable. Many life-long friendships have developed because of Gourmet.

Please contact Peggy Reeves at (970) 482-8952 or peggyreeves1@comcast.net for more information.



Creative Card Interest Group is very excited to be meeting in person this year, barring any unforeseen circumstances! We will be having in person card making classes at SCRAP 2 IT (3307 S College Ave Suite 115, Fort Collins, CO 80525), a locally owned and operated craft store. Renae, the owner of SCRAP 2 IT, has agreed to let us meet in her beautiful store, which located next to Young's Cafe. Come join us... and bring your friends! Our members have been very busy this year creating cards for sale. We have so many beautiful new cards available! Of course, we have cards for every occasion! The price is still a very reasonable \$2.00 for each card or 3 for \$5.00. The Creative Card Group plans to sell at our general CSUWA meetings, when held in person. We are also planning on selling at the annual craft show at Shepherd of the Hills Church. This event will be held the first weekend in November, so stay tuned for more details! You can also purchase cards directly from **Cathy Weir**! To set up a time to peruse the bounty, please give Cathy a call at (970) 225-9241.

As of this writing, the **Creative Cards Scholarship Fund** is over \$800.00! Thanks to **Cathy Weir** for her incredible drive and determination to sell cards to benefit our scholarship fund! AND thanks to all who make cards, sell cards, and buy cards... you all make a difference! Thanks again for all of your support for the scholarship fund!

~ Patti Chapman

Please contact Cathy Weir at (970) 225-9241 or cweirhome@gmail.com for more information.



Ukraine Topic of Program at Global Village Museum of Arts and Cultures

Ukraine in Context: An Historical and Personal Perspective
will be presented

Thursday, Sept. 22, from 6-7:30 pm at the Global Village Museum of Arts and Cultures.

The free, in-person program will feature **John Olienyk** Ph.D., CSU Emeritus Professor of Finance whose four grandparents were born in Ukraine.

Dr. Olienyk taught at the Institute of Business and Economics in Moscow and has traveled extensively in Russia, Ukraine, Kazakhstan, and Uzbekistan. His professional experience combines with a personal perspective. "My parents were among the first generation born in the U.S.A," Dr. Olienyk said. "I grew up in a Ukrainian enclave in North Dakota, and the country's culture and traditions were deeply imbedded in me at an early age."

Global Village Museum of Arts and Cultures
200 W. Mountain Ave.
(970) 221-4600
outreach@globalvillagemuseum.org

CSUWA Through the Years

Libbie (Libby) Coy was born September 23, 1865 on her father's farm near the recently founded town of Fort Collins, Colorado. She was one of the ten children born to John and Emily Coy, and the first white girl born in the Cache la Poudre Valley. Libbie attended Fort Collins public schools. In 1880 Libbie enrolled in the first class of Colorado Agricultural College [CAC]. She took a drawing and wood carving course taught by James W. Lawrence who in 1883 had been invited to the College to take charge of the Mechanical Engineering Department.



In 1884 **Libbie Coy** was the first woman to graduate from the Colorado Agricultural College. Libbie's only two classmates were George Glover and Leonidas Loomis.



After graduation, Libbie taught preparatory classes at Colorado Agricultural College from 1884 to early 1890.

Libbie stopped teaching to marry James Lawrence, they married on June 19, 1890. They lived in a house on Myrtle Street and had one son, George Coy Lawrence, born in 1892.

In addition to becoming president of the CAC Women's Association, Libbie was president of the Fort Collins Pioneer Society and a member of the Pioneer Women's Society. She was also historian for the Fort Collins Women's Club, established in 1889.

Libbie Coy Lawrence passed away at the age of 78 on September 18, 1944.

~ from CSU Women's Association History and Past Presidents 1912-2002 and Fort Collins Museum of Discovery

View Fort Collins Museum of Discovery's presentation about Libbie Coy Lawrence at:

https://www.youtube.com/watch?v=1ri_u9juWUc

**On the CSU Campus in Fort Collins,
East Drive was recently renamed
Libbie Coy Way!**



Learn about 10 other amazing women of Fort Collins by viewing videos prepared by staff at **Fort Collins Museum of Discovery ...**

<https://fcmmod.org/blog/2022/03/16/womans-history-month-2022-fort-collins-stories/>

<https://www.youtube.com/playlist?list=PLlhXT21JZS4-e4tdJxQ0G-lvabsUx0Sq8>

CSU Women's Association Board Officers

President:

Barbara Wallner

wallner2700@comcast.net
204-1334/481-0442

Co-Vice Presidents & Program Co-Chairs:

Jennifer Anderson

&

A Young Woody

Jennifer.Anderson@colostate.edu
484-6849/222-1349

A-Young.Woody@colostate.edu
402-7373

Secretary:

Position currently vacant

Treasurer:

Peggy Reeves

peggyreeves1@comcast.net
482-8952

Past President:

Linda Paule

lindapaule@comcast.net
493-6005

Standing Committee Chairs

Hostess Committee:

Elizebeth Kearney

&

Ellie Pearson

elizkearney@comcast.net
484-4824

epear1908@gmail.com
484-2367

Support Services Providers

Newsletter:

Ronda Koski

ronda.koski@colostate.edu
568-9745/217-5286

Corresponding Secretary:

Susan McGill

smcgill21@comcast.net
493-8694

Historian:

Position currently vacant

CSU Liaisons:

Marilyn Butcher

&

Marisa Reginaldo

marilyn.butcher@colostate.edu
491-6588/372-9005

reginalm@colostate.edu
491-5171

Colorado State University Women's Association

2022-2023 CSUWA Membership Form

Name _____

Put an "X" in this box if your contact information is the same as it was last year.
IF so, you do not need to fill in address, phone, and email information.

Address _____

City _____ State _____ Zip _____

Preferred phone _____ Other phone _____

Email _____

Optional information

Spouse _____ CSU affiliation _____
Department, College, other

_____ Renewing member

_____ New member

Annual dues: \$25

Make check payable to: CSUWA

**Bring this completed form and payment check to the September CSUWA Meeting
OR**

Mail annual dues to:

Peggy Reeves, 1931 Sandalwood Lane, Fort Collins CO 80526

Fifteen dollars of your annual dues will be used for scholarships this year!

Please send only dues to **Peggy Reeves**.

Please send additional donations to the CSU Foundation for proper acknowledgement.

Make check payable to the **CSU Foundation, PO BOX 1870, Fort Collins, CO 80522-1870**.

Note designation of gift on the memo line of the check.

For example: CSUWA Endowment; CSUWA Scholarships; or _____ Scholarship, etc.

If you have questions, please contact **Peggy Reeves**, CSUWA Treasurer, at 970 482-8952.

THANK YOU!