



# League Letter

Volume LIX, Number 4, February 2025. <http://www.univleague.wisc.edu> Editor: Betty Zeps Asst. Editor: Gisell Sirianni

## UNIVERSITY LEAGUE SPRING LUNCHEON AND LECTURE

### “Healthy Aging and Self-Regulation”

Franklin Stein, PhD, OTR/L

Tuesday, March 25<sup>th</sup>, 2025, 11:00 am.

Maple Bluff Country Club

For almost six decades, Dr. Franklin Stein has dedicated continuous efforts as a visionary in support of development, refinement and documentation of the global knowledge base of occupational therapy.

As a social worker for New York City Department of Welfare, Dr. Stein began his professional commitment to public service and social justice. He worked as an instructor at the Brooklyn Day Hospital in the creative arts, a division of the Department of Mental Hygiene. Although Dr. Stein became a psychologist, he never wavered from his allegiance to the profession of occupational therapy. In fact, he used his education and capabilities to promote and elevate occupational therapy in world arenas.

Dr. Stein's secret seems to be his balance of work and play. He actively practices that which he preaches: self-regulation, self-management, stress management and balance.



Franklin and Jennie Stein  
New York 2016

Likewise, even fewer occupational therapists might be able to claim that they were the first at doing or creating something. Dr. Stein was the first in his family to go to college and received multiple scholarships to complete his undergraduate and three graduate degrees. (Continued on page 2)

### SPRING LUNCHEON – See menu options on page 2

**When:** Tuesday, March 25<sup>th</sup>, 2025

**Social Hour:** 11:00 a.m.

**Lunch:** 11:30 a.m.

**Speaker:** 12:00 p.m.

**Where:** Maple Bluff

Country Club

500 Kensington Dr.

Madison, WI 53704

**\*Cost:** \$35 per person

**\*Reservation Deadline:**

**March 14<sup>th</sup>**

**\*Reservation form on page 11**



Dr. Franklin Stein in front of Cambridge University Library as a visiting professor on sabbatical from Boston University in 1974.

In 1967, he developed the first advanced Master's Degree Programs in Occupational Therapy at Boston University, along with Patti Maurer and Anne Henderson. In 1968, he was one of the first occupational therapists to receive a Doctorate of Philosophy in Counseling Psychology. In 1971–1972, he was the first occupational therapist to be the President of the Massachusetts Rehabilitation Association. In 1974, he was the first occupational therapist to be a visiting scholar at Cambridge University in England.

Dr. Stein excelled in all of his diverse roles as an occupational therapist. As a clinician, he contributed to research in many specialty areas. As an outstanding teacher, he became a scholar, author, lecturer and academician. His career as an occupational therapist has spanned the past, present and the future of occupational therapy, through the many students during his career that he has influenced.

As a leader and mentor, Dr. Stein established high standards of performance for himself and his students and colleagues, and felt strongly that occupational therapy should be based on evidence-based practice within a humanistic framework.

Dr. Stein strongly advocated that occupational therapists should maintain their role as “healers” using meaningful and purposeful occupation as evidence of their outcomes. In his early roots in his professional training, he advocated and used the arts such as ceramics, weaving, jewelry, photography, theatre, poetry and movement therapy as interventions. He wrote, “Other modalities have supplemented arts and crafts such as hand therapy, ergonomics, alternative medicine techniques, prescriptive exercise, stress management, micro-computers, social skills training and others too numerous to mention.” He held strictly to his beliefs by accepting only evidence-based research articles to elevate the profession.

Dr. Stein's contributions are extensive and have a value added to them that cannot be adequately expressed or captured in a discussion of his lifetime of accomplishments. He has earned great respect for his sharp intellect and analytical skills, perseverance, dedication, unquenchable thirst for knowledge, and insatiable drive to inspire, support and mentor others. His vision has brought people together all over the world to grow the profession and build evidence of its effectiveness for posterity. This kind of dedication has taken decades to develop and reflects his amazing gifts.

