



Founded in 1911, we are a strong and vibrant community, dedicated to helping U of M women students achieve their academic goals. We forge lasting friendships by welcoming everyone, caring about each other, and exploring new ideas and places together.

March-April 2021 ~ No. 295

Conversation with a Woman Leader:

Supporting young adult cancer survivors

Please join us Tuesday, April 6, at noon for our Conversation with a Woman Leader meeting, presented live via Zoom. Our speaker is Samantha Eisenstein Watson, MBA, Chief Executive Officer and Founder of The Samfund, an organization that provides support for young adult cancer survivors in the United States as they recover from the financial impact of cancer treatment.



Samantha created The Samfund in 2003.

Diagnosed in 1999 with Ewing Sarcoma and in 2001 with Secondary Myelodysplastic Syndrome (with a bone marrow transplant in August 2001), she saw how little support existed for young adults who were struggling once treatment ended. As she quickly came to learn, cancer isn't free.

Through direct financial assistance and free online support and education, The Samfund helps young adults move forward toward their personal, professional and academic goals. It is the first and largest nonprofit organization in the country that provides these services to young adults, regardless of where they live or their specific cancer diagnosis.

Samantha holds a BA from Brandeis University and an MBA in Mission-Driven Management from the Heller School for Social Policy and Management at Brandeis.

So mark your calendar now and watch for your invitation to join us. And please invite a friend or two. Don't miss this inspiring speaker.

Meeting at a Glance

**Conversation with
a Woman Leader
Tuesday, April 6
Noon**

Speaker
SAMANTHA
EISENSTEIN WATSON,
Chief Executive Officer and
Founder of The Samfund

Location
Via Zoom

Please check your email in early April for your invitation and a link to the meeting as well as a meeting ID and a passcode to enter the meeting.

Newsletter Deadline is April 12

The deadline for the May-June newsletter is Monday, April 12. Please submit articles, information and photos to Nancy Kluver, newsletter editor, at Kluver.nancy@gmail.com.

President's Message:

Going out and having some doggone fun

This pandemic has asked so much of us, both at home and in our club. It's upset our routine, which, as we all know, keeps us on track and grounded. Yet, to break routine releases a creative spark and promotes growth. It keeps surprise alive at any age.

Not so long ago my friend and club member Kathy Callinan and I found just the right half-priced coupon for dog sledding at Kiwatchi Adventures LLC in Isabella, Minn. We had imagined doing this for years. We checked the weather, booked, packed, left a note telling family where we could be reached and, within days, off we went.

When morning brought us to logging roads into the wilderness, the snow was already blinding. The windshield wipers could barely keep up. Logging trucks barreled past at breakneck speed, even as we lost all phone service. My copilot is a map wizard, and I am old enough to keep paper maps in my car, so we blundered on for about two hours in the dense whiteness.

At last, we came upon a poorly marked sign that led us to a gnarly little man named Charlie, wearing a jumpsuit, chatting in the unloading area. His friend was gearing up his dogs for a run in anticipation of the John Beargrease Sled Dog Marathon. Within minutes, the wildly excited hounds were unloaded and harnessed before charging into the depth of the forest, screaming with delight. I didn't know if I should laugh or cry at the beauty of what I was taking in. The bluster of dogs against the backdrop of sunlit sparkle weighing down majestic trees. Such wonder. Quite the contrast with daily routine in Falcon Heights, I can tell you that.

Charlie introduced us to his dogs, males behind a chain link fence on the left, females on the right. At least 50 were howling in chorus. But the moment Charlie pulled lead dogs to be harnessed, all howling stopped. Complete silence ensued. The dogs know who they run with. With the lead dogs chosen, no howling or begging was needed.

The rigging took maybe 30–40 minutes, all the while visibility improved and the 12 working dogs before us were going absolutely nuts. The basket of the toboggan had a sled bag, with Kathy at the back and me like a little Eskimo tucked in between her legs. Awkward, but we had a good laugh squeezing in. Then—thunk—Charlie covered us with a blanket tarp to keep us warm and dry.

Charlie stood on a Ouija board, a small board at the back where the musher stands instead of using skis or snowshoes. The gang line connects the dogs to the sled. Hike! (Get moving.) Gee! (Turn to the right.) Haw! (Turn to the left.) Easy! (Slow down.) Whoa! (Stop.) And off we went.

