Southern at 150 Scholarship Winners

For the first time ever, the SIU Women’s Club is awarding four $2,000 scholarships, a record made possible by the club members’ outstanding generosity. The March newsletter included information on the Dorothy Morris Traditional Student Scholarship and the Joyce Guyon Non-Traditional Student Scholarship recipients. In addition to these scholarships given annually, this year we are funding two special Southern at 150 Scholarships. Recipient information follows. Our traditional scholarship luncheon was not able to be held this spring, but we hope to be able to recognize all four of these impressive students at an event in the fall.

Leah Sutton, a third generation Saluki from Highland, Illinois, is majoring in Photography and minoring in Art History. While at SIU, she has participated in the University Honors Program and served as its photographer. She has been vice president of Photogenesis, Photography RSO, and has been active in Intervarsity. Her works have been displayed at Mt. Vernon’s Cedarhurst Center for the Arts Gallery. In addition, she has three SIU student jobs: Photo Lab Staff, Daily Egyptian Photojournalist, and New Student Programs Orientation Leader. In her free time, she likes to read nonfiction conservation books, paint, and run. After graduation, Leah hopes to become an in-house photographer or photo editor at the Smithsonian or National Geographic. To fulfill this dream, she is currently using her free time talking with SIU alumni who work in these places. Leah’s favorite part of being a Saluki is having great professors who go above and beyond in helping students to reach their current and future goals. She believes that the learning opportunities that she has experienced at SIU are unobtainable anywhere else.

Katherine Mazdra, from St. Louis, Missouri, is majoring in Microbiology and is involved in a research lab working with anaerobic bacteria. When not working on homework or in the lab, she likes to read, draw, and figure skate. She plans to graduate with her Bachelor’s degree in spring of 2021 and go to graduate school to study Environmental Microbiology. She wrote, “All my dreams and aspirations are happening because of SIUC. I never thought that I would be where I am today, and it’s all thanks to the wonderful people at this institution. Coming to SIUC was the best decision of my life, and I can’t wait to continue my education next year. After I get my PhD, I really want to go into the research sciences. Finding a place as a professor at a university and being able to pass on my knowledge while also making new discoveries and creating experiments would be ideal. I would like to inspire students to take up microbiology just as the professors at SIU have inspired me to take up research and fulfill my dreams.”

SIU Women’s Club President’s Greeting

Marsha Ryan, president, SIU Women’s Club, sends this message to members.

“As we all know, rules relative to the COVID19 pandemic still keep us from gatherings. We have postponed events and cancelled Interest Group meetings for now, but as soon as the restrictions are lifted, we will be back in the middle of quilts and books and antiques and bridge and meals and travels.

The Board would have put a slate of officers before you at the April luncheon, but we have delayed that until we get the all-clear. As soon as we can meet/vote/honor our scholarship winners, that luncheon will be rescheduled. Until then, your current Board has agreed to continue to serve.

Many thanks.

We wish one another well. Safe at home, cleaning closets/garages, reading books, sewing masks, and staying 6 feet apart at the grocery store. Gas is about a buck and a half a gallon. Silver lining...... Stay well. See everyone soon.”

Marsha
Good News Story

“Adaptability in the Time of the Pandemic”

Sue Burroughs, SIU Women’s Club Communications Director, asked Mary Russell Muchmore, a long-time SIU Women’s Club member, if we could use her photos and quotes from Facebook to put together a “good news story” for the membership. Sue asked her to summarize her thoughts of “Sheltering-in-Place” with her son and daughter-in-law. Sue requests other members to share their experiences during this time either for a future newsletter or even a special edition if we get a good response—send them to newmyerburroughs47@frontier.com. And, here is Mary Russell’s story.

Mary Russell brings freshness and perspective to whatever life situation comes her way. She attributes this to her upbringing and the advice she was given by her mother as she headed off to college, leaving her Navy family in Chile as her father’s final posting was coming to an end. “When you get to college you will meet young women who have a great deal more than you will ever have; others, who will never have as much as do you. It is up to you to decide to be happy, to bloom where you are planted.”

Words that she soon came to realize would serve her throughout her life. Embracing an ability to adapt and find joy in all of life’s twists and turns over the decades “has served me well. I have learned that adapting is making a choice and then following through on it.” A strong faith and a loving, supportive family, as well as her social interactions within the Carbondale area have helped her stay strong and vibrant and always optimistic. “Fifty years of participating in SIU Women’s Club groups had strengthened my ties and broadened my horizons. Knitting with likeminded women and listening (almost as much as talking) was a joy. Book Discussion group had opened intellectual doors to areas I hadn’t known were so enthralling. Antiques Group was better than going to a movie! And Vivian Ugent’s trips to the St. Louis Symphony a joy as well as a learning experience.”

When the virus began tapering off in Washington state in early April and with the blessings of her doctor, Mary Russell’s son made the 2200-mile car trip from Seattle to Carbondale to pick her up from her apartment in Liberty Estates and drive her to back to the home he shares with his wife, Jacqueline and their two cats, Harper and Edison in Seattle.