He is an effective leader who works easily and readily with his colleagues and inspires others to learn and go beyond their expectations.

### **Spring Luncheon Menu Options:**

- 1) Vegetable risotto (GF, V): Seasonal vegetable medley with parmesan, risotto and mascarpone cheese
- 2) Chicken Marsala (DF): Chicken with mushroom Marsala sauce Herb roasted baby red potatoes and asparagus

House salad, butter, dinner rolls, coffee tea and water, assorted cookies for dessert

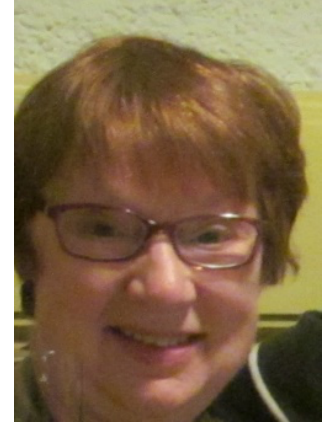
*All payments, reservations and cancellations **must be received by the 03/14 deadline.***

*No reservations will be accepted after that date and no refunds made. Your payment check will be cashed soon after the event. If you have questions, please contact Betty Zeps, [bszeps@wisc.edu](mailto:bszeps@wisc.edu) or 608-698-1414.*

## FROM THE PRESIDENT

Happy March! It may still be cold, but every morning brings a little more daylight. Before we know it, we'll be looking for pussy willows and robins. In the meantime, stay healthy and watch out for those icy patches!

This is the time of year when our Scholarship Benefit drive takes center stage. The Scholarship Benefit Committee, chaired by Linda Mayfield, has worked hard to create an invitation that will help motivate members to respond. Thank you to Linda and committee members Louise Thompson and Karen Harris. Be sure to read through your invitation, noting especially the students who are highlighted, and mail your check in the enclosed envelope, if you haven't already. Your contributions are distributed to twelve UW-Madison schools and colleges after our fiscal year ends at the end of May. Scholarship recipients are then chosen by their major departments.



Raising money for UW-Madison student scholarships is the first goal listed in the University League's mission statement, as printed on the inside the *Yearbook's* front cover. The letters of gratitude we receive from students reveal how much our scholarships help take the pressure off financial worries and allow them to concentrate on their studies. Please give generously!

We have two more excellent events scheduled for this membership year. At our Spring Luncheon on Tuesday, March 25<sup>th</sup>, Dr. Franklin Stein, a pioneer in occupational therapy, will speak on "Healthy Aging and Self-Regulation." Dr. Stein is an engaging and entertaining speaker, and I'm sure his talk will be full of useful information and advice. Please register to attend, and invite a friend or two to join you! Our original speaker for the Annual Meeting and Luncheon on May 7<sup>th</sup> canceled due to a scheduling conflict. Our speaker will be Brian Borland, who will share his stories of family, hard work and talent, centering on a girls' basketball team from the little town of Maynard, Iowa that won the state title in 1956.

Many of you are already members of one or more Interest Groups. Why not invite a friend, neighbor or relative to one of your meetings? It's a great way to acquaint people with League, and could even result in a new member. Also, consider joining another Interest Group yourself, just to try something new or venture outside your comfort zone. It's highly recommended for healthy aging! Several new Interest Groups have been added recently: Bowling, Card & Board Games, and Climate & Environment. Check out the complete list of Interest Groups on pages 7-10 in your *Yearbook* or on the University League's website at <https://univleague.wisc.edu/interest-groups/>

Sincerely,

*Cindy May*

Cindy May, President 2024-2025

### IN MEMORIAM

Joy Newcomb, University League President, 1993-1994  
Fran Rall, the poet who wrote a poem about the beginning of University League  
Shirley Sherburne Inhorn

## THE UNIVERSITY LEAGUE 2025 SCHOLARSHIP BENEFIT

Look for the scholarship benefit invitation mailed to you in February



**PLEASE JOIN US BY GIVING GENEROUSLY TODAY**  
**YOUR DONATION IMPACTS OUR FUTURE**

### **Learn, Grow, Succeed**

- Education today provides leaders for tomorrow.
- The University League recognizes academic learning and growth as essential components of success.
- Financial assistance is often necessary to support capable students.