As we continued our journey, the dogs suddenly came to an abrupt halt. A tree laden with heavy snow had toppled onto the trail and the gang line connecting

the dogs became tangled in the branches. Virtually harnessed into the basket, Kathy and I were speechless. Upon examination, Charlie said he couldn't move the heavy mass of the tree and would need to walk back to his place for a small chain saw. So just after our musher told us wolves had killed some of his dogs, he sauntered off down the trail. Wolf tracks everywhere, we had no clue how far into the forest we were, where we were or how long he would be gone. From the cocoon of our sled, we chatted and took in the muffled dog antics, with them hopping about and lapping snow.



*Georgia Heisserer (front) and Kathy Callinan
on their dogsledding adventure*

Eventually, around the bend, Charlie appeared, chainsaw in hand. Without too much effort, he dismantled the tree from the line. Off we flew, dogs yelping with joy to be tugging and prancing. Just minutes from where we embarked on our journey, we were now back in camp. We lingered as the dogs were unleashed, petting and talking to them. Our fear of being eaten by wolves now seemed incredibly funny. We agreed that after a couple of days, one of our husbands might have found that scrap of paper with Charlie's phone number and thought to check where we had disappeared to.

One reason I joined the University of Minnesota Women's Club was to break with routine, but it doesn't have to be a trek into the wilderness. Every single week there has been a speaker, a book club, an art event. Get involved. You will feel better, and so will we. Our health depends on communicating, connecting with each other. Just be sure the pandemic doesn't bore you to distraction, when we are all right here. Friendship is fun, and there is always room for one more.

Looking forward to advocating for the environment

Once again, it's our pleasure to introduce another of our impressive scholarship recipients. Karly Beaumont is double majoring in ESPM, or environmental sciences, policy and management, and political science. Her goal is to be an environmental lawyer and eventually a college professor.

"I adore public speaking, research, debate, relationship-building and raising awareness about environmental issues," Karly said. "I did debate all of high school and have coached the activity for the past three years. As a result, I have grown to love the art of argumentation as well as teaching. On campus and beyond, I am involved with several environmental organizations such as UMN Climate Strike and MN 350, where I engage in environmental justice work."

Karly was born in Vienna. Her father, who is English, and her American mother met in the United States when they worked for Coca Cola. "They are both travel fanatics and ended up living in Vienna for some time," Karly said. "The reason for all the moving is my dad's job. They relocated him four years after my brother and I were born—in Austria and Germany." After four years in Germany, the family moved to Illinois.

"Being born in Vienna and then moving away from there at a young age often makes it feel like I never lived there at all," Karly said. "But I have a few memories such as singing 'rain, rain go away' while holding my mom's hand walking home from the flower shop to our downtown apartment." She plans to visit the city again as soon as the pandemic is over.

And speaking of the pandemic, Karly copes by "staying as busy as possible," she said. "I am working three jobs and am a part of three different student organizations' boards. Staying busy helps me regain some sense of control in the face of the pandemic, when it's easy to feel powerless. I've also been working on my cooking skills and finding creative ways to stay active at home."

She is grateful for her UMWC scholarship. "I want to

extend another massive thank you to the University of Minnesota Women's Club," Karly said. "I still remember opening the email that notified me of my scholarship and



immediately jumping around my room, crying tears of happiness, and then calling my mom to tell her the incredible news. This year, as for everyone, has been uniquely challenging financially, and the investment made in my education and future thanks to the women's club means the world to me."

Barbara Müller presentation available online

Our February Conversation with a Women Leader meeting attracted a sizable online crowd, with more than 75 members attending the Zoom presentation that featured Barbara Müller, Honorary Consul of Germany in Minneapolis.

"It was our largest online gathering yet," said Connie Cundy, website liaison. "We are getting to be Zoom proficient, that's for sure. And I want to remind everyone that if they missed the meeting, they can find a recording of it, along with Barbara's slides, on our website at UMWC.umn.edu under Main Events, Programs or Quick Updates."

Barbara described U.S.-German relations since World War II by focusing on several key events, including the Berlin Airlift and the visits of Presidents Kennedy and Reagan. She also provided interesting insights into the relationships that Chancellor Angela Merkel had with President Obama and President Trump. The question-and-answer period included Barbara's thoughts on the popularity of Merkel, the importance of U.S. military bases in Germany and the rise of right-wing militia groups.

