



Tuesday Women's Association Ethical Society of St Louis

Intellectual Stimulation, Friends, Books, Games,
Excursions and More...

Meets every Tuesday - 10:30am
August 2018 – June 2019



**OFFICERS AND COMMITTEE CHAIRS
2018-2019**

President	Sharon Poe
Vice-President	Ann Eggebrecht
Recording Secretary	Marti Markley
Treasurer	Jo-Ellen Forrest
Special Funds Chair	Jo-Ellen Forrest
Fundraising	Jo-Ellen Forrest
Social Secretary	Wilma Jamieson
Book Selection Coordinator	Joyce Best
International Lecture Series Chair	Kay Meyer
Social Causes Chair	Marcia Cline
Hospitality Chair	Ann Eggebrecht
Program Booklet	Maxine Stone
Program Cover design	Claire Anderson
Planning Coordinator	Kayla Vaughan
Program Chair	Maxine Stone
Trips Committee Chair	Usha Sathe
Parties Coordinator	Wilma Jamieson Sara Salbego

TUESDAY WOMEN'S ASSOCIATION

This organization meets on Tuesdays from August through June at the Ethical Society of St. Louis in the Becker Room in the lower level of the building at 9001 Clayton Road, St. Louis, MO 63117. Gatherings begin at 10 a.m. with coffee and socializing. Programs begin at 10:30 a.m. followed by a brown bag lunch. Some members remain after lunch to play Mah Jongg.

Although the Tuesday Women's Association has been meeting for close to 50 years, our predecessor organization, the Women's Auxiliary of the Ethical Society, was established more than 100 years ago. An interesting reference to the women of the Ethical Society of St. Louis is found in an article published on April 23, 1896 in the St. Louis Post-Dispatch. In 1896, the 10th anniversary of the founding of the Ethical Society of St. Louis, the first convention of the Union of Ethical Societies was held in St. Louis. One of the public forums of the convention was "Woman's Influence on Public Affairs". The newspaper article (under the subheading "Gathering of Brainy Women from Five Big Cities") noted that the audience was full of "young women and elderly women and women betwixt and between, but all of them earnest and thoughtful. They represented the intellectual side of woman's life in St. Louis, and in the cities of the Union."

The Tuesday Women's Association is proud to continue this tradition from the 19th century to the 21st. We value one another's company, intellect, skills and interests. The change in the status of women in the United States in the 20th century has been profound. No longer are women confined to restricted spheres and roles. The enduring presence of the Tuesday Women's Association at the Ethical Society of St. Louis decisively demonstrates the value of our organization.

Our purpose is to work for the general good of the Ethical Society of St. Louis, to foster fellowship among our members, to provide programs of interest to members and to support selected social causes. We are proud of our many contributions to the Ethical Society, our recent growth in membership, and the increasing racial and cultural diversity of the Tuesday Women's Association.

August 2018

TUESDAY WOMEN'S ASSOCIATION

*Brown Bag Lunch, Mah Jongg or Games
after all meetings at Ethical Society*

7th: **Book Review**

Becoming Ms. Burton by Susan Burton

Reviewer: Kayla Vaughan

*Please note: We will meet in the Hanke Room today –
it's Primary Election Day and the Becker Room is a polling place.

14th: **Planning Meeting** for the 2019 International Relations Lecture Series
(participants will include members of both TWA & AAUW).

21st: **Quarterly Business Meeting.**

28th: **Program**

Art for the Heart: De-Stressing with Drawing for Non-Artists

Speaker: Judy Williamson, Art for the Heart Specialist and retiree from Our
Lady of the Snows, Spiritual Programs Coordinator

Do you find yourself unable to let go of things that are worrying you? Are
you awake at night reliving things that have happened during the day? Do
you find yourself stressed out with the big and little bumps in life?

Judy will give us tools on how to ease our minds and calm our spirits. She
will demonstrate how everything from aimless doodling to meditative
drawing to art journaling can be invaluable methods of not only stress relief
but also ways to connect to the creativity we didn't know we had.