“Reading, luncheon, Facebook and/or telephone keep me in touch with the outside world. Of late I have enjoyed a daily trip to Mount Vernon; the reenactors are great history teachers. I worship, via You Tube, at the National Cathedral, and I visit my sister by way of FaceTime. I read quite a bit and, at the end of the afternoon my son escorts me on a short walk outdoors.” “I realize that when this crisis ends, and I return to my beautiful apartment (in Liberty Estates), I shall miss family. So I am enjoying them now, and not borrowing future worry. Life is good and I am blessed.”
SIU Women’s Club Interest Groups
May 2020

Interest Group Director, Julie Bohnsack (jabohnsack@gmail.com)
The Faculty House, 810 South Elizabeth Street, Carbondale

All May Interest Group meetings are cancelled (except Book Discussion) due to the COVID-19 Virus Outbreak

Adventure Gals

Donna Wilson 559-0830
dmwilson@siu.edu

Antiques and Collectibles

Carol O’Donnell 549-2287
donnelljc@yahoo.com
Vivian Ugent 457-5258
vivianugent@gmail.com

Book Discussion

Janet Earnest 549-0416
jandaearnest@gmail.com

May 14, meeting via Zoom, *Book Woman of Troublesome Creek* by Kim Michele Richardson.
Discussion Leader: Deborah Corker; Zoom Coordinator: Angie Baughman

Breakfast Group

Janet Banerjee 687-3582
janet.banerjee@gmail.com

Bridge - Afternoon

Olga Weidner 549-7527
oweidner@siu.edu

Kitty Trescott 203-1807
trescott@midwest.net

Peter Gregory 541-602-6732
peterg@humidtown.com

Bridge - Couples Evening

Sue Whitlock 534-3932
kirkman061056@gmail.com
A.M. Hamilton-Brehm 702-419-2493
amhamib@gmail.com

Cooking Lunch with Friends (First Group)

Carol O'Donnell 549-2287
odonnelljc@yahoo.com

Evening at the Cinema

Laura Helsel 559-4541
lahelsel@yahoo.com

Gentle Toning, Stretch and Yoga Techniques (GTSY)

Nelda Hinckley 549-5588
neldahinckley@jalc.edu

Knitting and Stitching

Sue Burroughs 203-2360
newmyerburroughs47@frontier.com
Lee Swayze 549-1017
lswayze1200@gmail.com

Meet 'n Eat

Tedda Becker 457-8903
beckertedda02@gmail.com

Meet 'n Eat

Meets 2nd Wednesday, Noon, at various local restaurants

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Meet 'n Eat

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beckertedda02@gmail.com
### Monthly Dinner Group
Meet in members’ homes—next gathering to be announced

<table>
<thead>
<tr>
<th>Sue Whitlock</th>
<th>534-3932</th>
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<tbody>
<tr>
<td><a href="mailto:kirkman061056@gmail.com">kirkman061056@gmail.com</a></td>
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### Newcomers Dinner Group
Meets 4th Thursday in homes and restaurants

<table>
<thead>
<tr>
<th>Amelia Ketzle</th>
<th>924-0145</th>
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<td><a href="mailto:aketzle@siu.edu">aketzle@siu.edu</a></td>
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### Opera Group
Selected Saturdays in Cape Girardeau

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<thead>
<tr>
<th>Olga Weidner</th>
<th>549-7527</th>
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<tbody>
<tr>
<td><a href="mailto:oweidner@siu.edu">oweidner@siu.edu</a></td>
<td></td>
</tr>
<tr>
<td>Debbie Gunter</td>
<td>907-799-9799</td>
</tr>
<tr>
<td><a href="mailto:debbie.gaddis@gmail.com">debbie.gaddis@gmail.com</a></td>
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### Quilting
Meets 2nd Wednesday, 1 - 3 p.m., in members' homes

<table>
<thead>
<tr>
<th>Pat Tindall</th>
<th>549-2427</th>
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<tr>
<td><a href="mailto:dp.tindall@outlook.com">dp.tindall@outlook.com</a></td>
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### Scrabble
Meets 3rd Thursday, 2 p.m., at the Faculty House

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<thead>
<tr>
<th>Mary Pohlmann</th>
<th>549-5077</th>
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<tbody>
<tr>
<td><a href="mailto:maryp@siu.edu">maryp@siu.edu</a></td>
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### Secrets of Ethnic Cuisine
Meets 4 times a year to prepare unique dishes

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<thead>
<tr>
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<th>549-7527</th>
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<tbody>
<tr>
<td><a href="mailto:oweidner@siu.edu">oweidner@siu.edu</a></td>
<td></td>
</tr>
<tr>
<td>Shirley Estavillo</td>
<td>529-5690</td>
</tr>
<tr>
<td><a href="mailto:jsestavillo@hughes.net">jsestavillo@hughes.net</a></td>
<td></td>
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</table>

### Storytelling
Meets 4th Tuesday, 3 p.m., at the Faculty House

<table>
<thead>
<tr>
<th>Deborah Corker</th>
<th>907-248-1236</th>
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<tr>
<td><a href="mailto:phdcorker@gmail.com">phdcorker@gmail.com</a></td>
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### Travel—The Suitcase Sisters
Meets 1st Monday, 5:15 p.m., at Pagliai’s Pizza, Carbondale

<table>
<thead>
<tr>
<th>Julie Bohnsack</th>
<th>534-4618</th>
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<tr>
<td><a href="mailto:jabohnsack@gmail.com">jabohnsack@gmail.com</a></td>
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## SIU Women’s Club Scholarship Fund
**Donations**

Scholarship donations are always encouraged to meet our annual minimum $4,000 goal to fund two $2,000 scholarships. Scholarship donations may also be made as memorials.

Name _____________________________________________________ Phone ___________________

Street Address ______________________________________________________________________

City, State, Zip ______________________________________________________________________

Email Address _____________________________________________ Check Amount $______

Return form with check (SIU Women’s Club) to:
SIU Women’s Club, P.O. Box 1226, Carbondale, Illinois 62903-1226