Hello Ladies,

What a wonderful year we have had!

As I pass on the leadership of the Club to Inga’s very capable and worthy hands, I look back on a fantastic year filled with truly generous scholarship fund-raising, fascinating programs and memorable fellowship.

Thank you all so much for making the Trinity University Women’s Club the strong organization that it is. It has been an honor to serve as your President and I look forward to another amazing year.

Have a wonderful summer!

With warm regards,

Jackie

Jackie Sliker

Welcome TUWC’s New Officers

On April 9, 2009, TUWC members voted to elect the following officers to serve for the 2009-10 year:

- Inga Munsinger Cotton, President
- Elizabeth Ford and Mary Kay Cooper, First Vice Presidents, Programs
- Crystal Benavides, Second Vice President, Membership
- Debi Arbuckle, Third Vice President, Social
- Brita Munsinger, Recording Secretary
- Nelda Cortez, Corresponding Secretary
- Susan McMahon, Treasurer

A special thanks to Janice Brazil, Bea Caraway and Linda Campbell who served on the nominating committee which recommended these individuals for appointment.

Jackie Sliker introduced the new officers at the Women’s Club May 5 luncheon at the Holt Center.
2009 Event Planning Underway

The Program Chairs are working hard to put together a fun, informative and eventful year. Please forward your suggestions for luncheon speakers and program ideas to Mary Kay Cooper and Elizabeth Ford, First Vice Presidents of Programs, at elizabeth.ford@trinity.edu or by calling 210-999-8435 by Monday, June 8.

There will be a planning meeting in early summer to confirm all programming for the 2009-10 academic year.

Komen Walk Reflection

Participating in the Komen Walk was a very motivational learning experience, reminding me to appreciate my health and allowing me to complete the walk in honor of those who could not. The great feeling and the unity was overwhelming. It was very uplifting to see so many participants take part to help make the event a huge success! - Ruby “Speedy Shoes” Contreras

Luncheon Snapshot

Dr. Carolyn Becker, associate professor of psychology, made a presentation to TUWC members at the April 9 luncheon regarding the “Female Athlete Body Project.”

Trinity University female athletes participated in this pilot research study developed by Dr. Becker in collaboration with the Department of Athletics. The project was implemented with the assistance of the head athletic trainer and focused on women’s body image, eating disorders and the Female Athlete Triad (inadequate energy intake, amenorrhea and osteoporosis), which is considered to be one of the top health concerns for female athletes.

During its two-year tenure, the project encouraged female athletes to seek out reliable information regarding the Female Athlete Triad and nutrition.
If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.

- Anne Bradstreet

Hello! I’m Crystal Benavides and I’ll be serving as the 2nd Vice President/Membership for the Trinity University Women’s Club. I’m thrilled at the opportunity to work with all of you this year!

Before you kick off your summer plans please don’t forget to send in your **TUWC renewal of $35.00** to me at the address below. Sending your renewal in as soon as possible will insure that you will be included in the new directory. Don’t forget to let me know of any changes in your address, telephone or email. This will insure that you receive timely updates from the club.

If you have any questions, do not hesitate to contact me at (210) 999-8405 or crystal.benavides@trinity.edu. Send membership dues and updates to:

Crystal Benavides, TUWC Membership Chairwoman
Trinity University, Office of Alumni Relations
One Trinity Place, San Antonio, TX 78212-7200

Make checks payable to “Trinity University Women’s Club.”

**TUWC Scholarship Recipients**

Aimee Kennedy, a TUWC scholarship recipient, graduated this May with her degree in biology and will continue her studies at medical school.

Aimee met Jackie Sliker, TUWC President, during the Trinity University Scholarship Reception held on March 26.

Claire Smith announced the names of the year 2009-10 scholarship recipients: Rachna Turakhia and Janae Contag at the May 5 TUWC Luncheon which took outdoors at the Holt Center. Each will receive a $2,500 scholarship.

President Jackie Sliker thanked the Scholarship Committee for their efforts in selecting this year’s awardees.

