



Friendship Times

Iowa State University® Women's Club
Fall 2019 Newsletter

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www.isuwc.org



Iowa State University Women's Club



"Weaving Friendships | Inspiring Growth"

ISUWC PRESIDENT, ANA MCCrackEN



While I was writing my Spring Luncheon speech, I flipped open my used copy of, *Willa Cather, A Pictorial Memoir* for inspiration. On the inside cover, I re-discovered this inscribed quote: *A friend is one who knows you as you are, understands where*

you've been, accepts who you've become and still gently invites you to grow. That inscription could have been written by any of us, and reminded me of my journey to president of this club.

On a day in August 2016 while visiting Ames for a quarterly Iowa State University Alumni Association board meeting, I was driving around considering what it would be like to live in Iowa again. My husband and I lived at the time in northern California. On that day, at a red light on the south-east corner of University and Lincoln Way, I wondered where I'd find friends if I moved back to Ames. I glanced at the grass and spied colorful flowers bobbing and a sign: Sponsored by the Iowa State University Women's Club. Later I Googled the club and found I did not need a sponsor to join. When my husband and I moved back to Ames the following year, I mailed my check.

Moving is not unfamiliar to me. The list of cities and states I've lived in is long. Being the new gal in town can be daunting. But I know this: to make friends you gotta get out of the house and find organizations to involve yourself. And involve myself in the Iowa State University Women's Club I have—thanks to the women of this club who have opened their arms to me inviting me to join their interest groups, or to those who've asked me to step up and serve.

I chose *Weaving Friendships | Inspiring Growth* as the 2019-20 theme, because I have found our club, now embarking on its 122nd year, to be all about weaving friendships. Yet, there have been times like my first Fall Opener where I was too shy to approach a gaggle of gals chatting and laughing. At this year's Fall Opener, there will be special name tags available for our new members. And it is my hope that those of us seasoned members will notice a new member standing about, and invite them to join a group at a table, or perhaps even your interest group. There will also be greeters wearing, "Welcome! Ask Me" badges. I'll be wearing one too, because it is my goal that all members feel welcome.

INVITE A FRIEND TO THE FALL OPENER!

Please join us for the

Iowa State University®
women's Club
est. 1897

Fall Opener
Monday, September 9, 2019
11:00-11:30 a.m. – Meet & Greet
11:30-1:00 p.m. – Lunch
Sign up for Interest Groups after Lunch!

City Church of Ames – DSM
2400 Oakwood Road

Founded in 1897 for faculty wives at Iowa State College, the club now welcomes all women and offers its members friendship, enrichment, and personal growth along with many opportunities for community outreach and scholarship support to Iowa State University women students. There is a wide variety of groups that meet monthly and provide opportunities to meet other women with shared interests, including nature, travel, books, wine, food, bowling, golf, photography, and more.

For more information, visit www.ISUWC.org or contact isuwomensclub@gmail.com

Find us on Facebook

The ISU Women's Club is not affiliated with Iowa State University®.

Only a few seats left! FALL TRIP TO DECORAH!

Fall Bus Trip, October 15, to Decorah, Iowa! A registration form can be found at www.isuwc.org. The bus will be departing at 6:30 AM, hope you'll be on board!

NEWCOMERS – THERE'S A GROUP FOR YOU

Are you a recent new member of the ISU Women's Club? If so, Newcomers is for YOU! Newcomers gather for monthly meetings in and around Ames and the Iowa State campus. It is our goal for new members to meet one another and to have fun at events that educate us about club opportunities, Iowa State, local businesses, museums, restaurants, etc. The first gathering will be October 10th at 10 am at the Ames Historical Society, 416 Douglas Avenue, with a program followed by lunch. Watch your email inbox for an invite from one of the Co-chairs, Ann Sandine and Donna Starck.