"It was a very thoughtful, interesting presentation," Connie said. "I hope people take advantage of listening to it on our website."

UMWC Art Show is back

Mark your calendars for April 7 to view the UMWC Art Show, a long-time club favorite, on our website.

"We obviously can't get together in person to view the show or hear from our artists," said Jane LaFroth, who



Although we won't be able to hear from artists such as Susan Liu in person, you will be able to view the UMWC Art Show online.

coordinates the show with Carol Lowe. "But we are absolutely delighted that, with the help of Fred Waltz and others, members will be able to see the show online and see more of our artists' work."

An annual event for almost 30 years, the Art Show includes a wide variety of work created by club members. "Unfortunately, the pandemic prevented us from exhibiting the art last year but nothing is going to stop us now," Jane said. "Please don't miss it."

For our artists

If you would like to be part of the show, you may submit up to three original drawings, photographs, paintings, hand-pulled prints, glass and ceramic pieces and fabric art. Submission requirements are:

- Submit one photograph of each piece of art. The photograph should be full-resolution, original size in JPEG format.
- Submit the title of the art work and the artist's name.
- Send by the deadline: Sunday, March 21.
- Email submissions to Connie Cundy.

So much blooming talent

Artistic talent abounds in the UMWC, illustrated lately by the fact that member Susan Hopp will be participating in this year's Art in Bloom at the Minneapolis Institute of Art (MIA). In addition, member Abby Marier's husband, Don, also will participate. The Friends of the Institute's 38th annual celebration of spring takes place virtually April 28-May 2.

While we won't be able to see the wonderful creativity

in person, MIA has an exciting lineup of lectures and events, including virtual exhibition of the work. Curators have approved an unprecedented more than 500 artworks to interpret. These include newly available mediums such as prints, drawings and photographs. Each pedestal artist will create their floral interpretation of their assigned artwork at home and then photograph and submit one photo of their design.

Susan, who is participating for the third year, will interpret Joan Brown's Portrait of a Girl. Don, who has participated in the show for more than 20 years, will be working in Ikebana style to interpret Willow Bridge and Water Wheel (Uji Bridge), 16th Century, unknown Japanese. Perhaps some of you remember his awe-inspiring Ikebana presentation a couple of years ago at the St. Anthony Park Library?

Be sure to watch for this fabulous show. Think spring!

Scholarship Committee getting ready for big year

The Scholarship Committee is hard at work preparing to examine the upcoming UMWC scholarship applications, which open online April 1 and will be available through June 1. The committee is anticipating a busy year.

Although many different comparisons and analyses exist, UMWC's scholarship amount of \$3,500 is average compared with other University scholarships that students receive, according to the Office of Student Finance. But it certainly is very impactful and absolutely a significant financial assist for the recipients, officials said.

Welcome new members

We are happy to announce that three women have joined the University of Minnesota Women's Club since the last newsletter. Please welcome them and introduce yourselves when you see them at meetings.

The new members are Linda Erlich, Elizabeth Holt and Bonnie Russ.

We also have had some directory changes. Sandy Korlath and Susan Ryan have new addresses.

For a current list of new members and their contact information and/or a list of directory changes, please contact Nancy Myers.

Our current membership is 294.

Memorial gifts

For Edward Strem by Ellie Meade

For Ruth Jones by Linda Schutz

For Nap Dupre by Pat Kirchner

For Farrel Bergner by Marian and Keith Champlin



Susan Hopp will be interpreting Portrait of a Girl as part of Art in Bloom at MIA.

Section News



Congratulations Ellie Meade!

The Minneapolis Institute of Art accepted Art section member Ellie Meade's drawing of rhododendrons for its recent Foot in the Door show, occurring every decade.

"The rhododendrons were growing in front of my house," Ellie

said. "I used vellum paper and colored ink pens."

Too much sugar and salt?

The Women's Health Issues section in March will hear from Dr. Lyn Steffan on the topic of "Highly Processed Food: Too Much Added Sugar and Salt?" The meeting is Friday, March 5, at 11 a.m. via Zoom. Dr. Steffan will talk about the impact of added sugar and salt on our health and also the optimal dietary intake to promote healthy aging.

Dr. Steffan is an Associate Professor and Director of Public Health Nutrition, Division of Epidemiology and Community Health, University of Minnesota School of Public Health.