Committee members included Kris Howland, Elizabeth Ford and Nelda Cortez.
Over Spring Break, I traveled to Ireland with another Trinity alumna. We both enjoyed the beautiful scenery and the great people! Clonmacnoise is pictured to the left and Fairymount Farms to the right.

- Jackie Sliker

Jeanette and Gene Clark welcomed the birth of their second grandchild, Ellie Aiken Shoup, on December 11, 2008 in Austin, Texas. Parents of Ellie are Jill Burpo Shoup and Steve Shoup. Our first grandchild, Ian Glenn Burpo, was three-years-old on January 10, 2009 and lives with his parents, Jeff and Melinda Burpo, in Portland, Oregon. We are thrilled to finally have a grandchild who lives near enough for us to see frequently (and Grandma is taking full advantage of the opportunity)! - Jeanette Clark

I earned a third place medal in my age group in my first-ever sprint triathlon in Windcrest, TX, May 2. And, I earned a first placed medal in my age group in my second-ever sprint triathlon in New Braunfels, TX, May 16. - Mary Kay Cooper

My husband and I adopted a puppy this spring from Animal Care Services. We named her Mora. She loves retrieving, water, taking walks, meeting people ... gladiolas and paper towels. - Donna Fiedler

On the move! In June, I will be leaving the Trinity University community and relocating to Atlanta, Georgia. For those of you who would like to stay in touch, my e-mail address is susansanant@yahoo.com.

- Susan Baker

I am very excited about going to Vegas in July to meet up with my friends that I have known since 7th grade.

We all went to school at Lilly Hill and Wagner High at Clark Air Force Base.

I’m looking forward to this vacation!!!

- Stacey Lenderman
President Jackie Sliker thanked the committee, including chair Mary Denny and hostesses Darla Chase and Monica Martinez. Jackie also thanked everyone who participated in the successful chili cook-off on January 8.

Jackie invited members to join the team or make pledges to support Race for the Cure on April 4. Carol Mansen was not present, but is available by phone or email to answer questions.

Jackie thanked Donna Fiedler for putting together the newsletter.

Elizabeth Ford discussed the upcoming program on Thursday, April 9 featuring Dr. Carolyn Becker, an associate professor in the Psychology department, discussing the Female Athlete Body Project.

Marsha McGlasson was absent, but sent a message requesting email and address updates from members. New member Brita Munsinger introduced herself. Kris Howland brought two guests: Molly Porter Burke and Jeanne Browning.

Mary Kay Cooper presented more information about the end-of-year event on May 5, which will be a weekday luncheon instead of a weekend brunch.

Corresponding Secretary Nelda Cortez had no news to report.

Susan McMahon shared the financial report. The balance at the beginning of the year was $2,478.61; the balance as of this meeting was $3,038.07. Susan praised the luncheon committees for coming in under budget.

Scholarship chair Claire Smith was absent, but Jackie noted that the next recipients will be announced at the April meeting.

Genie Calgaard was absent, but Jackie listed some upcoming interest group events:

- March 13: Book club at Diane Gentry’s
- March 10: Culinary Capers at Janice Brazil’s
- February 19: Dutch Treat lunch
- April 14: Film & Fiction at Genie Calgaard’s---“The Shooting Party”
- March 2: Ladies’ Night Out (game night) at Genie’s
- Stitch in Time with Jodi Karjala---meets regularly
- Walking for Women---7:30 a.m. Thursdays and 11:30 a.m. Tuesdays (now at the lower track)

Jackie mentioned that the nominating committee will be meeting soon.

Kris Howland introduced the speaker, Michael Schweitzer, assistant director of Physical Plant at Trinity University. Mike brought handouts and gave an overview of Trinity’s sustainability program: recycling all over campus, composting kitchen scraps from the dining halls, and remodeling dorms for green certifications, among other things.