CALENDAR OF EVENTS

October 15, 2019

Discovering Decorah Fall Trip
Arranged by the **Fall Trip Committee**

OCTOBER 21, 2019

1:30 pm

"Sharing our Organs"

Presented by Iowa Donor Network
Bacchus and Biking Babes, Hostesses

NOVEMBER 18, 2019

1:30 pm

"Days for Girls"

by Carol Helland and Mary Ross,
Days for Girls, Ames, IA Team
Art and About and Book Club, Hostesses

DECEMBER 11, 2019

2:00 to 5:00 pm

"Holiday Social at The Knoll"

Holiday Social Committee, Hostesses

October and November meetings are held at **Bethesda Lutheran Fellowship Hall**, 1517 Northwestern Avenue. The Holiday Social is at **The Knoll**, 111 Knoll Road, ISU Campus.



HOLIDAY SOCIAL

The Holiday Social committee is happy to announce the ISU Women's Club has been invited to return to The Knoll on December 11th. As last year, women may attend at varied times to accommodate size and flow at The Knoll. Sign-up sheets will be available at the Fall Opener and General Assembly meetings. Join us for this festive occasion.

JOIN ISUWC!

ISUWC membership is open to all women who support the vision and mission of ISUWC. Annual dues are \$15.00 for first-year members and \$25.00 per year thereafter. ISUWC membership is required prior to joining a division. Membership forms can be obtained directly at www.isuwc.org.

YEARBOOK PICKUP



For members who have not picked up Yearbooks, books may be picked up at the Fall Opener or by contacting Rochelle Ginder at 515-292-8244 or Rocrog1@mchsi.com. Books will also be available at the October and November General Assemblies.

NEW INTEREST GROUP ANYONE?

Want to try something new? With 46 interest groups to choose from, there are opportunities for everyone either by getting involved with an existing group, joining a start-up or starting a new one. Several new interest groups have been suggested. Leadership is needed to organize and chair or co-chair each interest group for it to become viable. A minimum of 10 members is needed to start a new group.

INTEREST GROUP ANNIVERSARIES

Art and About – 5 years (2014)

Couples Having Fun – 5 years (2014)

Wine and Tapas – 5 years (2014)

Golf – 10 years (2009)

Couples II – 20 years (1999)

Walk and Talk – 25 years (1994)

Genealogy – 35 years (1984)

Stitchery – 45 years (1974)

Bowling – 70 years (1949)

The Book Club – 90 years (1929)

(The Book Club was known by other names over the years.)

SHARING FRIENDSHIP

Help extend the hand of friendship by contacting Sharon Olson or Marilyn Barquist if you know a member who should be remembered with a card. Cards are sent for hospital stays, extended illness, death of a member, death of a member's relative, birthdays-70+, anniversaries-50+, and a special honor or award that a member has received.

HISTORIAN BOOKS READY FOR VIEWING

Historian Scrapbooks are available for viewing on the club's website, www.isuwc.org. Take a look back at all the fun, fellowship, and friendship that was shared and enjoyed!



PUBLICITY COMMITTEE NEEDS YOU

Jill Lowman and Linda Rosa, Publicity Co-chairs, and Jonie Fitzsimmons, Facebook coordinator, need ALL



members to help with publicizing ISUWC. Tell your friends and neighbors, share newsletters, like us on Facebook and share postings. Take photos and send to Jill or Linda; please include group name. Send the same to Jonie at joniefitz@gmail.com for posting to Facebook.

2019-20 ISUWC AWARD RECIPIENTS

The ISU Women's Club Awards Committee recognized the 2019-2020 award/scholarship recipients at a dinner at The Iowa Stater Restaurant on Sunday, April 14. Recipients, Iowa State University women students, are selected annually and recognized for their academic, personal, and community accomplishments.

The award recipients are invited to attend either the October or the November General Assembly so the membership can meet them and learn of their educational endeavors.



Pictured above from left to right: The 2019-20 ISUWC Award recipients were **Adrianna Kallis**, *Fargo, ND, Senior, Software Engineering & Statistics*; **Huanjiao (Hannah) Dong**, *China, Ph.D. Student, Apparel Design, Journalism & Mass Communication, Interdisciplinary Graduate Studies*; **Lauren Stratton**, *Ankeny, IA, Ph.D. Student, Gerontology*, and below,



Alissa Martindale, *Gretna, NE, DVM Student, Veterinary Medicine*.