#### **100% of your scholarship donations go to deserving UW Madison students in the:**

College of Letters & Science, College of Agriculture & Life Sciences, Adult Career & Special Student Services, College of Engineering, School of Pharmacy, School of Medicine & Public Health, School of Veterinary Medicine, School of Education, School of Nursing, School of Human Ecology, Wisconsin School of Business, Law School.

*If you did not receive your **SCHOLARSHIP BENEFIT** invitation or if you have any questions, please contact Linda Mayfield, Benefit Director, [lindamayfield@charter.net](mailto:lindamayfield@charter.net).*

**OFFICE OF STUDENT FINANCIAL AID  
UNIVERSITY OF WISCONSIN-MADISON  
2024-25 Impact Reports**

**Why did you choose UW-Madison?**

“I chose UW-Madison because it is a place that provided me with opportunities for professional growth. As an alumna of the UW Odyssey Project, I experienced firsthand the transformative power of education and community support that this institution offers. The university’s commitment to social justice, inclusion, and academic excellence aligns with my goals as a future social worker. It also provides me with resources and networks I need to succeed in the field of social work, where I aspire to make a positive impact on individuals and communities.”

– *KRISTINA, MAJOR: SOCIAL WORK*

**CAROL V. PALMER UNIVERSITY LEAGUE SCHOLARSHIP FUND RECIPIENT**

**What is an accomplishment you are most proud of?**

“Transferring from Madison College with the maximum number of credits. I did not come from a wealthy background and as a young person in my early 20s, having the transfer program from Madison College to UW-Madison made it possible for me to pursue my goals while still providing for myself, as I had very little assistance.”

– *SHERIDAN, MAJOR: REHABILITATION PSYCHOLOGY*

**DONALD AND WILMA SITES UNIVERSITY LEAGUE SCHOLARSHIP FUND RECIPIENT**

**What do you hope to accomplish as a student and upon graduation and what are your future career plans?**

“Presently, I am planning on becoming a Speech Language Pathologist. My brother has influenced my decision greatly. He is on the severe side of the autism spectrum and is non-verbal. He is currently 20 years old and becomes aggressive often. Growing up I’ve always wondered what he is thinking and feeling inside. If I can help anyone else’s family communicate even a little, I know it would mean the world to them, because of how much it would mean to me.”

– *THEA, MAJOR: COMMUNICATIVE SCIENCES AND DISORDERS*

**OSCAR N. AND ETHEL K. ALLEN MEMORIAL UNIVERSITY LEAGUE SCHOLARSHIP RECIPIENT**

**What extracurricular activities have you been involved with? What have you gained from them?**

“I was involved in different kinds of activities throughout my school years as I wanted to explore and develop various passions of mine. One passion that I developed was learning about the various stories of people who shared my identity and culture. Additionally, I explored my interest in medicine through my school’s medical club. However, one of my most consistent extracurriculars has been through working. I started to work when I was 16 at a convenience store to provide for myself and not burden my family whenever I am in need of anything such as a computer for my education or to finance my personal needs.”

– *MIA, MAJOR: PSYCHOLOGY*

**UNIVERSITY LEAGUE CENTENNIAL SCHOLARSHIP FUND RECIPIENT**

**What would you say to the donors if you had an opportunity to personally thank them?**

“If I could personally thank donors, I would say thank you for providing me the opportunity to study at UW-Madison. It means so much to me that I’m able to study alongside the brightest and like-minded, curious individuals. Without this scholarship, I would not have been able to attend UW-Madison and because I am a recipient, I’ll use my education here to serve others to the best of my abilities.”