September 2018

TUESDAY WOMEN'S ASSOCIATION

4th: **Book Review**

The Color of Law by Richard Rothstein

Reviewer: Sharon Poe

11th: **Program**

Big Pharma: Market Failure

Speaker: Dr. Ed Weisbart, MD, CPE, FAAFP, Chair at Physicians for a National Health Program, Missouri Chapter

Leave it to an independent businessman to get so fed up with the rising costs of his employee health plan that he hired a documentary film crew to get to the bottom of things. The result is "Big Pharma: Market Failure", a new documentary that takes a deep dive into profiteering by the pharmaceutical industry and concludes that this sector of our economy is a real and imminent threat to American business.

18th: **Travelogue: Egypt**

Presenter: Barb Wedler

25th: **Program**

The Unexpected Adventure of Growing Old

Speaker: Leah Friedman, PhD. Mythological Studies and Depth Psychology

Ms. Friedman is an Audiologist, a Still Life Photographer, an author, and much more. She has written, "The Power of Ritual: How It Can Change Our Lives", a memoir "Leafings and Branchings", and "The Unexpected Adventures of Growing Old", the title of our talk today.

Growing old, often feared and dreaded by those in our youth-oriented society, can instead be a period of enrichment, a surprising opportunity for growth and development and an unexpected adventure. The personal experiences of this ninety-year-old, as well as insights from others, will offer a positive view of aging.

October 2018

TUESDAY WOMEN'S ASSOCIATION

- 2nd: **Book Review**
A Piece of the World by Christina Baker Kline
Reviewer: Sherry Schmidt

***** *Sunday October 7th******
TWA BAKE SALE & MINI BAZAAR

- 9th: **Program**
Sharing America
Speaker: Holly Edgell, Editor, Sharing America, St. Louis Public Radio

Many of us listen to KWMU. They have recently started a new CPB-funded (Corporation for Public Broadcasting) project based out of St. Louis that explores the intersection of race, class and culture in four cities throughout the country. This project illustrates public radio's commitment to important conversations with fresh voices and new perspectives.

- 16th: **Quarterly Business Meeting**

- 23rd: **Program**
Your Bleeped-up Brain: Deception.
Speaker: Jo-Ellen Forrest, TWA Member

We trust our brains to decide what is true of false every day; whether it is something we see on TV, read on the internet, or hear from a friend. Using a combination of magic tricks, psychological experiments and stories from history we'll learn how and why our brain gets it wrong, and we'll learn a few tricks to help us better separate fact from fiction in our daily lives. We also might discuss the current trend of conspiracy theories and urban legends.

- 30th: **Book Review**
Various Children's Books
Reviewer: Joyce Best

November 2018

TUESDAY WOMEN'S ASSOCIATION

6th: **Trip: Tour of the New Arch Museum**

Since we can't be in the Becker Room today (it's Election Day and the Becker Room is a polling place), we've decided to take a trip! Come join us on this exciting tour of the newly developed arch grounds and museum. Afterwards, we will enjoy lunch at the Arch Café.

*******Sunday November 11th*******
TWA BAKE SALE & MINI BAZAAR

13th: **Program**

Medical Ethics

Speaker: Evelyn Becker-Meyer, M.A., Professor Emerita, St Louis College of Pharmacy, TWA Member

Evelyn will focus on application of major theories and ethical principles to issues involving biomedical ethics. She will explore end of life ethical issues, reproductive rights, medical experimentation, genetics and confidentiality, and the allocation and right to of health care.

20th: **No Meeting: Happy Thanksgiving**

27th: **Program**

Evaluation of State Elections and Ballot Issues

Speaker: Pam Ross, Trustee for the St Louis Community College Board, previously Chief of Staff to the President of the St Louis Board of Aldermen, TWA Member

Pam will give us results and reasons for the outcome of the November elections. She'll have vote counts on the auditors' race and state rep. and senate offices with a look at how the legislature will change. Pam will also give results on the issues that made the ballot and which ones didn't make the ballot but will return. Pam has worked federal, state, municipal and ballot issues in Missouri since 1988. Her expertise is fund raising and strategy.

