March 9  
Dinner/Lecture  

“Living Long, Living well:  
Keys to a Healthy Brain.”

By Eric Larson

Dr. Eric Larson’s research has changed how people think about healthy aging. His research on aging includes a long-standing collaboration between Group Health and the University of Washington called the Adult Changes in Thought (ACT) study. ACT’s many groundbreaking results include findings that link exercise to later onset of dementia. Several of Dr. Larson’s research projects are related to promoting successful aging and high functioning in seniors. With colleagues at the UW, he is executive co-producer of the Art of Aging, a news-magazine series now showing on public television.

Dr. Larson is executive director of Group Health Research Institute. Dr. Larson served as medical director for the UW Medical Center and associate dean for clinical affairs at its medical school from 1989 to 2002. He is a member of the Institute of Medicine and a national leader in geriatrics research.

Annual Business Meeting  
April 18  
1:30 to 3:00 pm

All four authors of Seattle in Black and White will be at our Annual Business Meeting to discuss their personal accounts of Seattle’s efforts to fight for racial equality, justice, and public access in the 1960’s and the book they wrote together about the experience.

Seattle in Black and White

Joan Singler, Jean During, Bettylou Valentine, and Maid Adams will be guest speakers at our Annual Business Meeting on April 18. These four women were early, active members of the Seattle Chapter of CORE, Congress of Racial Equality. Members of CORE were committed to transforming Seattle into a more integrated and just society. They recount their experience and memories in Seattle in Black and White: The Congress of Racial Equality and the Fight for Equal Opportunity.

In 1960 Seattle was effectively a segregated town. There were no black bus drivers, clerks, or bank tellers, and few black people lived outside of the Central District. Energized by the national civil rights movement, an interracial group of Seattle residents joined together to form the Seattle chapter of CORE. Seattle in Black and White tells the local, Seattle story of this national movement.

Save the Date

Be sure to mark your calendar for our Annual Business Meeting on April 18 at 1:30. A quorum is required in order to transact auxiliary business, so please plan to attend.

Our Spring Luncheon will be on May 18 at the Seattle Yacht Club. By popular demand, Seafood Crepe is back on the menu as well as a vegetarian option.
James J. Clauss, professor of classics and director of the Honors Program, will be the speaker at the April Dinner/Lecture. His talk is entitled "Honors Education in the 21st Century."

According to its mission statement, "The program asks students to take intellectual risks; to seek an understanding of the interdependence of all branches of knowledge; to take leadership roles in confronting global change; to see the complexities of race, ethnicity, class, gender, sexual orientation, and nationality; and to value a life of continuous learning and personal growth."

Once a year the UWFA Board invites Interest Group Chairs to participate in the monthly board meeting and to stay for a potluck lunch. This year’s meeting and lunch was held on February 14 at President Gail Butterfield’s house. Two points that were discussed are the failure of some participants in interest groups to join the UWFA and pay the dues and the necessity of making sure that a quorum of members attend the annual meeting in April. Barbara Holmes organized the joint meeting.

Registration forms for the Spring Luncheon will be in the next issue of our newsletter. Please return them with appropriate payment by the due date. Lunch will be at the Seattle Yacht Club and feature Charlotte Cote, member of the Nuu-chah-nulth Nation and associate professor of American Indian studies.
Travelogue
Third Wednesday of the Month
At 7:15

March 16
Paddling Ross Lake
By Joan Burton

Ross Lake is a magnificent reservoir in the heart of the North Cascades Mountains off Highway 20. Ross Lake was formed in the 1950’s when Seattle City Light built Ross Dam on the Skagit River. In good weather reflections of glaciated and snow-covered peaks are mirrored in its still water.

In August 2010 Joan and her friends set off on a canoe trip on Ross Lake that began in Canada and lead south. Along the way they hiked Desolation Peak, explored tributaries and waterfalls, and swam in the cool waters. Her photographs of this canoe trip and of the gorgeous surrounding peaks of the North Cascades will entice us to similar explorations.

April 20
Exploring the Natural History and Culture of Madagascar
By Charles Sleicher

Madagascar is located 300 miles off the east coast of southern Africa. The fourth largest island in the world it is about 40% larger than California. Most of Madagascar’s birds and mammals are found nowhere else in the world; and there are no native cats, dogs, rabbits, monkeys, or antelopes. The island’s population is about 20 million, sixty percent of whom live below the poverty level of $1.25 per day. Photographs will introduce us to some of Madagascar’s cities, rural areas, and wildlife.

Travelogue Programs

Please note that the travelogue programs begin at 7:15. This is a new time. The program is free and no reservations are required. However, if you plan to have dinner beforehand, then dinner reservations are required and should be made with the UW Club, 206-543-0437, no later than the Monday before the program date.

May 18
Timbuktu, Dogon Country, and Beyond
By Betsy Darrah

Join Betsy Darrah as she tells us about her Fall 2008 trip from Ouagadougou, through Burkina Faso, into Mali. Her group traveled overland, making stops at a variety of hamlets of different clans along the way. An intriguing visit to Timbuktu was one of many highlights of this trip. Several days were spent in a small boat on the Niger River, followed by visits to the cliffside villages of the Dogon people. The trip provided an excellent introduction to the culture and scenery of these two West African countries.

In Memoriam

Former member Betty E. Kechley died January 13th at home surrounded by family. She attended Central Washington University and entered the voice program at UW in 1939, where she met and later married Gerald Kechley. Music was central to their 69-year marriage. She also loved books and she worked at Ottenburg’s Books in Seattle, David Ishii Bookseller in Pioneer Square, and for many years, the University Book Store. She sang in the East Shore Unitarian Church Choir for nearly 50 years. Betty was devoted to her family and will be missed by all who knew her.

Please welcome our new members:

Emily Alsop
532 NE 80th St.
Seattle 98115
Phone: (206)525-1337
Email: alsope2008@comcast.net

Evelyn McChesney
9223 45th Ave NE
Seattle 98115
Phone: (206)525-3984
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Joann Rademacher
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Shoreline 98155
Phone: (206)363-9029
Email: Joann.15840@gmail.com

Alice Cho Snyder
6223 34th Ave NE
Seattle 98115
Phone: (206)525-5228
Email: achosnyd2000@yahoo.com

If you would like to recommend a friend for membership, contact me at judy-gund@comcast.net or (206)527-1855.

Thanks,
Judy Gunderson, Membership Chair

Katherina Maloof on a cross country skiing trip.

~photo by Mary Hjorth
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<td>Seattle Yacht Club</td>
<td>11:30 Social Hours&lt;br&gt;12:00 Lunch&lt;br&gt;1:00 Program</td>
<td>Spirits of Our Whaling Ancestors&lt;br&gt;By Charlotte Cote, member of the Nuu-chah-nulth Nation and associate professor of American Indian studies.</td>
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