Funded by interest on an endowment established by the club, the ISUWC Student Award Fund is one of ISUWC's proudest achievements. Members are encouraged to contribute to the ISUWC Award Fund as they are able. Contributions may be sent to the

ISU Foundation, 2505 University Blvd, Ames, 50014 or to Karen George, ISUWC Treasurer, 2834 Cambridge Dr., Ames 50010.

PLEA FOR SCHOLARSHIP CONTRIBUTIONS

ISUWC Historical Tidbit: The Geneva Scholarship Award, established in 1913, was ISUWC's first scholarship award. This past year, due to dwindling endowment fund donations and investment interest, only four scholarships were awarded instead of five. As your interest group considers its yearly worthy cause contribution, please consider targeting that money to the Scholarship Endowment Fund to keep our long-standing tradition alive. Contributions are tax deductible and may be sent to ISU Foundation, 2505 University Blvd, Ames, IA 50014 or to Karen George, ISUWC Treasurer, 2834 Cambridge Dr., Ames, IA 50010.

OUR SCHOLARSHIP DOLLARS AT WORK:

Courtney Beringer, 2018-2019 Award Recipient

Ever since she created a compost program for her middle school, **Courtney Beringer** has cared passionately about the environment. From this passion emerged her desire to influence and improve both energy production and governmental policies throughout the world.



As a Mechanical Engineering major with a minor in Energy Systems, Courtney has equipped herself with the tools she needs to fulfill her goals. Her many volunteer experiences with Ames organizations have taught her to tackle any situation fearlessly, regardless of the difficulty. Additionally, her engineering internships with Paladin Attachments and Exelon have afforded her invaluable "real-world" experience. She plans to continue her education and research, earn a Ph.D., and focus on sustainable energy. Courtney genuinely aspires to develop technology and energy policies that will not only decrease the negative effects of energy production, but also positively impact the environment.

For Courtney, a May 2019 Mechanical Engineering graduate, adding sewing to her wheelbarrow wasn't as challenging as she expected it to be. Along with senior in mechanical engineering student, Sam Vande Loo, Beringer spent the past three years working with Eulanda Sanders, chair of the Department of Apparel, Events and Hospitality Management and Donna R. Danielson in Textiles and Clothing, to develop design patterns for the bag and sew- both oddly similar skills to engineering it turns out.

"After conducting focus groups and online surveys it was clear that students would use and benefit from a book bag with charging capabilities based off solar energy," Beringer says. "Sam and I learned how to develop design patterns for the bag and sew- both oddly similar skills in mechanical engineering it turns out."



The team completed three prototypes of the bag and began testing it on research participants in the spring.

COMING SOON - NEW ISUWC WEBSITE

Following a May brainstorming session, a committee worked over the summer to decide on details for a new ISUWC website. It is ready to be unveiled at the Fall Opener; more details will be shared then. Thanks should go to the hard-working behind-the-scenes committee members: Joyce Schafbuch, Jonie Fitzsimmons, Ann Sandine, TJ Fuligni, Marlene Geiger and Ana McCracken.

CLASSIFIEDS | HELP WANTED

Historians—Our wonderful historians, Jan Bond and Cindy Fell have given notice and are seeking two replacements for the position of Historians. Over the next two years, Jan and Cindy will share their knowledge about what it takes to compile and print the yearly record of our women's club, which has been in existence for one-hundred and twenty-two years. For more information, please contact Jan or Cindy. Copies of the 2017-2018 report will be available at the Fall Opener for review.

RUN FOR THE ROSES

Sunday, October 13, 2019

5K/10K to benefit Arthritis Research

Race begins 9 AM - Ames Middle School

Register Online at

www.GetMeRegistered.com/RunForTheRoses or with Ames Area Running Club,
PO Box 266, Ames IA 50010

The vision of the Iowa State University Women's Club is to create unity through friendship, promote a sense of belonging with each other and within the community, and as we grow, to have an impact on our society.