Section members will receive an email invitation before the program. Other UMWC members interested in attending should email Dorothy Waltz.

With autism we walk unseen

Robert Waltz, son of UMWC members Dorothy and Fred Waltz, spoke in February to the Women's Health Issues section about the workings of the autistic mind. Robert, a brilliant, beautifully educated, articulate man, realized he had autism and pursued a diagnosis at age 50.



Robert's three books from Loomis House Press

Growing up, Robert went undiagnosed because autism was viewed as an anomaly. He simply suffered through

rejection because he did things differently from most of his contemporaries.

Statistically, a good share of people with autism are quite brilliant, usually in a particular area and with a powerful focus. This trait often makes it difficult for a person with autism to make friends and hold a job.

Robert has overcome so much to become the accomplished man he is today. "Hearing his story made all of us view people with autism in an entirely different light," said Marian Champlin, who was one of the meeting participants. "We will now be more understanding and accepting of people with this condition as they struggle to be accepted."

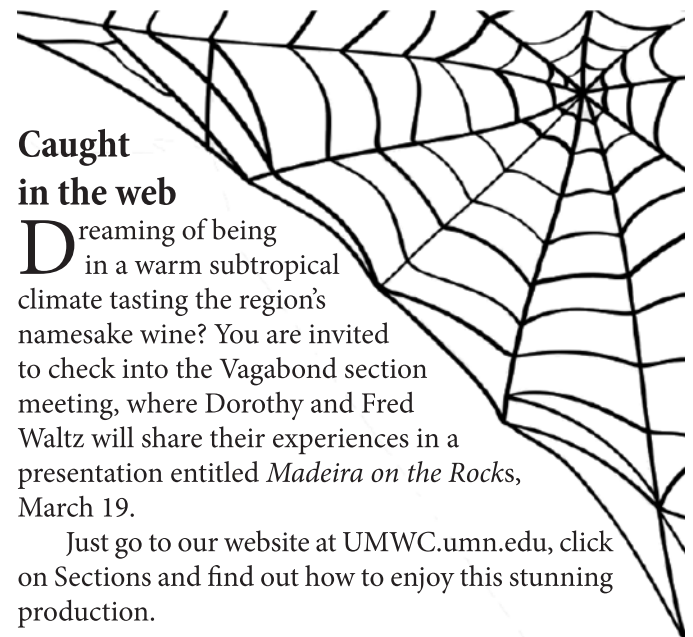
Becoming a better birder

Master naturalist LeAnn Plinske will speak via Zoom to the Nature section on "Birding 101: Techniques, Tips and Tools to Help You Begin and Become a Better Birder." The meeting is Monday, March 29, at 10:30 a.m.

Section members will receive an email invitation the day before the program. Other UMWC members interested in attending should contact either Diane Schweizer or Margie Daniels at least one week before the presentation.



Male Eastern bluebird



Caught in the web

Dreaming of being in a warm subtropical climate tasting the region's namesake wine? You are invited to check into the Vagabond section meeting, where Dorothy and Fred Waltz will share their experiences in a presentation entitled *Madeira on the Rocks*, March 19.

Just go to our website at UMWC.umn.edu, click on Sections and find out how to enjoy this stunning production.

CLUB NEWS

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Meet Liz Brady in Online Extra

In this issue of Online Extra, we feature Liz Brady, who has had a wealth of experiences in her life. Most recently she was deployed by Red Cross as a disaster mental health professional. That followed a long career as a clinical social worker, along with stints such as co-owning and managing a café on the Upper West Side of New York City.

A fairly recent member of UMWC, she joined to meet intelligent women who have the same zest for life that she does. Now she's co-chairing Around the Campus and is a member of the Hikers, Modern Fiction and Restaurant Ramblers interest groups.

You will find the story as an added feature to the online version of our newsletter.



Board of Directors Meets April 6

The UMWC board of directors will meet Tuesday, April 6, at 10 a.m. The board will conduct its meeting virtually via Zoom.

At the meeting, the Nominating Committee will present board members with the slate of candidates who have agreed to hold UMWC leadership positions during our 2021-2022 season. UMWC members will vote on the candidates via Zoom at the annual meeting in May 2021.

If you would like to attend the meeting, please contact Connie Cundy to obtain the meeting ID and passcode necessary to get access to the meeting.

