



CSU Women's Association Newsletter

Inside this issue:

| Article | Page |
|---|------|
| Message from CSUWA President | 1 |
| CSU Holiday Poinsettia Sale December 2-4, 2020 | 2 |
| December CSUWA Meeting | 3 |
| Upcoming CSUWA ZOOM Meetings | 3 |
| How to Access Zoom Meetings and Webinars | 4 |
| Members to Keep In Our Thoughts and Prayers | 4 |
| Hand Crafted Holiday Cards and Gifts Available for Purchase | 5 |
| New CSUWA Member | 5 |
| CSUWA Website Update | 5 |
| CSUWA Scholarship Update | 6 |
| 2020-2021 CSUWA Scholarship Recipients | 7-10 |
| 2020-2021 CSUWA Executive Committee | 11 |
| CSUWA 2020-2021 Membership Form | 12 |
| Share Information Through The CSUWA Newsletter | 12 |

Message from CSUWA President

Dear Ladies of CSUWA,

Wishing you peaceful and happy holidays. We all look forward to a better year in 2021.

We are so excited about the programs for our monthly Zoom meetings next year (see the attached list of presentations for dates and times).

A little reminder, you can watch the presentations from this Fall. The one on scams that target the elderly is especially important for us during these trying times. You can view it on YouTube using this link: <https://youtu.be/ooGlon0yPyl>

A big THANK YOU to **A Young Woody** and **Jennifer Anderson** for assembling such an interesting group of speakers.

It is not too late to renew your memberships, so please send it in if you have not.

I hope you will be able to find the joys and the beauty that this season offers, and that you will be warmed and comforted by memories of holidays past.

I am still hoping we can be together by early summer. Until then stay safe and well.

Fondly,
Linda Paule, President of CSUWA

“If you haven't got any charity in your heart,
you have the worst kind of heart trouble.”

- Bob Hope



CSU Holiday Poinsettia Sale December 2-4, 2020

2020 marks the 25th anniversary of the annual poinsettia sale hosted by the Department of Horticulture and Landscape Architecture. With 10 different cultivars available, anyone looking to spruce up their staycation this holiday season can order poinsettias for curbside pickup at the CSU Horticulture Center (1707 Center Avenue) in Fort Collins.

The poinsettia sale will be fully online this year, with orders placed through **EventBrite**. You can bring your EventBrite receipt to the CSU Horticulture Center and pick up your order December 2-4 from 3 to 6 p.m. Students will meet you at your car and bring your plants out to you, so distance is maintained.

All poinsettias are \$10 per 6-inch pot and come with foil pot covers if desired.

For more information and to order yours, visit:

<https://www.eventbrite.com/e/2020-csu-horticulture-center-poinsettia-sale-tickets-128165381105>



The poinsettia program provides hands-on training for upper-level students in the floriculture concentration at CSU participated in an intensive, hands-on practicum course this fall. In this course, students were tasked with raising 500 poinsettias from fledgling cuttings into bodacious holiday décor. The poinsettias available this season were grown at the CSU Horticulture Center. Just south of the main campus, this state-of-the-art facility supports teaching, research, and collaborative endeavors.

Students in the practicum are in complete control of their assigned crop and participate in a range of weekly activities including plant nutrition, soil analysis, graphical tracking, integrated pest management (IPM), plant growth regulator applications, and the management of weekly logs. They put in a lot of hard work over the course of the semester to produce a high-quality crop. The crux of poinsettia production is the management of daylength (photoperiod). Poinsettias will only develop the iconic colors we love if they are exposed to short days for many weeks. To ensure the poinsettias flower in time for the holidays, students must maintain a strict photoperiod by covering/uncovering the crop every day to simulate short days.

All the money raised during this annual sale will funnel back into the horticulture program, ensuring future students have access to the prized experiential learning the practicum provides. Think of this sale as a 'pay-it-forward' program where current students work to raise money for the next students in line.

December CSUWA Meeting

Off the Hook Arts: Music Education and the Power of Music

Jephta Bernstein, violinist and Executive Director and Founder of **Off the Hook Arts**, will present a program on arts education for youth in Fort Collins.

On December 10 CSUWA members and guests will listen to virtual performances by **The Chamber Music Academy** and maybe others. The Academy consists of string, woodwind and piano students, ages 8 to 18.