December 2018

TUESDAY WOMEN'S ASSOCIATION

4th: **Book Review**
TBA
Reviewer: Marcia Cline

******* Sunday December 9*******
TWA BAKE SALE & MINI BAZAAR

11th: **Program**
The Best of Southern Africa: Botswana, Namibia, Zimbabwe and South Africa
Speaker: Stephanie Sigala, TWA Member

In March of 2018, five members of the Ethical Society (Ann Eggebrecht, Jane House, Jim Rhodes, Stephanie Sigala and Maxine Stone) went on a major trip to southern Africa. They did game rides in four countries, staying in rustic lodges and “glamping” ...plus lots more! Stephanie will give a travelogue of this gorgeous trip.

18th: **Winter Party** (Volunteers needed!)

25th: No Meeting (building closed): **HAPPY HOLIDAYS!**

January 2019

TUESDAY WOMEN'S ASSOCIATION

1st: **No Meeting...Happy New Year**

8th: **International Relations Lecture Series**
topic to be announced

15th: **Decluttering and Simplifying**

Speaker: Ann Pluemer, Realtor, Coldwell Banker Premier Group

Ms. Pluemer specializes in home sales and lifestyle transitions for seniors. She works with a team of experts from a variety of fields that touch on every aspect of the process, counseling clients through lifestyle transitions in retirement. Her advice on decluttering and downsizing is very timely for many of us at this stage of our lives. Come and find out how to declutter and simplify.

22nd: **Program**

Flamenco Dancing: History, Culture and Performance

Speaker: Marisel Salascruz, Founder and Artistic Director of the St Louis Cultural Flamenco Society, TWA Member

Marisel will offer us a historical presentation of Flamenco Dancing in Spain, with costumes and accessories that are used for regional, classical and flamenco dances. She will also show a video of some performances. A Paella Lunch is included (meat, seafood and veggie)!

29th: **Program**

Update on Alzheimer's Disease

Speaker: Dr. John Morris, M.D. Friedman Distinguished Professor of Neurology, Principal Investigator of the Knight Alzheimer's Disease Research Center and Director of the Memory and Aging Project at Washington University School of Medicine.

Dr. Morris is an international leader in Alzheimer's disease research and has the overarching goal of identifying Alzheimer's disease in its earliest stages, prior to the onset of any symptoms, so that therapies can be initiated to prevent the occurrence of Alzheimer's dementia.

Today 5.7 million Americans are living with the symptoms Alzheimer disease (AD), and it is increasingly difficult to live into your older years without having a friend or family member diagnosed with the disease. Join Dr. Morris to learn more about AD, including disease basics, how the disease is diagnosed, and advances in research leading to us closer to breakthroughs in treatment and prevention.

February 2019
TUESDAY WOMEN'S ASSOCIATION

5th: **Book Review**
Facism, A Warning by Madeleine Albright
Reviewer: Kay Meyer

12th: **International Relations Series Lecture**
topic to be announced

19th: **Quarterly Business Meeting**

26th: **Program**
Lively Discussion
Speaker: Kate Lovelady, Leader, Ethical Society of St Louis

Kate will once again offer a fun, creative and thoughtful program for us.

March 2019

TUESDAY WOMEN'S ASSOCIATION

*******Sunday March 3*******
TWA FIRST SUNDAY LUNCH

5th: **Book Review**
TBA

Reviewer: Ruth Hyman

12th: **International Relations Series Lecture**
topic to be announced

19th: **Travelogue: Rajasthan, India**

Presenter: Usha Sathe

Visual travel through land of Maharajas; from forts, palaces and temples to desert and sand dunes.