– *KAYLA, MAJOR: BIOCHEMISTRY*

**PAT CORNWELL UNIVERSITY LEAGUE ENDOWED SCHOLARSHIP FUND RECIPIENT**

**Sonny Graves, University League School of Nursing  
Scholarship Recipient:  
“Badger Nurses really do change lives!”**



Sonny Graves is in his second year of the Traditional Bachelor of Science Nursing (TBSN) program at the University of Wisconsin-Madison. He chose to attend the UW Madison as a transfer and older adult student after beginning his education at Madison College. Sonny's background includes experience in skilled labor, social services, chaplaincy, and church ministry. He previously worked as a Certified Nursing Assistant in the Burn Unit at the University of Wisconsin Hospital and Clinics and currently continues work with local faith communities while attending nursing school.

Sonny states that he “loves the purpose, creativity, skill, and compassion we practice in nursing.” He especially has “a passion for health equity and advocacy,” and plans to focus on research and education that is inclusive for transgender and gender diverse people. In his impact statement, Sonny expressed sincere appreciation for his scholarships, especially after experiencing significant financial responsibilities following the death of a parent and sibling.

School of Nursing Dean and Professor Linda Scott, PhD, RN, NEA-BC, FAAN, expressed her gratitude to The University League for scholarship funds, pointing out that the UW undergraduate nursing program is one of the most demanding on the Madison campus and that there are many students with unmet financial needs. She stated that The University League's gift “helps students not only to achieve their goals, but to excel.”

Isabel Andrews, Senior Director of Development for the UW School of Nursing, stated that alleviating some of the cost of education for students “helps them stay focused on what is most important: learning, growing, thriving, and contributing as a professional in the field of nursing.” When celebrating 100 years of nursing excellence during the School of Nursing 2024 centennial year, she noted that student “enthusiasm and ambition, and care for our patients serve as daily reminders that **Badger Nurses really do change lives!**”

Congratulations to Sonny as he pursues a career in nursing and joins the future ranks of Badger Nurses, making a difference and changing lives especially in the fields of health equity and advocacy!

## UNIVERSITY LEAGUE MEMBERS VOLUNTEER AT PBS GARDEN EXPO



From left to right:  
Jane Dunn, Stephanie Karwacki and Cindy May

On Saturday, February 8th, three University League members volunteered for shifts at Public Television's Garden Expo fund-raiser. Jane Dunn, Cindy May, and Stephanie Karwacki sold tickets and hand-stamped attendees who wanted to leave temporarily and return later in the day.

The Garden Expo, a three-day celebration of gardening, landscaping, local food culture and ecological responsibility, is always lively and well-attended. This year's event included an exhibition hall and 150 educational presentations. Attendees could talk with UW-Madison Extension horticulture experts, enter a floral design competition and/or a raffle, and visit the PBS KIDS Backyard family area. They had opportunities to explore ideas for reducing waste, conserving resources, and creating eco-friendly spaces, both at home and in the community. As frosting on the cake, all proceeds support public television in Wisconsin.

PBS-Wisconsin sponsors two major events at the Alliant Center each year: the Great Wisconsin Quilt Show in the fall, and the Garden Expo in the winter. Parking and tickets are free for volunteers at the Alliant Center events, and there's plenty of time to visit the exhibits and participate in the free classes, either before or after a volunteer shift.

We'd love to have more University League members join us for these events, as well as regular fundraisers at the PBS-Wisconsin studios in Vilas Hall, where members can volunteer to take pledges over the phone, or be in charge of the refreshments that are donated by local businesses. Cindy May has set up a University League PBS-Wisconsin mailing list so that she can contact members as soon as she finds out about the next event. If you'd like to add your name to the list, just email Cindy at [clmay@wisc.edu](mailto:clmay@wisc.edu) or 608-335-9291. It's great fun, plus it's an excellent opportunity to be in a group photo in the newsletter!

