



# Newsletter

Inside this issue:	
Article	Page
History of Ceramic Arts Topic of September CSUWA Meeting	1
Larimer County Farmer's Market	1
Message From New CSUWA President	2
2021-2022 CSUWA Proposed Budget	3
CSU's Women and Philanthropy	3
2021-2022 CSUWA Board of Officers, Standing Committee Chairs, and Support Services Providers	4
What the CSUWA Means to Me	5
CSUWA Through the Years	5
Quilt and Fabric Arts Show at Historic Buckeye School	5
CSU Extension Wellness Classes	6
Larimer County Farmer's Market	6
2021-2022 CSUWA Membership Form	7
Members to Keep In Our Thoughts and Prayers	7

## History of Ceramic Arts Topic of September CSUWA Meeting

### Innovation and Imagination: Ceramics and the Silk Road

The trading routes of the Silk Road spanned thousands of miles, were active for many centuries and resulted in the exchange of technologies, ideas, and goods.

In this presentation, **CSU Associate Professor of Pottery, Sanam Emami**, will talk about how these exchanges of ideas and materials impacted the history of ceramic art and continue to influence contemporary artists working in clay in the 20th and 21st century!



Sanam Emami is a ceramic artist and an Associate Professor of Pottery at Colorado State University, Fort Collins. Professor Emami is the Pottery area coordinator and teaches all levels of undergraduate study within the concentration.

Professor Emami received a BA in History from James Madison University in Virginia, and a MFA in Ceramics from New York State College of Ceramics at Alfred University. She was a Visiting Assistant Professor in Ceramics at Alfred University, resident artist at the Archie Bray Foundation in Montana, and has lectured at the Office for the Arts at Harvard University; the Kansas City Art Institute; Arizona State University Art Museum-Ceramic Research Center, and NCECA in Louisville, Kentucky. She received a New York Foundation for the Arts Grant for Craft and her work has been in exhibitions at numerous galleries across the country including The Society of Arts and Crafts, Boston; Greenwich House Pottery, New York City; The Art-Stream Nomadic Gallery; Northern Clay Center, Minnesota!

**Attend Professor Emami's presentation via ZOOM on  
Thursday, September 9 at 10:00 am .  
Meeting access information  
will be sent via email in early September!**

## Message From New CSUWA President

Dear Ladies of CSUWA,

I hope you are all well and as eager as I am to start a new CSUWA year. I am proud to serve as your President, and thankful for support from so many people. Linda Paule, President for five years, will be a “tough act to follow.” Linda has promised to advise me as I hope all of you will do, as well. Our amazing Board, incredible women who work as an awesome TEAM (Together Everyone Accomplishes More), has made plans for the year ahead. I also thank Marisa Reginaldo and Marilyn Butcher, CSU Liaisons, for their support the past year and in the year to come.

I am sad to say our first meeting will need to be on ZOOM on Thursday, September 9th at 10:00 a.m. Sanam Emami, Associate Professor, Department of Art, will give a presentation about Ceramic Art. I will provide ZOOM information by e-mail a week before the meeting and again the day before. If anyone needs help with ZOOM, please feel free to contact me.

We have a new feature in the newsletter! Lana Olson provided the idea and the first thoughts, “What the CSU Women’s Association means to Me.” Special thanks to Lana and enjoy her thoughts.

September will be, “Recruit a New Member Month.” Reading Lana’s words reminded me that 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. Refer them to the **CSUWA website** for more information – <https://csuwa.colostate.edu> .

The membership form is included. Please pay dues by October 31st—Halloween—so that your name is included in the membership booklet. We will distribute the booklet at the November meeting (in person, hopefully) and mail to those not able to attend. If you have questions, please contact **Peggy Reeves**, Treasurer, 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 with suggestions, questions, and constructive criticism.

LOOKING FORWARD TO SEEING EVERYONE IN PERSON IN OCTOBER...

fingers crossed!

**Barb Waller, CSUWA President**

### 2021-2022 CSUWA Proposed Budget

INCOME/REVENUE	BUDGET	REVENUE
Balance Year End 2020-2021	\$ 2,446.94	\$ 2,446.94
Dues - 75 @ \$25	\$ 1,875.00	
Misc Contributions		
<b>TOTAL INCOME/REVENUE</b>	<b>\$ 3,846.71</b>	<b>\$ 2,446.94</b>
EXPENSES	BUDGET	EXPENDITURES
Meeting Room - Church 8 @ \$25	\$ 200.00	
Meeting Coffee Expense 8 @ \$15	\$ 120.00	
Gifts for Speakers	\$ 70.00	
Paper Goods	\$ 10.00	
Membership Directory	\$ 150.00	
Newsletter Distribution	\$ 50.00	
Correspondence	\$ 12.00	
Historian	\$ 0.00	
CSU Foundation Scholarship Fund	\$ 750.00	
CSU Foundation Scholarship Fund Endowment	\$ 375.00	
CSUWA website	Donor supported ?	Donor supported ?
Contingency	\$ 100.00	
<b>TOTAL EXPENSES</b>	<b>\$ 1,837.00</b>	
<b>EXPECTED BALANCE</b>	<b>\$ 2,009.71</b>	
<b>FUNDS AVAILABLE - CURRENT</b>	<b>\$ 2,446.94</b>	

**Please look over the Proposed Budget.  
We will vote on the budget at our October meeting.**

If you have any questions, contact **Peggy Reeves** at:  
[peggyreeves1@comcast.net](mailto:peggyreeves1@comcast.net) or 970 482-8952.

## Colorado State University's Women and Philanthropy

Women and Philanthropy connects and empowers a broad community to elevate women and philanthropy at Colorado State University, by recognizing the power of women and striving to connect them with their passions at CSU so that, through philanthropy, the world's biggest challenges can be solved!