Jephta spent her youth in Fort Collins, graduating from Fort Collins High School. She attended Oberlin Conservatory, receiving a Bachelor of Music in Violin Performance and then received a Masters of Music at the Manhattan School of Music.

Eventually Jephta and her family moved back to Fort Collins and she founded the non-profit **PYCH: Project Youth and Chamber Music** in 2012, which later became **Off the Hook Arts (OtHA)**. OtHA provides low-cost music education for students, supports artists and musicians, and presents a stellar array of events and festivals. Many of you may have attended these events. Her passion is teaching young people to play chamber music.

You will enjoy meeting her and learning more about her varied activities. Relax, hear more about our local arts culture and enjoy musical presentations via Zoom.

Happy Holidays!

Upcoming CSUWA ZOOM Meetings

February 11th:

Carol Blaire, Emeritus Professor Vector Biology, Department Molecular Biology, Immunology and Pathology.

“My Life with Viruses and Mosquitoes”.

March 11th:

Patti Chapman, CSU-WA card group co-chair.

“Ink, Paper, Stamps; Creating Cards with the Basics.”

April 8th:

Sarah Johnson, Assistant Professor, Director of the Functional Foods & Human Health Laboratory, Department of Food Science and Human Nutrition.

“Wise Food Choices to Improve Your Health”

May 13th:

Marin Chambers, Research Associate, Department of Forestry and Range Land Stewardship
“Forest Fires and Ecology”.

Keep safe and enjoy the holiday season!

- Jennifer Anderson

CSUWA ZOOM Meetings

Zoom is an audio and video web conferencing platform providing the opportunity to see and interact with each other in a remote setting.

Zoom can be used for basic conversations, sharing materials, and viewing presentations.

How to Use Zoom

1. Prior to the day of the meeting **you will receive an e-mail that has information for joining the ZOOM program meetings.**
2. if you are on a computer, please click on the "Join Zoom Meeting" link in that e-mail, --it will be underlined and will begin with "https://zoom.... "
3. IF Zoom has been used previously on your computer, click the message to join meeting. IF not used before on your computer, click to download. Your computer may ask you to Run or Save. Click Run. Some may say, View on your Browser. Click that if Run isn't available.
4. The e-mail also contains Meeting ID and Passcode--fill those in when they ask for those.
5. You should then either see a message to wait for the Host to allow you to join (wait--you will know when) or you will see boxes with people--our members! and you! There are some tools in the upper right hand corner--put your cursor/arrow there to see them; and tools along the bottom --put your cursor there to see these. Click on your own preferences.

If all else fails, close all open windows on your computer, shut down, and restart. Go back to the e-mail and try again.

IF you are viewing from your cell phone, you may need to download the app, and then use some of the phone numbers in the e-mail--the Meeting ID and Passcode are below the phone numbers in the e-mail for mobile/cell phones. You can work directly from the e-mail on your phone as well.

For additional information, please refer to ***ATTENDEE GUIDE for Zoom Meetings and Webinars*** later in this newsletter. The tutorial is great, but maybe more information than you need to view the program!

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

Hand Crafted Holiday Cards and Gifts Available for Purchase

CSUWA Card Group members have kept busy the past several months making many new cards and other hand crafted items!

Cathy Weir has the hand crafted cards, earrings, and other gift items set up in the garage of her home located at **800 Sandy Cove Lane in Fort Collins!**

Give Cathy a call at 970 225-9241 to schedule a time to peruse the huge assortment of hand crafted cards and other gift items. When visiting Cathy, PLEASE wear a mask.

Sending cards is a wonderful way to stay in touch during these trying times of separation and isolation! And purchasing cards from the CSUWA Card Group is a great way to support the CSUWA scholarship program!

New CSUWA Member

| | |
|------------------------|--------------------|
| Ruthanne Parker | 484-0652 |
| 1505 Emigh | ragjparker@msn.com |
| Fort Collins, CO 80524 | |

CSUWA Website Update

“Thank You” to Karen Dunbar, Assistant Vice President of Gift Planning in University Advancement for finding our CSUWA website a place in the CSU family. Karen, who is a CSUWA member, has volunteered to host our website and pay the annual \$360 fee!

Karen, we appreciate your generosity and look forward to working with you. This will allow us to concentrate our funds on Scholarships!