Liz Brady: Feeling Like I Can Bring My Best

Within a week of retiring from her private practice as a clinical social worker, UMWC member Liz Brady was on her way to Florida. But she wasn't traveling for fun and sun. She was deployed by Red Cross as a disaster mental health professional.

"I'd been getting texts from the Red Cross asking me to consider volunteering, saying they needed mental health professionals," Liz said. Retirement gave her the opportunity to use her skills to help people cope with all manner of disaster, from hurricanes to tornadoes to fires to mass shootings.

"It's being present, in-the-moment work," Liz said. Working with grief was one of her specialties. "I spend time in shelters or walk around neighborhoods talking with people. I just love it."

She loves it in part because in addition to providing services, she meets new people—victims as well as other volunteers—and grows personally. She tells in particular about traveling to a tribal nation following a shooting. "I thought I knew what I was getting into when I went there to back up tribal leaders," she said. "But I didn't have a clue. I learned so much."



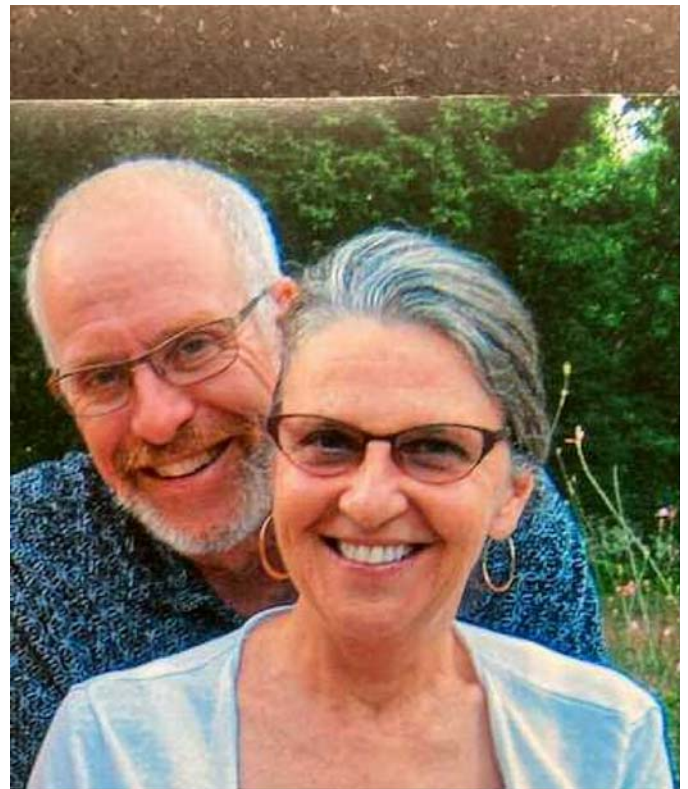
Liz as a student at Vassar

And that enthusiasm for new experiences is a consistent thread in Liz's life.

The youngest of four children, Liz was born in Western Massachusetts in 1954 to parents who met at a mobile army surgical hospital—or MASH—in the Pacific Theater during World War II. Her father was a surgeon and her mother a registered nurse.

"My mother was a fantastic role model," Liz said, who "loved the ocean, skiing and hiking. She always shared her passion with us," which included a love of nature. "We experienced awe through nature." Her father went into OB/GYN practice and was always working, making house calls at all hours. "But he was happy when he came home. We knew we were the apple of his eye."

Attending private school, spending summers on Cape Cod and traveling, including camping across the U.S., Canada and much of Europe, made for a privileged upbringing, Liz realizes. "But we never got tons of stuff,"



Liz Brady with her husband, Charlie

she said. "We held jobs through middle school and high school." The focus was on the experiences. And they kept happening.

As a teenager, Liz adored her older sister whom she describes as definitely a hippie. "And that's how I began to live," she said. Surrounded by a large community of friends, she loved going to live concerts and dancing to the music of the era.

"I went to Woodstock, which had a huge impact on me," Liz said. "Life was wide open. There were so many people—like me, not like me—and we were filled with love for everyone. And years later, the 2017 Women's March was a similar huge group experience for making our voices heard and feeling an energy connection."