26th: **Program**

Making a Difference in the Life of a Child in Nepal

Speaker: Alexis Meade, Director of Development Mitrata-Nepal Foundation for Children

Come and learn the fascinating and compelling story of the Mitrata-Nepal Foundation and the work it does for underprivileged children in Nepal. Founded by St. Louisan Dr. Christine Schutz in 2002, this non-profit organization educates children, even enabling some to complete college and medical school. Children are provided with housing and medical care and empowered through education.

April 2019

TUESDAY WOMEN'S ASSOCIATION

2nd: **Book Review**

Literary St Louis: A Guide by William Gass

Reviewer: Uma Eachempati

9th: **International Relations Series Lecture**

topic to be announced

16th: **Spring Party: Poetry Slam (Volunteers needed)**

Bring and read your favorite poem...and hopefully some will have been written by you! We may include other artistic activities, so stay tuned!

23rd: **Program**

Universal Health Care in the U.S.: Possibility or Pipe Dream

Speakers: Rosemary Gaertner, Retired Nurse Practitioner and Mimi Signor, Retired R.N., President, Missourians for Single Payer

Having grown up in Newfoundland, Canada, Rosemary will talk about Canada's Health Care System; it's financing, it's benefits, it's deficiencies. Mimi will present a synopsis of Missouri and for Single Payer's work and other local organizations currently working towards universal health care in Missouri and the U.S. Is it possible?

30th: **Trip**

Tour the Hill

Today we will tour St. Louis's famous Italian neighborhood simply known as "The Hill". We will spend some time on a fun guided tour of the area learning area's history, culture and customs. We will visit Yogi Berra's house, St. Ambrose Church and may even have Bocce lesson. Afterwards we will enjoy authentic Italian lunch and Gelato anyone?

May 2019

TUESDAY WOMEN'S ASSOCIATION

7th: **Book Review**
Say Goodbye for Now by Catherine Ryan Hyde
Reviewer: Sara Salbego

14th: **Program**
Opera Theatre of St. Louis.

We will have our annual program featuring a docent from the Opera Theatre of St. Louis to tell us some things about the coming season. Always a highlight!

21st: **Annual Business Meeting**

28th: **Program**
Marijuana
Speaker: Mike Morrison, President, Bridgeway Behavioral Services

We so enjoyed Mike's talk last year on opioids that we asked him back to discuss marijuana. Mike will tell us his experiences working with addiction from a personal and professional point of view. How is "pot" different from opioids and other addictive drugs? Mr. Morrison is an experienced executive for a large treatment group. He has a broad understanding of all types of drug abuse.

June 2019

TUESDAY WOMEN'S ASSOCIATION

4th: **Book Review**

The Real Anita Hill, An Untold Story by David Brock
Reviewer: Ann Williams

11th: **Program**

Fighting White Privilege: Bringing Computer Science to a City School.

Speaker: Leroy Day, Ph.D., Comparative Literature, Languages, Business, Computer Science, Volunteer *Lift for Life Academy*

Two facts collided to make Dr. Day want to bring a computer science program to *Lift for Life Academy*, a St Louis City charter school: 1. Salaries for computer programmers are very robust, 2. There are very few African-Americans being hired as programmers. Can a high school computer science program be a step towards changing this situation? Learn what Dr. Day has been doing in his retirement to encourage African Americans and combat White Privilege.

18th: **Trip**

Historic Ste. Genevieve

Today we will embark on a bus tour to the beautiful and historic Ste. Genevieve. A costumed guide will show us the treasures of Missouri's first French Colonial settlement and soon to be a National Park site. We will, of course, have time for lunch, some wine tasting, shopping and a visit to a pewter foundry where we can watch the artists at work. Fun, fun, fun!

25th: **Program**

Owls of Missouri

Speaker: Brenda Hente, Educator and Naturalist; Volunteer, World Bird Sanctuary

There are four native owls that live in Missouri all year round, and four other owl species that migrate or visit Missouri. Ms. Hente will tell us about the characteristics of each species, vocalizations, nesting and breeding habits, food requirements, habitat, and their range in Missouri. Great videos, pictures and stories will help us learn each of the eight different owl species we have in the Show Me State.

Happy July! See you on August 6, 2019!