Colorado State University Women's Association is a member of Women and Philanthropy!  
To learn more and to get involved, visit:

<https://giving.colostate.edu/women-and-philanthropy>

**2021-2022  
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  
484-6849/222-1349A-Young.Woody@colostate.edu  
402-7373**Secretary:****Lynn Caldwell**lynn.caldwell@msn.com  
282-0446/278-7980**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  
484-4824epear1908@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:****Lynn Caldwell**lynn.caldwell@msn.com  
282-0446/278-7980**CSU Liaisons:****Marilyn Butcher****&****Marisa Reginaldo**marilyn.butcher@colostate.edu  
491-6588/372-9005reginalm@colostate.edu  
491-5171

## What the CSU Women's Association Means to Me

It was May of 2008, and I was new to Colorado. I was out digging in my flower garden and must have looked like I was struggling. A friendly neighbor came over and invited me to join her to attend a CSUWA program. We drove together and she told me a little about the organization. I felt very welcome; I enjoyed the program and was impressed with the membership. I joined immediately; I thought it was a great bargain! Little by little, I met this group of lovely, friendly, educated, and interesting women who were willing to share all manner of information. They also liked to have fun. I met members from different career paths, different lifestyles; and all were committed to helping fund scholarships for CSU students.

I learned a lot about Fort Collins and surrounding areas. The programs were interesting; we met CSU Professors, both active and retired, medical professionals, Artists, Historians, and a variety of Community leaders. I learned about organizations and resources that I had not known existed.

I developed special friendships with members of the Board, the Hiking Group and Theatre & Arts Group. We had great fun on outings in the natural areas, and went to theatres and museums. The CSUWA helped me to find my place in our community and to expand my connections in northern Colorado.

I will continue to support CSUWA because it gives me a connection to CSU, and a more personal way of supporting our university students. CSUWA membership is an important tradition for me; it is valuable and it remains a real bargain.

Lana Olsson, CSUWA Member

## CSUWA Through the Years

"For thirteen years, beginning in 1924 and ending in 1937, our Association hosted the **Homecoming Tea** in the fall of the year. Although there is no mention of it, it is assumed that the Alumni Association took over that responsibility thereafter."

~ from [CSU Women's Association History and Past Presidents 1912-2002](#)

## Quilt and Fabric Arts Show at Historic Buckeye School

The 11th annual show will celebrate the legacy of beloved community member and show originator, Ed Harris, who sadly passed away this past year. This year's event will take place **Saturday and Sunday, September 25 and 26, from 10:00 am to 4:00 pm** at the Historic **Buckeye School**, located at **935 W County Road 80**, northwest of Wellington, Colorado.

Numerous quilts will be available for purchase. There will be a Silent Auction on **Saturday**. Additional highlights include: Jim Flowers Memorial Antique Tractor Show, spinning and weaving demonstrations, corn hole games, and a huge yard sale of gently and not-so-gently used items! Lunch items available for purchase on Saturday only, and beverages and snacks will be available both Saturday and Sunday.

**Face Masks are REQUIRED** and **only CASH or CHECK** accepted for purchases and donations. For additional information, contact Ronda Koski at 970 568-9745.

## CSU Extension Again Offering Online Wellness Classes

Join weekly wellness ZOOM classes from the comfort of your home September – December .  
ZOOM “classrooms” will open 10 minutes before class start time.

All classes are FREE and open to the public!

### **Morning Meditation: Thursdays 9:00 – 10:00 am - ONLINE**

**Sept. 2, 16, & 30 s Oct. 7 & 21 s Nov. 4 & 18 s Dec. 2 & 16**

Join us for morning meditation sessions. You will receive basic instruction as well as guided meditations, mindfulness reflections, and time for silent practice. Our practices, which vary week to week, will support you in cultivating mindful awareness, presence, and compassion. All levels are welcomed!

### **Make it Stick: The Science and Art of Behavior Change - ONLINE**

Wednesday, September 29, 9:00 – 10:30 am

Behavior changes rarely stick the first time around. We can increase our odds of success if we understand how behavior change works. This class will explore the Conscious Competence and Stages of Change models which can help us assess, address, and remove barriers that keep us from moving forward. You will gain practical strategies that can enhance your confidence and motivation for the lifestyle changes you want to make.

### **Cultivating Compassion from the Inside Out - ONLINE**

Friday, October 29, 9:00 – 10:30 am

Research shows that we are most joyful when we are kind and generous to ourselves and others. Yet, there are barriers to compassion that often stand in our way. This class will explore research on the science of compassion to understand our evolutionary and psychological capacity for overcoming our barriers and cultivating greater kindness toward ourselves and others. Through a series of experiential exercises, you will gain tools and strategies that can help you cultivate greater self-compassion and widen your circle of compassion.

### **Positive Brain Change - ONLINE**

Tuesday, November 16, 9:00 – 10:30 am

Recent research in neuroscience tells us that we can change our brains regardless of age or circumstance. This class will explore the concept of positive neuroplasticity, which refers to our ability to rewire our brains toward greater positivity and contentment. We will explore practices that help us undo our negativity bias and direct our brain toward the good. We will experiment with practices that help us develop our inner resources like gratitude, compassion, and resilience.

**Register for classes at:**

<https://larimer.extension.colostate.edu/classes-and-workshops/health-and-wellness/>

For additional information, contact Sue Schneider, Ph.D. at [sdschneider@larimer.org](mailto:sdschneider@larimer.org).



## 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



**Colorado State University Women's Association  
2021-2022 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**

**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!**

**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](mailto:smcgill21@comcast.net)