Cara Neth, Director, Executive Communications of the CSU Systems and Kathleen Henry, retired President and CEO of the CSU Research Foundation (CSURF) helped with this effort.

As you all know, we already have great support from Marilyn Butcher and Marisa Reginaldo. So this just adds to our support system.

Our challenge is to up-date our website and make it useful for our members and the community.



CSUWA Scholarship Update

I hope this letter finds you and your loved ones safe and healthy. As Colorado State University continues its new academic school year in the midst of a global pandemic, it goes without saying that our entire CSU community is experiencing many firsts. In addition to following new important public health guidelines, for many students, it also means journeying away from families for the first time in pursuit of their educational dreams, with a growing number of students relying on critical scholarship support to ensure their academic dreams become a reality.

As a valued scholarship donor, each year, CSU strives to create experiences between you and our grateful scholarship recipients to establish supportive connections and a deeper understanding on how these students will shape our future. While we are not able to gather in person for our traditional scholarship experiences this year, I look forward to connecting you with your scholarship recipients in new ways so that you can see the profound impact of your giving.

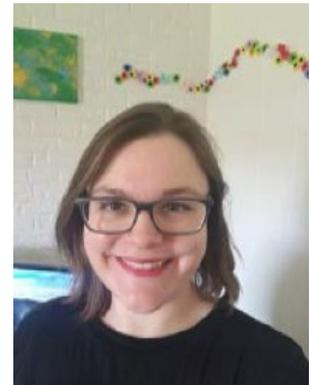
Scholarships are vitally important to students being able to stay in school and graduate with a lighter financial burden. **Thank you and the CSU Women's Association for your continued support of our students and the impact their achievements will undoubtedly have on our lives.**

Kind regards,

Marisa Reginaldo,
Development Coordinator, Student Affairs, University Advancement

2020-2021 CSUWA Scholarship Recipients

Hannah Brech
A Senior majoring in Psychology
Home state is Colorado.



Message from Hannah:

STATE OF BEING

I am originally from Texas. I spent my childhood in Arlington, Texas, and then moved to Austin, Texas at the age of 20. I am now a resident of Colorado. I moved here for a couple of reasons, one of which is the psychology degree offered by CSU. The other reason is that my partner has family here and was ready to be closer to them. They live in Monument and we get to see them every couple of months or so which has been wonderful. I love to sing, but I am not a fan of performing so you'll only hear me when I'm doing dishes, in the car or doing karaoke with my in-laws at their house. I enjoy playing video games in my downtime. I find that they help me with problem-solving skills as well as giving my brain something to do that is not school work. I also enjoy reading graphic novels, although school leaves little time or energy for that anymore. I'm a fan of movies and television shows. Right now, I'm currently rewatching Buffy.

STATE OF DREAMS

My ultimate goal with being here at CSU is to become a Ph.D. trauma counselor. Trauma has shaped my life in many ways and through counseling and research done by others, I have been able to rise above that trauma and learn how to be a better version of myself. I would like to give that gift to other people through counseling. I would also like to do research because it informs the care we give to clients as well as ways to make our practice better and more efficient. It's an exciting time to be doing research in psychology. We know more and more about how the brain works and have more information on human behavior than ever before. As such, I want to do my part to contribute to the conversation that is happening and further the field of psychology so it can serve more people and help us understand better how we can navigate life.

STATE OF GRATITUDE

One of the reasons I did not go to college right after high school was the fear of debt. This time around I have accepted that debt is part of the process, but it is still heavy on my mind a great deal. The more debt I go into with school, the longer it will take to me to achieve my career goals because I will have to be in a position to make a certain income in order to support a family and make sure I responsibly pay my debt off. This gift you have given me has lifted some of that burden. This specific gift has allowed me to avoid private loans for this school year and that means I can focus more on my school work and working towards my goals than having to worry about how I am going to pay for this journey I am on.

CSUWA 2020-2021 Scholarship Recipients (continued)

Anne Carroll
A 4th Year DVM Student.
Home state is Montana.