The summer after graduating from high school, Liz was waitressing on Cape Cod and decided to delay going to college. Instead, she and her brother planned to hitchhike to Florida to find work for the winter. "Hitchhiking was an accepted means of transportation then," she said with a laugh. "I wasn't afraid. We met some dynamite people." Before reaching their destination, however, Liz received a call from a high school friend living in New York City and looking for a roommate.

"You have to understand the rivalry between New England and New York in those days," Liz said. "My father

had always told us to ‘never go to the jungle’ (his word for the city). I couldn’t wait.”

Liz’s roommate was working in an Upper West Side cafe called The Only Child, where Liz also found a job. There she met Henry, a “tall, handsome, beautiful black man” who owned the business, and they became a couple. Soon, Liz became manager and co-owner of The Only Child.

“New York City was so exciting in those days,” Liz said. “Artists and students could find affordable rents. I met so many new and different people.” With Henry’s encouragement, she enrolled at Vassar, “just a train ride north,” and jumped into college with characteristic enthusiasm.

“I loved it,” Liz said. “Everyone was looking at their own lives and determining how they could use their energy to speak out against injustice. It opened up my life.” She majored in psychology and education and lived in French House during the week.

She tried to schedule classes to keep her Fridays and Mondays free because she continued to work in the restaurant, which provided a range of interesting experiences, including the Sunday morning poetry readings that attracted writers such as Maya Angelou. Liz and Henry, who were married by then, expanded the restaurant with a geodesic dome into a backyard garden area so flowers continued growing all year. Many of the restaurant workers were “in the arts or undocumented workers,” Liz said. “We’d close the bar at 4 a.m., then shop for food and supplies at Fulton Fish Market and Bronx Terminal Market, or party. It was intoxicating.”

But the hard realities of life also were present. In 1980, Liz’s 64-year-old father died. Six months later, Liz and Henry were in a car accident and Henry was killed. Liz’s mother rushed to Harlem Hospital to be at her daughter’s side. Tears running down her face, Liz’s mother wanted to take her home with her.

“But I said no,” Liz said, and she started to move on. “That’s when I got involved in psychotherapy and saw how important social work is.” Sadly, she wasn’t able to keep the restaurant going. “I lost The Only Child. That place was Henry. People would come there for him.”

She tried substitute teaching (“not for me”), began working at the New York theater district restaurant Orso and went back to school. She was working on her master’s degree in social work when she met Charlie, a contractor whose passion was working in wood. He had built and worked on several New York City restaurants. He can build or fix anything, according to his wife.

“We were friends for several years,” Liz said. They married in 1990 and, in 1992, the status of their rent stabilized apartment, where Liz had lived for 20 years, changed and they needed a new place to live. “I said, ‘Let’s move to France or Italy,’” Liz remembers. But Charlie, originally from Wisconsin, where his family still had a cabin, wanted to move back to the Midwest.

“It was a place I’d never experienced, so I agreed,” Liz said.

After exploring a couple of Midwest options, they moved to the Twin Cities and it didn’t take long for Liz to find a job. Then, about 20 years ago, she started her own practice.

“I absolutely loved my work and was a good clinician,” she said. “Connecting with all different people on an emotionally intimate level was a good fit for me. I kept growing.”

Once she retired two and a half years ago, she admits to experiencing an identity crisis. “For years, I’d worked with others on preparing for transitions,” Liz said. And here she was feeling unprepared for her own life change. “I was so humbled. I know that I was grieving.”

Her Red Cross work helped her find herself again, at least before the pandemic, but working virtually is not something that interests her. She’s planning to continue again when it’s safe to work in person. It’s work that leaves her “feeling like I can bring my best.”

UMWC provides another avenue for connection with new friends who are intelligent and like to have fun. She joined the club for the same reasons she’s embraced so many other things in her life, including to learn and grow. To that end, she is co-chairing Around the Campus and is a member of the Hikers, Modern Fiction and, of course, the Restaurant Ramblers interest groups. She eagerly anticipates the day when club members can gather together again.



Liz with Minnesota Senator Amy Klobuchar at the 2017 Women’s March

With her husband Charlie, Liz lives in an old farmhouse in Lake Elmo and spends time at the Wisconsin cabin. They have a 26-year-old son who is finishing his degree at the University of Minnesota, majoring political science and minoring in Arabic. He’s also in the National Guard, with the intention of eventually moving to Washington, D.C., for law or foreign service.

Liz no doubt envies the experiences he has in store, but she’s far from finished with her own.