Happy 2009! I hope the holidays and New Year’s festivities all find you in good health and happy in spirit. We had an exciting fall with so many activities. Our Membership Coffee was a great success. Leah was the gracious host like always and we are so fortunate to be able to have the meeting in her lovely home. The scholarship recipients were very impressive. Laura, Lynda Jane and I had a difficult time finalizing the winners because there were so many excellent candidates. Barbara and JoEllen have done a fantastic job organizing events for our members. The Charleston Walking Tour, Kayak Trip, and Charleston Cooks were very popular with the club. We had such a good time touring Charleston. I declined the kayaking trip out of sheer fright, but I think I will be ready for it again should we revisit the activity. Those who went to the Charleston Cooks demonstration all gave it rave reviews. One of the fall highlights in 2008 was the History of Charleston lecture presented by Dr. Jerry Reves. The presentation was so entertaining and educational. Dr. Reves is very knowledgeable about Charleston and a good time was had by all.

The MUWC Holiday Party was the most festive event of the year. It was held again at the home of Paul and Peggy Underwood at Black Pond on Johns Island. No one can throw a party quite like Peggy! She is a fabulous hostess, and she and her family come together to put on one of the most wonderful spreads to be had in all of Charleston. This is an event we look forward to every year. We all thank Peggy and Paul for such a lovely afternoon.

The new year has started on a run that’s for sure. Activities this spring are sure to fill most of our members’ social calendars. We have Posies for Patients, Todd Carter Teddy Bear Day, Wine Tasting and much more to come your way! We are trying to plan a new member party to welcome all the new members, but so far we have not been able to pick a date that fits the majority. Stay tuned! We hope to decide on something soon.

It won’t be long before this year is over and a new year for the MUWC will begin. Our Spring Luncheon and Annual Meeting will be Wednesday, May 6th at the home of Kerry and Cindi Solomon. Your new Board will be voted into office at that time. We know that Cindi will be our new President, but we don’t know who will take on the other offices as yet. A nominating committee will soon form to determine candidates for the 2009-2010 year. If you have any interest in serving in some capacity, please let me know. We have a place for those who have a lot of time to offer and a place for those with just a little time. The best thing about the MUWC is that everyone fits in somewhere. You’ll never be out of place with us! Kindest Regards,

Katy
Ten students representing each of MUSC’s six colleges received scholarships at our Fall Coffee on September 17, 2008. They were selected from 56 applications.

Lauren Brown, CHP, is a second year PT student who also works as a tennis instructor, works four hours per week with the MUSC Heart Health program, and other volunteer activities.

Ashley Watamura, another PT student, would like to open an outpatient pediatric office to include speech as well as OT and PT. She was the director of the 8th Annual ALS Hope Walk/Run.

Monica Barden, a third-year Pharmacy student has a 4.0 GPA and is the current class president and SGA treasurer, in addition to her volunteer work.

Elizabeth Weed is pursuing a dual Pharm.D/MBA degree. She volunteers at the student-run CARES clinic in Mt. Pleasant and is a presidential scholar.

Hannah Lane, in the College of Graduate Studies, Pharmacology is studying prevention or chemoprevention of colon cancer and is researching extracts from locally-grown muscadine grapes and green tea.

Anna Louise Sanford, CDM, volunteers at the free dental clinic at Our Lady of Mercy Wellness House and has traveled to Ecuador to assist dentists and help with translation.

Kate Lyttle, fourth-year CDM student has spent every Thursday night for the past 2 years providing free services at the Mt. Pleasant dental clinic. She also plays viola in the Southcoast Community Orchestra.

Ritter Sansoni, second-year COM, has a 4.0 GPA and volunteers at the Winwood Boys Home, CARES Clinic, Habitat for Humanity and Special Olympics soccer.

Ashleigh Owen, COM, volunteers at the CARES clinic and plans to pursue a residency in internal medicine and a fellowship in cardiovascular disease. Cathy Mulloy, who graduated in May from the College of Nursing is currently working on her master’s degree to become an adult nurse practitioner and nursing educator. She is also the recipient of the Trude Spicer Memorial Scholarship, named for a founding member of MUWC and president from 1970-71.