Message from Anne:

STATE OF BEING

I originally hail from Massachusetts but dreamt of moving west my entire childhood to live amongst the mountains, rivers and pastures. Once I graduated college, I moved to Montana which now truly feels like home. My interest in medicine started at a young age as both of my parents are immunologists. Toward the end of college, I realized I could combine my love for animals with my passion for practicing medicine, thus began the long road to becoming a veterinarian. In my free time, I love getting out on the trails with my dog Cooper, whether it's running, skiing, or biking. I also enjoy taking road trips throughout the incredible state of Montana, exploring its seemingly endless dirt roads and camping spots. Additional hobbies include: crocheting, baking, and cooking. Since starting veterinary school, I found a passion for helping with spay/neuter clinics and providing veterinary care to all pets in need.

STATE OF DREAMS

After working on several farms and at a few veterinary clinics, I knew that veterinary medicine was the right choice for me. Starting at CSU strengthened that feeling and I have especially enjoyed my internal medicine and anesthesia courses. I am looking forward to starting my fourth and final year of veterinary school, as it is all clinically oriented. This final year will allow me to put everything I have learned into a clinical context and finally start helping patients. After graduation, I plan on returning to Montana and working as a mixed animal veterinarian. I am drawn to mixed-animal medicine because I love the diversity of it. As a mixed animal practitioner, you not only get to form long standing relationships with people's beloved pets, you get to aid producers in maximizing livestock welfare and profit. While being able to specialize in one or the other would have simplified my studies, I am excited to graduate ready to work on livestock, horses and pets!

STATE OF GRATITUDE

I am so thankful to be offered this scholarship. Pursuing the dream of being a veterinarian is daunting, not only due to the coursework, but also due to the high cost of the degree. Having support in the form of a scholarship helps make this dream more feasible and allows me to spend more time volunteering at spay/neuter clinics for communities in need. Last summer, I had the privilege of working for Spay MT, an organization that provides free spays and neuters to dogs and cats on reservations and in low income communities in Montana. Thanks to this scholarship, I have the ability to volunteer more time with this wonderful organization. The support of a scholarship goes beyond the financial help in my mind, it is also incredibly meaningful knowing that there is a group that believes in me and it makes me feel even more proud to be a CSU Ram!

CSUWA 2020-2021 Scholarship Recipients (continued)

Dolores Castillo
A Senior majoring in Social Work.
Home state is Colorado.



Message from Dolores:

STATE OF BEING

Hello, I am a senior at CSU Fort Collins, my grandfather was born in Hoehne, CO. My roots are in Pueblo. I have two daughters and one son. I am a grandmother to a year old babyboy. Being a great role model is important to me. I am also dedicated to working in Native American communities. I am so very excited to have the support of this scholarship. I set a 5 year goal for myself and I am 4 years in. That goal is to earn my Master's in Social Work. Although I work hard to fulfill my goal, it also costs money that I do not have. I love to travel with my family. I long 15 hour road trip with plenty of stops along the way are nothing new to us. We travel back to California many times to visit family and the road is a joy.

STATE OF DREAMS

After I earn my Master's Degree I would like to become a Licensed Clinical Social Worker and work in the Neonatal department of a hospital. It is my passion to be an advocate for children and families in their time of need. This is a very vulnerable time in the newborns life and in the families as well. I am working hard to gain knowledge of how to be the best support system in my role as a LCSW. I have witnessed a few family members in and out of the hospitals when their babies were born and the key person was the social worker. They play an important part in supporting the newborn, parents, siblings and family. I would like to work in a hospital and one day be that role model and support system for these families. I also enjoy working with the elderly population. They are vital to families and communities.

STATE OF GRATITUDE

Although I have a goal, my 5 year plan, I do not intend to stop there. I may go forward and earn my Ph.D.. Colorado State University has a strong support system for non traditional students as myself. I am a single parent with two children under 13 that I am the sole caregiver of. I am a full-time student pursuing my educational dream. After all these years I am able to finish what I started and that is to earn a degree. I had started in College right out of highschool but had to take a break because I started a family. It is important for me to focus on obtaining my goals, your donation helps me on my journey. This scholarship helps me and my family in so many ways but one most important way is that it keeps me from having to get another job. I can focus on my goal. Thank you.

CSUWA 2020-2021 Scholarship Recipients (continued)

Kim Jones
A Senior majoring in Social Work.
Home state is California.



