

UNIVERSITY WOMEN'S ASSOCIATION NEWSLETTER

June 2009

P.O. BOX 81776 FAIRBANKS, ALASKA 99708

www.uaf.edu/uwa

JUNE DATES TO REMEMBER

Mondays and Fridays at 11am ----- Walk Group

Monday, June 22 at 7 pm ----- movie "From the Badlands to Alcatraz"

Saturday, June 27 from 10am-4pm -----Really Free Market at Patty Bld., UAF

THINGS TO LOOK FORWARD TO:

Wednesday, July 15 at 7pm ----- free lecture by noted author Marion Nestle,
at Schaible Auditorium

Saturday, October 10 at noon -----Recycle Sale

Saturday and Sunday, November 7 & 8 -----Holiday Bazaar

SCHOLARSHIP COMMITTEE

The University Women's Association awarded scholarships to 12 women for the 2009-10 academic year at UAF. They are Shaina Bhojwani, Bethany A. Coblentz, Yimin Fan, Nichole Feemster, Jennifer A. Grieve, Hannah Harrison, Dawn M. Holt, Heather Neal, Gloria V. Oseguera-Verdugo, Nicole D. Torre, Christina Twogood, and Regina White.

Since 2002, UWA has given almost \$74,000 in scholarships to 79 undergraduate UAF women.

Alexis Runstadler, co-chair of the Scholarship Committee, writes "Sine Anahita and I would like to thank the scholarship committee reviewers, Shari George, Kathy Gruenig, Linda Hapsmith, Joy Morrison, Rachel Seale, Kayt Sunwood, Laura Lynn Walsh and Allison York. We did all the reviews via e-mail this year, saving time and energy in getting to the library and it was very successful."

REALLY FREE MARKET

"Empty your closets, cupboards, basements, sheds and garages — bring us your tires, your doors, your set of glasses yearning to be free!" to the Really Free Market.

The Really Free Market is collaboration between the University of Alaska Fairbanks and the Fairbanks community. Sustainability is a focus at UAF. By sharing we sustain each other and our community. No selling, no bartering, no swapping will take place. This Really Free Market is one of community collaboration to raise awareness, share resources, have fun, and build community.

So, on Saturday, June 27th bring your contributions from 8-10am to the site of the event, the Patty Building parking lot on the UAF campus.

The Really Free Market will be open to the public from **10am to 4pm Saturday, June 27th**. That Saturday, the Red, Yellow and Blue borough bus lines will be giving FREE rides to the Market.

WALK/SKI GROUP

Due to family obligations, Elizabeth Shapland won't be able to organize the walking group this summer. As an incentive to get out walking herself, UWA past-president, Rita Osborne is looking for other walkers to join the group.

The walking group will meet Monday and Friday at 11 am at the Moore Street entrance of Pioneer Park. Just show up or contact Rita at ritaosborne@gmail.com or 479-4535 to let her know you will be joining her.

BOOK GROUP

The book group is taking a brief hiatus while Laura works on some health issues. We are still in the process of reading Marion Nestle's What to Eat and Victor Hugo's Les Miserables (have you

seen how long that book is?), and are also looking at I Know Just What You Mean by Ellen Goodman and Patricia O'Brien.

Author Marion Nestle will be giving a "Politics of FOOD" lecture in Schaible Auditorium on Wednesday, July 15th.

Look for more news next month. Laura Walsh, lwalsh@acsalaska.net or 374-8084.

AT THE RECENT UWA ANNUAL MEETING

On May 16th the annual meeting was held at the Chancellor's Residence, with Sherry Modrow hosting. Our guest speaker was Michele Hebert. Our theme was "Growing and Sustaining Our Gardens and our UWA". Michele is the Land Resources Agent for the Cooperative Extension Service, University of Alaska. She spoke about vegetable gardening in the Fairbanks area.



University Women's Association members celebrated the past year, honored scholarship winners, reported on activities and finances, elected new officers, and decided on UWA contributions to groups and organizations. We were so pleased that five of the UWA scholarship winners were able to attend the meeting: (pictured L to R) Heather Neal, Bethany Coblentz, Gloria Oseguera-Verdugo, Jennifer Grieve, and Nicole Torre.

OFFICERS AND BOARD MEMBERS FOR THE 2009-10 SEASON

Officers:

President - Kayt Sunwood, who is mentoring Nilima Hullavarad for that position next year
Social Vice President - August-Michelle Abukasis
Service Vice President - Georgene Nielsen
Membership Vice President - Helen Howard
Secretary - Susan Hurley-Glowa
Treasurer - Laura Lynn Walsh

Board positions:

Scholarship Committee: Alexis Runstadler and Sine Anahita
Member-at-large - Rita McGrath
Newsletter - Georgene Nielsen
Book Group - Laura Walsh
Salad Luncheon group - Helen Howard

UWA Publicity – Kat Ferrell
Holiday Bazaar coordinators– Shari George and Georgene Nielsen
Telephone Tree coordinator– Ginny Kawasaki
Web Design – Uma Bhatt
Ski/Walk group – Rita Osborne and Elizabeth Shapland

INTERNATIONAL DINERS

International Diners is a fun way to collect some great recipes and the dinners are a feast. The participants are asked to choose a month they will host a meal and decide upon a cuisine theme. Those whose homes are unable accommodate a dinner party may partner with someone who can. When the theme and date are announced, diners interested in attending contact the host and indicate if they are bringing a guest. The host plans a menu and each diner receives one dish to prepare. The cost of the meal is divided evenly among the participants. Every dinner offers a unique culinary experience with an extensive variety of dishes to savor.