We are truly honored to be able to reward such an outstanding group of students.
Be a Tourist in Your Own Town, 2009

A group of members (MUWC Touristas) purchased passes and explored the Lowcountry together during the month of January. Whether it was a desire to learn more about this area or the fact that we can’t resist a bargain, the group visited many sites. Too many places to see and not enough “free” time, however, meant decisions had to be made. We decided to not visit sites that do not have admission charges and hope to visit them over the next month or two.

We visited historic homes, museums, and gardens, including: Aiken-Rhett House, American Military Museum, Audubon Center at Francis Beidler Forest, Boone Hall Plantation, Center for Birds of Prey, Joseph Manigault House, Charleston Tea Plantation, Drayton Hall, Edmonston-Alston House, Fort Sumter, James Island County Park, Magnolia Plantation (gardens), Old Slave Mart Museum and Old Exchange and Provost Dungeon.

The size of the group varied from one outing to the next but the enthusiasm never waned, no matter what the weather was like! There were a lot of laughs and, surprisingly, a lot learned, even by those who had visited the sites in the past. And, we ate great food together, including a cold picnic at Magnolia Gardens while watching frisky horses in the field adjoining the picnic area.

We plan to do this again in January 2010 and hope you will consider joining us!

ART of Healthy Cooking – Cookbook Update

In December the cookbook committee held a meeting to delay publication of the cookbook. We are now anticipating Fall 2009. There are many reasons: truly healthy recipes are being more difficult to obtain or modify than imagined, the dietetic interns are needing more time than expected to analyze the 500+ recipes, and the economy – plus by publishing next fall, people should be buying for their holiday gifts.

During the course of collecting and analyzing recipes, we have found that not only does the analysis take a very long time to complete for each recipe, but also many of the recipes do not fit the criteria. As a result we have decided to extend the length of time for us to work on the cookbook. This will give us the opportunity to do two things – collect some more healthy recipes that fit the criteria and don’t require adjustments, and have more time to adjust and test some of the recipes that don’t initially fit the criteria.

Now the good news! All artists have been contacted with a request for their personal recipes and the use of their art for the book. We have had a tremendous response from them, 34 of 54 have enthusiastically said YES to being in the book and some have sent in recipes. Graphic artist Wade Harris (he did the new logo for MUSC) is donating his talent and designing a custom cover for the cookbook and giving us graphic/layout advice. We have chosen many of the basics, e.g. book style, layout, paper type, font and recipe design. Dr. Ray and Leah Greenberg have agreed to write a letter to go along with the forward and dedication pages. We plan to have as many ART images in the book as we have dividers and hopefully several in the forward/acknowledgements section. We are expecting 14 to 16 works to be included. If an image is within the layout shape for the page we plan to use it but
will be doing our best to assure fairness to all.

Again, the new schedule will yield a better cookbook that beautifully exemplifies the original ideas of *ART of Healthy Cooking*. Therefore, **we are still accepting recipes** and will continue to do so into early summer. Email them to artcookbook@musc.edu, or mail them to Janet Carter, 165 Ashley Avenue, CH Suite 637E, MSC905, Charleston SC 29425. If you have any questions, please email or call Laura Patrick, LGPatrick@comcast.net, 884-4380.

**Mark your calendars for our Spring Flings!**

**April 17** - *Wine Tasting* Eight wines from Spain and Portugal 7:30 at Total Wine $20. Sign up with Barbara Warburton or JoEllen Basile

**April 23** – Todd Carter Memorial Teddy Bear Day

**April 29** – Kayak Trip from Shem Creek 10 to 1:00 $35. Sign up with Barbara Warburton or JoEllen Basile

**May 6** – Spring Luncheon and Annual Meeting

**May 15** – Roses for Graduation: 8:00 a.m. – 12:00 p.m. Call Katy Kuder at 792-0858

Wedding bells for Annie Lovering!

**Intrepid Kayakers**

**Touring Charleston**

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**The Distaff**

Medical University Women’s Club
MUSC
165 Ashley Avenue – RM 101CH
MSC 900
Charleston, SC 29425

http://www.musc.edu/womensclub