## **YOUR LONG-RANGE PLANNING COMMITTEE IS BUSY!**

The University League, like many organizations, needs guidance for its future. One way to accomplish this is to create and administer a strategic plan. In reviewing our 2020-2025 Strategic Plan, it is amazing how an epidemic like Covid could make that plan look so unrealistic in hindsight. That is why seventeen members of the University League Board and Interest Group leaders met on January 14 at the Fitchburg library to spend several hours working to start the process of developing the University League Strategic Plan for 2025-2030.

The participants were divided into 5 groups to do a SWOT analysis (Strengths, Weaknesses, Opportunities, Threats) on the key aspects of the University League's mission, led by members of Long-Range Planning and Policy Committee:

- Membership/Friendship: Linda Harvey
- Technology: John Shanda
- Scholarship: Judy Stang
- Leadership: Cindy May
- Service: Mary Jo Willis

Since the workshop, the Long-Range Planning Committee has begun the work of putting all of these good ideas into a Strategic Plan 2025-2030 format and determining goals, action items, who is responsible for carrying these out, and the appropriate timeline. Stay tuned as the plan is further developed and finalized. It will then be shared with the membership.

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### **ABOUT OUR LAST EVENT**

The University League Candlelight Concert was held on Friday, December 13th, 2024. Members and their guests enjoyed a wonderful concert held at Maple Bluff Country Club. The UW Folk Orchestra, directed by Victor Gorodinsky, played beautiful Russian folk music, and demonstrated the different types and sizes of Russian instruments that were played. Two vocal soloists enhanced the unique instruments. The musicians clearly enjoyed being part of this special orchestra and attendees thoroughly enjoyed listening to them.



## INTEREST GROUP UPDATES

### Uncork the Fun: Why You Should Join a Wine Interest Group

Wine has a magical way of bringing people together. Whether you're a seasoned connoisseur or just starting to explore the world of wine, joining a wine interest group can be a game-changer. Not only will you expand your palate, but you'll also gain new friendships, experiences, and knowledge that make every sip more enjoyable. Here's why you should consider becoming a part of a wine-loving community.

#### 1. Expand Your Wine Knowledge

Wine is more than just a drink—it's a journey through culture, history, and craftsmanship. A wine group provides the perfect setting to learn about different grape varieties, wine regions, food pairings, and tasting techniques. Whether you're interested in bold reds, crisp whites, or sparkling wines, being part of a group allows you to explore them all with guidance from fellow enthusiasts and experts.

#### 2. Make New Friends with Shared Interests

Wine is best enjoyed with good company. A wine group is a fantastic way to meet like-minded people who share your passion. Whether you're swapping recommendations, debating the merits of Old World vs. New World wines, or simply enjoying a glass together, you'll form connections that go beyond just wine.

#### 3. Discover Perfect Pairings

Ever wondered what wine pairs best with your favorite dishes? In a wine group, you'll learn how to enhance flavors by pairing wines with food. From cheese and charcuterie boards to full-course meals, you'll discover new ways to elevate your dining experience.

#### 4. Develop Your Tasting Skills

Tasting wine is an art. Being part of a wine group helps you refine your palate, learn how to identify flavors and aromas, and gain confidence in describing what you like and why. Over time, you'll start to appreciate subtle differences in wines and recognize quality when you taste it.

#### 5. Have Fun and Unwind

At the end of the day, wine is about enjoyment. Joining a wine group gives you a regular excuse to relax, sip, and savor life's little pleasures.

#### Winter Spring Wine Divas & Divos Schedule:

- February 27, 2025: Hosts: Linda Procci and Rhonda Heise, Theme: Stay tuned.
- March 27, 2025: Hosts: Donna McCarthy, Elaine Rosenblatt, Mary Willis, Theme: 4<sup>th</sup> Quarter.
- April and May combined meeting: May 8, 2025: Hosts: Jacqui and John Shanda and Cindy May, Theme: Spanish Wines.
- Summer: Time for our summer break. The group will resume in the Fall.

#### Join a Wine Interest Group Today!

Contact Elaine Rosenblatt at [elainer49@gmail.com](mailto:elainer49@gmail.com).