Message from Kim:

STATE OF BEING

I grew up in the Bay Area in California. I was privileged to be able to play sports all through childhood which taught me the value of teamwork and gave me confidence under pressure. I joined the Army after high school and some how ended up married at 20 years old. I had my son at 24 while attending CSU for the first time around, earning a B.A. in Literature. I moved South in my 30s and played tackle and flag football in the Denver area on two different women's travel teams and was fortunate to play all over the country for ten years. I moved back north to be closer to my family. My son is now 17 and we both hope to graduate in two years (God Willing). My son hopes to receive his high school diploma in 2022 and I hope to be accepted into the Master's program for Social Work.

STATE OF DREAMS

I hope to work with older adults in my local community of Loveland. I have always had a connection with Baby Boomers as I was an only child and was always surrounded by my parents friends who are all in their 70s now. These lovely people were always there for me and felt like family and I referred to them as such, my fake aunts and uncles. They taught me things, took me places, and talked me like real person, listening to everything my child brain could come up with. I always felt loved, wanted, and a part of a tribe. I find that favor is in dire need of being returned to a generation of people that often times get overlooked and ignored. They get scammed, abused, and taken advantage of. They get charged exorbitant prices for things that should be their human right. They often can't afford the outrageous rent prices for assisted living and often lack adequate nutrition and hygiene. I hope to do whatever I can to get older adults in my community the proper attention they need.

STATE OF GRATITUDE

Thank you so much for your most kind gift! It couldn't have come at a better time, paying for my education while needing urgent repairs on my car and in desperate need of a working cell phone. Currently, I'm taking 18 credit hours and can't afford to work many hours at the moment. I am employed part time with Home Instead Senior Care and enjoy my work visiting with older adults. I find it amazing experience for the future but it doesn't exactly pay a lot. My son recently moved back in with me and I need more time for him and so, again, your gracious award could not have arrived at a better time in my life! Frankly, I feel blessed that I even applied, as sometimes the idea of winning anything seems so distant. But I distinctly remember just laying out my heart for that application and so it means the world to me that you recognized in me something worth supporting.

2020-2021**OFFICERS of the CSU Women's Association Board**

| | |
|--|---|
| President: Linda Paule | lindapaule@comcast.net 970 493-6005 |
| Program Co-chairs: | |
| Jennifer Anderson | Jennifer.Anderson@colostate.edu 970 484-6849 / 970 222-1349 |
| A Young Woody | A-Young.Woody@colostate.edu 970 402-7373 |
| Secretary: Barbara Wallner | wallner2700@comcast.net 970 204-1334 / 970 481-0442 |
| Treasurer: Peggy Reeves | peggyreeves1@comcast.net 970 482-8952 |
| Past President: Elizebeth Kearney | elizkearney@comcast.net 970 484-4824 |

STANDING COMMITTEES and SUPPORT SERVICES

| | |
|--|---|
| Hostess Committee: | |
| Elizebeth Kearney | elizkearney@comcast.net 970 484-4824 |
| Ellie Pearson | epear1908@gmail.com 970 484-2367 |
| Newsletter: Ronda Koski | Ronda.Koski@colostate.edu 970 568-9745 / 970 217-5286 |
| Historian: Lynn Caldwell | lynn.caldwell@msn.com 970 282-0446 / 970 278-7980 |
| Corresponding Secretary: Susan McGill | smcgill21@comcast.net 970 493-8694 |
| CSU Liaison: Marilyn Butcher | Marilyn.Butcher@colostate.edu 970 491-6588 / 970 372-9005 |

**Colorado State University Women's Association
2020-2021 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 _____

_____ Renewing member

_____ New member

Annual dues: \$25.00

Make check payable to: CSUWA

Mail annual dues to:

Peggy Reeves, 1931 Sandalwood Lane, Fort Collins CO 80526

IF you have not yet paid your dues, please do so by December 18, 2020.

If we have not received your dues, you will no longer be listed on the membership list, and will not receive newsletters and information.

A new membership list will be e-mailed to paid members mid-January, 2021.

Share Information Through The CSUWA Newsletter

Do you have announcements, interesting information, and/or pictures that you would like to share with members of CSUWA?

Please email information and images (in jpg format) to me at ronda.koski@colostate.edu

I will include those in the next issue of the CSUWA Newsletter!

- Ronda Koski, CSUWA Newsletter Editor