UWA International Diners is on hiatus until fall. At the Fall Welcome Tea in September members will have a chance to sign up to participate.

We are seeking a coordinator for this group. Heartfelt thanks go to Barbara Braley who has coordinated the International Diners group for so many years. Barbara, you did a sterling job of it.

FREE FILM

The film “From the Badlands to Alcatraz” chronicles the experiences of five young Lakota during the September 2005 San Francisco PATHSTAR Pine Ridge Alcatraz swim program. This film features an introduction by Dr. Nancy Iverson, a pediatrician and an open-water swimming enthusiast who swims almost daily in the San Francisco Bay.

This film will be shown at **7 pm on Monday, June 22** in the Bunnell Building/Schaible Auditorium on the UAF campus.

SALAD LUNCHEON

A Salad Lunch is a wonderful way of enjoying a healthy and excellent meal with the minimum of trouble. The hostess provides something to drink, some bread and a dessert, if she so wishes, while each guest brings a salad. The more the merrier, and the more dishes the greater the variety.

“The May Salad Luncheon, hosted by Rita McGrath and her daughter August–Michelle Abukasis, was a picnic at the Georgeson Garden. The salads were delicious and we lingered over lunch which was topped off by angel cake with a strawberry sauce. Present were Bobbie Rice, Kayt Sunwood, Helen Howard and a new member, Michelle Newton. The weather cooperated and we watched the plants being brought out in preparation for planting – a sure sign of summer.”

“No summer Salad Lunches are planned, but there was agreement that there’s no reason not to meet in summer if someone would like to host one.” – Helen Howard

Please discuss a date with Helen Howard, Salad Luncheon Co–Coordinator, hmh@acsalaska.net .

SUMMER SESSIONS AND LIFE LONG LEARNING

UAF Summer Sessions sponsors an interesting variety of special events throughout the summer. These include an Alaska lecture series, free movies and concerts, the Alaska Book Festival, campus tours, and much more.

These are mostly free events. Don't miss out on the great things planned for this year! Visit <http://www.uaf.edu/summer/special-events>.

RECYCLE SALE

The Fall Recycle Sale is set for Saturday, October 10th. Helpers will be needed throughout that day anywhere from 7:30 a.m. to 6:00 p.m. Please contact Georgene Nielsen 479-0988 or nielsen@mosquitonet.com if you are willing to help with this event.

2009 HOLIDAY BAZAAR

We are now forming the 2009 planning committee for the Holiday Bazaar which is scheduled to take place Saturday and Sunday, November 7th and 8th. If you can participate, please contact Georgene Nielsen at 479-0988 or email nielsen@mosquitonet.com or call Shari George at 455-9000 or email fnswg@uaf.edu.

SPECIAL NEEDS, SPECIAL STRATEGIES - Available on the UAF campus and by video conference

One-week intensive graduate courses address unique situations encountered by counselors, teachers, education paraprofessionals, and service providers. These one-credit courses provide background for understanding and practical tools for working with those with special needs. Complete course descriptions are found within department course listings. Taught by specialists in their field, all courses (except Expressive Arts & the Healing Journey) meet Monday through Friday, 9:00 am to noon in O'Neill 214. Video conferencing is available at many UA campuses. Contact Summer Sessions at least two weeks prior to the start of the course to determine the availability of video conferencing sites. Enrollments are limited so early registration is encouraged.

COUN F695P - Monday through Friday, 9:00 am - 12:00 pm.

June 1-5 Disordered Eating: Assessment and Treatment

<http://www.alaska.edu/uaf/coursefinder/details.xml?CRN=51762&term=200902>

June 8-12 Counseling Boys

<http://www.alaska.edu/uaf/coursefinder/details.xml?CRN=51761&term=200902>

June 15-19 Supervision: Theory and Practice

<http://www.alaska.edu/uaf/coursefinder/details.xml?CRN=51763&term=200902>

June 22-26 Counseling Gay, Lesbian & Bisexual Individuals

<http://www.alaska.edu/uaf/coursefinder/details.xml?CRN=51764&term=200902>

July 6-10 Counseling Alaska Natives

<http://www.alaska.edu/uaf/coursefinder/details.xml?CRN=51765&term=200902>

July 13-17 Crisis Intervention Strategies

<http://www.alaska.edu/uaf/coursefinder/details.xml?CRN=51766&term=200902>

Thursday and Friday, 6:00-8:30 pm; Saturday and Sunday, 1:00-6:00 pm

June 25-28 Expressive Arts and the Healing Journey

<http://www.alaska.edu/uaf/coursefinder/details.xml?CRN=51906&term=200902>

<http://www.uaf.edu/summer/special-events/free-lecture-series/from-the-badlands-to-alca/>

WEBSITE

Current and past newsletters are available on the UWA website maintained by Uma Bhatt at www.uaf.edu/uwa.

Please send newsletter corrections, comments or interesting items to Georgene Nielsen at nielsen@mosquitonet.com or telephone 479-0988.