Respectfully submitted,

Inga Munsinger Cotton
Recording Secretary
TUWC Minutes from April 9, 2009 Meeting

President Jackie Sliker wished everyone a happy Easter and Fiesta, and thanked the committee for organizing the lunch: co-chairs Donna Blystone and Janice Brazil, and hostesses Genie Calgaard, Mary Elaine McElreath, and Carol Roy.

Kris Howland introduced the speaker, Dr. Carolyn Becker, Associate Professor of Psychology at Trinity University. Dr. Becker spoke about her research program, the Female Athlete Body Project, which helps students identify when they are trapped in the “female athlete triad”---low calorie intake, no menstrual cycles, and what the girls like to call “crumbly bones.”

Dr. Becker mentioned two resources for more information: the “World’s Healthiest Foods” website (http://www.whfoods.com) and the book “In Defense of Food: An Eater’s Manifesto” by Michael Pollan, which distinguishes between food and “edible foodlike substances,” and promotes the mantra, “Eat food. Not too much. Mostly plants.” Then, Dr. Becker left to teach her class.

Genie Calgaard awarded a jar of jellybeans to Ruby Contreras for coming closest to guessing the right number of beans in the jar.

Jackie Sliker continued with the business portion of the meeting.

Elizabeth Ford noted that this was the last luncheon of the 2008-09 school year, and asked for suggestions for next year’s programs. Jackie thanked Elizabeth and Kris Howland for their service as First Vice-Presidents.

Marsha McGlasson reported no changes to the membership since the last meeting. She requested that members keep her updated about changes to their addresses and email addresses. No new members or guests attended the luncheon.

Nelda Cortez shared the news that Marjorie Andrews had suffered a stroke on March 17th. Mary Jane Judd noted that Marjorie was staying at the Village at Incarnate Word. (Note: Marjorie has since moved to Morningside Manor, Assisted Living, Room D9, 602 Babcock Road, San Antonio, Texas 78201, direct (210) 731-0306, main (210) 731-1000---ed.) Nelda sent a card to Marjorie on behalf of the Women’s Club. (Note: After the meeting, on or around May 4, Jeanné Callihan had quintuple bypass surgery and was recovering at Northeast Baptist Hospital---ed.)

Susan McMahon presented the financial report. The balance at the beginning of the year was $2,478.61; the balance as of this meeting was $2,741.22, with one event to go.

Claire Smith announced the names of the scholarship recipients: Rachna Turakhia and Janae Contag. Jackie thanked the scholarship committee (including Kris Howland, Elizabeth Ford, and Nelda Cortez) for their efforts.

Genie Calgaard discussed upcoming Interest Group events:
- Book review: meeting in May to discuss a Rick Riordan novel (info: Sandra Kurtin)
- Culinary Capers: last meeting at Janice Brazil’s house; more events this fall
- Dutch Treat: meeting in May at Los Patios (info: Judy Golliher & Mary Elaine McElreath)
- Film & Fiction: “The Shooting Party” at Janice’s house (info: Marguerite Barzun)
- Stitch in Time: Fridays 11:30 a.m. to 1 p.m. (info: Jodi Karjala)
- Race for the Cure: 24 members participated last Saturday; Jackie thanked Chuck White and his son Steven White for acting as chauffeurs to the Alamodome.
- Walking for Women: summer schedule TBA
- Games group: continuing through the summer; 1st Monday in May & 1st Monday in June

In new business, Jackie thanked the nominating committee (Janice Brazil, Bea Caraway, and Linda Campbell) and announced their recommendations:
- President Inga Munsinger Cotton
- First Vice Presidents Elizabeth Ford and Mary Kay Cooper
- Second Vice President Crystal Benavides
- Social Chair Debi Arbuckle
- Recording Secretary Brita Munsinger
- Corresponding Secretary Nelda Cortez
- Treasurer Susan McMahon

The members voted to elect these officers.

Mary Kay Cooper asked members to please wear hats to the end-of-year event, a luncheon on Tuesday, May 5, on the lawn at the Holt Center.

Janice Brazil offered closing reflections, a poem by Mary Oliver about wild geese.

Respectfully submitted,

Inga Munsinger Cotton
Recording Secretary