We meet the 4th Thursday of the month, 4:30 p.m. - 6:30 p.m., from September to May.

**Cheers!**

## **New opportunities for friendship, sharing and learning!**

Do you have some free time? Would you like to learn or practice a new hobby?

All interest groups have different meeting dates/times. Check your calendar to see if any of them can fit into your schedule. Our interest groups are ready for you to join!

Some of our groups are:

- Armchair Travelers
- Artiques (Combines Art & Antiques)
- Bird Study
- Book Critics
- Book Discussion
- Bowling
- Bridge (All Levels)
- Card & Board Games
- Climate & Environment
- Dining Out - Lunch
- French I - Reading and Conversation
- French II - Conversation
- Genealogy
- Mah Jongg
- Movies in the Afternoon
- Spanish Conversation
- Spanish Reading & Literature
- Technology
- Wine Divas & Divos

For more information, contact Jane Dunn.

608-831-8827, [gwtwfidl1@tds.net](mailto:gwtwfidl1@tds.net) or visit our website,

<https://univleague.wisc.edu/interest-groups/>

### **How to manage your University League mail while you're away?**

If you're planning to be away for a few months, you may be wondering how to stay connected with the University League and not miss out on any important newsletters or updates. We've got you covered!

#### **Inform the League About Your Absence**

If you forward your mail, you can ensure you don't miss any of the newsletters or other bulk mail sent by the University League, by letting us know in advance that you are leaving. Unfortunately, bulk mail can't be forwarded and instead is returned to University League with a charge to the League.

Simply alert Elaine Rosenblatt at: **elainer49@gmail.com** and let her know the months you won't be receiving mail at your current address.

#### **Stay Up-to-Date Online**

Don't worry—while you're away, you can still stay informed by checking out the online version of our newsletter. The best part? It's in full color! You'll receive an email notification when the digital version is available, so you never have to miss out.

Just go to: <https://univleague.wisc.edu/the-letter/>

We want to make sure you're always in the loop, no matter where you are!

**University League Spring Luncheon**  
**Tuesday, March 25th, 2025, 11:00 a.m. -- 1:00 p.m.**  
**Maple Bluff Country Club**  
**Program: Franklin Stein: "Healthy Aging and Self-Regulation"**  
**Reservation deadline: Friday, March 14th (No refunds after this date).**

Member: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Home address: \_\_\_\_\_

Additional member: \_\_\_\_\_ Phone: \_\_\_\_\_

Guest(s) name(s): \_\_\_\_\_

\_\_\_\_\_ Reservations @ \$35 each (includes lunch and program) \$ \_\_\_\_\_

General Scholarship (IHO/IMO): \$ \_\_\_\_\_

Contact name for notification of donations "in honor of" or "in memory of":

- Circle IHO or IMO and provide contact information for honoree or family/friend of deceased.
- Use ONLY for donations to the General Scholarship Fund.

**TOTAL ENCLOSED** \$ \_\_\_\_\_

Menu (circle choice):

Entrée: Choice of: (1) Vegetable Risotto with cheeses (GF)  
(2) Chicken Marsala, mushrooms, potatoes, and asparagus

Dietary Restrictions: \_\_\_\_\_

Need a ride? \_\_\_\_\_ Can you offer a ride? \_\_\_\_\_

Make Checks payable to **The University League, Inc.**  
(Note: Your check will be cashed a few days following the event.)

**Mail to: Betty Zeps, 1922 Adams St., Madison, WI 53711**  
**\*Reservation Form and payment must be in hand by March 14<sup>th</sup>**  
**Questions? Call Betty Zeps at 608- 698-1414**



The University League, Inc.  
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Madison, WI 53705-0064

**ADDRESS SERVICE REQUESTED**

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**Scholarship Benefit Committee members assemble the Benefit Invitation**

Front left and clockwise: Judy Stang, Linda Mayfield, Karen Harris, Nancy Gondzur, Peggy Wiederholt